



1. Louise and Richard welcomed the 'Zoom' Group, 18 in attendance. They thanked everyone for wearing something green to celebrate St Patrick's Day. Many in the group had dug out their green Parkinson T-shirt from a few years back and Richard was in full attire with an Irish Soccer shirt and a Leprechaun top hat. Definitely the biggest Leprechaun on record. Richard was our winner of the "Best Irish Costume" and Louise's hat got an honourable mention.

Our theme for this meeting was :

"FUN, FACTS AND FABULOUS MUSIC"

Those who attended were invited to learn from each other, share knowledge, play a few games, share a few laughs and also sing a little.

2. Before proceeding, we did a Quick review of Zoom features: How to mute and unmute.

3. Irish Song

We were fortunate that Lisa organized our musical interlude to set the mood. She played a great version of "When Irish Eyes are Smiling." And encouraged all of us to sing along but on mute! Great voice exercise especially for those who are not singers! After our sing-along, it was down to business.

5. Introductions:

All of those attending were invited to introduce themselves and share, if they wished, anything special that was going on in their lives to help them cope with COVID. As always, this sharing and getting to know each other is one of the most appreciated parts of the meeting.

6. Support Group NEWS and REPORTS

RISE-UP PROGRAM. *Louise and Nora Lea*

An invitation was received from Karine Lagacé, a local physiotherapist, who is the owner of Neuro Physio and creator of the RISE- UP Program. The goal of the program is to increase mobility and improve stability.

Karine was looking for 5 volunteers to pilot this new program. We were informed that she already had 5 but will accept a couple more to give an opportunity to those who just found out about the offer at this meeting. She was accepting volunteers until Friday, March 19th.

Participants get a video, worksheets and exercises and physio consult (on-line) and access to Peer-Support Group. Usual cost \$349. FREE for 5 persons with PD who agree to pilot. See website for all details.

<https://neurophysiosudbury.us7.list-manage.com/track/click?u=e8e6ca88a4e35e85c30cab283&id=c7ee324f7f&e=2dcdd66912>

BOXING UPDATE – Brian reported that the program has been affected by COVID and the facility is presently closed.

SUPERWALK UPDATE Richard informed the group that Superwalk will be held on Saturday September 11th. This year we will continue with the Covid-safe “hybrid” walk model where participants will walk “their way”, in their own local communities. Richard will give a more detailed update at our next meeting to discuss ways that we could encourage our members to hold “neighbourhood walks”. Richard also informed the group that once again, Claire Sheridan would be helping him out as a co-coordinator. Although surprised by this announcement, Claire graciously agreed to do so. 😊

MOBILITY PROGRAM REMINDER – Louise reminded everyone about the Parkinson Mobility Program on Monday, Tuesday and Thursdays from 1:00PM to 2:PM. Denise offers a great program on ZOOM and it is FREE thanks to the funding from the Support Group . Come and try it out. If you need help getting a computer or connecting, there is support available through the Parkside.

CAREGIVERS’ SUPPORT GROUP UPDATE .

Claire reported that due to COVID, the get-togethers have been put on hold.

TREASURER’S REPORT – Claire informed the group that we have a healthy amount in our account and as such we are able to continue to offer the Parkinson Exercise Program without cost to the participants.

HOPE IN BLOOM – No tulip campaign this year.



7. EDUCATIONAL OPPORTUNITIES

Although these events have passed, thanks to technology they are still available online to be watched at whatever time suits you.

a) *Research in Motion: The latest advances in Parkinson’s disease.* University of Manitoba hosted a Café Scientifique (Zoom) on Monday, March 15 at 7:00 pm - 8:30 pm (Central Time)

<https://umanitoba.ca/research/cafe-scientifique>

Louise attended and gave a brief report. It is encouraging that there is good Canadian research (Manitoba) on mobility. Presenters focused on research in progress. Neural fitness training is best when combining some of the following: core balance, walking, visual-motor and cognitive skills. A few takeaways were: the value of the movement in Computer Games (like Wii games), the value of walking and treadmill.

b) Knowledge Network, Parkinson Canada

March 10, 2021 Webinar: Shedding Light on Cognitive Changes in Parkinson’s Disease

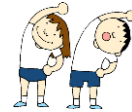
<https://www.youtube.com/watch?v=dkVG-ZZMuJO>

c) Brain Boost: A conversation on Thinking ,Memory and Parkinson March 18, 2021
<https://www.michaeljfox.org/webinar/brain-boost-conversation-thinking-memory-and-parkinsons>

d) Davis Phinney Foundation webinar: Living well with Chronic Pain and Illness, on March 16, 2021 <https://davisphinneyfoundation.org/webinars/>

e) Expert Briefing from Parkinson Foundation Mental Wellbeing and Memory , April 20,2021. Register here:
<https://www.parkinson.org/sites/default/files/Expert-Briefing-2021.pdf>

EXERCISE BREAK. Lillian led us in a great Simon Says Exercise Break!



8. The “Who has PD? Quiz.” This QUIZ gave us an opportunity to learn and have some fun. Three teams, randomly chosen, were invited to identify famous people (living or deceased) who have or have had PD. The winning team was Gerry and Brian. Thanks to Lisa and Roland as well as Anne and Marilyn for their participation.

Here are some sample questions from the QUIZ :

Who had PD and...

Was a young actor in the sit com Family Ties?

Was a boxer who won gold at the 1960 Olympics?

Was the second longest serving Pope in this century?

9 . « YOU HAVE WHAT? » an exercise.

People react differently when you tell them you have PD.

What is the most useful comment or advice that you received when people reacted to your news?.

What is the funniest or most unhelpful comment you have ever received?

Several people shared some of their experience when they were first diagnosed, such as, “It will get worse from here.” 😞 “People who are diagnosed with Parkinson’s generally have a high IQ.” 😊

10. RESEARCH UPDATE

Potential diagnosis with a simple skin-swab test.

UK scientists say that simple skin-swab test could be used to help diagnose the degenerative brain condition Parkinson's disease.

Studies with volunteers show it can quickly detect tell-tale compounds in sebum - the oily substance that protects the skin. People with Parkinson's can have higher than usual concentrations of these. (Remember the lady who could smell Parkinson’s? She helped in the work on this research program.)

<https://www.bbc.co.uk/news/health-56358257>

b. Music and Parkinson’s – It is felt that music has many benefits for older adults and people with Parkinson Disease. Research suggests that music improves motor symptoms

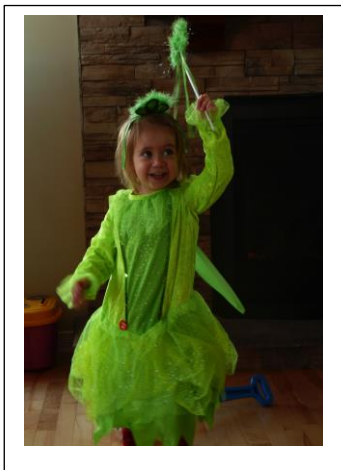
and non-motor symptoms and quality of life. Singing a rhythmic tune out loud or even better, simply listening to it play in your head - can help older adults – including those with PD to walk more naturally and at a steadier pace.

<https://davisphinneyfoundation.org/using-music-to-heal-parkinsons/>

<https://www.parkinson.ca/research/2014-2016-research-projects/walking-to-the-beat-of-a-different-drummer/?highlight=music>

9. ADJOURN: Irish Blessing and closing with a smile for St Patrick’s Day.

Ending with a granddaughter’s smile ,



Traditional Irish Blessing:

“May the road rise up to meet you, and may the wind always be at your back.”

Adapted for PD:

“May the road rise to meet but never throw you off balance... and may the wind always be at your back to get you going when your gait is frozen...”

NEXT MEETING: APRIL 21, 2021

Thanks for coming everyone. We had fun!

Stay safe!

Louise & Richard

Did someone mention GREENS ???

