

As greetings were exchanged among the members, we welcomed Denise from Timmins (by phone). Before starting the meeting, we tried to get a few little technicalities out of the way. Nora Lea tried “sharing her screen” with a research update. It did not work for that nugget of information, but she was able to share a power-point slide.

Wayne welcomed everyone back and asked about their second Covid-impacted summer. It seems that there was a lot of grandchildren involved. Which is a good thing!

Remembering members, who have recently passed on:



Sally Jaworski Sept. 5, 2021

<https://www.sudbury.com/obituaries/jaworski-celestine-sally-nee-osika-4308213>
dtrs: Annette Daoust, Wanda Shouten, Pauline (Jaworski) Lindroos



Austen Davey Sept. 7, 2021

<https://www.sudbury.com/obituaries/davey-james-4318551>



Donna Connor Sept. 5, 2021

<https://thesudburystar.remembering.ca/obituary/donalda-donna-connor-1083195177> Donna’s husband Art was the Parkie in the family (he passed away last year), but she was always a staunch supporter and fundraiser.



Carol Croteau, wife of Larry (Manny) Croteau, passed away Sept. 18, 2021. Larry passed away last year and Carol had suffered a severe stroke last fall.

<https://www.sudbury.com/obituaries/croteau-carol-4350320>

Our sympathies are extended to the families who are grieving the loss of their loved ones. It is a difficult time for such losses with little support through a funeral or visitation.

Research:

Here are some interesting highlights that someone sent me. Hold down the CTRL key and click on the underlined portion and it should take you to the news video.

Research on Spinal Stimulator: [Parkinson's disease patient: 'I can walk... it's really helped me'](#)

Research & Development on a magnetic device for hand tremors ---

<https://www.castanet.net/news/Kelowna/341964/New-wearable-mechanism-may-lessen-the-burden-of-those-living-with-Parkinson-s>:

If you have an interest in participating in research studies, here are two research programs looking for participants:

-University of British Columbia

– video games as therapy: Older Adults Experiences and Perspectives

RESEARCH PARTICIPANTS NEEDED:
Older Adults' Experiences and Perspectives on Games for Rehabilitation Therapy

Have you ever played videogames for health?
We want to hear from you!

Q: What do I do as a research participant?

- Take part in an online interview over two 1-hour sessions
- Share your views about using and creating videogames for therapy
- An honorarium will be provided for your time

Q: Am I eligible to be a research participant?

- Age 50 or older
- Have experience using videogames for health such as for physical therapy, occupational therapy, or cognitive therapy
- Able to speak English
- Have access to a computer with webcam and internet

Q: What will we learn?

Creating games for different therapies (e.g. exercise therapy) can make therapy more engaging, especially for older adults who may require greater access to rehabilitation. We want to know how to better involve older adults in creating games for rehabilitation that suit their needs.

CONTACT FOR MORE INFORMATION
Gordon Tao
UBC Rehabilitation Science
Phone: 604-734-1313 Ext. 6292
Email: garden.rehabresearch@ubc.ca

Principal Investigator
Dr. William C. Miller
PhD, FCAOT



Recruitment Poster Version 2.2; August 18, 2021

For this one they are looking for people who have already used videogames as some type of therapy.

University of Western Ontario

PARTICIPATE IN RESEARCH ABOUT PAIN AND FATIGUE

Pain and fatigue have been reported as the most common and disabling non-motor symptoms in adults with multiple sclerosis (MS), amyotrophic lateral sclerosis (ALS), cerebral palsy (CP), and Parkinson's disease (PD).

People with pain and/or fatigue can have impaired functional and cognitive abilities, a reduced quality of life and poorer overall well-being.

We are looking for people to interview to understand the experience of pain and fatigue within and across conditions.

Looking for adults aged 18 years or older with:

- Multiple Sclerosis
- Parkinson's Disease
- Cerebral Palsy
- Amyotrophic Lateral Sclerosis

Contact Dr. Laura Brunton at
lbrunto3@uwo.ca or
(519) 661-2111 ext 81501

Version 1 08/10/2021



“Good-to-know” Information

Ontario Photo Card

Are you aware of this as a form of government-issued photo-ID?

Nothing is so frustrating as trying to establish your identity, (to open a bank or credit union account, renew a passport, even just get on an airplane) if you do not have a driver’s license. For a lot of these things, it is illegal for them to accept a health card as ID (some situations are allowed if the number is not recorded).

So, something to consider, ***when you choose to give up your driver’s license, don’t just let it lapse or fail to renew it. Go to Service Ontario and turn it in and apply for the Ontario Photo Card right then and there.*** That will save you weeks of hassle where you must come up with the myriad of documents required to prove your date of birth, change of name on marriage, current address, etc. if you haven’t had a valid license for a few years and/or you hold an expired passport.

By the way, it is illegal to hold both a Drivers License and a Photo ID Card at the same time. It is an “either/or”, not both.

Exercise Classes: LOOKING FOR YOUR OPINION:

The Parkside Centre is planning on reopening in-person activities. A quick opinion poll was taken to find out if you would be comfortable with exercising in person beginning sometime in October at the Parkside Centre, and if the suggested times would suit you. Suggested times: Mondays at 1pm (led by Denise) and Thursdays at 2 pm (led by Kyla)? These would also be available by Zoom so our members could attend whichever way suits them.

The general consensus at the meeting and among the people polled by phone was that as long as everyone participating was double vaccinated, they would be comfortable (in fact they seemed anxious to get going!). The times suggested were acceptable to most participants (sorry Ted, I know you would prefer earlier, but right now we can’t make it happen).

For those of you who are newcomers to our program, the Parkinson Support Group underwrites the cost of a twice weekly program of exercises delivered by Kinesiologists from Kinnect-to-Wellness through the facilities of the Parkside Centre. This has worked very well in the past and they have continued to deliver the program via Zoom throughout the pandemic, with no charge to participants.

The Parkside Reopening plan follows:

ParkSide Reopening

The Board of Directors places its highest priority on the health and safety of its members, volunteers and staff, which is why they decided to suspend face-to-face programs until government, and health authorities indicated that we could resume safely. We continued active leadership and encouraged our members to remain active and connected through our ParkSide Centre Without Walls.

Throughout the pandemic, reopening the ParkSide Centre has been regular topic for discussion. At their meeting on August 12, 2021, the Executive Committee of the ParkSide Centre Board of Directors decided on a tentative reopening date for the Centre of October 1, 2021, which was ratified later by the entire Board. The Committee will meet on a weekly basis to review any new information and will postpone the reopening if necessary.

In addition to following all the Public Health protocols, the Executive Committee has put in place two requirements for in-person participation at our programs:

to require that participants of in-person activities and events provide Proof of full COVID-19 Vaccination with no exceptions; and

to require that participants of in-person activities and events complete the ParkSide Centre's COVID-19 Liability Waiver.

These decisions do not affect virtual activities.

Ontario's Chief Medical Officer of Health continues to remind those 70 years of age and older that they are at higher risk of severe illness if they get COVID-19. Those over 70 should discuss their participation in recreational programs with their health care provider to understand their personal risk and act accordingly.

Proof of COVID-19 Vaccination

The ParkSide Centre has decided to require *Proof of COVID-19 Vaccination* for in-person activities because:

We serve a population that is inherently vulnerable to COVID-19.

Our members have expressed strong support for a vaccination mandate.

Public Health advises individuals in our membership demographic to receive the vaccine.

Members wishing to participate in programs in-person will be required to show or provide *Proof of COVID-19 Vaccination* but the ParkSide Centre will not hold a copy of the document. The decision to receive vaccinations is a personal one, and we shall continue to offer virtual activities to accommodate those who remain unvaccinated. We understand that this decision will be unpopular with some people; however, we are not interested in debating it.

How to Get Your Official Ontario COVID-19 Vaccination Receipt

If you no longer have the vaccination receipt that was given to you after you received each dose, you can still get it from the Ministry of Health by completing the steps found at <https://covid19.ontariohealth.ca/>

To get the information, you first need to check the box to accept the 'terms of use' and have a green (photo) Ontario Health Card. If you have the older red and white card, you can call the Provincial Vaccine Booking Line at 1-833-943-3900.

Expectations of Members

Members are asked to pre-screen prior to their arrival at the Centre. You can use the Province of Ontario's assessment tool at <https://covid-19.ontario.ca/self-assessment/> to do this.

If you do not feel well, please stay at home!

Upon arrival at the Centre, each member will be required to sign-in on one of our

touchscreens and answer the screening questions when they appear on the screen. If the answer to any of the questions is yes, then the individual will not be able to enter the facility.

Hand washing and hand sanitizing will be of paramount importance and, as such, we will have hand sanitizer pumps in each of our program spaces. Members will be expected to use them before, during and after their programs. There are capacity limits in place in each of the program rooms that will result in program sizes being smaller.

Members will be required to wear a mask or face covering at all times while in the Centre except when they are eating, drinking or exercising. These masks should fit securely to the head with ties or ear loops, maintain their shape after washing and drying, be made of at least two layers of tightly woven material (such as cotton or linen) and be large enough to completely and comfortably cover the nose and mouth without gaping

Members will also be asked to complete a Covid-19 liability waiver.

COVID-19 Liability Waiver

The ParkSide Centre will ask their members to sign a COVID-19 Liability Waiver for in-person activities due to three considerations:

Due diligence regarding the known or unknown outcomes to members and the organization from possible exposure to COVID-19.

The recommendations received from the ParkSide Centre's insurance provider.

The ParkSide Centre members inherent vulnerability to COVID-19.

The ParkSide Centre's COVID-19 Liability Waiver includes:

Guidelines for participating

Accepting the risks of participation

A promise to refrain from in-person activities if experiencing any COVID-19 symptoms.

The ParkSide Centre's COVID-19 Liability Waiver provides important legal protection to each participant and volunteer from unknown outcomes that may occur from COVID-19. This path allows us to return to in-person activities sooner, for those who understand and accept the unknown outcomes.

You are not required to resubmit a waiver if we already have one on file.

If you would like a copy of the Covid Waiver that is mentioned in our reopening statement, please contact John Richer at 705-673-6227

Superwalk Report from Richard –

With the second summer of Covid restrictions, it is understandable that the funds raised would be down this year, and they are. They still reflect the generosity of our donors, and the support of our community is much appreciated. The 2021 online total is \$16,702

Bruce McCulloch is the leader of the pack this year bringing in \$4025 with Louise's Trekkies being the leading team, collecting \$6,124. Since there was no way to report off-line donations on the Superwalk site this year, we won't have any figures truly reflective of how much was collected until mid-October. Thank you to everyone who enlisted financial support from friends and family and whoever to fill up their pledge sheets.

Superwalk gatherings were not permitted due to Covid, but each community was encouraged to have members "walk your way" and conduct some kind of activity within their social bubble. Garry & Cindy did and their pictures were in the recent E-Parkinson Post. Richard & Louise also managed a rural walk with some of their "lake buddies" and here are a few pictures:



<https://parkinsonpost.com/parkinson-canada-superwalk-coming-together-to-walk-your-way--no-matter-what>

Meeting Topic presented by Wayne:

New research finds that participating in daily physical activities such as doing the dishes and folding laundry — rather than being sedentary — may help to ease some movement symptoms of Parkinson's disease (PD). Among the small group of study participants, people who moved around on a daily basis for such non-exercise activities had less severe PD motor symptoms, even when accounting for PD progression as seen on brain scans. The research appears in the August 25 online edition of *Parkinsonism and Related Disorders*.

Recent research makes clear that regular exercise benefits people with PD — and suggests that inactivity contributes to difficulty walking, and hinders a person's ability to carry out daily activities. Scientists led by Nicolaas I. Bohnen, M.D., Ph.D., investigated the degree to which inactivity contributes to motor symptom progression while taking into account brain changes that cause PD symptoms.

The study team at the University of Michigan's Udall Center of Excellence for Parkinson's Disease used positron emission tomography (PET) scans to assess dopamine loss in 48 people with PD, most of whom had moderately advanced PD (Hoehn and Yahr stage two or three). Study participants' motor symptoms were evaluated with standard rating scales, and they reported their exercise and non-exercise physical activity on questionnaires administered over a four-week period.

Results

- On average, study participants participated in non-exercise physical activities for about 10 hours, and in exercise for about 8.5 hours, over a four-week period. Overall, the range varied widely from zero to about 30 hours.
- People who reported more non-exercise physical activity had less severe motor symptoms, experienced less slowness of movement for their limbs and had better posture and gait, than those who reported less non-exercise activity.

What Does It Mean?

The researchers in this study conclude that becoming increasingly sedentary as PD progresses makes movement symptoms more severe. They expected to find that people who exercised more intensely, although not every day, would tend to have less severe motor symptoms overall, but this was not the case. Instead, they found that getting up to do household chores, or to go for a stroll around the neighborhood, had a real benefit for PD symptoms. Furthermore, among this small group of study participants, people who did daily non-exercise activities maintained movement better than people who did vigorous exercise occasionally — and were otherwise sedentary.

Take away. Occasional vigorous exercise does not replace keeping moving during the day. There are many studies that show the benefits of vigorous exercise. This study shows that if you are unable to participate in an exercise program, there is great benefit to staying active, even by doing household chores.

Experts agree that regular exercise benefits people with PD. The new study suggests that moving around on a daily basis is perhaps even more important. This is encouraging news for people who are unable to embark on a program of swimming or other exercise. Sitting less, moving around to do household chores, or going for a stroll in the neighborhood, can have a real benefit for PD symptoms.

For individuals who have concerns about daily movement due to their PD symptoms, we recommend consulting your doctor and asking about the role of both physical and occupational therapists.

Reference

Snider, J., Müller, M. L. T. M., Kotagal, V., Koeppe, R. A., Scott, P. J. H., Frey, K. A., Albin R.L., Bohnen N.I. (2015). Non-exercise physical activity attenuates motor symptoms in Parkinson disease independent from nigrostriatal degeneration. *Parkinsonism & Related Disorders*, 21(10), 1227–1231

Stand Up * Sit Less * Move More

Next Meeting:

Wednesday, October 20, 2021 still on Zoom. The meeting reminder will go out on the Sunday prior to the meeting with the Zoom link.

All the best for a joy-filled autumn!

This is when we miss Lillian’s treats!

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