

### Welcome & Housekeeping:

- Wayne welcomed everyone and went over a few guidelines for a smooth Zoom meeting, such as keeping your computer muted except when you are speaking. We tried to establish a simple technique to indicate you wanted a turn to talk, like “raise your hand” to get the speakers’ attention. It worked fairly well; we just have to train ourselves as facilitators to keep an eye out for raised hands.

Welcome aboard, especially out-of-towners who are joining us, a couple by phone.

- Parkinson’s is not the nicest thing to bring people together, but it does seem to bring together nice people!
- We spent a few minutes chatting as people logged on, checking in with one another.

### Information Available

- There is a lot of information available in our literature cupboard. If there is any specific symptom information you would like us to pull out for you, we can.
- Check out the online resources we talked about last month and don’t forget Parkinson Canada at [www.parkinson.ca](http://www.parkinson.ca)

### Support Group News:

- **Coming soon – Photo History Book:** “The Parkinson’s Support Group of Sudbury, 20 Years of Memories, Living Well – Together”. Our unorganized collection of support group pictures has now been organized into a lovely photo album by Louise Picard and submitted for printing. We’ll keep you informed of the “launch date”. This is not a book that we are having published for sale, but one that we will lend around to the group. We do receive an electronic copy but are not quite sure how many times that can be shared.
- Medication Management Webinar from Jan. 26, recording now ready for viewing: <https://www.youtube.com/watch?v=H015UqhiQfk&t=1371s>
- McIntyre Powder, remember Janice Martel’s project and petition? Well, the link between breathing in this powder and Parkinson's Disease has now been established.

McIntyre Powder is an **aluminum and aluminum oxide powder** that was administered to miners in Ontario between 1943 and 1979. It was thought to prevent silicosis among miners, but later was found to have no protective effect. ...

### Update: February 4, 2022

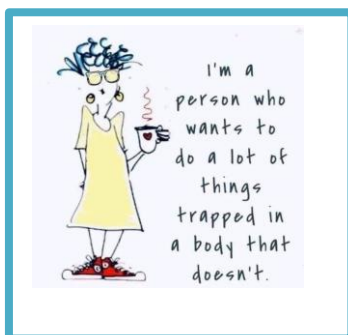
The results of this study, [Investigation of McIntyre Powder Exposure and Neurological Outcomes in the Mining Master File Cohort: Final Report](#) (PDF), the largest ever conducted on this topic, showed a statistically significant increased risk of Parkinson’s disease in McIntyre Powder-exposed miners compared to miners with no McIntyre Powder exposure. Based on the study results and the unique nature of this cohort, Parkinson’s disease has been added as a new occupational disease to Schedule 3 in the General Regulation, effective January 27, 2022.\*

This means that if anyone was exposed to McIntyre Powder through work in the mining industry and develops Parkinson's disease, the disease is presumed to be work-related, unless the contrary is shown.

## Upcoming Events – are all still virtual

### **The Parkinson's You Don't See: When your Autonomic System Goes Off-track**

- Davis Phinney Victory Summit on Friday, **Feb. 18, 2022. Starts at 11:00 EST and runs till about 2:30 pm.** It is quite a varied program and they do have specific exercise or movement breaks. I even saw a “bathroom break” on the agenda (not in those exact words, but close)! If you have registered already, you will have received the agenda. The following is an excerpt from their promotional material:
- **Why are we looking at the autonomic system?** Digestion, temperature regulation, blood pressure, perspiration—all relate to systems in your body that, ideally, work without your having to even think about them. In Parkinson's, however, these autonomic systems can get thrown off track, leading to symptoms like constipation, nOH (low blood pressure), fatigue, erectile dysfunction, pain, and more. And all these symptoms can significantly impact a person's quality of life.
- With this awareness, we are centering our first, The Victory Summit Virtual Event of 2022 around the autonomic symptoms of Parkinson's. We will take a deep dive into gut health, pain, and autonomic dysfunction and regulation with some of the world's leading Parkinson's medical experts. In addition, we will feature short movement breaks that fit the event's theme and that will show you how to move to manage these symptoms.
- Register [here](#)
- Also coming up is the **Parkinson Canada “Parkinson's and Exercise Mini-Expo”**, on Wednesday, **Feb. 23 from 1:30 – 3:00 pm.** The speakers are both excellent and the exposure to various forms of exercise will give us some choices of what we might like to try at some point. Here also is an excerpt from their promotional material:



Evidence shows that people living with Parkinson's have a better quality of life if physical activity is part of their daily lives. The benefits extend far beyond fitness to include improved symptom control, mental health and extending your independence. Do you find it a challenge to get started, or to find activities you enjoy and want to continue doing?

Join us at our Get Moving! Parkinson's and Exercise Mini-Expo on February 23, 2022, at 1:30 p.m. ET where we will hear from

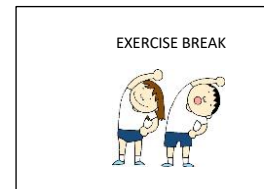
Orla Hares (Registered Physiotherapist; Founder, Gaitway Neurophysio – Parkinson's Wellness Innovation Centre) and Tim Hague Sr. (Executive Director of U-Turn-Parkinson's; person living with Parkinson's; Parkinson's advocate) who will discuss the benefits of exercise for those living with Parkinson's, and how exercise can be transformative.

Participants will have the opportunity to sample two LIVE exercise demonstrations during the

webinar; choose from Yoga, Rock Steady Boxing, Dance, Tai Chi, PWR! Moves, and Boxing 4 Health/PD Warrior.

### Exercise Break

- Led by Lillian



### Question & Answer Time

- This is a time to help each other with stories of how we are coping and answering questions like “have you ever experienced this?” There is a lot of experience and wisdom in the group, and we take this opportunity to tap into it. No question is off limits, nor is it too dumb to ask. No one is obliged to answer, or someone may reserve their comments for a private discussion, but it is okay to ask. You never know how many people may be dealing with the same thing you are.
- There was lively discussion as questions were asked about putting on socks and shoes, getting dressed when there is no assistance handy, dry eyes, dental issues, grinding teeth, chewing the inside of a cheek, or biting a tongue during sleep. Moira showed the handy gadget she uses for putting on her socks, and Wayne showed the gadget Nora Lea has for putting on her shoes. (Claire had ordered these from China, pre-pandemic.)

A reminder that our own Parkinson Mobility Program at the Parkside Centre is once again happening in person as well as on Zoom. Mondays at 11:00 am and Thursdays at 1:00 pm.

### Tip and Bits

“Make humour your friend. If you look for it, you’ll find it!”

For practice, and a good laugh, we watched a Jeanne Robertson segment.

[Click here](#) to enjoy!



### Next Meeting:

Wed. March 16, 2022, 2:00 to 3:30 pm

The focus will be: “Taming the Tremors”

If you would like to do a little pre-meeting research, this is the website of a company we are talking to about their product designed for reducing tremors. Apparently, it works for some people and doesn’t for others. <https://steadewear.com/> Brian has been reading the reviews and it seems they honour their moneyback policy.

The meeting wound down as some attendees had to leave a little early. But we did get to end on a happy note, singing Happy Birthday to Marilyn who just celebrated a significant birthday. Andy told her he had posted a picture of their dinner at the Apollo, on Facebook. He failed to mention he had included the significant number!

Nora Lea

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