

**Welcome**

Wayne expressed a warm welcome to everyone as we came online one after another. He was happy to welcome out-of-towners once again. One from Manitoulin Island and one from Sault Ste. Marie, who surprisingly discovered they knew each other and were delighted to reconnect.

**Exciting News:**

We are thrilled to announce the arrival of the completed photo-history book: (drum roll please)

**Memories – The Parkinson's Support Group of Sudbury  
20 years of Living Well - Together**

Louise introduced the book, telling the story of how it came to be made and the process of endurance and persistence that went into its creation. As she explained the different areas of the book and how it demonstrates the history of our group, Wayne shared his screen and flipped through the pages of a pdf copy. What a beautiful book!

The book is not a fundraiser, it is just a story told through colourful pictures of how people have lived well with Parkinson's and it provides an opportunity to look back and see what has been accomplished and enjoyed over the years.

There are 3 hard copies available to borrow, just as you would from a library. Or you can choose to receive it as a digital copy and download it to your computer. The cost to purchase this type of book is a bit much for a fundraiser. It may be something you will look at once or twice and then put on a shelf to collect dust. That is why we are offering it as a "library-style loan", where you can have it for two or three weeks, then return it for the next person to borrow.

Having said that, if you do want to purchase a hard copy, the price is around \$100, although if you are willing to wait, the publisher has periodic sales and we could collect a list of people who want their own copy and just submit it when we see the next sale offering. These sales come up fairly often, but the window of time to submit is brief, so we would have to be ready.

When you see the gorgeous book, you will understand to a degree how much work Louise has put into it. Call Nora Lea to put your name on the list to borrow a copy.



## **Taming the Tremors**

Nora Lea talked a little about tremors, touching on the main points of the following information she had located relating to tremors in PD.

Tremor is one of the three cardinal signs of Parkinson's Disease, affecting about 70% of people with PD. It is a rhythmic involuntary shaking or quivering movement that affects limbs at rest but disappears when they are in use and during sleep. Tremors can affect the hand, arm, foot, leg, and chin, and you might also feel internal tremor in your chest or abdomen.

In the early stages of Parkinson's tremor is typically seen on one side of the body, often starting in a hand. The patterns, forms and progression of tremors are individual to each person.

There are many different types of tremor, several common in Parkinson's Disease:

**Pill-rolling tremor** - occurs in the fingers. A twitching movement that looks like a person is rolling a pill between their thumb and fingers.

**Resting Tremor** - when a person is at rest, or, paradoxically, under emotional or physical stress.

**Action Tremor** - 25% of PWP (people with Parkinson's) but more common in Essential Tremor.

**Internal Tremor** - a shaking sensation inside the chest, abdomen or limbs, or like worms rhythmically wiggling under the skin.

## **Strategies to Manage Tremors**

**Medications:** routine, routine, routine! It is important to take your medications consistently and on time, even though you don't feel a tremor at the time. Create a habit of taking your medications at the same time each day and of taking your Levodopa/carbidopa on an empty stomach with a full glass of water. Drinking a full glass of water when taking your pills helps flush the medicine quickly from your stomach to your small intestines where it is absorbed.

**Exercise:** can help manage many motor symptoms of Parkinson's, including tremor. Research studies have found that people with Parkinson's who participated in high-intensity exercise experienced noticeable improvement in their overall movement and reduced tremor after exercising. Also, individuals with Parkinson's who exercised more often required less additional medication and had the slowest rate of change over a year.

**Reduce Multi-tasking:** doing just one thing at a time can lessen tremors. For example, when eating, place your elbows on the table to stabilize your arms. Sit down when you brush your teeth, so you only need to focus on your upper body muscles. When you walk, keep your hands and arms free.

**Reduce Stress:** not completing tasks as efficiently as you could before you experienced tremor can be disheartening, stressful, and fatiguing. The next time you feel frustrated while trying to accomplish a task, take a few deep breaths to help rebalance your nervous system and allow your muscles to relax. Then, try the action again.

**Consider Assistive Technologies and Products:** to help you everywhere—from the kitchen to the bathroom, bedroom, golf course, swimming pool, sidewalk, and more—there are tools, gadgets, and equipment designed especially for people who experience tremor, and new ones are invented all the time. Whether it is stretchy elastic shoelaces or a long-handled shoe horn to help you put on socks and shoes, an adaptive mouse for computer work, weighted silverware to help decrease tremor while eating, or Velcro buttons, a wide variety of devices can help you feel safe, become more confident when attempting various tasks, gain more independence and increase self-efficacy.



Brian introduced Emile Maamary of Steadiwear Inc., our special guest, who explained about the Steadi-2, an assistive device designed to significantly reduce hand tremor. It is quite a fascinating bit of equipment that can be worn on the wrist and for some people significantly reduce tremor to the point where they are able to resume former activities.

Emile explained how each of the principals at Steadiwear have some sort of connection to someone with Parkinson's or Essential Tremor. The company has been functioning for 5 years and the Steadi-1 sold out with good results. The Steadi-2 is smaller, lighter, more easily cleaned (remove magnet part and machine wash the glove part) and still effective.

It is in the production stage now and will be available in June. Pre-orders can be made now. Emile invited any of us to drop in at their lab in Toronto any time we are down there and experiment with the device to see if it will work for us. Some people find it very helpful, and some do not. It comes with a money-back guarantee.

There is the possibility of a test device being sent up to Sudbury when we once again meet in person or hold some sort of a Clinic Day to allow more people to test the device and record their comments before purchasing (or not).

[Here is a link to the presentation.](#) (9 slides) Emile said the pricing is in US dollars on the slides. The Canadian price is \$730CAD + tax. They offer a 30-day money-back guarantee and a 1-year warranty on all products.

### Wayne:

Wayne advised the group of the latest Parkinson Canada Guidelines for **in-person meetings**, which we can resume after April 4 – He asked the group, “**How comfortable do you feel with this?**” Most people expressed a “let’s not rush into this” attitude. Sudbury’s Covid numbers in hospital and in waste water are sufficiently high to make us cautious. A few out-of-towners said, “no, please don’t change back or we can’t come!” That will play into our decision-making. We will not be returning to in-person meetings just yet.

**Superwalk** – is a different story! It will be LIVE, and IN-PERSON, on **September 10 !!!**

What can you do to get ready? Start now making your list of people or businesses you would like to ask to support you as you tackle another tour around the track! You could start drafting an “ask” letter that you will send to your supporters and loved ones. Superwalk is where we do our big push for research money.

#### Brian:

**Rock Steady Boxing** for Parkinson’s at Top glove Academy has resumed, Tuesdays and Thursdays at 10 am. Joanne commented on how she feels the difference now that she is back at this type of exercise. She knows she has lost ground during the pandemic, but feels she is getting her strength back and building up her endurance once again.

#### Parkinson Mobility Program

Continues at the Parkside Center both on Zoom and in-person, Mondays at 11, Thursdays at 1 pm. Lunches are once again being served in the little café at the Parkside. Some of the members come early on Thursdays or stay after on Mondays to share a meal together.

#### In Sympathy:

We send our sympathy to **Florian Venne** on the loss of his wife and caregiver, Pat Venne, who passed away February 26<sup>th</sup>. Florian was a small quiet man who never said much, but he would always be there at exercise class, sporting his flashy suspenders. [Link to Pat’s obituary.](#)

**Veikko Maki** passed away March 1. We express our sympathy to his wife. Seija & Vic were a part of our support group who didn’t often come to the meetings but appreciated the information sent to them with the meeting notes each month. [Link to obituary.](#)

#### Next Meeting:

We’ll be taking a look at techniques and tips for handling the activities of daily living. Once again it will be a virtual meeting, with a Zoom link sent out a few days before. The meeting will be **Wednesday, April 20<sup>th</sup> from 2 to 3:30 pm.** Our speaker is full of information on how to work around limitations of mobility. Lee-Ann, an Occupational Therapist with the NELHIN, will help us tackle techniques for such things as putting on socks and shoes and coats, rolling over in bed, and safely managing daily life when living alone. If you are experiencing specific challenges you would like her to address, you may send in any questions ahead of time.

**Phone-in connections:** I heard from a couple of you that you were unable to connect by telephone as you had before. Donna has checked and it is the right number (1-855-703 8985) and suggests “there may have been a phone system glitch. I hope the people tried calling a few times; I wonder if the line at that moment was jammed with all of the people across Canada trying to join their own meetings using Canada’s toll-free number and for that moment or moments, their own call could not get through. Canada has one toll-free number that is available to all users as long as they have paid for that access (Parkinson Canada has), so it might have just been a busy time...?”

