

**Welcome & Chatting** as people signed on to the Zoom platform. Everyone seems to love the opportunity to get to know each other a little better and to “catch up.”

**Photo -Memory Book** – those who have borrowed it, or come over to look at it at our house, have returned it with nothing but praise for the results of the work that went into it. What a joy it is to share! So well done, Louise! Call Nora Lea if you would like to borrow a copy, or schedule a cup of tea with us while you look at it and decide if you want a pdf copy on your computer. Summer is a great time to look through a photo book and immerse yourself in the memories! There are a few copies available for borrowing.

**Website – Brian is looking for suggestions to improve our website:** [www.parkinsonsudbury.ca](http://www.parkinsonsudbury.ca). He asked for other ideas from the group. Feedback on the priority of incorporating some of his ideas into the website prioritized his list something like this:

- Allow the visitor to view the website in French, if they prefer
- Add an “upcoming events” events page
- Add the ability to post blogs and get feedback from the group
- Add a list of the books available to borrow
- Add search capability within the web site
- Add the ability to submit “tips” to be published on the website, and to win “bits”
- Add the ability to suggest topics for meetings
- Ask Parkinson Canada to include a link to our website on theirs
- Add some kind of connection to our Facebook page so we don’t need to duplicate services.

### **Fundraising – National**

SUPERWALK - Saturday, September 10, 2022 Delki Dozzi Park

Coordinators: Richard Carriere (705) 522-2864 and Claire Sheridan (705) 522-9682

You can register as a walker now, at [www.superwalk.ca](http://www.superwalk.ca) and start collecting pledges. If people donate online now, they will receive their income tax receipt immediately. The website offers the tools to write your Parkinson’s story and send an email to friends and family. You can print a pledge sheet on which to record cash or cheque donations, they can be submitted the day of the walk.

The day of the walk is always a lot of fun, with music, games, auction items, stretching exercises, beverages, and usually lunch! Time to chat with one another and to our sponsors.

### **Fundraising - Local**

Pitch & Putt for Parkinson’s – Richard is exploring this 2-club, 9-hole golf game that could be held one night a week at a local golf club with a portion of the proceeds going to the local Parkinson’s Support Group.

### **Research News**

From BBC News: <https://stocks.apple.com/AA7vIXnBCRbGzZUwMZF39xQ>. Roland presented this – an intriguing and ingenious variation on the DBS surgery currently in use. There are no wires to a device implanted in the chest, rather an ultra thin battery is snugged up against the skull in a little depression created for it there. This reduces the time of surgery from 5 or 6 hours by half. Encouraging for people who might not be a candidate for the traditional DBS surgery.

## **Tips for bits**

This is the portion of our meeting when we share tips for coping with the symptoms of Parkinson's – each tip earns a TimBit. Nora Lea commented that we are going to have to have the biggest box of Timbits at our first in-person meeting after Covid. We have so many IOUs.



Tip # 1 – Marianne said that Giant Tiger at the Southridge Mall are now carrying Dr. Scholl's Diabetic Socks – no ridge over the toes and not too tight an elastic cuff.

Tip # 2 – Pharmasave have a stock of gadgets that are helpful for putting on socks and shoes.

Tip # 3 – One of our virtual members who hasn't been participating yet, sent this bit of information. His wife has been having trouble with her blood pressure, it gets very low (not uncommon for a person with Parkinson's). They discovered that pineapple in the morning lowers her blood pressure to the extent that she has to lie down. Her blood pressure is always low in the morning and then dips after breakfast and even more so if she eats pineapple. Usually her blood pressure is in the low 50s over 30s. I'm curious to see if pineapple will lower my blood pressure when it is high first thing in the morning (also not uncommon for a person with Parkinson's).

## **Support Group News**

Wayne shared with the group that we are planning on expanding the leadership base this fall to include a younger demographic and to have them take more responsibility, preparing for a seamless transition. It will not look the same perhaps, but that is not a bad thing. There is specific training for volunteers now that has to be done, especially the facilitators. We will be learning all that and incorporating it into our group.

**Exercise Break:** Lisa led us in a good little exercise session. She got us up and moving, the muscles loosened up and the blood stirring.

The theme of the meeting was

**Change & Flexibility**  
**Resilience in the face of operational change**  
(Parkinson Canada is changing)  
**And Adapting to the changes in us**  
(our bodies are changing)

There was a recent webinar produced by Parkinson Canada on resilience, in fact there have been a few. Go to [www.parkinson.ca](http://www.parkinson.ca) and type: resilience into the search box and there will be several options.

The following article is not specific to Parkinson's, it was written as a response to the changes brought by the pandemic. It came from Abilities magazine and most of these points can be applied to our daily living. I liked the approach, simple, easy to understand, direct, no excuses (darn it!). This what I read at the meeting.

**CHANGE IS GOOD**

**By: Darius Foroux**

<https://www.abilities.ca/abilities-magazine/life-lessons-from-the-covid-era/>

We all thought this was a temporary thing. But here we are. People are already calling this the "COVID era" as if they are reading about it in a history book. But we're still going through it.

For most of my friends and family, the social distancing and handwashing aren't that bad. We got used to that stuff quickly. The tough part about this era is that life has changed permanently for many folks.

Rifts are created between people with different beliefs on wearing a mask. Complete industries are swept away and will probably never be the same. The world has truly changed. Here, I'm sharing a few lessons I've learned from observing all these changes. Hopefully, these short reminders will make life easier for you:

**1) It's hard on everybody.** I know your life is hard. But so is the life of your neighbour. That puts us all in the same boat. So go easy on yourself and others.

**2) Nothing is forever.** It seems like this will last forever. But everything dies. And so will pandemics.

**3) Accept it as if you chose this.** This is the only form of useful lying in the world. Trick yourself into believing you wanted a more tranquil and solitary life. This is a classic Stoic exercise. Simply accept everything that's outside of your control as something you wanted. Life will be a lot rosier.

**4) Make the best of your time.** Accepting circumstances doesn't mean we give up. Make the best of it. To be clear: Worrying and thinking about stuff that's outside of your control is NOT a good use of your time.

**5) Take a breather.** Literally. Take a moment for yourself and breeeeath.... Aaaah. Yes, that's the feeling.

**6) Exercise every day.** Stay in shape. If you're not injured or ill, it's your duty to take care of your body. Never take this lightly.

**7) Get off social media.** It's a waste of your time. "Always?" Pretty much.

**8) Read books.** This is a better use of your time. We all have reading lists with hundreds of books on them. And we're not going to live 200 years. That means you need to make some tough choices. Which books will you read before you die?

**9) Learn new skills.** Technology is improving and changing so fast that we're not aware what's going on. We just learn it after the fact. But that's too late. So stay on top of your field and keep learning new skills you need to do good work.

**10) Keep a daily journal.** This will probably be one of the weirdest times of our lives. Even if you never read it again, it's still worth writing because it makes you a better thinker.

**11) Inspiration comes from within.** Why do we think inspiration comes from the outside? Look inside!

**12) Good food improves your mood.** One of the few pleasures that you never get used to. Research new recipes, be creative, and cook food that makes you go, “Hmmmnnn.”

**13) Objects will not make you happy.** Stop buying crap online. I had to tell myself that after a few too many useless purchases.

**14) Do work you enjoy.** Just because you need to survive, don’t say yes to the first available job you encounter. Find something that you enjoy and pays the bills.

**15) Appreciate what you have.** The grass is always greener. We tend to forget. So here’s a reminder: If you’re reading this on your smartphone in the comfort of your house, your life isn’t so bad.

**16) Give back.** Do something altruistic. It’s fine to give money to charity. But I’m not talking about that. Talk to your elderly neighbours, hold the door for someone, share your hard-earned lessons with others. Small things that have a positive impact on people.

**17) Change is good.** This is a difficult period. But remember, change is a part of life. And in the long-term, it’s good. We just don’t see the sunshine when we’re going through a storm.

**18) Stop consuming—Start creating.** Right now, our biggest challenge is paralysis by consumption. We’re over-consuming everything: News, food, clothes, entertainment, you name it.

To get through this era, we need more action. So stop sitting there and go create something. Without creation, there’s no progress.

*Darius Foroux is the author of seven books, and the creator of six online courses. He writes about productivity, business, and wealth building. This article was reprinted with permission from [dariusforoux.com](http://dariusforoux.com).*



**Next Meeting: Wednesday, June 15, 2022, 2 pm ZOOM – our final meeting until September!**

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Contact the leadership team through the website as well, [www.parkinsonsudbury.ca](http://www.parkinsonsudbury.ca)