

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.” It was a low key meeting as the leadership team did not have time to prepare a particular topic/theme, or to arrange a guest speaker.

Photo -Memory Book – those who have borrowed it, or came over to look at it at Wayne & Nora Lea’s, 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 them 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 – www.parkinsonsudbury.ca. Work is getting underway on the suggested additions from last month but the pace has been slow due to the summer weather. 😊 However, information on “Pitch & Putt” has been added.

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 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.

Nora Lea sent an email from Richard on June 10th with more details. (See attached email). One change of note is that it is a BYOT (Bring Your Own T-shirt) event. No new t-shirts will be given out, so re-use ones you have from previous years. This policy change by Parkinson Canada was met with enthusiasm from the meeting participants. The general feeling was that it was better to allocate funds to programs and research than to t-shirts.

Richard also indicated we would be grateful for any merchandise donations from local businesses for the raffle table. If you have any connections with local businesses, please reach out to them.

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

The **Pitch & Putt for Parkinson’s** idea that Richard raised at the last meeting, has come to fruition. It is a 2-club, 9-hole golf game that are being held Monday afternoons and evenings (excluding holiday Mondays) at Stonehill Golf Course with a portion of the proceeds going to the local Parkinson’s Support Group. Attached is a poster that has all the details. It suits both golfers and non-golfers, and is a great way to get some important exercise and socialize!

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. Apparently we are going to have to have the biggest box of Timbits at our first in-person meeting after Covid, there are so many IOUs.



Tip # 1 – Brian came across a Davis Phinney recorded Zoom meeting of 4 people with Parkinson's in which they discuss many, many tips (or hacks as some call them) that they find helpful in their daily lives. One tip that can hopefully multiply into many for you! Here's a link..... <https://youtu.be/7uH8QSSGgpM>

Support Group News

Jocelyn Dovigi sends her thanks for the lovely bouquet sent to her at home, with our sympathy on her husband Larry's passing. She said they brightened an otherwise dull day. Donations were requested to be sent to Parkinson Canada.

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

Summer Schedule for Parkinson's Mobility Program:



With the summer season sneaking up on us, it's time to enjoy the outdoors as much as possible. And the fact that you are doing so will be evident in our attendance at the exercise program. The numbers usually drop a little in the summer, yet we have seen that we really lose ground when we are not able to exercise regularly.

To maintain the program through the summer, we will make a couple of little changes:

It will still be through ZOOM and if you are new to the program you will have to register through Natalie at the Parkside Centre to get the link. (Natalie.labbee@greatersudbury.ca)

CHANGES:

1. There will be no in-person class at the Parkside Centre. However,
2. The class will be broadcast on ZOOM from Kinnect to Wellness, and if you wish to exercise in-person you may come there. (1780 Regent Street Sudbury, in the Times Square mall)

The times will remain the same: Mondays at 11 am, Thursdays 1 pm.

Topics & Themes for Upcoming Meetings

Attendees were canvassed during the meeting for topics/themes that they are interested in learning more about during upcoming meetings. You came thru big time with the list below. Plans for some are in the works already but are included in this list for completeness. They are in no particular order:

- Sleep issues and strategies
- Update on new research – for both a cure and symptom mitigation
 - Studies / trials we can participate in?
- Financial aspects, such as government assistance programs
- Role of Occupational Therapists on our care team
- Role of Pharmacists on our care team
- Orthostatic Hypotension (low BP after standing) – Dave Rackam
- Acute Care Planning (ACP)

Everyone wanted our September meeting to have a very celebratory feel! (Perhaps with a cake?) We need to celebrate our resilience over the last 2+ years, and that we have come out the other side. We also need to celebrate each other! I'm convinced we came thru it in large part due to our concern for each other, and the support of each other, not just within our group, but in the whole community.

Over the past 2+ years, some doors were closed to us, but we used tools like Zoom to keep a window open and at least stay virtually connected. An unexpected benefit of this has been welcoming new members who live outside Sudbury, or those who cannot get to All Nations Church where the meetings are normally held.

Next Meeting: Wednesday, September 21st, 2022, 2 pm - In-person at All Nations Church for first time in over 2 years!! Hallelujah!! It will be so good to see everyone again.

We will NOT be abandoning our members whose only option is ZOOM or telephone. We are working on a way to include you! Perhaps, as a separate virtual meeting. Details to come...

Notes compiled by **Brian Matthews**, a member of our Leadership Team, while Wayne & Nora Lea took some time off to attend a family wedding among other things.

Nora Lea Arcand, Secretary 705-522-3321 or cell 705-918-3323

Contact the leadership team through the website as well, www.parkinsonsudbury.ca