

PARKINSON SUPPORT GROUP OF SUDBURY

MEETING NOTES

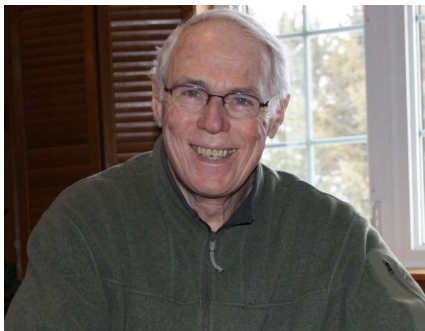
September 21 & 22, 2022

The Welcome was warm, the chatting and hugging genuine as people checked in for the Support Group meeting. Everyone seemed thrilled to be back together for the meeting. Two and a half years apart was two and a half years too long.

President Wayne greeted folk as they arrived and did his best to put everyone at ease. Brian was working the computer, overseeing a slide-show from the SuperWalk September 10th. Claire was doing her part in helping people find nametags and recording attendance. Richard was collecting his thoughts to present the SuperWalk report while his wife, Louise, connected with different ones. Nora Lea had set up a display of some books that can be borrowed from the support group and was herself chatting, reconnecting with old friends. Your leadership team were doing "their thing".

The group was small enough (17) that we could take the time to introduce ourselves and give a little Parkinson's Disease history. It was interesting to note the variety in the times people have been diagnosed, from just a few months to over 30 years, with 8 years being the most frequently mentioned.

Wayne mentioned with regret the passing of Guy Mahaffey then read this note from Wendy:



Thank you to the Parkinson's Support Group for sending the lovely bouquet of flowers after Guy's passing. They are as fresh today as the day they arrived.

The Support Group has indeed been a support to Guy and myself. He always enjoyed going to the "Y" for the exercise classes in person, but not so much online. I couldn't quite understand it, but perhaps it just had to do with a larger space in which to move.

The exercise classes are a fantastic service to offer people with Parkinson's Disease and their caretakers. It is not only a good way to get bodies moving, but also a wonderful way to meet and interact with others. I will always be grateful for the time we spent there.

*Fondly,
Wendy*

Support Group News:

One of the things that has happened over the time of Covid is the addition to our group of a number of members from outlying communities. They could attend via Zoom but wouldn't be able to in person. There are also a number of our members who for various reasons do not yet feel comfortable at in-person gatherings.

To accommodate these folks, we will hold a Zoom meeting the day after the in-person meeting. They can log-on through the Zoom link or the telephone number.

Leadership Transition:

After 9 years of dedicated service as our group's president, Wayne has decided step back from this role. A huge thank-you from all of us for your countless hours of service – much of it unseen by most of us – to advance the group's mission.

Wayne announced that Brian Matthews has agreed to take on the role of President. Brian has gradually slipped into the role as a leader in the group, demonstrating his heart for the people in the group. He has been committed to the boxing program, committed to the Christmas Cakes & Cookies sales, delivering to various sales venues, offering space in his garage for storage and becoming a pick-up location. He willingly undertook the major project of building the support group website from "scratch," learning the program and then inputting the information. Wayne is so impressed with his results!

Brian indicated he has big shoes to fill (size 13!) and will need the support of everyone to succeed. In particular, he will still rely on Wayne's experience and guidance as the Past-President. With the quiet click of the mouse, the gavel was passed and the new president installed.



From this point, Brian led the rest of the meeting.

Parkinson Sudbury Website:

Work continues to improve the website. <https://parkinsonsudbury.ca/>

- Content is added/updated as required
- French version of the website is coming soon
- Background work is being done to ensure the security of the site, and increase the visibility to the general public
- Information added regarding memorial donations (bottom of Fundraising page <https://parkinsonsudbury.ca/fundraising/>)











If you have any suggestions for updates please contact us via the website (<https://parkinsonsudbury.ca/contact/>)

SuperWalk 2022:

Richard provided a preliminary update as at Sept 17

- Sudbury raised \$23,110
 - Includes \$1,100 from Kinette Club
- 85% of target (\$27,000)

- Donations still accepted until Sept 30
- Prize table raised \$610
- Ontario raised \$820,000

Top Participants		Top Teams			
	Louise Picard	\$3,840.00		Louise's Trekkies	\$5,042.75
	Tim Thomson	\$2,860.41		Kelly's clan	\$3,832.96
	Nora Lea Arcand	\$2,723.80		Rock Steady	\$1,597.00
	Lise Crull	\$1,348.00		Crull Cruisers	\$1,348.00
	Kelly "Ricket "	\$1,026.25		Garry's Gang	\$598.10

Pitch & Putt:

Richard indicated the Pitch & Putt fundraiser did not attract as many participants as expected but we will try again next year with more promotion.

Rock Steady Boxing:

Top Glove Boxing Academy held an open house on Sept 13th to raise community awareness about the Rock Steady Boxing program. It is a program designed specifically for people living with Parkinson's Disease. Research shows exercise, specifically high intensity activity like boxing, can slow or even reverse the impacts of the neurological disease that has no cure, yet. Top Glove Boxing Academy has been certified to offer this program here in Sudbury. It consists of 2 one-hour sessions per week at 10am Tuesdays and Thursdays.

Approximately 20 people attended the open house, and local media provided excellent coverage (<https://northernontario.ctvnews.ca/video?clipId=2521063>).

Thank you to Chris' Your Independent Grocer, Country Style, and Giant Tiger for sponsoring the open house.

So far, we have had 2 people sign-up as a result of the open house. If you are interested in more information, contact Gord Apolloni at 705-561-7215.

Related links

- <http://www.topglove.ca/parkinsons.html>

- <https://www.rocksteadyboxing.org/>
- <https://youtu.be/sCE1wVrSyiE>

Celebration!

The main theme of this month's meeting was Celebration! As this was our first in-person meeting in almost 3 years, we wanted to celebrate 3 main things:

- our resilience - we made it thru COVID (so far)
- our determination - we are back together in the same room
- our empathy - we are/were here for each other

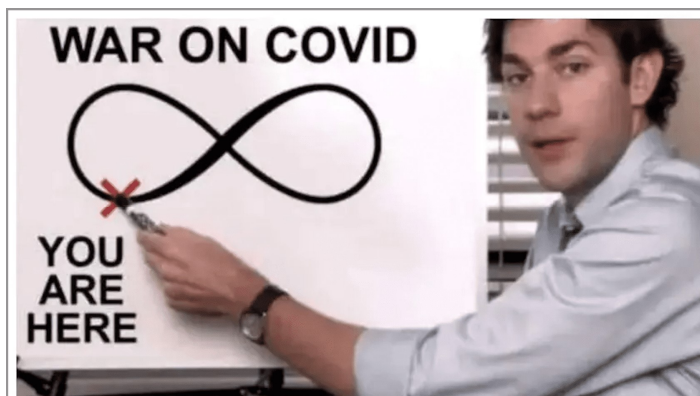
Let's celebrate by sharing our COVID experiences:

- what got you thru the last 2+ years?
- despite the hardships, what are you grateful for?
- what did you learn from your experience?

A good discussion ensued regarding the members' answers to questions. One predominant theme that emerged was Family – particularly grandchildren! From the lows of missing regular visits, to the rise of Zoom that provided at least some relief, and the very innovative ways Santa adapted, it was a roller coaster of emotions that impacted us physically and mentally.

But we persevered! There were a few stories whereby Zoom is continuing to be used to interact more than before COVID!

Under the category of "laughter is the best medicine", we couldn't resist a little bit of COVID humour.

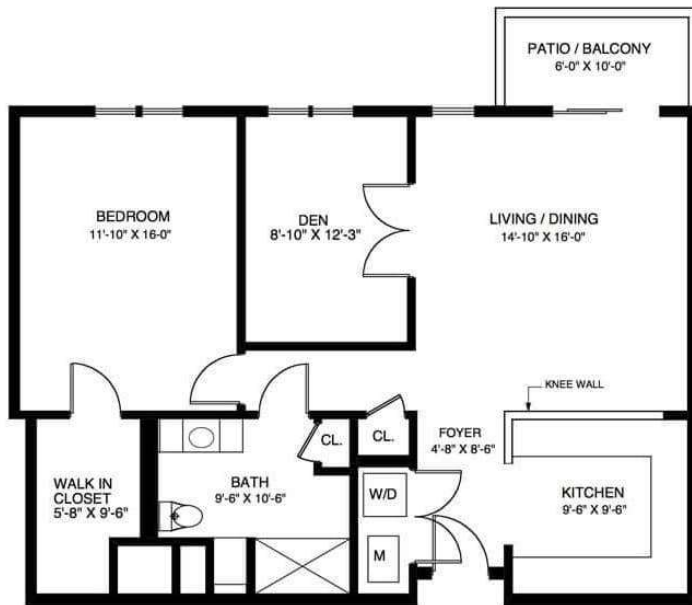




STAR TRIBUNE
S&K



Looking at the map for some weekend travel ideas.



Parkside Mobility Program:

Parkside Centre is once again hosting in-person sessions

- Sessions will also be broadcast via Zoom
- Still Mondays 11 – 12 noon & Thursdays 1 – 2:00 pm
- Register with Natalie.Labbee@greatersudbury.ca to get the zoom link
- Wearing of masks is optional
- Program is paid for by the support group

A question was raised about whether the code for the parking has changed. We will get an answer to this.

A suggestion was made to have the Thursday 1pm time changed back to 11am as it used to be. There were 2 reasons for this request:

1. After lunch tends to be prime nap time for some
2. After the sessions is a time for casual socializing, often including lunch. The 11am time slot is better for this.

We will look into this possibility.

Christmas Cakes & Cookies:

Summer is just over, but its time to start thinking about our Christmas Cakes & Cookies sales. We will be contacting our supplier to see what the prices are going to be this year. We need you to start contacting your customers to put together your orders. We want to place one large order with our supplier. This is more cost efficient and avoids scrambles to get later orders here in time.

To communicate your order to us, please use the order form on our website. This allows us to track the orders more effectively and efficiently. <https://parkinsonsudbury.ca/order/>

Tips & Bits:

Louise had a tip to share about shoes that she uses. The company name is Kizik and they are designed to be easy to get on for people with mobility issues.

Check them out: <https://www.kizikshoesca.com/> This is a Canadian site with prices in CA\$.

Here is a video about them <https://www.youtube.com/watch?v=jsfyzOfIZTg>

Next Meeting: Wednesday, October 19th, 2022 at 2 pm in-person at All Nations Church.

We will NOT be abandoning our members whose only option is ZOOM or telephone. As we did in Sept we will host a Zoom meeting the day after, Oct 20th at 2pm.

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

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