

PARKINSON SUPPORT GROUP OF SUDBURY

MEETING NOTES

October 19, 2022

What a surprise! Who was chairing the meeting today? Not our new President, Brian Matthews, but Past President, Wayne Arcand. Déjà vu! It was good of him to step into the breach while Brian isolates and awaits the results of Wednesday's Covid test. We have a good bunch to fall back on.

Chris and Claire couldn't be there either today, so Nora Lea and Francine pinch-hit for Claire on the welcome desk. Their job was to keep the name-tags organized and be sure everyone had one, as well as to record attendance. They really appreciated the time and trouble taken by whoever put all the neck strings back into the plastic sleeves with the name cards. "No more tangles" applies to more than shampoo!

We learned a little more about each other as we went around the room introducing ourselves. With two couples attending for the first time, the introductions were very helpful. The last person to be introduced was our guest speaker:

Jennifer Gosselin

Advanced Care Planning

Jen is a registered social worker with St. Joseph's Continuing Care. She has worked with the geriatric community for the past 10 years and developed a passion for teaching seniors to prepare for the future, which often comes in unexpected ways. Besides her own personal history (her dad passed away when she was 22, and her mum when she was 24), Jen also draws from the wealth of her patient's experiences.

Talking about Advance Care Planning is not meant to frighten people with Parkinson's, but to inspire everyone of us to be ready with a plan in place should a time come when we are unable to make decisions for ourselves regarding our physical care. Having just gone through this with my brother, what she had to teach definitely resonated with us.

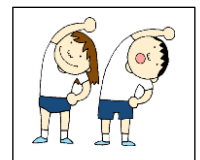
One of the things we need to understand is who will make the decisions for us if we have a plan and if we don't have a plan. It may not be the person you assume and they may not be the right person to make decisions that reflect your values and wishes. In this talk, Jen was addressing only the need for a Substitute Decision Maker (can be a Power of Attorney for Personal Care) for physical (medical) care not for financial matters (Power of Attorney for Finance).

Another thing to be aware of, is that this should be an ongoing plan, reviewed frequently as your needs change. Advanced Care Planning conversations need to be ongoing and communicated to your SDM (Substitute Decision Maker) so that those around you know and understand your values, wishes and beliefs. It will be much easier on your SDM if they have been aware of your thoughts and feelings on various issues that may arise.

There was a fair bit of discussion in the Q & A time as people clarified their own understanding of the laws in Ontario regarding incapacity decisions. The POAPC or SDM does not go into effect until you are unable to make those decisions for yourself. Power of Attorney for Personal Care expires at the moment of death and then the Executor takes over.

Jen's slides will be attached. They are very self-explanatory. Her presentation to the Zoom group on Thursday was recorded. It is **available from the cloud for 30 days only**, at this [LINK](#).

After Jennifer's presentation, **Louise led us in some exercises** as Wayne switched the Power Point to the support group agenda. Focusing on their delight in traveling, Louise had us warm up by walking, lifting our feet to keep from splashing, added in arm swings as we "carried our suitcases". At one point we had to push apart the long grasses to see the trail, and at another we used binoculars to see the distant view. It was cute and fun as she led us in mimicking travel habits.



Under **Support Group News**, was the sad news that Barbara Kauhanen has passed away. She was 80 years old. You will probably remember Barbara and Bill as the couple who would dance in the kitchen after supper as their form of exercise. [Link to obituary](#).

Christmas Cakes and Cookies – it's that time of year again! Christmas Cakes (fruit, cherry & dark) are \$20, plum puddings with sauce are \$15, and cookies sell for \$10. If you're selling cookies to a first-time buyer, I suggest you advise them to buy at least two boxes, the first one just evaporates. Melt-in-your-mouth delicious! Orders can be submitted online at our new support group website: www.parkinsonsudbury.ca or call Brian at 705-522-3495 or Claire at 705-522-9682. The sooner you order, the better, as we sell on a first-come-first-served basis.

Literature and books are available from the Parkinson Closet at our house. Just let me know what information you are looking for and I will find some for you or drop in for a coffee and search for yourself.

Copies of the **photo-history book** are available for borrowing anytime, and it can also be loaded on to your computer as a .pdf file. Copies can be purchased for around \$100, hence the library-style loaning of our copies.

Remember to exercise! It is the only proven method of slowing the progression of the disease.

The Parkside Centre continues to offer our Mobility Program Mondays (11:00 – 12 noon) and Thursdays (1:00 – 2 pm) and it is also accessible via Zoom. Register with Natalie.Labbee@greatersudbury.ca to get the zoom link.

RE: EXERCISE PROGRAM - We need some feedback from you!

The number of people participating in this program has dwindled since Covid and the highest number of participants are on Zoom. Since it is such an effective program and is good for cardiovascular fitness as well as strength and balance training, we want to know how we can improve our marketing of the program while promoting its physical and social benefits. **Would you please let us know why you are no longer participating in person and/or on Zoom?**

Rock Steady Boxing is still being offered at Top Glove Academy, Tues. & Thurs. An excellent program to increase mobility, improve balance, agility and endurance. This program requires a monthly fee from the Parkinson Participant, but that includes the participant's "corner person". Register by calling 705-805-2699.

Tips for Bits: where we offer Tim Bits in exchange for Tips for daily living (in this case virtual Tim Bits, since we forgot to pick them up).

Louise modelled her **Kizik shoes**, embarrassed at how "well-used" they looked. Which became the point she was trying to make: they are so comfortable and so easy to get on and off that she wears them all the time, even in the garden. **"The easiest shoes you'll ever put on. No tying, no heel crushing, and no hands necessary"**. She has ordered two more pair from the Canadian website and will let us know when they come if the quality is as good as the pair she purchased from the more expensive American site. <https://kizik.com/>

Brian had offered the links to some of our favourite organizations **You-Tube Channels** where you can find all kinds of Parkinson's information :

- Michael J Fox Foundation ([link](#))
- Parkinson's Foundation ([link](#))
- Parkinson Canada ([link](#))
- Davis Phinney Foundation ([link](#))

Upcoming Events: Webinars & Interesting news

- Parkinson Canada - **Parkinson's & Stem Cell Therapy on Oct 26th @ 2:00pm**
 - [Register](#)
- Michael J Fox Foundation - **Latest Efforts to Develop a Vaccine Against Parkinson's**
 - [Details](#)
- Davis Phinney Foundation - **Depression, Mood, Anxiety and Parkinson's**
 - [Recording](#)
- Davis Phinney Found. - **Parkinson's Disease Psychosis Live Q & A on Oct 28th @ 3:00pm**
 - [Register](#)


Next Meeting: Wednesday, November 16 in person at All Nations Church at 2:00 pm. Our guest, Lee Ann Scott, Occupational Therapist, will be showing us some of the assistive devices we can use to make the activities of daily living easier. We will do our best to reprise these on our Zoom meeting the next day, Thursday, November 17, at 2 pm. We have yet to figure out how to reprise Lillian's fabulous treats she brings or sends to the in-person meetings. I guess Zoom simply can't do it all, and for some things "you just have to be there"!

Nora Lea Arcand

705-918-3323

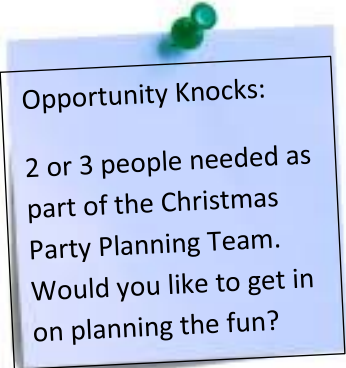
noralearcand@gmail.com

www/parkinsonsudbury.com



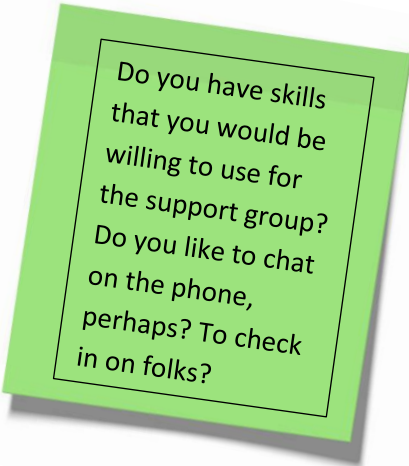
Do you love working with spreadsheets? Know Excel pretty well? Can you respect privacy concerns?

There could be a place for you maintaining the group list and recording attendance. Using your own computer of course.



Opportunity Knocks:

2 or 3 people needed as part of the Christmas Party Planning Team. Would you like to get in on planning the fun?



Do you have skills that you would be willing to use for the support group? Do you like to chat on the phone, perhaps? To check in on folks?