

Parkinson Association of Alberta offers a variety of programming opportunities for people with Parkinson disease, their care partners and families, and health care professionals. Our programs fall into four categories: PD & the Arts, PD & Education, PD & Movement, and PD & Social; all designed to help people living with and affected by Parkinson's lead a healthy and active life! Or check out our most up-to-date programs available 24/7 on the Parkinson Association of Alberta website. [www.parkinsonalberta.ca](http://www.parkinsonalberta.ca). (click the blue button that says "Calgary") The following icons indicate under which category a program falls. You will find the icons beside each program listing below.



PD & Arts



PD & Education



PD & Movement



PD & Social

#### **Program Registration:**

We continue to ask that you pre-register for any program that you would like to attend at least **one week** in advance. This will help staff to identify if there are sufficient numbers for a class or whether these classes should be cancelled due to low registration. We also ask that you register for any information session (ie. Speaker Series) that you would like to attend so that we may adequately set-up for these events.

#### **How to Register:**

Simply call the office at 403-243-9901. As some of our programs are limited in size, registration for these programs will be accepted on a first-come, first-served basis. **Payment is due at the time of registration.**

#### **Memberships:**

Memberships run yearly from January – December and cost \$25. Parkinson Association of Alberta members receive access to programs and events at a discounted rate and will receive a free Aware in Care kit and quarterly magazine. Talk to your Client Services staff to find out more!

#### **Appointments Welcome!:**

If you would like to schedule a one-on-one or family session with one of our Client Service Coordinators, please call ahead and book an appointment at 403-243-9901.



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## Pool for Parkinson's



Some people believe playing pool is the perfect exercise due to its long periods of rest between activities. Others say they like to play pool because it is a social physical activity that can last for a couple hours.

What we know from experience is that our Pool for Parkinson's players come out, listen to music, laugh, have fun...and most of the time, the balls stay on the table. Why not come out and see for yourself?

*For information call Ken at 403-616-4411.*



## Spray Lakes – Movers & Shakers Exercise Program

**Date:** Monday, Wednesday & Fridays Beginning January 8, 2018

**Location:** 800 Griffin Rd East in Cochrane, AB

**Time:** 1:00 PM – 2:00 PM

**Cost:** Drop-in fee - \$8.00 or free with yearly membership \$330.00



Don't let the challenges of Parkinson's stop you from enjoying life to the fullest. In this class you will work on specific movement patterns, muscle stability and mobility, range of motion, balance and fall prevention, cognitive functioning, stress management, as well as gentle strength training and cardio, using a variety of techniques such as boxing, chair aerobics, games/sports, dance, and a heck of a lot of laughter because you never know what we will do next.

*To register, call Jo-anne Paulgaard at 587-215-7994.*



## PWR!Moves® Bright

**Date:** Monday, January 8, 2018 – March 28, 2018

**No Classes:** Monday, February 19, 2018

**Location:** Calgary Jewish Community Centre - 1607-90 Avenue SW, Calgary

**Times:** 1:30 PM - 2:30 PM OR 2:30 PM - 3:30 PM OR 3:30 PM - 4:30 PM

**Cost:** \$406.00 + GST



This is designed for participants who are new to PWR!Moves®. You will have a pre-assessment followed by two hours of one on one orientation with a certified PWR!Moves® instructor to prepare you for the PWR!Moves® class. Once you've completed the program, you will have a post assessment.

*To register, contact [srussell@cjcc.ca](mailto:srussell@cjcc.ca) or 403-444-3150.*



## **PWR!Moves®**

**Date:** Monday, January 8, 2018 – March 28, 2018

**No Classes:** Monday, February 19, 2018

**Location:** Calgary Jewish Community Centre - 1607-90 Avenue SW, Calgary

**Times:** 1:30 PM - 2:30 PM OR 2:30 PM - 3:30 PM OR 3:30 PM - 4:30 PM

**Class Option Costs:** **A)** Mon & Wed – \$206.00 + GST **B)** Mon/Wed/Fri – \$306.00 + GST



Offered in partnership with the Calgary Jewish Community Centre and facilitated by PWR!Trained Exercise Physiologists and Fitness Trainers who are experienced in the treatment of Parkinson disease and related disorders, PWR!Moves® is a progressive skill re-acquisition exercise program that anyone can do. Essential research based exercise components are integrated into the PWR!Moves® program to optimize brain health and learning, and to better address all the motor, cognitive, and emotional symptoms of PD. Classes run in seasonal sessions throughout the year and you must complete the PWR!Moves® Bright program prior to entering.

*To register, contact [srussell@cjcc.ca](mailto:srussell@cjcc.ca) or 403-444-3150.*



## **Be Fit & Age Well**

**Date:** Tuesday, January 23, 2018 for 10 weeks

**Location:** Confederation Park 55+ Activity Centre - 2212 13 St NW

**Time:** 1:30 PM – 2:30 PM

**Cost:** \$50.00 (members) \$75.00 (non-members)

According to the American College of Sports Medicine and the American Heart Association, a comprehensive exercise program for older adults must include aerobic exercise, muscular strength, flexibility, and balance. “Be Fit & Age Well,” is a group activity, consisting of a one hour long exercise class, facilitated by an Alberta Fitness Leadership Certified (AFLCA) instructor in a safe environment. The class is based on a recommended professional FITT formula, an acronym for Frequency, Intensity, Type and Time.

*To register, contact Parkinson Association of Alberta at 403-243-9901.*



## **NEW! Synaptic’s Therapeutic Yoga**



**Date:** Tuesday, January 16, 2018 for 6 weeks **FREE TRIAL CLASSES Jan 9 & 12 @ 12:00 PM**

**Location:** Synaptic Health - 305, 6940 Fisher Road SE, Calgary

**Time:** 9:00 AM – 10:00 AM

**Cost:** \$90.00 for 6 weeks OR \$20.00 Drop-in

Therapeutic yoga focuses on slow, mindful, and alignment-based movement to regain a sense of strength and confidence within and without. We move through a variety of standing, seated and supine poses, combined with the teachings, and props of Critical Alignment Therapy to reawaken movement chains in the body. Alongside the physical postures, we use the tools of mindful meditation such as guided breathing techniques and body scans to further connect the mind to the body. This class is tailored for people living with neurological conditions but can be enjoyed by everyone including caregivers, family, and friends.

*For more information or to register, email [admin@synaptichealth.ca](mailto:admin@synaptichealth.ca) or call 403-984-4909.*



## **Webinar: How to Triumph over Taxes, for Caregivers, seniors and Persons with Disabilities**

**Date:** Wednesday, January 24, 2018

**Location:** Parkinson Association of Alberta – 310, 6807 Railway Street SE, Calgary

**Time:** 1:00 PM – 3:00 PM

**Cost:** FREE

While finances can be a major concern when faced with disease, there are ways to lighten that load. It's important to keep well-informed and know what condition-specific resources are available in your region. Presented by Janet Avery, Canada Revenue Agency, this webinar will provide tax information to help seniors, persons with disabilities and caregivers get the most out of their money.

*To register, contact Parkinson Association of Alberta at **403-243-9901**.*



## **Alberta Healthy Living Program: Parkinson's 101**

**Date:** Wednesday, February 14, 2018

**Location:** South Health Campus - 4448 Front St SE, Calgary

**Time:** 10:00 AM - 12:00 PM

**Cost:** Free

In this session you will learn:

- ✓ What Parkinson disease is
- ✓ How symptoms are controlled
- ✓ About treatment options
- ✓ What resources are available in the community

*To register, contact Alberta Health Services at **403-943-2584**.*



## **Speaker Series: Traveling with a Disability**

**Date:** Thursday, February 15, 2018

**Location:** Parkinson Association of Alberta – 310, 6807 Railway Street SE, Calgary

**Time:** 1:30 PM – 3:00 PM

**Cost:** Free

Twelve years ago Leanna had a stroke and remains totally paralyzed on her left side. In the last ten years, Leanna along with her husband Jon and their wheelchair have been in 19 countries on five continents. A year ago Jon was diagnosed with Parkinson disease, now Jon and Leanna are both care partners to one another. Jon and Leanna will be speaking on their travels and experiences while informing attendees of their travel tricks in regards to topics such as seat reservations, flight planning, seat location, travel insurance, single and multi-flight trips, handicap rooms, vehicles, buses, parking, cruise ships, coach tours, best rates, and more!

*To register, contact Parkinson Association of Alberta at **403-243-9901**.*



## **Young Onset Social Night – Disco Bowling**

**Date:** Wednesday, February 21, 2018

**Location:** 1010 42 Ave SE, Calgary

**Time:** 7:00 PM – 9:00 PM

Social Nights offer casual meet up opportunities for people living with Young Onset Parkinson’s and their care partners. Learn from one another, share tips, resources and information. Enjoy friendly disco bowling with food and drinks!

*To register, contact Parkinson Association of Alberta at **403-243-9901**.*



## **NEW! Thinking, Memory & Concentration**

**Date:** Thursday, February 22, 2018 for 6 weeks

**Location:** Parkinson Association of Alberta – 310, 6807 Railway Street SE, Calgary

**Time:** 1:00 PM- 3:00 PM **Cost:** \$40.00 (members) & \$55.00 (non-members)

This program provides clients with the opportunity to be mentally active in a non-judgmental, social setting. Just like our muscles, we need to engage our brains in order to keep them healthy. This 6 week program will offer you the opportunity to train your cognitive skills in a supportive environment. The cognitive skills of interest will include concentration, attention, reasoning, creativity, and the various forms of memory.

*To register, contact Parkinson Association of Alberta at **403-243-9901**.*



## **Alberta Healthy Living: Parkinson’s Medication Information**

**Date:** Wednesday, February 28, 2018

**Location:** Vecova - 3304 33 St NW, Calgary

**Time:** 1:00 PM – 3:00 PM **Cost:** Free

In this session you will learn about the medications you take for Parkinson’s and why. Class is facilitated by a registered nurse from the Movement Disorders Program.

*To register, contact Alberta Health Services at **403-943-2584**.*



## **Alberta Healthy Living Program: Speech & Swallowing Disorders**

**Date:** Wednesday, March 7, 2018

**Location:** Vecova - 3304 33 St NW, Calgary

**Time:** 1:00 PM- 3:00 PM **Cost:** Free

**Class is facilitated by a Speech Language Pathologist.** In this session you will learn:

- ✓ How speech & swallowing can be impacted by Parkinson disease.
- ✓ What normal speech & swallowing look like & how things change with Parkinson disease.
- ✓ When to see a speech-language pathologist to help diagnose and treat problems when they arise.
- ✓ About treatment strategies and research that is being done in the field of speech-language pathology and Parkinson disease.

*To register, contact Alberta Health Services at **403-943-2584**.*



## **Pins & Parkinson's Bowling**

**Date:** Wednesday, March 14, 2018

**Location:** Chinook Bowladrome - Chinook Centre: 6455 Macleod Trail SW, Calgary

**Time:** 1:00 PM – 3:00 PM

**Cost:** \$5.00/game (includes shoe rental)

Veteran bowlers and those that are new to the sport are welcome to come out and throw some balls. You can be as traditional or as creative as you like, just as long as you try to get the ball down the lane and aim for the 5 pins. Be active, share some laughs and make new friends!

*To register, call Parkinson Alberta at **403-243-9901**.*



## **NEW! Parkinson's Music Therapy at Synaptic Health**

**Date:** Thursday, March 22, 2018 for 6 weeks

**Location:** Synaptic Health: 305, 6940 Fisher Rd SE, Calgary

**Time:** 4:00 PM – 5:00 PM

**Cost:** \$120.00

This program aims to assist clients through the use of music, in developing new strategies to cope with physical and emotional set-backs caused by Parkinson disease that can create difficulties in carrying out activities of daily living. Music acts as a motivator for people of all ages, race, gender, culture and ability. In this program, music will be used to increase range of motion, regulate gait, and support participants emotionally through boosting mood and reducing anxiety.

Sessions will involve:

- Engaging in musical play/music related activities to boost mood and increase group cohesion and socialization
- Targeting areas of gross or fine motor movement that participants have difficulty with, through the use of rhythm and music to increase range of motion and/or gait regulation
- Singing and breath support training to improve respiratory health and reduce anxiety
- Discussing emotional connections to music to focus on increased positive affect, boost mood and reduce anxiety
- Relaxation to music through the use of Guided Imagery in Music to reduce anxiety, provide emotional support, and connect the body and mind through imagery and music
- Facilitated discussion with participants and care-givers about self-care, setting boundaries, and discovering strategies that assist care-givers in caring for themselves and their loved one in a healthy manner

*To register, contact Elle or Synaptic at **587-438-4405**.*



## Upcoming Events & Dates

### ***Petals for Parkinson's Tulip Campaign!***

March 12 to April 3, 2018

Celebrate the hope that spring brings with our annual Petals for Parkinson's Tulip Campaign. Just in time for Easter, Parkinson Association of Alberta will once again be selling potted Red Parrot Tulips for just \$8. More than \$5 from every plant benefits Parkinson Association of Alberta's programs and services in Calgary. To order your tulip or help to volunteer for the campaign, please call 403-243-9901 or email [info@parkinsonalberta.ca](mailto:info@parkinsonalberta.ca).

# petals for parkinson's

### ***World Parkinson Awareness Day!***

April 11, 2018

On April 11th, the Calgary Tower and Reconciliation Bridge will be lit in Parkinson Association of Alberta colors to show support for Albertans living with and affected by Parkinson's. Snap a photo at one of your local landmarks, share on social media using the **#uniteforparkinsons** and don't forget to tag Parkinson Alberta too so we can share your support with our followers too!



### ***Save the Date to Step up for Parkinson's this September 8th & 9th!***

September 8 & 9, 2018

Save the Date to Step up for Parkinson's this September 8th & 9th at our 6th Annual Flexxaire Parkinson Step 'n Stride in Calgary at South Glenmore Park on September 8th and in Cochrane at Mitford Park on September 9th. It's never too early to start getting your teams ready for our largest annual fundraiser! Registration opens this February!





## PD Helpline

Parkinson Association of Alberta's PD Helpline is a toll-free, confidential service for Albertans affected by Parkinson disease as well as their healthcare providers.

PD Helpline operates in association with the Calgary Movement Disorders Program and a network of Alberta Parkinson disease experts.



Your call is our priority and will receive immediate or same-day response. We're here to meet the information needs of Albertans living with Parkinson disease and those who care for them.

Call the PD Helpline for support at **1-877-243-9992**.

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## Tele-Support Group

If you would rather take part in a support group from the comfort of your own home, we invite you to join our provincial Tele-Support Group. The group takes place via a conference call the **THIRD THURSDAY** of the month from 10:00 a.m. – 11:00 a.m.

Call Parkinson Association of Alberta at **403-243-9901** for more information or to register. Once you are registered, you will receive call-in instructions on how to participate.

## Peer-to-Peer Program

Our new peer-to-peer program matches experienced client mentors with a mentee who needs a listening ear, understanding issues stemming from PD, and moral support from a peer who can offer lived experience, personal wisdom and encouragement.

Peer support is done via telephone and can be a one-time conversation or up to six, one hour sessions.

For more information or to apply to be a mentee, please email [info@parkinsonalberta.ca](mailto:info@parkinsonalberta.ca)



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***Please note that Parkinson Association of Alberta will be closed December 23, 2017 – January 2, 2018.***



## Parkinson Association of Alberta Support Groups

Support groups can be a valuable resource as they provide a place to learn tips for living well with Parkinson disease and to meet others who share similar experiences.

Below is a list of the groups offered in and around the Calgary area.

***We welcome you and your loved ones to join us!***

<p><b>NW CALGARY</b>  <b>First Monday of the Month</b>            10:00 a.m. – 11:30 a.m.            Hope Lutheran Church            3527 Boulton Rd. NW, Calgary</p>	<p><b>NW CALGARY</b>  <b>First Thursday of the Month</b>            10:00 a.m. – 11:30 a.m.            Hope Lutheran Church            3527 Boulton Rd. NW, Calgary</p>
<p><b>SE CALGARY</b>  <b>Second Monday of the Month</b>            10:00 a.m. – 11:30 a.m.            McDougall United Church            8516 Athabasca St. SE, Calgary</p>	<p><b>COCHRANE</b>  <b>Second Thursday of the Month</b>            10:00 a.m. – 11:30 a.m.            St. Andrew’s United Church            128 – 1 St. East, Cochrane</p>
<p><b>AIRDRIE</b>  <b>Third Monday of the Month</b>            10:00 a.m. – 11:30 a.m.            Cam Clark Ford, Community Room            1001 Highland Park Blvd., Airdrie</p>	<p><b>CARE PARTNER COFFEE BREAK</b>  <b>Third Monday of the Month</b>            1:30 p.m. – 3:00 p.m.            Parkinson Association of Alberta,            5636 Burbank Cres. SE, Calgary</p>
<p><b>SE CALGARY</b>  <b>Fourth Monday of the Month</b>            10:00 a.m. – 11:30 a.m.            McDougall United Church            8516 Athabasca St. SE, Calgary</p>	<p><b>YOUNG ONSET</b>  <b>Fourth Monday of the Month</b>            7:00 p.m. – 9:00 p.m.            Hope Lutheran Church            3527 Boulton Rd. NW, Calgary</p>
<p><b>NANTON</b>  <b>Fourth Thursday of the Month</b>            10:00 a.m. – 11:30 a.m.            St. Cecilia’s Catholic Church            2308 – 19 St., Nanton</p>	<p>For more information about our support groups, <b>please call the Parkinson Association of Alberta office at 403-243-9901.</b></p>

***Please note that there are no groups scheduled on holidays!***

## Volunteer Information

### **Call for Client Services Volunteers!**

We are in need of helping hands for some general office administration tasks. We're always on the lookout for people who can help us with:

- Telephone calls, emails, photocopying, event participation, mail-outs and assembling information packages.

*Volunteer times would vary. We're pretty flexible and can often adapt our times to your schedule.  
Please call **Chad at 403-243-9901.***

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### **Regional Parkinson Disease Advisory Council Volunteers Needed**

We are in need of enthusiastic volunteers to support Parkinson Association of Alberta on our Regional Advisory Council. The purpose of the Regional Parkinson Disease Advisory Council is to function in an advisory capacity with Parkinson Association of Alberta PAA to:

1. Ensure local fundraising signature events are organized and conducted in compliance with PAA event implementation guidelines and protocols.
2. Ensure local services access for all regional clients, families and the community in compliance with Parkinson Association of Alberta policies, guidelines, and best practices.

*If you are interested in discussing this new volunteer opportunity in further detail, please contact **Chad at 403-243-9901.***

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# Hope Conference

MAY 26, 2018 IN **CALGARY & EDMONTON**



## Aware in Care

Parkinson Association of Alberta is a proud partner with the National Parkinson Foundation on our **Aware in Care** campaign to help those with Parkinson disease and their care partners improve their hospital and extended care facility stays.

The **Aware in Care** kit helps people self-advocate during planned or emergency hospital visits. It encompasses tools such as a Parkinson disease ID bracelet, a medication form to list doses for important, time-sensitive PD medications, a fact sheet for hospital staff, and an action plan to help prepare for hospital visits.



If you would like to receive a kit, call Parkinson Association of Alberta at **403-243-9901**, or order it online at [www.parkinsonalberta.ca](http://www.parkinsonalberta.ca)

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## Become a Parkinson Association of Alberta Member



It is only with your thoughtful, ongoing support that we can continue to offer the **best in support, programming, education and funds for research** both today and tomorrow. When you become a member, you are not just "buying a membership" with Parkinson Association of Alberta, you are investing in the future of Parkinson disease in Alberta!

What does it mean to be a member of Parkinson Association of Alberta?

- There is strength in numbers. When we speak out and advocate on important issues that make life better for people with Parkinson disease, our voice is stronger with yours added. For every paid membership we receive, we can count one person as a member. The more members we have, the stronger our voice and the more influential we become.
- While our Parkinson Pulse magazine remains available 24/7 on our website; members can request a printed hardcopy in the mail.
- Members are eligible to vote at Parkinson Association of Alberta's annual general meeting, having a voice in the direction of the organization.
- Many of our programs and events offer a reduced cost for members.

Memberships are \$25 and can be purchased by mail, by visiting the office, by calling our office at **403-243-9901**, or online at [www.parkinsonalberta.ca](http://www.parkinsonalberta.ca).