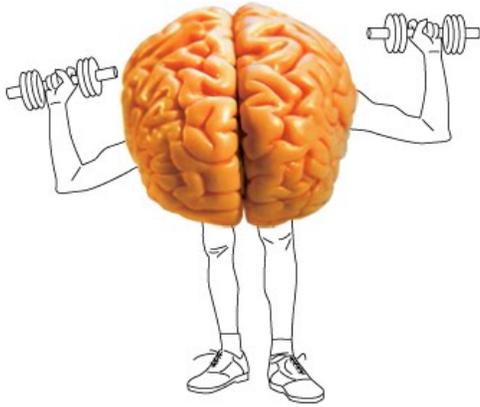


# Parkinson Association of Alberta Medicine Hat Region Program Calendar Sept-Dec 2017



## 7 ways to keep your memory sharp at any age

As we grow older, we all start to notice some changes in our ability to remember things. Maybe you've gone into the kitchen and can't remember why, or can't recall a familiar name during a conversation. You may even miss an appointment because it slipped your mind. Memory lapses can occur at any age, but we tend to get more upset by them as we get older because we fear they're a sign of dementia, or loss of intellectual function. The fact is, significant memory loss in older people isn't a normal part of aging—but is due to organic disorders, brain injury, or neurological illness, with Alzheimer's being among the most feared.

Most of the fleeting memory problems that we experience with age reflect normal changes in the structure and function of the brain. These changes can slow certain cognitive processes, making it a bit harder to learn new things quickly or screen out distractions that can interfere with memory and learning. Granted, these changes can be frustrating and may seem far from benign when we need to learn new skills or juggle myriad responsibilities. Thanks to decades of research, there are various strategies we can use to protect and sharpen our minds. Here are seven you might try.

### 1. Keep learning

A higher level of education is associated with better mental functioning in old age. Experts think that advanced education may help keep memory strong by getting a person into the habit of being mentally active. Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them. Many people have jobs that keep them mentally active, but pursuing a hobby or learning a new skill can function the same way. Read; join a book group; play chess or bridge; write your life story; do crossword or jigsaw puzzles; take a class; pursue music or art; design a new garden layout. At work, propose or volunteer for a project that involves a skill you don't usually use. Building and preserving brain connections is an ongoing process, so make lifelong learning a priority.

### 2. Use all your senses

The more senses you use in learning something, the more of your brain will be involved in retaining the memory. In one study, adults were shown a series of emotionally neutral images, each

presented along with a smell. They were not asked to remember what they saw. Later, they were shown a set of images, this time without odors, and asked to indicate which they'd seen before. They had excellent recall for all odor-paired pictures, and especially for those associated with pleasant smells. Brain imaging indicated that the piriform cortex, the main odor-processing region of the brain, became active when people saw objects originally paired with odors, even though the smells were no longer present and the subjects hadn't tried to remember them. So challenge all your senses as you venture into the unfamiliar. For example, try to guess the ingredients as you smell and taste a new restaurant dish. Give sculpting or ceramics a try, noticing the feel and smell of the materials you're using.

### **3. Believe in yourself**

Myths about aging can contribute to a failing memory. Middle-aged and older learners do worse on memory tasks when they're exposed to negative stereotypes about aging and memory, and better when the messages are positive about memory preservation into old age. People who believe that they are not in control of their memory function are less likely to work at maintaining or improving their memory skills and therefore are more likely to experience cognitive decline. If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp.

### **4. Economize your brain use**

If you don't need to use mental energy remembering where you laid your keys or the time of your granddaughter's birthday party, you'll be better able to concentrate on learning and remembering new and important things. Take advantage of calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible. Designate a place at home for your glasses, purse, keys, and other items you use often. Remove clutter from your office or home to minimize distractions, so you can focus on new information that you want to remember.

### **5. Repeat what you want to know**

When you want to remember something you've just heard, read, or thought about, repeat it out loud or write it down. That way, you reinforce the memory or connection. For example, if you've just been told someone's name, use it when you speak with him or her: "So, John, where did you meet Camille?" If you place one of your belongings somewhere other than its usual spot, tell yourself out loud what you've done. And don't hesitate to ask for information to be repeated.

### **6. Space it out**

Repetition is most potent as a learning tool when it's properly timed. It's best not to repeat something many times in a short period, as if you were cramming for an exam. Instead, re-study the essentials after increasingly longer periods of time — once an hour, then every few hours, then every day. Spacing out periods of study is particularly valuable when you are trying to master complicated information, such as the details of a new work assignment. Research shows that spaced rehearsal improves recall not only in healthy people but also in those with certain physically based cognitive problems, such as those associated with multiple sclerosis.

### **7. Make a mnemonic**

This is a creative way to remember lists. Mnemonic devices can take the form of acronyms (such as RICE to remember first-aid advice for injured limbs: Rest, Ice, Compression, and Elevation) or sentences (such as the classic "Every good boy does fine" to remember the musical notes E, G, B, D, and F on the lines of the treble clef).

Sited: [www.health.harvard.edu/healthbeat](http://www.health.harvard.edu/healthbeat)

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 “**Medicine Hat**”). The following icons indicate under which category a program falls. You will find the icons beside each program listing below.



### **Program Registration:**

We continue to ask that you pre-register for any program 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 (i.e. Speaker Series) you would like to attend so we may adequately set-up for these events.

### **How to Register:**

Simply call the office at **403-526-5521**. 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:**

The start of a new year means it's time to renew your membership! Memberships run yearly from January – December and cost \$25. Parkinson Alberta members receive access to programs and events at a discounted rate and *new members* will receive a free Aware in Care kit. Talk to your Client Services staff to find out more!

**Client Services Coordinator**  
Beth Metcalf  
101, 928 Allowance Ave SE  
Medicine Hat, AB T1A3G7  
403-526-5521  
[bmetcalf@parkinsonalberta.ca](mailto:bmetcalf@parkinsonalberta.ca)



- Where:** CHHS Rotary Track & Soccer Complex  
**Location:** Division Ave N (Behind Crescent Heights High School;  
parking is available on school property as well as street side parking  
**When:** Sept 10th  
**Time:** Registration @ 12:00; walk is at 1:00 pm

Join walkers in Medicine Hat as they support Parkinson Association of Alberta and our mission to make every day better for Albertans affected by Parkinson disease.

As our largest annual fundraising effort, Flexxair Parkinson Step 'n Stride helps to ensure Parkinson Association of Alberta can continue to provide support, education, advocacy and contributions to research to benefit Albertans

#### Registration is Easy

Parkinson Association of Alberta offers easy online registration and pledge tracking. By using the online system, you help us reduce administrative costs and maximize funds directed to support services and research. The link to register on-line is

<https://secure.e2rm.com/registant/ReturningRegistrantOption.aspx>

If the online system isn't for you, you can still complete a paper registration. Forms are available from the Medicine Hat Parkinson Association of Alberta office.

This fundraiser is for the Parkinson community and we really need your support by raising pledges and coming to the event; so please take a “high 5 step” this year and help Medicine Hat attain their piece of the pie; this is our 5<sup>th</sup> year and we want to make it the best walk in Medicine Hat thus far. There will be a food concession, mini health & wellness expo, a kidz kornor and more!

**New**

## **PASS Team Alberta Medicine Hat FUNDRIVE**

Date: Saturday, Sept 16<sup>th</sup>

Time: 8:30 am – 3:00 pm

Location: Parkinson Office, 928 Allowance Ave SE, Medicine Hat

### **FALL FUNDRIVE** SATURDAY, SEPTEMBER 16

PARKINSON ASSOCIATION OF ALBERTA  
928 ALLOWANCE AVE SE  
8:30 am - 3:00 pm



**DONATE YOUR GENTLY USED ITEMS:**

- clothing
- accessories
- shoes
- linens
- books
- household items

CALL 403-526-5521 FOR MORE INFORMATION



### **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 Medicine Hat beginning in September.

Please note, the care partner, men with PD and women with PD groups will not be meeting at the Parkinson office in September; these meetings will be at Argo's just for September at the regular scheduled meeting times.

## Medicine Hat

2 <sup>nd</sup> Tuesday of the month <i>Care partners</i>	1:30pm – 3:00pm	Parkinson Association of Alberta Medicine Hat Office - #101, 928 Allowance Ave SE; unless otherwise informed
2 <sup>nd</sup> Wednesday of the month <i>Men with PD</i>	1:30pm – 3:00pm	Parkinson Association of Alberta Medicine Hat Office - #101, 928 Allowance Ave SE; unless otherwise informed
4 <sup>th</sup> Tuesday of the month	1:30pm – 3:30pm	Crossroads Church – 1340 22 St SE
4 <sup>th</sup> Wednesday of the month <i>Women with PD</i>	1:30pm – 3:00pm	Parkinson Association of Alberta Medicine Hat Office; #101, 928 Allowance Ave SE; unless otherwise informed

## Tele-Support Group

3 <sup>rd</sup> Thursday of the month	10:00am – 11:00am	Call 1-800-561-1911 for more info or to register
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### 4<sup>th</sup> Tuesday of the month speaker line-up:

- Sept 26<sup>th</sup> – Caring Hearts Canada
- Oct 24<sup>th</sup> – Sammis Funeral Life Celebrant, Lynett Getz talking about Anticipatory Loss
- Nov 28<sup>th</sup> – MH Fire Department, Curtis Sjodin talking on Fall Prevention and Fire Safety Tips
- No meeting the 4<sup>th</sup> Tuesday of the month in December



## 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 **3<sup>rd</sup> THURSDAY** of the month from **10:00 a.m. – 11:00 a.m.**

### **Sept 21**

International Alzheimer's Day, Matthew Jubelius

Matthew will be talking about the symptoms & treatments of Alzheimer's; he will be able to interactively answer questions and offer where more resources can be found

### **Oct 19<sup>th</sup>**

Carin Jensen, Pharmacist

Carin is a pharmacist with South Country Coop in Taber. She is quite a good knowledge about Parkinson Disease medications and will be able to educate and inform participants on the medications, as well as, answer questions.

### **Nov 16<sup>th</sup>**

Curtis Sjodin, MH Fire Department

Speaking on Fall Prevention and Fire Safety Tips

### **Dec**

There will not be a meeting with it being holiday time

Call Parkinson Association of Alberta at **1-800-561-1911** for more information and/or to register. Once you are registered, you will receive call-in instructions on how to participate.

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## **NEW CARE PARTNER PROGRAM, FUEL UP YOUR LIFE WITH PASSION**

**Start/End:** Sept 21 – Oct 19

**Time:** 1:30 – 3:30 pm every Thursday starting on Sept 21

**Location:** 722 Bassett Crescent NW (Cypress View Foundation)

**Room:** Games Room

**Cost:** PAA member \$10 | Non-member \$15

You will be guided by Lorna Scott, owner/operator of The Caregiver’s Light House. Lorna will take you through the 5-week program fueling up your inner self with happiness, peace and tranquility, leaving behind resentment, frustration and negativity. There will be light refreshments served, compliments of Crumbfusion Catering.

***To register, call Parkinson Association of Alberta at 403-526-5521.***

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## **Cognitive Program: Thinking Memory Concentration Program**

**Start/End:** TBA

**Time:** TBA

**Location:** TBA

**Cost:** \$40 members, \$50 non-members

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, call Parkinson Association of Alberta at 403-526-5521.***



**New**

## **Calgary Cooperative Memorial Society Presentation**

**Date:** Saturday, September 23, 2017

**Time:** 1:00 pm – 2:30 pm

**Location:** Medicine Hat Public Library, 414 -1<sup>st</sup> St. SE

**Cost:** Free

Must have a minimum of 15 people for this special presentation to run. Registration Mandatory. Terri Geib is the speaker from CCMS. She will talk about the society in general, as well as, membership, funeral plans and more, in an upbeat humorous approach to a sensitive subject.

***To register, call Parkinson Association of Alberta at 403-526-5521.***

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## **3<sup>rd</sup> annual sip sample support**

**Date:** Saturday, October 14, 2017

**Location:** Mario's 439 5 Ave SE, Medicine Hat, AB T1A 2P9

**Time:** 7-8 pm cocktails, 8-11 pm sipping, sampling and silent auction

**Cost:** \$65/pp purchased on line at [www.parkinsonalberta.ca/sipsample](http://www.parkinsonalberta.ca/sipsample)

Come to this fun evening event of sipping & sampling while traveling to different countries around the globe. There will be a silent auction as well. All money raised at this event will help to provide programs, services and funds for research.

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## NEW

### Doctor Assisted Death & Dying Presentation

- We are pleased a physician from Lethbridge and a staff from AHS are coming to shed more light on this very deep and serious topic.

**Date:** October 25

**Location:** TBA

**Cost:** Free

*To register, call Parkinson Association of Alberta at 403-526-5521.*



### Holiday Celebration Luncheon

**Date:** TBA

**Location:** TBA

**Time:** TBA

**Cost:** TBA

More details to come, Stay tuned!



## PD Helpline

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

The Helpline operates in association with the Calgary Movement Disorders Program and a network of 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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## **Volunteer Opportunities**

*Every year hundreds of volunteers lend Parkinson Association of Alberta their greatest gifts of time, talent, and resources to help us ensure no Albertan has to face Parkinson disease alone. Our volunteers are clients and their families, students, retirees, individuals, and companies who believe that together we can make a difference in the lives of those facing Parkinson's*

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

We are in need of helping hands in 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
- ✓ Assembling information packages

Volunteer times would vary. We're pretty flexible and can often adapt our times to your schedule.

**Please call Beth at 403-526-5521.**

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

The purpose of the Regional Parkinson Disease Advisory Council is to function in an advisory capacity with Parkinson Alberta Society (PAS) 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.

The Advisory Council will work with regional staff and senior management Staff from PAA office departments (administration, fundraising and client services) by:

- ✓ Monitoring the implementation of goals and objectives for the region, to be established in consultation with PAS office and regional staff;
- ✓ Providing feedback on regular reports provided by the Client Services Coordinator and Fundraising Coordinator(s); and
- ✓ Receiving updates from the designated fundraising event committee – if such a body is in place, to be aware of successes and challenges that may assist the services coordinator in his / her role.

**If you are interested in discussing this volunteer opportunity in further detail, please contact Beth at 403-526-5521.**

## **Aware in Care**

**Parkinson Association of Alberta** is proud to be partnering with the National Parkinson Foundation to launch the **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 **403-526-5521**, or order it online at [www.parkinsonalberta.ca](http://www.parkinsonalberta.ca)



## **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 403-526-5521, or online at [www.parkinsonalberta.ca](http://www.parkinsonalberta.ca).**



The office will be closed Sept 4, 27, 28, 29, Oct 9, Nov 13, Dec 25-Jan 1<sup>st</sup> 2018. First day the office opens in 2018 is January 2, 2018!

# Membership/Donation Form

## PERSONAL INFORMATION

Title (Mr., Mrs., Ms., Miss, Dr.): \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

- Person Living with PD    Spouse/Partner has PD    Family Member/Friend    Professional Health Provider
- I would like to learn more about volunteering
- I would like to receive email communications from Parkinson Alberta (including e-newsletter, updates & information)

## MEMBERSHIP

*Membership is \$25 annually and runs from January 1 to December 31*

- I wish to BECOME a Member       I wish to RENEW my Membership

## DONATION

*Donations of \$20 and up will be receipted*

I wish to make a DONATION in the amount of: \$ \_\_\_\_\_

In Memory of \_\_\_\_\_       In Honor of \_\_\_\_\_

Please send notification of this gift to (*name and address*): \_\_\_\_\_

## PAYMENT

Enclosed please find my cheque (made payable to Parkinson Alberta) or cash for \$ \_\_\_\_\_

Please bill my:    Visa       MasterCard       American Express      Total \$ \_\_\_\_\_

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_      Expiry: \_\_\_\_\_