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MISSION STATEMENT

Parkinson Society Nova Scotia helps to ease the burden through education, advocacy, liaising care providers, and support research aimed at finding a cure.

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To Our Readers

Dear Readers,

As we move forward into the summer months, we wanted to share with you some of the recent successes of the Parkinson Society Nova Scotia.

Firstly, we would like to extend our heartfelt gratitude to everyone who supported our recent Cause-4-Hope Gala event hosted by Fusion Dance & Wellness in April. It was a beautiful evening of dance, wellness, and community support. The silent auction and showcase of Fusion's talented dancers were incredible, and we were thrilled to see such strong support for our cause. Together, we raised funds to support our programs and services that help improve the quality of life for those affected by Parkinson's.

Secondly, we want to thank all the participants, volunteers, and sponsors who helped make our recent Walkathon a huge success. The event featured two routes, a 3km walk, and a 5km run, and it was wonderful to see so many people of all ages come together to support our cause. We are grateful for your unwavering support and generosity.

Thirdly, our support groups continue to play a crucial role in connecting individuals with Parkinson's and their families. The support groups provide a safe and supportive environment for people to share their experiences, find comfort, and build strength. We thank our support group leaders for their dedication and commitment to creating such a positive impact in our community.

We look forward to seeing you at our upcoming events and thank you for your continued support.

Warm Regards,

Jack and Ken



Jack Waller (left), and Ken Saunders (Right)

Cause-4-Hope Gala



Greetings everyone,

We are delighted to share with you the exciting news of the recent gala hosted by Fusion Dance & Wellness in support of Parkinson Society Nova Scotia (PSNS). On a beautiful April evening, dancers, supporters, and community members gathered to raise funds and awareness for this worthy cause.

The Cause-4-Hope Gala was a memorable night filled with fantastic performances, delicious food, and an atmosphere of joy and hope. Fusion Dance & Wellness showcased some of its talented dancers, wowing the audience with their skill and passion.

The evening also included a silent auction, offering attendees the chance to bid on various items generously donated by local businesses and individuals. Proceeds will go directly towards supporting the vital work of PSNS, which provides support, education, and advocacy for those living with Parkinson's and their families.

We want to extend our heartfelt thanks to everyone who attended the Cause-4-Hope gala and to Fusion Dance & Wellness for their unwavering commitment to this cause. Your generosity and support make a tremendous difference in the lives of those affected by Parkinson's.

We look forward to continuing to work together to support PSNS and to raise awareness of Parkinson's. Thank you for your ongoing support.



Advances In Research: Remote Monitoring App

THE GIST

A recent study suggests that smartphones and smartwatches can help track the severity of Parkinson's in clinical trials. The study found that these devices can capture key motor and non-motor symptoms of Parkinson's, and they offer objective, real-world measures that could be used in future studies.

THE IMPORTANCE

One advantage of using smartphones and smartwatches is that they are familiar to many people and are user-friendly. They also have standardized software upgrades and can enable remote data capture, making them suitable for use at home or in a lab. Providing devices and data plans to participants could also help to minimize the effects of variable access to technology or the internet based on socioeconomic status or geographic location.

THE RESEARCH

The study was conducted as part of the WATCH-PD trial, which aimed to test a smartphone-based system at clinical trial scale. The trial enrolled 132 people with Parkinson's and 50 control participants without. Participants underwent a battery of standardized motor assessments conducted by a clinician. Following each assessment, they would undergo at least one week of monitoring using a research-grade sensor, a smartwatch, and a smartphone equipped with BrainBaseline, an app designed to monitor Parkinson's progression. Parkinson's. The study found that remote-based systems identified abnormalities indicative of typical Parkinson's symptoms. For example, analyses of walking gaits suggested that Parkinson's patients tend to swing their arms less when they walked. The digital devices were more sensitive than rating scales for some measures, such as the smartphone application detecting abnormalities in speech even when it was rated 'normal' by investigators.

SOURCES

- <https://www.businesswire.com/news/home/20230323005557/en/NeuroRPM-Inc.-Announces-FDA-Clearance-for-NeuroRPM-the-AI-Powered-Remote-Monitoring-App-for-Parkinson%E2%80%99s-Disease-on-Apple-Watch>
- https://www.n-able.com/lp/rmm-trial?cq_src=GOOGLE&cq_cmp=71700000081541767&cq_con=RMM&cq_term=remote+monitoring+app&cq_net=g&cq_med=NB+-+RMM+-+HI+-+NA&cq_plt=gp&gad=1&gclid=ds&gclid=ds



Ken's Comedy Corner

Why did the person with Parkinson's bring a fan to the poker game?

Because they had a great hand, but they were afraid of shaking on it!

A guide for Support Group Leader



Support groups can be a valuable resource for individuals with Parkinson's and their families. These groups offer a safe space for people to connect with others who are going through similar experiences. Support group leaders play a critical role in creating an environment that is supportive and comforting for individuals with Parkinson's and their families.

We are excited to share with you a valuable resource for those interested in leading a support group for individuals with Parkinson's and their families. The link on this page contains links to tasks and a comprehensive support group leader guide that covers various aspects of support group leadership.

For instance, the guide provides practical advice on how to manage group dynamics, facilitate effective group discussions, and provide emotional support to group members. It also includes information on how to plan and organize group meetings, as well as how to communicate with members and the wider community.

Becoming a support group leader is a rewarding experience that requires dedication, empathy, and commitment. The support group leader guide provided in this document is an excellent starting point for those who are interested in becoming a support group leader or for those who are looking to improve their leadership skills.

With the help of this guide, support group leaders can create a safe and supportive environment for individuals with Parkinson's and their families to share their experiences and find comfort and strength in each other. This document is an essential resource for anyone who wants to make a meaningful difference in the lives of people with Parkinson's and their families.

We hope you find the following document helpful and informative, and we will continue to support all affected by Parkinson's in any way we can.

<https://www.parkinson.org/sites/default/files/documents/support-group-leader-guide.pdf>

Volunteer Spotlight: Evan Matthews



A bit about me!

My name is Evan, and I became involved with Parkinson Society of Nova Scotia in September. I completed a Bachelor of Arts (Honours) in Psychology, which initiated my interest in the brain and its functions. I plan to continue my studies in the fall undertaking an MSc in Clinical Neuroscience to study Neurodegenerative conditions. I am currently leading a project to develop a bursary for a graduate student conducting research related to the mechanisms of Parkinson's. Aside from my passion for the brain I also love to read, travel, and play soccer.

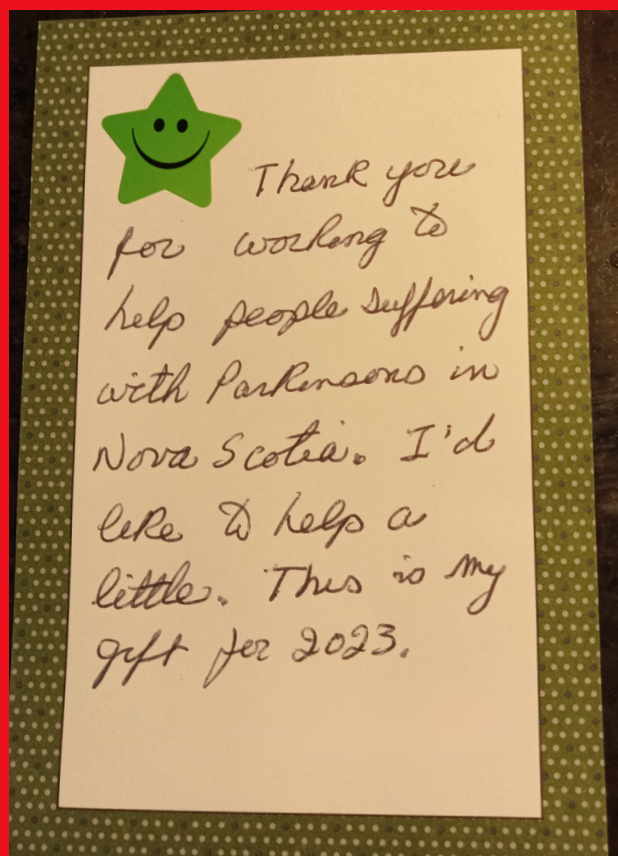
What I'm working on!

I am spearheading two projects here at PSNS: one is a scholarship program, and the other is an alliance between the different neurodegenerative societies in nova scotia.

With a \$2,000 scholarship, we aim to attract and retain talented individuals committed to advancing our understanding of this debilitating . By providing financial support to graduate students, we are investing not only in their education and training but also in the future of Parkinson's research. This scholarship will enable recipients to focus their efforts on their studies, develop their skills, and make important contributions to the field. This scholarship program is a crucial step towards that goal, and we look forward to seeing the innovative research that emerges from this initiative.

Developing an alliance between different neurodegenerative societies in Nova Scotia is a significant opportunity to enhance advocacy, research, fundraising, and more efforts. By collaborating and sharing resources, these organizations can amplify their impact and work more efficiently towards common goals. An alliance between these societies can foster greater communication, coordination, and cooperation in the fight against neurodegenerative disorders. By leveraging each organization's unique strengths and expertise, we can make progress toward improving the lives of those affected by these disorders. In addition, this alliance can also promote greater awareness of neurodegenerative disorders and the challenges those living with these conditions face. Through joint efforts in advocacy and fundraising, we can raise public awareness and drive support for research and treatment efforts.

A MUCH APPRECIATED TESTIMONIAL



From the bottom of our hearts, thank each and every one of you for all of the kind words and support you've given us. Garnering media coverage and a following can be quite difficult, but receiving your feedback gives us hope that our mission is not for nothing, and that we are making progress!

Sincerely, thank you all!

-Jack Waller (Chairman of the Board) and Ken Saunders (Executive Secretary)



VOLUNTEER WITH US!

Volunteers often express a need to serve. The very nature of volunteering – choosing to work without being paid for it – carries with it a satisfaction that money can't fill.

If you aren't currently volunteering with Parkinson's Society Nova Scotia we have many ways for you to become involved. Your passion, your expertise, your time, will all be put to good use as we move forward to support people diagnosed with Parkinson and their families.

Contact us: 902 404-0792
parkinsonsocietynovascotia@gmail.com

Up Next: Parkinson's Walkathon



We are thrilled to share with you the success of our recent walkathon to raise funds for the Parkinson Society Nova Scotia. The event was a huge success, and we are grateful for all the participants who joined us to make it a memorable day.

The walkathon featured two routes, a 3km walk and a 5km run, and participants had the option to choose the route that suited them best. Both routes started and ended at the event location, and participants enjoyed a scenic route through the beautiful trails near the Canada Games Centre.

The event was not only a great way to raise funds for a good cause but also an opportunity to bring together people who share a passion for supporting the Parkinson's community. We were thrilled to see participants of all ages and backgrounds come together to support this important cause. We would like to express our gratitude to all the volunteers who helped make this event possible, as well as our sponsors who generously supported our efforts to raise funds for the Parkinson Society Nova Scotia.

We are excited to announce that we will be hosting another walkathon at Point Pleasant Park in Halifax this July . This event will be an opportunity for individuals and families to come together and enjoy the beautiful scenery while supporting the Parkinson Society Nova Scotia.

Stay tuned for more details on this upcoming event, and we hope to see you there!



Parkinson's: The Care Partner and the Rain Song

Care Partners and the Person with Parkinson's (PwP)

Parkinson's is a chronic and progressive disorder that affects the nervous system, leading to tremors, stiffness, and difficulty with movement. But the impact of the disorder extends beyond the person with Parkinson's (PwP) to their loved ones, especially their care partners.

A care partner is someone who is there for the PwP every step of the way, living the disorder alongside them. They see the microscopic changes, feel the positive and negative moments, and are present throughout the journey. The role of the care partner is unique in many ways, and it is essential to recognize and appreciate their contribution.

In a recent blog post, the author delves into the challenges that care partners face as the disorder progresses. They stress the importance of self-care for the care partner and highlight the need to evaluate their career and life to adapt to the changes that come with Parkinson's. Learning about Parkinson's is an excellent place to start, as the disorder presents different symptoms and challenges as it progresses.

The post also emphasizes the impact of the disorder on the care partner's mental health. As the treatment strategy for the PwP becomes less effective, the care partner's role may become more challenging. They may have to take on more responsibilities, leading to increased stress and anxiety. It is essential to manage resources to prevent depression and burnout.

The author concludes the post by acknowledging the care partner's invaluable contribution to the life of the PwP. They are warriors, life managers, and leaders, making decisions for the continued health of the PwP. They are the glue that holds everything together.

On a personal note, the author shares their love for the rock band Led Zeppelin, a favorite of many. While the music industry continues to evolve, some bands remain timeless and continue to inspire us.

More Information

For more information, please check out the block post located at <https://journeywithparkinsons.com/2023/01/04/parkinsons-the-rain-song/> to learn more about being a carepartner for a PwP and check out the rest of the blog post

Community Spotlight: Kick Wellness

Kick Wellness | Tough Monkey Physical Training

We specialize in Wellness Resilience Coaching solutions with a unique virtual online movement-based program. Our live, short classes combine fitness exercises with non-contact self-defense skills based on the martial art of Taekwon-Do. Participants can use a chair if needed, and many of the movements can also be performed or modified to perform in a chair.

We know that for people with Parkinson's, getting up and moving is a key component for the neuromotor skill development benefits that can help impact some of the same areas of the brain are affected by anxiety, depression and stress, as well as help boost dopamine production.

We are exploring to see if there is interest in having a weekly low-impact class specifically for older adults and anyone with a neurological movement disorder and mobility issues. We have offered some free virtual classes to try it and are willing to schedule another if there is interest. We also offer in-person workshops if you have a location to hold the session.

If you are interested to learn more:

Check us out online: www.toughmonkey.ca

Send us an email: marc@kickwellness.ca

Reach out by phone: 902-222-2882

Marc Gaudet, BSc

President & CEO



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Specializing in corporate wellness resilience coaching solutions.

Connect with us!

To keep up to date with future Parkinson's related news and updates for Nova Scotians as well as future events such as fundraisers, be sure to follow us on our social medias and website!



@ParkinsonSocietyNovaScotia



@parkinsonsocietyns



Parkinson Society Nova Scotia



<https://www.parkinsonsocietynovascotia.com/>



...Or, contact us directly!

To get in contact with us directly, please give us a call or send an email to:

parkinsonsocietynovascotia@gmail.com

(902) 404-0792

Our Affiliates and Links

U-turn Parkinson's <https://www.uturnparkinsons.org>

David Phinney Foundation <https://www.davisphinneyfoundation.org>

Michael J. Fox Foundation <https://www.michaeljfox.org>

Neuro Challenge Foundation <https://www.neurochallenge.org>

Parkinson's International <https://parkinsonsintl.org>

Halifax Health Walk and Talk <https://www.meetup.com/halifaxtalkwalk/>

Tim Hague <http://www.timsr.ca/>