

Parkinson Society Newfoundland & Labrador

the prattle

Winter 2021

INSIDE:

Anne Rutherford Award

New Parkinson's Patient Registry

Rewiring the Parkinson's Brain

Mark Your 2021 Calendars

Saturday, April 10

St. John's Chapter AGM and PCEP

The St. John's Chapter will hold its Annual General Meeting starting at 2:00pm. The AGM will be followed by a Parkinson's Community Education Program session. Depending on the Covid situation, this may be a virtual AGM.

Sunday, April 11

World Parkinson's Day

*World Parkinson's Day
recognizes the birthday of
Dr. James Parkinson.
It is a day to raise awareness
of the disease and the impact
that it has on families.*



Saturday, May 29

PSNL AGM and Meta Sellars Lecture

Our provincial AGM will be held at the Holiday Inn on Portugal Cove Road starting at 2:00pm. It is important that you try to attend the AGM - it is your chance to tell your Board what you want them to do for you!! The AGM will be followed by the annual Meta Sellars Lecture. Again, this may also be a virtual session depending on the Covid guidance.

Sunday, September 19

***Shake, Rattle & Stroll* for Parkinson's**

Get your sneakers ready to raise some money and have some fun *STROLLing* for Parkinson's. Hopefully we'll be able to get together this year!



PSNL would like to thank the team at Toyota Plaza for their ongoing financial support.

For many years now, Toyota Plaza has been making monthly donations to support our programs and services.

Like all of our donations, 100% of this funding stays in Newfoundland and Labrador.

Thank you Toyota Plaza!!

Membership Fees

**Membership in Parkinson Society
Newfoundland and Labrador is only \$5/year.**

Membership entitles you and your care partner to attend all of our events and exercise classes free of charge.

You will also receive a copy of *The Prattle*.

Our Chapters may charge additional fees for some activities such as social events to recover costs associated with meals, room rentals, and entertainment.

To join our Society, please contact our office.

Mission Statement

Parkinson Society Newfoundland & Labrador is the provincial voice of people living with Parkinson's in Newfoundland and Labrador. Our mission is to ease the burden and find a cure through research, education, advocacy and support services which we offer directly to our Members.

Provincial Board of Directors

Danielle Somerton: Chair
Brendan Mullaly: Treasurer
Dan Cadigan: Member at Large
Kelly Simms: Member at Large

Dr. Anna Smith: Vice Chair
Jane Macdonald: Secretary
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Sylvia King: Gander Region

Provincial Office

Parkinson Society Newfoundland & Labrador
Suite 305, 136 Crosbie Road
St. John's, NL
A1B 3K3

Telephone: 709-754-4428 or 1-800-567-7020

Email: parkinson@nf.aibn.com

Website: www.nlparkinson.ca

Charitable Registration No. 82783 8053 RR0001

Executive Director: Derek Staubitzer

Wise Advice The contents of this document are provided for information purposes only and do not represent advice, an endorsement or recommendation, with respect to any product, service or enterprise, and/or the claims and properties thereof, by Parkinson Society Newfoundland and Labrador (PSNL). PSNL provides credible, up-to-date information on Parkinson's care and management. PSNL does not provide medical advice. Our purpose is to meet the needs of people living with Parkinson's by enhancing their knowledge in order to make informed decisions. PSNL makes referrals to health care professionals knowledgeable about Parkinson's. A person living with Parkinson's should speak to a health care provider before making any changes to medications or care plans.



Executive Director's Message

Well, what a year that was! When I was writing the Prattle this time last year, the first reports of a novel corona virus were just coming out of China. Little did we know then what kind of tragedy was going to unfold worldwide only a few months later. The pandemic is still far from over, but with the first vaccines now being administered, the end may be in sight – we hope.

Covid changed a lot of things in our lives and we have had to adapt accordingly. I know how hard this has been for everyone. Parkinson's already results in a sense of isolation and the Covid restrictions made that even worse. A number of recent studies have shown Covid's negative impact on the health and well-being of people living with Parkinson's and their caregivers. I know from talking with many of you over the past few months that you have felt anxious and cut off from your family and friends. I strongly encourage you to join our online therapy sessions to help you with this. You will get some great exercise, have some fun and have a chance to interact with other members who are going through the same journey as you. It is very easy to join these sessions on Facebook or Zoom. Call me and I can help get you online with these exercise sessions if the technology is a problem for you. I know I am a broken record – but you need to be exercising! Read the *Exercise News* article on Page 15 for more evidence about how beneficial challenging exercise is for you. That research is showing that the *Ole Geezer* (aka Robert Emberley) may be right - you really can "rewire" your brain!

Thank you so much for your support of our virtual Shake, Rattle & Stroll this year. We raised over \$45,000!! That is the best we have done in a few years. Tax receipts for your donors were mailed out a few weeks ago. Like I say every year, if any of your donors tells you that they didn't get a receipt, please let me know and we can check it out and get one for them. Hopefully, by next September we will be able to get together for our walks. 2021's date for Shake, Rattle & Stroll is Sunday, Sept. 19.

We are happy to announce that our Parkinson's Patient Registry is now ready to accept your data. We are working with Dr. John Weber and his team of researchers at Memorial University's School of Pharmacy on this project.

Our goal is to develop a Newfoundland and Labrador Parkinson's disease patient database which will help increase local research activity for the benefit of all people in our Province who are impacted by Parkinson's. One of the first planned uses of this registry will be to recruit participants for a clinical investigation of the impact of dietary supplementation on the progression of Parkinson's. The information for joining this registry can be found on Page 14, but if you want to be part of the database, you can just call or email me and I can pass your contact info along to the researchers who will follow-up with you.

Speaking of research, there is a lot of amazing new Parkinson's research happening around the world. With every edition of the Prattle, it is becoming harder and harder to pick the articles to include in *Walter's Surfing for Cure...* as so much good research is being funded and reported in the major medical journals. I am also seeing early reports in the medical literature of a possible link between Covid and the early onset of Parkinson's. This is no surprise, as many individuals who went through moderate to severe cases of Covid early in the pandemic reported symptoms that closely mirrored some of the non-motor symptoms of Parkinson's. If this correlation is true, we can expect significant funding being directed towards researching this link – which may result in new understandings about Parkinson's and possibly new treatments.

Sadly, during 2020 we lost many long time members of our Society. Two of these members were Dennis Brothers of Grand Falls-Windsor, who was a Provincial Board member of PSNL for many years, and Izola Yetman of St. John's, who was our longest serving member. Dennis and Izola and their families contributed so much to PSNL over the years to help other people who were on the same Parkinson's journey. On behalf of PSNL I want to extend my sincerest condolences to all of our families and friends who have lost loved ones this year. Remember, we are always here to help you if you need us.

I want to wish everyone a very Merry Christmas and let's hope 2021 makes up for everything that 2020 stole from us.

Keep Safe!

Derek

Shake, Rattle & Stroll 2020

***Thank You For Your "Virtual" Support!
We raised over \$45,000 this year!***



Prize Winners

\$500 Walker Prize:

Belinda Applin, Reef's Harbour

**Calvin Jackman Framed
Artwork Sponsor Prize:**

Jennifer Shears, St. John's

This Year's Biggest Fundraisers:

**Robert Emberley, John Staple, David Lee,
Robert Bradbury, Joe Murcell, Brendan Mullaly,
Art Symonds, Jane and Keith MacDonald,
Diane Jackman, Callista Silver, Pat and Glenis
Coady, Pat Brothers, Belinda Applin, Art Rice**

Going On.....

Anne Rutherford Award Bench

After some delays due to Covid, a bench honouring the recipients of our Anne Rutherford Award was installed in Bowring Park this fall.

The Award serves as a memorial to Anne, one of the founding members of Parkinson Society Newfoundland and Labrador. The recipients of this Award epitomize Anne's determination in promoting an awareness of Parkinson's and her dedication to improving the lives of people living with Parkinson's and their families.

Every previous winner of the Award has their own personal name plaque on the bench, and we will add new winners each year. All of these awardees have been long time members of PSNL and have selflessly given a tremendous amount of their time and energy to help others who are on the Parkinson's journey.

We are hoping to hold a dedication ceremony sometime in the spring.



Robert Emberley, David Morris, David Lee and Robert Bradbury visit the new Anne Rutherford Award Bench during their Shake, Rattle & Stroll walk in Bowring Park.

The bench is located near the Caribou Memorial and Bowring Park has also agreed to install a tulip bed in an area next to the bench. It will be a lovely place to visit.

PSNL Honours Daphne Bowers

Speaking of Award Winners, we are very pleased to announce that the winner of 2020 Anne Rutherford Award is Ms. Daphne Bowers of Pacquet.

Daphne became an active member of PSNL during her husband Harry's long journey with Parkinson's.



Daphne visits with PSNL Member Rowena Clarke during her recent Shake, Rattle & Stroll walk.

For years, Daphne and her friends in the Baie Verte Peninsula area raised more money for Parkinson's per capita than anywhere else in Canada. Daphne was also a frequent guest on local media shows sharing her family's experience living with Parkinson's as an ambassador for PSNL.

After Harry's passing a few years ago, Daphne stayed involved with our Society and is still an active fundraiser in her community and a PSNL ambassador.

Daphne was nominated by Beth Holloway before she passed away last year. "Make sure Daphne gets one of those Anne Rutherford Awards. She deserves it!" was Beth's precise comment. We couldn't possibly agree more and we are very happy to add Daphne's name to the new Anne Rutherford Award bench.

Congratulations Daphne and thank you for all of your efforts in helping to improve the lives of families living with Parkinson's in Newfoundland and Labrador.

Rainbows of Hope....

As a fundraiser for Shake, Rattle & Stroll, Emily and Olivia Rumsey, ages 9 and 11, made bracelets with their Rainbow Loom Kit and sold them to friends and family. They raised \$87.50 which they used to sponsor their grandmother, Genevieve Rumsey. Thank you so much ladies.



....And a Bucket Full of Money

Callista Silver had a nice little surprise for us when she turned in her Shake, Rattle & Stroll donations this year. Her family operates Tony's Tailor Shop on Freshwater



Road in St. John's. Over the last few years they have been quietly collecting spare change on their counter in support of PSNL. When it was time for Callista to turn in her walk sponsorships, a large bucket of coins was part of the drop-off. Want to guess how much was in

there? Here's a little hint – it was 4 Litres of money!! The answer is on Page 19. A huge thank you to Callista and the whole team at Tony's for their continuing support.

PSNL Therapy Classes Still Online During Covid



With the tremendous support of our class instructors and some financial assistance from United Way Newfoundland and Labrador and VOCM Cares, our free online therapy classes will continue throughout the winter. Most of the classes are presented on Facebook, but we also now use Zoom for some of them. We are

currently offering exercise, dance, yoga and music therapy classes. Even when we move back to in-person classes we will keep some online classes so that people from all over the province can participate. To join these classes, just find us on Facebook at @ParkinsonSocietyNL or contact our office for details.

Duodopa® to be Covered in NL

We are very pleased to announce that the Parkinson's treatment Duodopa® will soon be covered under the provincial Prescription Drug Program. Duodopa® is used to treat patients with advanced Parkinson's disease who have severe and disabling motor symptoms that cannot be well controlled with available combinations of medications. It is a levodopa and carbidopa drug combination delivered in the form of a gel through an intestinal pump. Until now, the \$60,000/year cost prohibited many people from availing of the treatment unless their private insurance covered it. PSNL would like to thank the Government of Newfoundland and Labrador for this great decision.

Walter's Surfing for a Cure....

Partnership Formed to Discover New Therapies for Parkinson's

Eisai, a leading global research and development-based pharmaceutical company headquartered in Japan, is partnering with United Kingdom-based Wren Therapeutics to advance the discovery of new small molecule compounds capable of reducing the misfolding and aggregation of alpha-synuclein, the underlying cause of different neurological disorders, including Parkinson's and Lewy body dementia.

The research collaboration will leverage Wren's new network kinetics drug discovery platform to identify small molecule candidates that have the potential to selectively target and limit the clumping of alpha-synuclein. Eisai will lend its expertise in neuro-degenerative disorders to accelerate the development of the most promising candidates to clinical trials.



"We are delighted to have formed this collaboration with Eisai, a company with a distinguished track record and company-wide commitment to providing innovative treatments for patients suffering from neuro-degenerative diseases," Samuel Cohen, PhD, CEO of Wren, said in a press release.

"We believe that by combining our unique, predictive and quantitatively driven platform with Eisai's deep

expertise in neurology, we can together advance highly differentiated small molecules targeting α -synuclein for the treatment of debilitating protein misfolding disorders such as Parkinson's disease," Cohen said.

Alpha-synuclein is a protein that is particularly abundant in the brain, where it tends to localize at neurons' endings, in specialized structures called presynaptic terminals. Within these structures, alpha-synuclein interacts with other molecules and proteins, and is thought to help regulate neuron function and communication.

However, when misfolded, alpha-synuclein tends to aggregate and form protein clumps. When these aggregates of alpha-synuclein build up to toxic levels inside nerve cells, the cells start to die. This is the hallmark of synucleinopathies, which comprise a series of neurodegenerative disorders in which the loss of nerve cells is triggered mainly by the accumulation of misfolded alpha-synuclein.

"Synucleinopathies such as dementia with Lewy bodies and Parkinson's disease represent a significant unmet medical need due to the lack of any effective disease-modifying treatments. The accumulation of [alpha]-synuclein oligomers with protein misfolding is an important hallmark of these diseases," said Teiji Kimura, PhD, vice president and chief discovery officer of the Eisai Neurology Business Group.

"The Wren team, with its world-renowned founding scientists, is pioneering a new and fundamentally different approach to addressing protein misfolding diseases. By integrating capabilities across both companies we expect this exciting collaboration to be uniquely successful in identifying novel disease-modifying therapeutics for patients suffering from dementia with Lewy bodies, Parkinson's disease and related disorders," Kimura added.

Source: <https://parkinsonsnewstoday.com/2020/12/03/eisai-partners-with-wren-to-discover-new-therapies-for-parkinsons-other-diseases/>

Michael J. Fox Foundation Grant Awarded to Explore New Therapeutic Strategy for Parkinson's

Caraway Therapeutics has been awarded a research grant from The Michael J. Fox Foundation to further investigate a lysosomal ion channel that could be key in developing a new class of therapeutics for Parkinson's disease.

"Receiving this grant from The Michael J. Fox Foundation is extremely validating for our science, and we are honored to work with the organization," Martin Williams, CEO of Cambridge, Massachusetts-based Caraway Therapeutics, said in a press release. "Our unique drug discovery platform, electrophysiology capabilities and expertise in lysosomal function will allow us to rapidly advance this program towards the clinic."



Defects in protein degradation inside lysosomes — cell compartments responsible for digesting and recycling different types of molecules — have been implicated in Parkinson's disease development and progression.

Caraway's targeted approaches combine genetic data and unique biological understanding to discover small molecules that activate neuronal autophagy — the mechanism by which cells remove unnecessary or dysfunctional components — and lysosomal function, thereby accelerating the clearance of toxic materials and defective cellular components.

Rare genetic variants in the TMEM175 gene, which provides instructions for making a lysosomal ion channel, have been linked to both Parkinson's incidence and age of disease onset. While decreased TMEM175 function reduces lysosomal efficiency in neurons, overexpression (higher-than-normal levels) of TMEM175 promotes neuronal health.

"Our approach is to activate this potassium channel to restore lysosomal function. Lysosomal dysfunction is emerging as a driver of [Parkinson's] pathology in both familial and idiopathic forms of disease. We believe that TMEM175 agonists could be an important way to alleviate this dysfunction," said Magdalene Moran, PhD, Caraway's chief scientific officer.

With this new grant, Caraway will be able to further investigate the role of TMEM175 in cellular models of disease and evaluate the utility of TMEM175 agonists as therapeutics for Parkinson's disease. Agonists are compounds that bind to a receptor and activate it, mimicking a biological response.

"We are glad to support Caraway's investigation of TMEM175 as a novel therapeutic target toward our goal of a world without Parkinson's," said Marco Baptista, PhD, vice president of research programs at The Michael J. Fox Foundation.

Source: <https://parkinsonsnewstoday.com/2020/11/20/caraway-receives-mjff-grant-explore-new-therapeutic-strategy-parkinsons/>

"Walter's Surfing for Cure..." is dedicated to the memory of Walter Lawlor, a long time member of Parkinson Society Newfoundland and Labrador. In the early days of the Prattle and the Internet, Walter would surf the net for Parkinson's research news and share it with other members who weren't yet online.



Ole Geezer: Informative Parkinson's Humour

By: Robert Emberley

I think I may have rewired my brain. I now have a greater awareness of my balance and am able to keep my balance better than I have in years.

As any of my "care team" will tell you, I usually experiment and tweak stuff a little bit, and sometimes even go off the beaten path. Remember Doc in *Back to the Future*? Well that's me. Now, don't get me wrong, I really don't encourage you to do that. Let me do all of the experimenting for you!

I recently watched a video in a series called *Smarter Every Day*. The episode was called *The Backwards Brain Bike*.



On this particular show, some of the production team (a bunch of engineers and welders) came up with an idea to try to trick the host of the show. The pranksters brainstormed a challenge for him. They designed a bicycle that when you turned the handlebars one way, the wheel turned the other. You may have seen this going viral online.

It took the host EIGHT MONTHS to learn to ride it safely!! He had to rethink and relearn how to ride a bike. And guess what? He thinks he had to "rewire" his brain so that he could do it. But then he realized that he could no longer ride a conventional bike without great difficulty.



The Backwards Bicycle uses a gear system to reverse the handlebar turning actions of riders.

The eight months piqued my attention. As you may know I have been riding my bike on a roller system. It also took me eight months to learn to ride it safely!! It required repetitive, second by second, minute by minute concentration to master it. I had to focus completely on my balance.

The science guy had unsuccessfully tried to ride the backwards bike with the same method he had used his entire life on normal bikes. It didn't work. He had to retrain his brain to adapt to the new parameters he was facing. He even used my favorite term NEUROPLASTICITY.

Of course, we with neurological issues also have things that we have done our entire lives that no longer work quite right and we have to rethink / relearn how to do it. Neuroplasticity is the key.

Let me quote his explanation of how complicated it is to ride a bike. *"There is an algorithm to riding a bicycle: downward force on the pedals; leaning your body; pulling and pushing the handlebars; and the gyroscopic progression of the wheels. Every single*

force is part of the algorithm. If you change any one part, it affects the entire control system."

Believe me I know exactly what he is talking about. I have ridden a bike my entire life. Everyone with Parkinson's has a progressive loss of their sense of balance and mine was declining. So, ten years ago I started to practice standing on one foot, and I have done it most days, daily ever since. After my bicycle accident a couple of years ago, I decided to really push myself. That's when I bought my set of bicycle rollers.

With rollers you place your freestanding bicycle on the rollers with nothing to support your balance. You peddle but you don't move. Like the backwards bicycle, when you ride the rollers you have to rethink the whole algorithm. You can no longer sway from side to side. You can no longer wobble a serpentine path to counter your weight shift as you push the pedals or put pressure on the handlebars. Your brain tells you that you must move forward in order to keep your balance.

It took me months to master. Kim, my physio at the NL Balance and Dizziness Centre, caught the dream of what I was going for. She gave me some charts to focus on as I rode. Coloured triangles, circles and squares, I was to vocalize each shape and then the colour. It was supposed to help my neuroplasticity.

WOW! I was having enough trouble just breathing and staying upright, let alone focusing on an orange circle or a blue square. But persistence is a wonderful thing. It is like eating an elephant, just one piece at a time until you get there. Cutting new neuro-pathways takes a long time!

Since I bought the rollers as an early Christmas gift last year, I have put 1401.8 Kms on them. At present, I can keep my balance while riding with one hand and videotaping with a camera in the other.

Three days a week I ride the rollers for thirty minutes averaging 22Kph while watching a YouTube video of a virtual bike rider going through the Swiss Alps on a screen in front of me. I am watching the elevation, speed, distance graphs, and comparing them to my speedometer and odometer.

It is a real wakeup call when the video rider takes a quick unexpected turn while going 30Kph. My brain goes "Am I here on the rollers or am I with him on the Swiss Alps!" If I don't calibrate properly - *Crash!* Yes, if I do not keep the bike upright then I will crash, but it seldom happens now.

Funny though, I just got up from writing this to go downstairs to check the bike's odometer for the kms I mentioned above, and as I stood-up and turned around - I fell into the closet. Oh my, I guess my balance is better now but not yet completely fixed. Maybe I'll have to rethink how to walk!

Robert



You may have seen Robert on the news in September. As a Shake, Rattle & Stroll fundraiser, he used his bike roller system to complete a virtual re-creation of his 1974 bike trip across the island.

Personal Parkinson's Experiences

Cha-Cha-Changes!

By Wayne Dawe

As I journey through life, I often stop and reflect on the changes that have brought me to where I am today. Some I could control, others I could not.

One such change was being diagnosed with Parkinson's Disease. This brought about a big change in me and the way I related to my family and friends. With my diagnosis I often use that well known motto: *"I HAVE PARKINSON'S, BUT PARKINSON'S DOES NOT HAVE ME"*.

My diagnosis in July of 2004 meant I would now have to take a daily allotment of pills and get involved in exercise programs such as those sponsored by the NL Parkinson's Society. I had no control over the diagnosis and I certainly did not ask for it!

I am becoming more and more aware of how the Parkinson's symptoms are exhibiting in me. This includes fatigue, slowness in performing some daily activities such as getting dressed, freezing in my facial expression and my handwriting has become noticeably smaller and barely legible. This is the stark reality that my old life has changed.

As time goes on, I am often reminded of the *"Serenity Prayer"* written by theologian Reinhold Niebuhr. It is one that I have resorted to many times over the years.

***"God grant me the serenity
To accept the things I cannot change
The courage to change the things I can
And the wisdom to know the difference."***

With my diagnosis, I had a couple of choices....get angry and bitter or ***"accept the things I cannot change"***. I decided to take the latter. That choice has made my life more peaceful.

I can't believe that I'll be 70 years old this year! I have no control over that either! However, there were other life decisions that I did have some control over. I had a



very happy childhood growing up in St. John's. I had lots of friends and played many sports. I went to Memorial and graduated with a Commerce Degree. I lived in Montreal for five months and after that I made the wise choice to come back home to

Newfoundland. I got married to a wonderful woman and we have one son who has made me a very happy Poppy.

It's been my experience that how we react to changes that we have no control over, will determine our level of peace and contentment in our daily lives. I have found that if I make changes in my life that leave me unsettled, I must ***"have the courage to change the things I can"***, otherwise I'll live my life in conflict.

Parkinson's was not invited into my life but I have learned to deal with it the best way I know how. The only thing I can control is my attitude towards it.

Turning 70 makes me feel like I should have ***"the wisdom to know the difference"***- but that is a daily task! After all, I am still waiting to grow up!

Wayne

Wayne lives in St. John's and is an active member of the Parkinson's Community. He may be reached at: (709) 722-2310 or email: wpd@bellaliant.net

Nominations are Open for Parkinson Society Newfoundland & Labrador Volunteer Awards

Did you know that our Society has two prestigious Awards that we use to recognize individuals who have made significant contributions to improving the lives of people living with Parkinson's in Newfoundland and Labrador?

Anne Rutherford Memorial Award

This award serves as a memorial to Anne Rutherford, one of the founding members of Parkinson Society Newfoundland and Labrador. The recipient of this award will epitomize the determination of Anne Rutherford in promoting an awareness of Parkinson's.

Anyone whose efforts are characterized by the following elements is eligible:

- Enthusiasm and passion for promoting awareness of Parkinson's
- Dedication to improving the lives of people with Parkinson's and their families
- A good understanding of Parkinson's Disease and its impact on the family
- Considerable experience as a volunteer with PSNL

Honourary Life Membership Award

The Honourary Life Membership Award is designed to recognize individuals who have significantly upheld PSNL's Mission Statement and have demonstrated sincerity, compassion and understanding to people living with Parkinson's. Honourary Life Members have:

- Demonstrated a long involvement with PSNL
- Contributed to the development of PSNL by encouraging and supporting growth initiatives
- Helped improve the lives of people living with Parkinson's in Newfoundland and Labrador
- Promoted PSNL in all arenas

If you would like to nominate someone for either of these awards, please contact the PSNL Office for more details.



HAVE YOU BEEN DIAGNOSED WITH PARKINSON'S DISEASE? CONSIDER JOINING OUR PATIENT DATABASE.

**THE PURPOSE OF THE NEWFOUNDLAND AND
LABRADOR PARKINSON'S DISEASE (PD) PATIENT
DATABASE IS TO PROVIDE BASIC DEMOGRAPHIC DATA
IN SUPPORT OF CARE AND RESEARCH PROGRAMS
TARGETING PD.**

**IF INTERESTED PLEASE CONTACT:
BRONWYN BRIDGES
BPBRIDGES@MUN.CA**

**OR PHONE THE PARKINSON'S SOCIETY
OF NEWFOUNDLAND AND LABRADOR OFFICE:
709-754-4428 OR 1-800-567-7020**

**You can also register online at:
www.nlparkinson.ca**



Intense Physical Exercise Shown to “Rewire” PD Brains

Freezing of gait is one of the most incapacitating symptoms of Parkinson's disease. It manifests as a sudden, short episodes of an inability to move ones feet forward despite the intention to walk. Researchers at the University of São Paulo (USP) in Brazil have shown that the disorder can be mitigated by means of a complex physical exercise protocol designed to stimulate different motor and cognitive skills simultaneously. An article on the study is published in the journal *Movement Disorders*.

The study had 32 participants in stages 3 and 4 of the disease (deemed to have five stages). They were randomly divided into two groups. One comprised 15 patients and received conventional rehabilitation physical therapy, serving as a control group. The other, with 17 patients, undertook a challenging resistance-based training program designed by the researchers. The program consisted of 36 sessions spread over a 12-week period and involved exercises that combined instability, weight lifting, motor coordination, and cognitive demands.

“The exercises are intense and must be performed concurrently to cause complexity. This demands considerable effort from the patient and confidence on the part of the trainer, who will invariably have to give patients some support so they don't fall.”

The results showed that the group undertaking the training regime actually modified their brain regions associated with the physiological alterations typical of gait freezing, boosted neuron activation, and enhanced their brain plasticity in the affected regions. “Brain plasticity in these areas is a predictor of gait freezing mitigation,” said Carla da Silva Batista, a researcher in USP's School of Physical Education and Sports and first

author of the article. Reactivation of brain regions was verified by functional magnetic resonance imaging (fMRI).

In addition to positive reports from the patients who took the training, follow-up clinical trials also evidenced significant improvements which included a 60% reduction in gait freezing and a 70% reduction in motor symptoms of the disease. No significant gait or motor improvements were observed in the control group. This exercise protocol study is the first to show a reduction in symptoms of gait freezing that was clinically assessed in an objective manner and to record the associated pathophysiologic alterations in the brain.



According to Batista, activation of the cerebellar area, associated with gait automaticity, and the mesencephalic locomotor region, associated with gait initiation and postural control, explains the reversal of gait freezing after intensive training regime.

Complexity is necessary to achieve the desired result. "Exercises involving motor complexity are known to be more effective when performed together. Studies in animal models confirm this, enhancing neuroplasticity by forming neurons and synapses in certain brain regions. This is exactly what we wanted to achieve. Many of the volunteers in our study said they enjoyed the challenge and felt stronger as time passed, which motivated them to continue," Batista explained.

Source: <https://www.news-medical.net/news/20200916/Physical-exercise-protocol-can-mitigate-the-severity-of-Parkinsons-disease.aspx>

Prattle Crossword



Find the answers to these clues in this edition of the Prattle.

ACROSS

- 1 How Many Eggs?
- 5 _____ Every Day
- 7 _____ Advice
- 9 S in USP
- 12 _____ Brain Bike
- 13 _____ Therapeutics
- 15 Tony's _____ Shop
- 16 Swiss _____
- 17 \$500 Prize Winner
- 18 f in fMRI
- 24 What Kind of Salt?
- 27 _____ Prayer
- 28 _____ Awards
- 29 Shake, Rattle & _____
- 33 S in USP
- 34 Crosby's _____ Molasses
- 35 _____ Cares
- 36 New PD Drug
- 37 Dr. _____ Parkinson
- 38 _____ Therapeutics

DOWN

- 1 _____ Plaza
- 2 Meta _____
- 3 E in PCEP
- 4 _____ and Olivia
- 6 _____ Statement
- 8 _____ 305
- 10 _____ Terminals
- 11 _____ Way
- 14 Baie Verte _____
- 19 A Process or Set of Rules
- 20 _____ Park
- 21 _____ Kimura
- 22 _____ Memorial
- 23 Wayne Lived There
- 25 _____ Inn
- 26 _____ Top Baking
- 29 Kelly _____
- 30 Michael J. _____
- 31 Exercise Online With _____
- 32 _____ Bowers

Answers on Page 19

Nutrition Corner

Easy Gingerbread Cake

This Easy Gingerbread Cake Recipe will be your go-to dessert recipe for the holiday season! It's perfectly spiced with a rich, deep molasses flavour and a moist and tender texture. Enjoy it on its own or with a dairy-free cinnamon whipped cream topping.

INGREDIENTS

For the Cake:

1 cup coconut sugar
1/2 cup extra virgin olive oil
2 large eggs
1 cup Crosby's Fancy Molasses
1 cup boiling water
2 1/2 cups whole wheat flour
2 teaspoons ground cinnamon
2 teaspoons ground ginger
1 teaspoon baking soda
1/4 teaspoon kosher salt

For the Dairy Free Whipped Cinnamon Topping:

3 cans (400 ml) full fat coconut milk, refrigerated for at least 24 hours
2 teaspoons maple syrup
1 teaspoon ground cinnamon
Optional topping: crushed gingersnap cookies

If you prefer a Dairy Topping, feel free to substitute your favorite.



INSTRUCTIONS

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Some tips for making - 8

If you want to make this cake a day or two in advance, just leave it unfrosted in the cake pan and cover it tightly with foil. When ready to serve, prepare the coconut cream and frost the cake. You can also leave the cake unfrosted and serve the cream on the side.

This cake is made in a 9×13 inch rectangular baking pan. If you want a smaller cake, you can half the recipe and bake it in an 8-inch square pan at 350F for 21-23 minutes. Just check for doneness with a toothpick inserted into the middle of the cake.

If you make this Easy Gingerbread Cake, the folks at Crumb Top Baking would love to hear about it!

Take a photo and post it to Facebook, Twitter or Instagram by tagging @crumbtobaking.

Recipes for the Nutrition Corner are provided compliments of www.crumbtobaking.com

This locally based website offers healthy recipes for Clean Eats and Decadent Treats.

Please visit their website to see more great recipe ideas and amazing photos of the treats.

Caregiver's Corner

If you have a loved one who is living with Parkinson's disease, here are some tips for managing your daily journey

Accept the reality of the illness, and that ongoing adjustments will be required. Let go of any bitterness resulting from unrealized plans and dreams, so you can channel your energy in constructive ways.

Learn as much as possible about PD and its management and educate family and friends.

Accept that how your loved one feels and what they can do may vary throughout the day, and from one day to the next. You will need to be flexible about your plans and expectations and have lots of patience.

Encourage and assist your loved one to learn new ways of doing things. Concentrate on what they can do rather than on what they can't do.

Keep communication lines open with family members and friends in your social network. It's important to stay connected to people who care.

Recognize that you are only human and allow yourself to experience all emotions that surface, including resentment and guilt, which are normal in care situations. However, seek help immediately if you feel an urge to harm your loved one or yourself. That is never an appropriate outcome.

Find an outlet for expressing your thoughts and feelings — talking with a friend, keeping a journal or posting your thoughts in a moderated forum online.

Seek help from your primary physician or a counselor if you or your loved one continually feels anxious, sad or angry. Anxiety and depression are legitimate medical conditions and are treatable.

Set aside quiet time each day to nurture your own mind and help keep you grounded. Do things that center you and bring inner peace, such as yoga, meditating, reading or getting out for a walk.

Do things that provide you with meaning and purpose, such as writing a family history or helping someone else with one of their important projects. Just be careful not to take on too much.

Help your loved one follow the management plan prescribed by their doctor and health professionals, which might include medication schedules, diet changes, exercise regimes, rest, adaptive aids, lifestyle changes, stress management techniques and regular medical checkups. Let the medical team know right away if a plan is no longer working.

Encourage your loved one to do as much for themselves as possible, to maintain their abilities and independence. Help them find substitutes for enjoyable activities that they may no longer be able to engage in.

If mobility issues are preventing your loved one from getting around safely and easily in the community, rent or buy a scooter so that they can go out independently or with companions.

Set up a record-keeping system to organize health information. Ready-made organizers can be found in office supply stores, bookstores and online.

Be prepared to advocate for your loved one in hospital and other care settings to ensure they receive their Parkinson's medications and meals on time. This is crucial for their quality of life - yet often overlooked in hospital settings.

Make their home as safe as possible — for example, remove loose mats and install safety rails in bathrooms. Arrange for an occupational therapist to perform a home safety assessment to identify hazards and make recommendations for fixing dangerous areas.

Most importantly, accept offers of help and ask for assistance as needed. Find out about services in your community that can help you and your loved one now and in the future.

Never forget that Parkinson Society Newfoundland and Labrador is always here to help you. Contact us anytime.

Adapted from: www.familynursingcare.com/flexibility-is-key-for-parkinsons-caregivers/

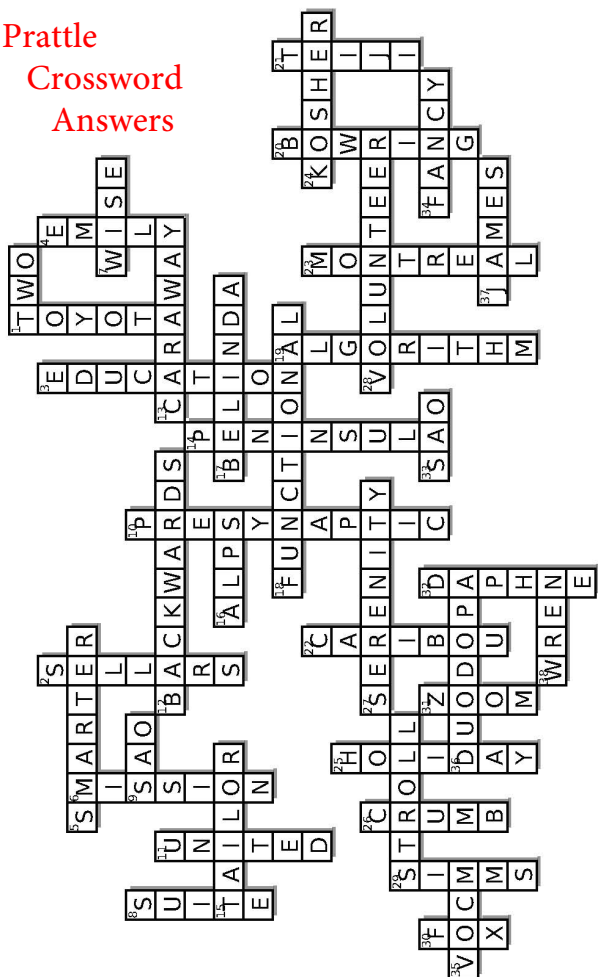
In Memoriam

Donations to our Society have been gratefully received in memory of:

Yvonne Clarke	Robert Combden
Dennis Brothers	Marietta Burton
Robert Rumsey	Jim Piercey
Herman Crewe	Lloyd Sheppard
Harold Miller	William Vail
Roberta Feaver	Myrtle Burry
Diane Garland	Ross Churchill
Lorraine Crummey	Dorothy Goulding
Terence Evans	Izola Yetman
Cecil Pelley	Claude Elgar
Alexandria Olufunola Beckley	

PSNL extends our sincerest condolences to the families and friends of those loved ones honoured here.

Prattle Crossword Answers



How much money was in Callista's bucket?: \$497.55

We Appreciate your Financial Support!

There is a mantra that charities often use:
No Money, No Mission,
No Mission, No Money.

The reality is that we need to fundraise to continue to meet our mandate of helping people living with Parkinson's in Newfoundland and Labrador.

About 90% of our budget comes from donations and special events.

We appreciate the financial support we receive from you, our members, and your families and friends.

We run a very tight financial ship here at Parkinson Society Newfoundland and Labrador.

Your Board has given very clear direction that every dollar must be mission-focused on supporting our members in some way.

That is our commitment to you!

There are many ways to support us:

Honour Donations—to recognize someone who is living with Parkinson's or someone who has contributed to helping the Parkinson's community.

In Memoriam Donations—to honour the memory of someone who lived with Parkinson's.

Monthly Donor—we can process a monthly charge to your credit card.

Support our Events—Get your friends together and come to our events!

Please visit www.nlparkinson.ca to donate

All donations are eligible for a tax receipt.

Thank you!

Visit us on Facebook:
[@ParkinsonSocietyNL](https://www.facebook.com/ParkinsonSocietyNL)

And follow us on Twitter:
[@Parkinsons_NL](https://twitter.com/Parkinsons_NL)

parkinson society
newfoundland & labrador

Merry Christmas
And
Happy New Year