

GET READY TO ROCK THE WALK!



Summer issue

August 2022

Welcome to our summer issue of the Passion for Parkinson's Foundation newsletter! We want to share some exciting news about our first Rock the Walk fundraiser, free exercise programs and other important information.

**DON'T
MISS YOUR
CHANCE
TO WIN!**

About Rock the Walk

With just one and a half months to go before our first Rock the Walk fundraising event there is still time to register. The top fundraiser will win a one-night getaway package at the Glen Erin Inn and the top team will win a sunset sail for eight on Lake Ontario. Register by August 12 for a chance to win a \$100 gift certificate at Shore Grill and Grotto.

We look forward to this fun environmentally friendly community event at J.C. Saddington Park (Port Credit) on Sept 10, 2022, from 9:30 a.m. to 1 p.m.

Come out and show your support, enjoy the social interaction and camaraderie with members of the community and have some fun! The cost to register is only \$50. Each registered participant will receive a t-shirt, a water bottle, a BBQ (courtesy of Maple Lodge Farms) and live music (courtesy of Rock Express).

All funds raised will provide free creative arts and exercise programs to enhance the lives of individuals living with Parkinson's in the Halton/Peel regions.

Don't delay – register as an individual or a team today!

[Click Here](#)

Helping our Parkinson's Community Move Forward!

You can help

- Lace up your sneakers and get ready to Rock the Walk or run 1, 2 or 5 km (pole walk, walker and wheelchair friendly).
- Form a team with family, friends or colleagues. Nominate a team captain and challenge yourselves with a fundraising goal.
- Donate funds or gifts in kind to support our cause.
- Engage with us and share information on your social media platforms.
- Volunteer and give back to the community at the Rock the Walk event.

PARKINSON'S IN THE PARK™ PROGRAMS



Exercise programs continue throughout the summer and fall

The Parkinson's in the Park™ programs offered at various locations in Mississauga and Burlington will continue throughout the summer and fall.

These free exercise programs funded by the Foundation are designed specifically to improve the participants overall strength, balance and mobility. Community partners and certified instructors provide arts and exercise programs that help manage the physical, cognitive and social conditions associated with Parkinson's Disease.

Age Wise Exercise – Specifically designed to target Parkinson's related symptoms of balance flexibility, coordination and mobility. Gain strength, build muscle, and recharge your spirit.

Mississauga: Mondays, 1:30 – 2:30 p.m. R. K. McMillan Park (ends October 31)
Burlington: Thursdays, 1:30 – 2:30 p.m. Burloak Waterfront Park (ends November 1)

Walk Pole Walk – A low-impact cardio boost for seasoned walkers or casual "strollers". Walk at your pace, your style and enjoy the scenery on the way. Wheelchair and walker friendly.

Mississauga: Thursdays, 1 – 2:30 p.m., (ends November 3)
Burlington: Tuesdays, 1:30 – 2:30 p.m. (ends November 1)
* R. K. McMillan, JC Saddington, Memorial and other Parks

To register, email register@passionforparkinsons.org or call Tamara at 416-230-3215.

Did you know?

- Parkinson's Disease is a neuro-degenerative movement disorder, symptoms differ by individual and may include tremors, rigidity, slowed movement, postural instability and cognitive impairment.
- 25 people in Canada are diagnosed with PD every day - that's 100,000 people every year and predicted to double by 2031.
- Ontario has the most individuals living with Parkinson's Disease in Canada with over 46,000 diagnosed and many of them live in Halton-Peel.
- People living with Parkinson's have the highest use of prescription medication and the third highest level of direct health care costs.
- Research shows that tailored exercise has specific benefits for people with Parkinson's including slowing progression, managing symptoms and improving overall motor coordination.
- Next to medication, exercise is the most effective form of therapy for managing Parkinson's Disease, though very few programs are currently available.

Rigid Riders on a Cross Canada Parkinson's Journey



The Rigid Riders team kicked off its Cross Canada Parkinson's Spinning Wheel Tour in Victoria, BC. on June 25 for a three-month bicycling journey across Canada ending in St. John's Nfld. Their aim was to ride about 125 km per day, six days a week, and stop in hundreds of cities and towns to meet with members of the community. They want to raise awareness about the benefits of rigorous exercise to help improve the symptoms of PD, , encourage involvement with support networks, and to start social athletic groups based on the Rigid Riders model.

Members of the Rigid Riders Steven Iseman and Jim Redmond, who have been diagnosed with Young Onset Parkinson's Disease, have chosen to fight back against their illness. Team members Mike Loghrin and Darlene Richards-Loghrin have also joined them for the ride and support.

The Rigid Riders, a GTA Parkinson's cycling group was developed to motivate people with Parkinson's to take charge of managing their symptoms through intense exercise. All funds raised through the Spinning Wheels Tour with help to improve the lives of people with Parkinson's Disease one community at a time.

The Passion for Parkinson's Foundation is extremely grateful to be named lead charity and we can't wait to cheer the Rigid Riders on when they pass through Halton-Peel!

You are welcome to donate to the Passion for Parkinson's Foundation at:
<https://www.canadahelps.org/en/charities/passion-for-parkinsons-foundation/campaign/spinning-wheels-tour/>

For more information visit www.spinningwheelstour.ca or connect on Instagram or Facebook.





As we continue to expand our Parkinson's in the Park™ programs in Peel/Halton, we need your help!

If you are interested in fostering relationships, developing new skills and making a positive difference in the life of someone with Parkinson's Disease, email volunteer@passionforparkinsons.org



More about the Passion for Parkinson's Foundation

The Passion for Parkinson's Foundation is a registered charity that focuses on fundraising to support and enhance the lives of individuals living with Parkinson's Disease. The foundation is run entirely by volunteers and as a result 100% of funds raised are directed towards programs. We are committed to keeping funds raised in our community working for our community, Halton/Peel.

With sincere gratitude

The Passion for Parkinson's Foundation is grateful for the ongoing support from our community partners, participants, government representatives, sponsors, volunteers and donors for their support.

Connect with us

More information about the Foundation is available at passionforparkinsons.org. Please connect with us on Facebook and Instagram, share your stories with us, and share this information with others who will benefit from our free programs.



Meeting new people and the social aspect is mentally positive. My husband's walking has improved. Sharing a common health issue helps to better understand the disease as everyone reacts differently to Parkinson's. The exercises have been helpful for me also as it has been a routine for both of us. - CC



The socialization, movement and education that PFPF provides is so important for those of us with Parkinson's in our family. They get the deep need for activity, support and encouragement on this challenging health journey. This volunteer work is deeply needed for our community. - Lorna