

PPPF NEWSLETTER

FALL ISSUE | NOVEMBER 2023

A note from our Chair

As we move into our Fall programs I have been reflecting on my Parkinson's journey. My husband was diagnosed with Parkinson's in 2011 and what a life changing diagnosis it was. You all know very well the day you heard the words... "you have Parkinson's." We all handle it in our own way but no matter what it is a devastating diagnosis.

Andre and I, were operating our own business, travelling and enjoying life with family and friends. As his Parkinson's progressed we had to sell our family business and lost many of the social components in our life. Parkinson's had completely changed our lives.

Then, something wonderful happened and this launched us on another journey. With great friends, Laura, Mark, Heather and Mary-Ellen, whom you have all met, we created the Passion for Parkinson's Foundation. We all knew we wanted to

help our local Parkinson's community, we just needed to figure out how. We are a Charity dedicated to source, implement and fund free arts and exercise programs for our Parkinson's community.

In May 2021 we launched our first Parkinson's in the Park™ program with 12 participants and today we have 135 participants attending our programs weekly. The past two years have been filled with new friendships, new experiences and a sense of belonging. I cannot imagine our life without all the wonderful people we have met over the past two years in our Parkinson's community.

To all our participants, caregivers, friends and family thank you for coming on this journey with us and for coming out to our programs. I am so grateful for your continued support and friendship

Tamara Boaden - Chair



Participant Spotlight

EDEN ROBERTS



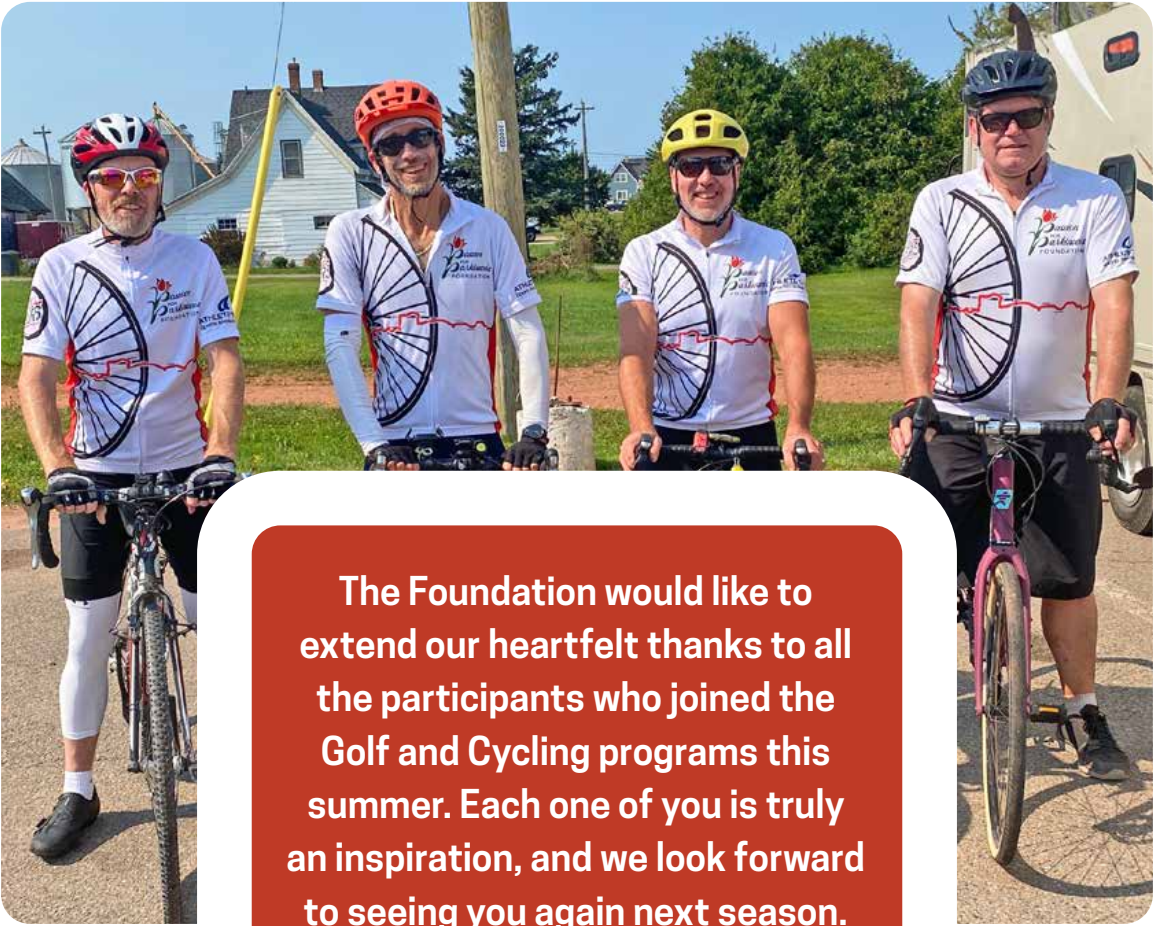
The PFPF directors would like to express our gratitude to Eden Roberts and all she has done in support of the Foundation and our Parkinson's Community. Eden has been a supporter of the Foundation since day 1, has worn many hats and always with a smile. She toiled through the cumbersome, manual registration process we had in place and found us a solution in

the Momence platform after so very many hours of research. The platform has simplified program registration, increased participation and attendance and (unexpectedly) engaged participants in exploring multiple programs to find their best fit.

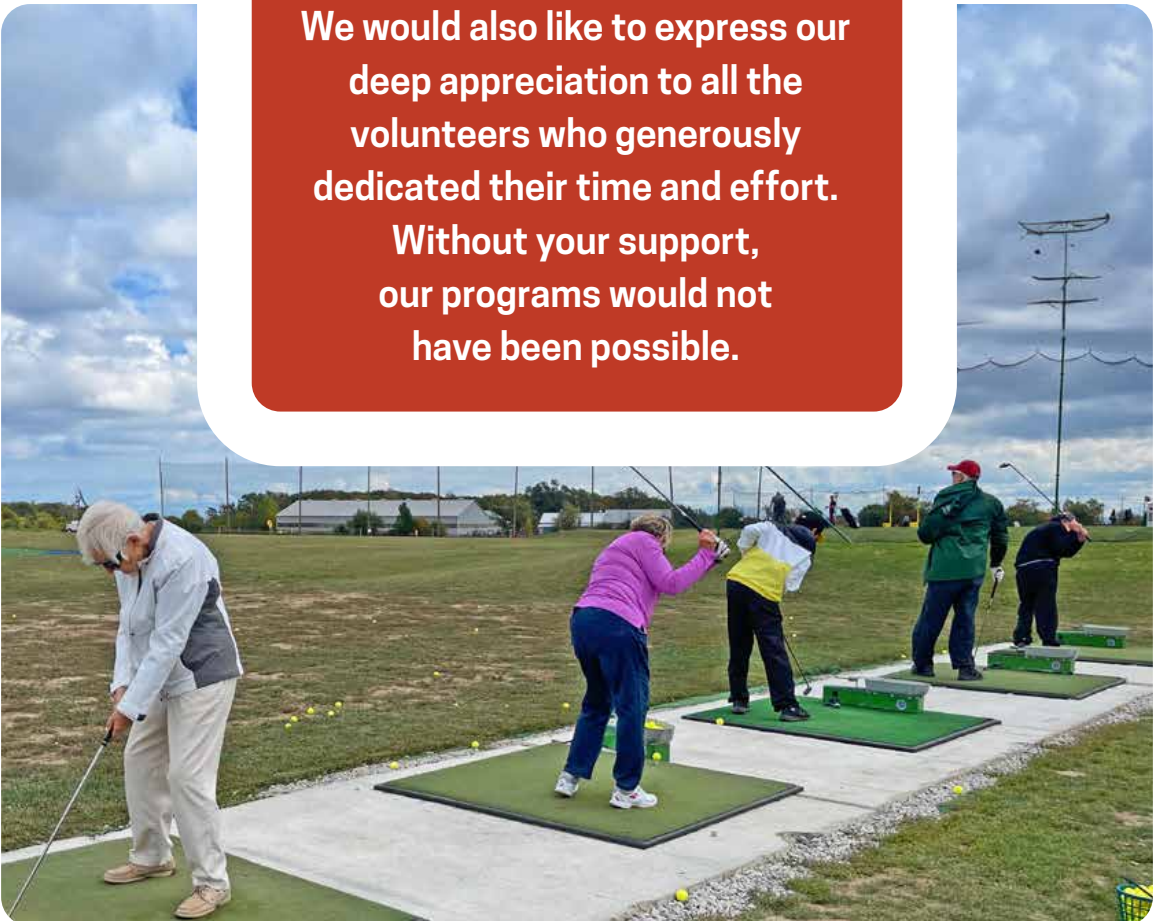
Thank you Eden!

WE ARE EXCITED TO BE OFFERING THE FOLLOWING PROGRAMS WEEKLY:

- Parkinson's Group Exercise
- Tai Chi
- Boxing
- Aqua Yoga Therapy
- Cycle Fit
- Pickle Ball



The Foundation would like to extend our heartfelt thanks to all the participants who joined the Golf and Cycling programs this summer. Each one of you is truly an inspiration, and we look forward to seeing you again next season.



We would also like to express our deep appreciation to all the volunteers who generously dedicated their time and effort. Without your support, our programs would not have been possible.

NEW

Fall

PROGRAMS!

**We have added two new programs
at the YMCA of Oakville:**

TAI CHI

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Instructors will take participants through movements designed to improve flexibility, balance, strength and cardiovascular fitness. Tai Chi is a flexible, adaptable form of exercise for anyone at any level.

CYCLE FIT

Indoor cycling, often called spinning, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity and recovery. Research shows that spinning can improve overall motor function and reduce tremor, bradykinesia and rigidity. All levels are welcome to join.

We are excited to announce our partnership with Orla Hares from Gaitway Neurophysio in Hamilton and will be offering an Aqua Yoga Therapy for Parkinson's starting in November in Burlington.



Most Parkinson's classes are land based and are designed as seated, lying or standing classes, but sometimes, arthritis and other conditions stop you from moving well. Now we have a new class in the water to help increase ROM and mobility while building strength and endurance all through Aqua Yoga Therapy!

Aqua Yoga Therapy is an effective way of incorporating the benefits of Yoga and water activity to support everybody. It is a way to strengthen the body, boost endurance, improve range of motion and increase cardiovascular function. Water offers increased resistance which may improve muscle strength and research suggests exercising in water may increase range of motion by 30% .



NEW Passion For Parkinson's MONTHLY SPEAKER SERIES



This is another addition to the exciting PFPF line-up and will entail a series of in person guest speakers, all of whom will have some "relationship" to Parkinson's Disease.

This series will begin in *January 2024* and we will have the first few months and dates out to you in *December*.

Contact *Stephanie Bruck*, our *Community Relations Coordinator*, for further information or to share ideas

stephaniebruck@royalpage.ca

SAVE THE DATE

SATURDAY, APRIL 20, 2024
Le Treport Wedding & Convention Centre
Mississauga

**PFPF 2024
GALA**

Coffee and Friendship



Coffee and Friendship has a new addition. Gary Brown one of our participants is now hosting a Parkinson's support group coffee and friendship. For your convenience this will coincide with our caregivers coffee and

friendship that Laura has been hosting for the past 2 years. This continues to be a great place to meet, share our stories, experiences, and laughter.

We meet in Mississauga the second Tuesday of every month and in Burlington the fourth Wednesday of every month.

For more info, contact Laura Zega,
laurazega7@gmail.com,
647-220-3758 or Gary Brown,
gmbrownstrts@gmail.com
416-948-7484

OUT AND ABOUT

The Foundation would like to thank Charter Ability for taking our participants on a fantastic Boat Cruise up 16 Mile Creek in Oakville and Chartwell who provided a delicious lunch. The weather was just perfect on September 21st and we all had a beautiful day of fun and friendship on the water.



Volunteer – it's FUN!

As you are all well aware the PFPF is entirely run by volunteers. With no paid employees, it is only through the support of our volunteers that we can maintain and expand our program offering. In just 2 short years we have grown from 2 programs weekly in Mississauga to 8 (soon to

be 10) programs each week, now offered in Burlington, Oakville, Mississauga and Etobicoke. We are always in need of program volunteers, no experience is necessary as we have developed a great training program. If you prefer, or your schedule is tight, we have lots of behind-the-scenes roles.

volunteer@passionforparkinsons.org



PASSION FOR
PARKINSON'S
FOUNDATION

With sincere gratitude

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

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Helping Our Parkinson's Community Move Forward!