

PFPP NEWSLETTER

SPRING ISSUE | APRIL 2023

April is Parkinson's Awareness Month

The Passion for Parkinson's Foundation's will be participating in several events in an effort to join our contemporaries around the World in raising awareness for Parkinson's Disease.

Parkinson's Awareness Month is an opportunity to engage the public in expanding their understanding of PD, and the profound effects it has on the lives of over 110,000 Canadians living with Parkinson's and their friends and families.

A note from our Chair

April marks Parkinson's Awareness Month, a time to honour and acknowledge the tremendous strength and resilience of those living with Parkinson's Disease (PD). A time to celebrate the contributions of health care professionals, family members, friends, advocates and care partners who relentlessly support those living with PD. A time to remember those we have lost and a time to celebrate as we come together with our Parkinson's Community.

The Foundation successfully engaged many Cities across our Country in support of Light up Canada for "World Parkinson's Day".

On April 11th, more than 40 landmarks across Canada including Mississauga City Hall, Toronto's CN Tower, Niagara Falls, the Peace Bridge, the Olympic Stadium in Montreal and the Canada Place Sails of Light on Vancouver's waterfront were lit up in RED in recognition of Parkinson's Disease.

The Foundation joined Rick Suvanto, the Parkinson community and others around the world for a worldwide Stand up to Parkinson's, Sit-to-Stand Challenge at Nathan Phillips Square in Toronto on April 11th. We surpassed our goal to complete 100,000 sit-to-stands representing the number of people living with Parkinson's disease in the Canada. Stand up to Parkinson's represents global members of the Parkinson's Community who recognize that exercise can slow the progression of PD.

2023 has been a fantastic year for the Foundation with the addition of new programs and venues and perhaps more importantly we have welcomed many new participants.. As the winter sessions come to an end, we will be transitioning to our Parkinson's in the Park™ programs for the summer. I am excited to announce two new outdoor programs coming this spring: Golf, and outdoor Cycling. We will be announcing all the details soon.

It's an honor to serve as the Chair of a Foundation that I feel truly gives back. We have come a long way in 2 short years; I am blessed and privileged to work with a dedicated Board of Directors and wonderful volunteers who are so committed to making a difference. What can I say but thank you, you are the reason we have come so far and are making a real impact!

Tamara Boaden - Chair

Participant Spotlight

Special thanks to Gary Brown who ran the Chilly Burlington ½ marathon on March 5th in support of the Parkinson for Parkinson's Foundation. Gary is a regular participant in many of our programs and his latest accomplishment is an inspiration to us all.

Congratulations Gary!



Volunteer Spotlight

Special thanks to Alejandro Capellan our volunteer graphic designer who developed a whole new identity for the Foundation. Highlighted in this issue you can see our new logo and we know you will love it just as much as we do.

Thank you Alejandro!



PROGRAM NEWS

Our Parkinson's in the Park™ programs will start up again the first week of June, it will be so nice to be outdoors in our wonderful parks again and we are excited to announce the addition of the following 2 new programs:

GOLF kicks off May 8th in partnership with Challenge Golf at Tee-Zone Golf in Oakville.

Join us at the driving range to learn the game of golf and enjoy the fresh air and comradery. No equipment or experience necessary, beginners welcome.



OUTDOOR CYCLING

will commence in early June. We will be cycling Thursday mornings starting at the Clarkson and Port Credit Go Stations. We are still working out the details but are very excited about this new program in collaboration with Steve Iseman from the Rigid Riders.

SAVE THE DATE FOR



Saturday, September 16th, 2023

J.C. Saddington Park, Port Credit

Caregiver's Coffee and Friendship



Our monthly coffee and friendship continues to be a great place for our caregivers to meet and offer each other support. We meet in Mississauga the 2nd Tuesday of every month and in Burlington the 4th Wednesday of every month.

for more information contact Laura Zega:

laurazega7@gmail.com, 647-220-3758

THE GALA

April 22, 2023

The Foundation is grateful to Laura Zega for hosting The Gala which will be held at the Mississauga Grand Banquet and Event Centre located at 35 Brunel Rd. Mississauga.

Tickets are \$100, or more info contact host organizers Laura Zega | laurazega7@gmail.com



Canada Day Parade July 1st, 2023

The Foundation will be participating in the Port Credit Canada Day Parade again this year.

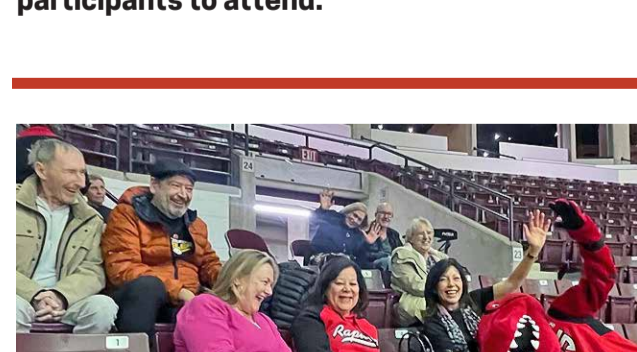
Please join us on July 1st as we celebrate Canada Day together - join us in the Parade and have fun!

OUT AND ABOUT

Illumi Mississauga

Although it was one of the coldest days of the year to check out Illumi - Dazzling Display of Lights, it was also one of the "brightest"!

Thank you Stephen Dasko, Councillor Ward 1, Mississauga for generously donating tickets for our participants to attend.



Let's go Raptors, let's go!

Participants, board members and volunteers had lots of fun - so did Raptor the mascot!

A special thanks to Raptors 905 for their generous donation of tickets to the game.

We Need Volunteers!

Volunteers are the heart of the Passion for Parkinson's Foundation. We are able to offer our programs because of our Volunteers, but as we grow so does our need for more volunteers.

We need volunteers for our programs who are able to devote 2 - 4 hours per week.

Our ask is that you to reach out to family, friend's, colleagues, or anyone else who join our team! email volunteer@passionforparkinsons.org for more information

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 ongoing support.