

PFPP NEWSLETTER

WINTER ISSUE | MARCH 2024

A note from our Chair

Spring is around the corner and 2023 is long past us and was a great year for our participants and volunteers.

In January we introduced virtual indoor golf in Burlington. Jim Finlay, a volunteer, sourced, implemented and now leads this weekly program. In February, we collaborated with Collen Snell from Frog in Hand to offer a Mindful Movement to Music Class. In March we joined forces with Jodie Lium from the Mississauga Pickleball Association to offer Pickleball in Mississauga. As you can see we are always on the move "Helping our Parkinson's Community Move Forward". We invite you all to keep moving in 2024!

April is Parkinson's Awareness Month. Karen Visentin, one of our participants, is leading our Light up Canada for World Parkinson's Day initiative. On April 11th many Foundations across Canada are collaborating to have landmarks, bridges and buildings lit up in Blue in recognition of World Parkinson's Day.

In 2024, our goal is to reach more people in our Parkinson's community and we need your help. If you know a neighbour, a friend, or a relative who has been diagnosed with PD let them know about us. Offer to accompany them to one of our programs as the first step is usually the hardest.

Tamara Boaden - Chair

WHY IS EXERCISE SO IMPORTANT TO PEOPLE WITH PARKINSON'S DISEASE?

Research shows that various forms of exercise or art can improve gait, balance, tremor, flex-ability, grip strength, cognition and overall motor coordination and sense of well-being. For individuals with Parkinson's improved mobility decreases the risks of falls and can help manage other complications of the disease. A recent Ipsos study indicates that 73% of all Canadians living with

Parkinson's rate regular exercise as the service most important to them and Dr. Jay Alberts (Cleveland Clinic) advises that "Exercise needs to move from a recommendation to a prescription for people with Parkinson's". For your information, click to link to the Michael J Fox Foundation's New Guide: Exercise, Brain Health and Parkinson's, February 8, 2024.

VOLUNTEER

April is *National Volunteer Appreciation Month* and this is the perfect time to acknowledge and thank our many dedicated volunteers. In 2023, our volunteers devoted more than 5700 hours, yes really 5700 hours, of their valuable time to supporting the Foundation and the programs we provide to our Parkinson's Community. The commitment of our team of volunteers has seen the Foundation grow from a small grassroots organization offering 2 outdoor exercise classes to a CRA registered charity offering 11 programs weekly.

In addition, we facilitate a monthly group meeting for caregivers, a support group for people with Parkinson's and a speaker's series featuring professionals with PD expertise. 2023 also marked the beginning of the Foundation's collaboration with Rama Gaming House Mississauga and the Mississauga Charity Gaming Association.

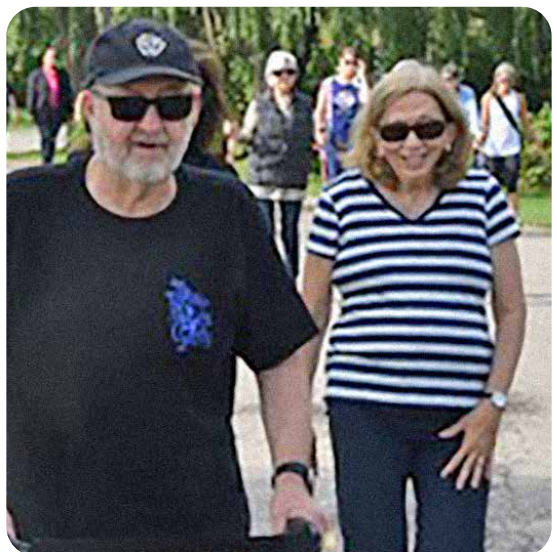
Thanks to our volunteers, who work with Rama, this is a significant and sustainable source of financial support for our programs in Mississauga.

VOLUNTEER SPOTLIGHT

MICHELLE HAWRYLUK

Michelle Hawryluk initially joined our PFPF Community with her husband Brian (who has Parkinson's) at our inaugural Mississauga Pole Walking program in May 2021. Since then Michelle and Brian have actively supported and participated in all our programs and in 2022 Michelle became a program volunteer. Taking on the role of program administrator, Michelle has worked countless hours on our attendance monitoring, enhancing our registration processes and developing and conducting a participant survey to provide the Foundation with feedback and programming insight. Michelle is a retired occupational therapist and her expertise has been invaluable. She was instrumental in producing our Volunteer Manual which

she presented at our volunteer training meeting last month. Michelle steps up to help and support the Foundation in every way and we can't thank her enough for her support and dedication.



Thank you Michelle!

SPEAKER SERIES

Stephanie Bruck, Community Relations Co-ordinator, has introduced a great lineup of speakers for this program. In January, *Dr. Didyk MD*, talked about the non-motor symptoms of PD and in February, *Jordan Scholl*, Speech-Language Pathologist spoke about the role of a speech-language pathology for Parkinson's. *Orla Hares* from the Parkinson's Wellness Innovation Center will join us in March to discuss photobiomodulation (light therapy). In April, *Claudia Ehmparann*, Registered Physiotherapist - will talk about evidence - based physiotherapy tailored for Parkinson's Disease and in May, *Candice Cox*, Physiotherapist will speak on the Alexander Theory.

COBS BREAD

For the month of February, Cobs Bread Applewood Plaza asked customers for a donation to the PFPF as a part of their purchase and Saturday March 2nd, was COBS Doughnation Day. It marked the end of COBS fundraising campaigns across the country for various local charities and COBS donated \$2 from every 6-pack of

hot cross buns sold to its charity partner. We are so grateful that this year they picked the Passion for Parkinson's Foundation as their charity of choice. Steven Dasco, Councillor Ward 1 Mississauga, Tamara Boaden, PFPF Chair, Tony Iantorno, Franchise Owner.

Stand Up to Parkinson's | Sit to Stand Challenge

On April 11, 2024, individuals and organizations from around the world will join together to stand up to Parkinson's Disease by collectively completing 2,000,000 sit to stands in 24 hours! Join Parkinson Canada at Yonge and Dundas Square between 1 and 3pm and be part of the action, or visit <https://www.standuptoparkinsons.com> to log your participation. Stand Up to Parkinson's represents global members of the Parkinson's community who know that exercise can slow the progression of the disease.



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2024 GALA

Saturday, April 20, 2024
5:30 pm – 12:30 am
Le Treport Convention Centre
1075 Queensway E, Mississauga,
ON L4Y 4C1



PASSION FOR
PARKINSON'S
FOUNDATION

Countdown to the Passion for Parkinson's Gala: just one month to go! The Gala committee has been working hard and has planned a fun-filled night for you.

A huge thank you to our incredible event sponsors for their unwavering support:

- Platinum Sponsor - Lazeez Shawarma
- Silver Sponsor - Irving Royale
- Event Sponsor - Chartwell
- Wine Sponsor - Nurse Next Door
- Photo Booth Sponsor - Parkland on the Glen.

DON'T MISS OUT - BUY YOUR TICKET NOW!



CAREGIVERS
& SUPPORT GROUP

We would like to thank The *Williamsburg Retirement Living Home* in Burlington and the *Chartwell Robert Speck Retirement Residence* in Mississauga for hosting our

monthly *Coffee and Friendship* for our *Caregivers and Parkinson's* support groups. We are fortunate to have these two Residences support us with beautiful spaces, coffee and refreshments.

A big thank you to *Stephanie Bruck* our Community Relations Co-ordinator for organizing these support groups. These groups are a private and safe place for everyone to share ideas and experiences.



WE ARE EXCITED TO BE OFFERING THE FOLLOWING PROGRAMS WEEKLY:

- Boxing
- Coffee and Friendship
- Cycle Fit
- Indoor Virtual Golf
- Mindful Movement to Music
- Pickle Ball
- Parkinson's Group Exercise
- Tai Chi



**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.

www.passionforparkinsonsfoundation | Charitable Registration Number 7154911676RR001

Helping Our Parkinson's Community Move Forward!