



Summer 2024

PLEASE JOIN US!



SOUTH GEORGIAN BAY
**PARKINSON'S
 FESTIVAL**

FREE EVENT • EVERYONE WELCOME
SATURDAY, JUNE 22ND
 Pavilion at Bayview Park, Thornbury
 10:00a.m. – 2:00 p.m.

Bringing like-minded people from the south Georgian Bay region and beyond together who are interested in sharing stories, learning, and meeting new people connected to the Parkinson's community.

HANDS-ON EXERCISES & TREATMENTS	MORNING & AFTERNOON SPEAKERS	LOCAL VENDORS DOOR PRIZES & MUCH MORE!
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Feature speaker at 11:30 a.m. Orla Hares - Gaitway Neurophysio
 Spinning Wheels Relay Team • Dancing with Parkinson's • TIME program

Welcome from local dignitaries

Healthy snacks, lunch and beverages will be provided.

Bring your yoga mat, water bottle, sunscreen, and sunhat!



info@livingbetterwithparkinsons.ca

**Living Better with Parkinson's
 awarded an Ontario Trillium Fund Resilient
 Communities Fund Grant**



On Friday, April 26th, MPP Brian Saunderson formally congratulated the team at Living Better with Parkinson's on the one-year, \$88,400 Resilient Communities Fund grant it received from the Ontario government's Ontario Trillium Foundation (OTF). Joining MPP Saunderson at the event was Carol Bateman, an OTF volunteer.

The Resilient Communities Fund grant program was created in 2020 to help non-profit groups and small communities rebuild from the impacts created by the pandemic. "The much-needed funds will allow the hard-working team at Living Better with Parkinson's to better serve the community," says Simcoe-Grey MPP Brian Saunderson. "Most of us have a family member or friend who has lived or is living with Parkinson's and know firsthand about the support that's required."

Funds from the grant will be used over the coming year to hire additional staff with expertise in the areas of fund development, volunteer recruitment, coaching, training, mentoring, communications and public relations as well. The grant will also help with key administrative costs, purchasing some tech equipment, as well as helping with some workshop costs.

"On behalf of the Living Better with Parkinson's community in South Georgian Bay, I would like to sincerely thank the Ontario Trillium Foundation for their support" said C. Ian Ross – Board of Director's Chair. "The funds secured through this grant will help propel Living Better with Parkinson's to the next level; therefore, offering increased fitness programs, educational workshops, and advocacy events such as the South Georgian Bay Parkinson's Festival. Receiving this grant reinforces how important it is to actively support people living with PD, family members, caregivers, medical professionals, and advocates – every day."

WSC Parkinson's Charity Golf Tournament

DUNTRON
HIGHLANDS
GOLF | CAFÉ | TRAILS | RETREAT



Come out and have some fun while supporting a great cause!

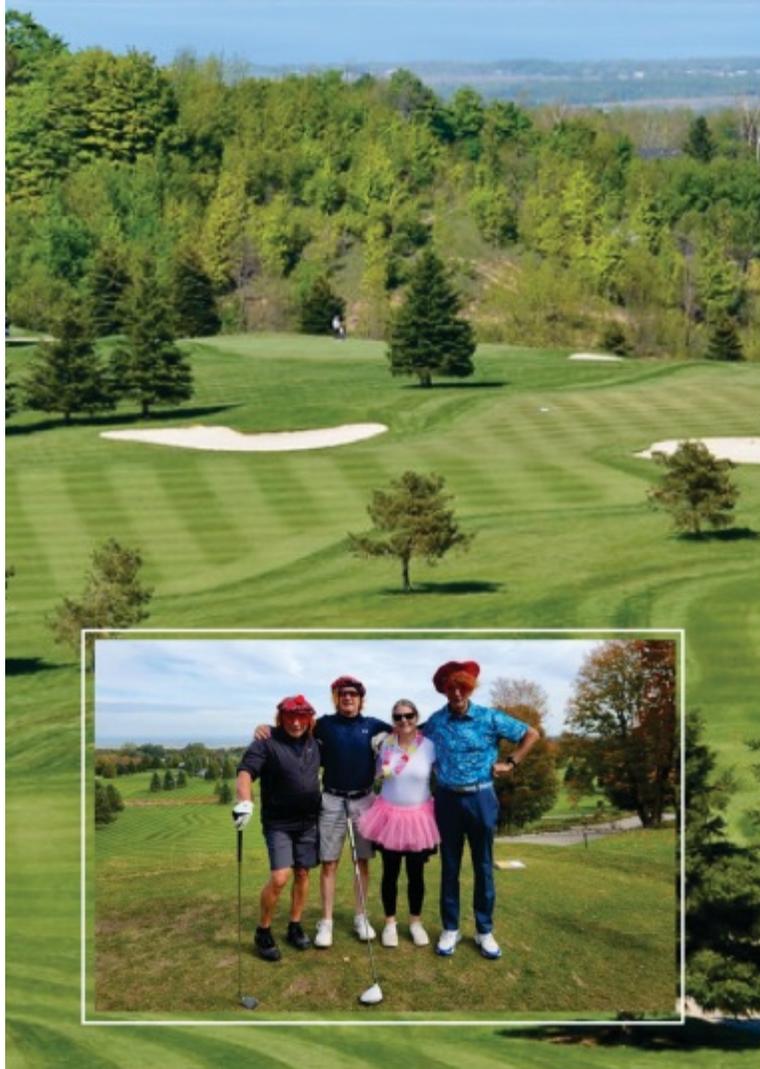
**FRIDAY,
SEPTEMBER 20, 2024**

- \$225 per player includes lunch, golf, cart, practice range golf balls, silent auction, snacks & social after golf (cash bar)
- 11:30am Arrival
- 12:30pm SHOTGUN START
- Purchase tickets at www.livingbetterwithparkinsons.ca
- \$100 tax receipt will be issued after the event

Proceeds from this event will support fitness, educational and advocacy programs for people living with Parkinson's Disease in South Georgian Bay.

Thank-you for your support!

info@livingbetterwithparkinsons.ca



IRWIN LOWY | LLP





2024 FALL PROGRAMS

For information please contact:
Catherine Smart, Executive Director
info@livingbetterwithparkinsons.ca
Central Park Arena, 85 Paterson Street, Collingwood
www.livingbetterwithparkinsons.ca

PROGRAMS

TIME (Together in Movement and Exercise)

Instructors: Louise, Helen and Catherine
Fee: \$75.00 8 weeks at Central Park Arena
Tuesdays and Thursdays - 10:30 - 11:30 a.m.
September 24 + 26; Oct. 1 + 3; Oct. 8 + 10; Oct. 15 + 17; Oct. 22 + 24; Oct. 29 + 31; Nov. 5 + 7; Nov 12 + 14

PWR Moves

Instructor: Helen
Fee: \$40.00 6 weeks at Central Park Arena
Wednesdays - 9:30 - 10:30 a.m.
Oct. 23 + 28; Nov. 6 + 13 + 20 + 27

Move Well

Instructor(s): Nathalie and Helen
Fee - \$50.00 5 weeks at Central Park Arena
Monday and Wednesdays - 11:00 - 12 Noon
Sept. 9 + 11; Sept. 16 + 18; Sept. 23 + 25;
Sept. 30 + Oct 2nd; Oct, 7 + 9

Dancing with Parkinson's

Instructor: Louise
Fee: \$60.00 8 weeks at Central Park Arena
Tuesdays and Thursdays - 9:00 - 10:00 a.m.
Sept. 24 + 26; Oct. 1 + 3; Oct. 8 + 10; Oct. 15 + 17;
Oct. 22 + 24; Oct. 29 + 31; Nov. 5 + 7; Nov 12 + 14

Mindfulness Meditation – MBCT Program

(Mindfulness-based cognitive therapy)
Instructors: Pat Rockman and Allison McLay
Fee: \$ 75.00 8 week program Collingwood Library
Wednesday afternoons - 1:00 - 3:30 p.m.
Oct. 30 ; Nov. 6 + 13 + 20 + 27, Dec. 4 + 11 + 18

Chair Yoga with Catherine

Fee: \$40 8 weeks at Central Park Arena
Thursdays - 11:30 a.m. - 12:15p.m.
Sept. 26; Oct. 3 + 10 + 17 + 24 + 31; Nov. 7 + 14

GROUP MEETINGS

Support Group Meetings

Collingwood Library
Every second Tuesday of the month 1:30 - 3 p.m.
Sept. 10; Oct. 8; Nov. 12; Dec. 10

Special Presentations – To be announced.

Spouse Support Group Meetings

Collingwood Library
Every second Tuesday of the month 9:30 - 11 a.m.
Sept. 10; Oct. 8; Nov. 12; Dec. 10

For regular update please log onto
www.livingbetterwithparkinsons.ca

Please 'like' Living Better with Parkinson's Facebook and Instagram pages.

Please support Living Better with Parkinson's at
www.livingbetterwithparkinsons.ca/donate/

PD ONLINE DAILY MANAGEMENT PLAN

You are invited to complete your own personal PD Management Plan and Profile to submit and share on the LBWP Management Portal. Use this link to learn more about the plan and how it works.

Livingbetterwithparkinsons.ca/daily-parkinsons-disease-management-plan/

As soon as your plan is completed, email it to info@livingbetterwithparkinsons.ca so that it can be uploaded onto the support group protected section of the website.

Mark in your calendar!

7th WSC Parkinson's Charity Golf Tournament
Friday, September 20th, 2024
Duntroon Highlands Golf
3rd South Georgian Bay Parkinson's Festival
Saturday, June 2025, stay tuned for details
Bayview Park, Thornbury 10a.m. - 2p.m.

Worldwide the Parkinson's
community completed
1.92 million sit-to-stands.

LBWP – StandUP2Parkinson's
1,402 Sit to Stands!!!

**Stand Up to
Parkinson's**

*Thank you for your participation!
Well done everyone!!!*

Text Link



RELAY TO END PARKINSON'S

*Join us for an extraordinary evening of storytelling,
culinary delights, talented band and hope.*

Meet the riders! Hear their stories!

Where: Sidelaunch Brewery
200 Mountain Rd Unit 1, Collingwood, ON L9Y 4V5

When: Tuesday, September 17th

Time: 5:00 – 8:00 pm

Ticket: \$65.00 per person

(Tax receipt will be issued upon online purchase)

Purchase your ticket at LBWP site starting July 30th

Event includes:

Opportunity to meet the riders and hear their stories.

Silent Auction

Live Entertainment – The Trio + Paul

Complimentary beverage

All proceeds support the Spinning Wheels Relay & Living Better with Parkinson's.

Beginning July 27, 2024, three teams, each including at least one cyclist living with Parkinson's, will cycle over 10,000 kms across Canada, crossing all provinces, two territories and three coasts in 60 days to raise funds and awareness to help Canadians living with Parkinson's.

Parkinson's related charities and community groups will be hosting events across the country. Funds raised in each province and territory will go back to our partner charities to assist with providing programs and services to Canadians living with PD.

The Relay will wrap up on September 28, 2024 in Ottawa with a big rally and party.

<https://spinningwheelstour.ca/>

RESOURCES

Matha and the Muffins - Parkinson's Day song

<https://www.cbc.ca/news/canada/toronto/martha-and-the-muffins-toronto-band-news-song-world-parkinson-day-1.7171276>

Slow Emotion: The Making Of - feat. Martha Johnson and Company (Documentary Film)

<https://www.youtube.com/watch?v=laLJqWckuFQ>

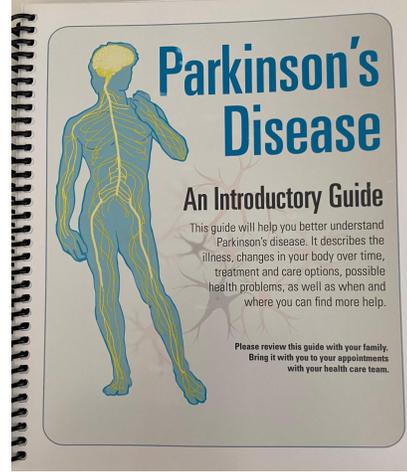
Parkinson's disease progression slowed by antibody infusions | New Scientist

<https://www.newscientist.com/article/2426894-parkinsons-disease-progression-slowed-by-antibody-infusions/>

<https://www.google.ca/search?q=health+insider+pulsetto&ie=UTF-8&oe=UTF-8&hl=en-ca&client=safari>

Plant based food and your gut - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6856517/>





Complimentary resource books.

Please contact Catherine at info@livingbetterwithparkinsons.ca to receive your copy.

Please log onto LBWP photo gallery to view images
<https://livingbetterwithparkinsons.ca/photo-gallery/>

Support Living Better with Parkinson's at
<https://livingbetterwithparkinsons.ca/donate/>

Living Better with Parkinson's | 1 First Street, Collingwood, Canada

[Unsubscribe catherine@smartmove.ca](mailto:unsubscribe.catherine@smartmove.ca)

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