NEWSLETTER

Parkinson Montréal-Laval

2020, no 1 - February

PARKINSON MONTRÉAL LAVAL

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Contact information

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montreal-laval@parkinsonquebec.ca

NEWS

Parkinson Montréal-Laval

Great news! Our caregivers adviser for Laval, Elisabeth Lapointe has now also joined the Parkinson Montreal-Laval team as caregiver advisor and network development for Montreal.
We wish her the best success in her new position.

To contact Elisabeth Lapointe

If you are from Laval :
soutienpmllaval@parkinsonquebec.ca

If you are from Montréal :
soutienpmldev@parkinsonquebec.ca

We take this opportunity to thank l'*Appui pour les proches aidants* for their support in this development.

L'APPUI POUR LES PROCHES AIDANTS

NEWS

from community partners

Parkinson en mouvement

Do you have Parkinson's disease? Dance with *Parkinson en mouvement*. To improve your posture, paces, balance, and also for the fun of it! *Parkinson en mouvement* offers dance lessons, voice improvment lessons, as well as dance therapy classes for people with Parkinson's disease.

The programs are based on convergence in scientific research concerning the positive impact of music, dance, and certain types of movements and voice exercises for people with Parkinson.

Classes are offered in various areas, in Montreal as well as Laval. Furthermore, you can register in a group at any time.

For more information, visit **parkinsonenmouvement.org** or email **parkinsonenmouvement@gmail.com**

Dance-movement classes in Laval

Thuesday : 1 h 30 to 2 h 30 PM
1882 Saint-Martin Blvd. West, Laval

Thursday : 11 h 30 AM to 12 h 30 PM
ABMC Danse - 377 Curé-Labelle Blvd., Laval

New class of dance-mouvement in Montreal

Thursday : 1 h 30 to 2 h 30 PM
10555 Lajeunesse / Henri-Bourassa station

Complete programmation :
parkinsonenmouvement.org

NeuroMotrix - group classes schedule for winter 2020

St-Léonard
Ludus Sport Centre
6002 des Grandes-Prairies blvd, Montréal

Monday
11 h AM : Neuro balance

Thuesday
11 h AM : Walk workshop

Thuesday
1 h PM : Adapted Boxing

Wednesday
11 h AM : Neuro Balance| 1 h PM : Movements on chairs

Thursday
11 h AM : Neuro Intensity

Friday
11 h : Adapted Yoga

Laval
Karaté Sunfuki Chomedey Laval
2878 Daniel-Johnson blvd, Laval

Thesday
11 h 30 AM : Neuro Intensity| 13 h PM : Neuro balance

Thursday
11 h 30 AM : Movements on chairs | 13h PM: Adapted Boxing

For more information : 514.946.9010 or
info@neuromotrix.com

Our commitment

Along with major partners, Parkinson Montreal-Laval is committed to **promoting regular physical activity** with health care professionals working around people with Parkinson's.

Exercice regularly is important for everyone, but even more so for people with Parkinson's. Not only can physical activity help mitigate a number of symptoms, it can also slow down the progression of the disease. A recent longitudinal study shows that when physically active, people with Parkinson's exhibit a curtailed progression of symptoms. This observation alone should be a good reason to get active!

- Neuromotrix

OUR SERVICES

Outreach

All our services require prior registration.
To register, contact us: montreal-laval@parkinsonquebec.ca or 514 868-0597

Meetings for newly-diagnosed patients

Being diagnosed with Parkinson's brings its share of anxieties, uncertainties, and concerns. Parkinson's disease is not always easily detected; there is no one blood test or X-ray examination that can confirm a diagnosis with 100% certainty. Making a diagnosis relies exclusively on the combination of the patient's symptom description and the physician's complete neurological exam.

To bring more real-life support to these people, we are organizing individual meetings that tackle various aspects of life with Parkinson.

These meetings take place at our offices every second Thursday. Contact us for an appointment in order to obtain information and tools that will allow you to live better with Parkinson's. Do not hesitate to ask your neurologist for the Receiving the Diagnosis kit (created by Parkinson Québec).

Self-help Groups

We currently have four self-help groups meeting once a month in various areas of Montreal and Laval.

These free groups hosted by volunteers contribute to break through isolation and promote verbalizaton and mutual support. They are safe spaces where you can talk to people who know what you are going through. Sharing various experiences will help you feel supported.

NDG
Last Monday of the month
1 h 30 to 3 h 30 PM
Centre Saint-Raymond
5600, Upper Lachine Rd

Dorval (in French)
2nb Thuesday of the month
6 h 30 to 8 h 30 PM
Maison Herron
2400, Gerron Rd

Laval (in French)
Last Thuesday of the month
1 h 30 to 3 h 30 PM
ALPA
1850, Le Corbusier blvd

Ville-Marie (in French)
3rd Friday of the month
6 h to 8 h PM
Parkinson Montréal-Laval Office
560, E. Ontario St.

Support groups will not be running in February.
The next meeting will take place in March, with the same schedule.

Practice your voice!

You have Parkinson's and you suffer from logopathy? Your voice is hoarse, faded, weak? You lack a space to practise your voice exercises loudly?

Join the group Pratique ta voix to improve your speech by speaking in a loud voice.

Free activity offered in collaboration with Ingrid Verduyckt, PhD, assistant professor at the École d'orthophonie et d'audiologie, Université de Montréal, with the help of her students in training.

Fridays 4 to 6 pm at Université de Montréal, 7707 Parc Ave. (Parc metro station).

Registration required.

Spanish conversation classes

We are offering free Spanish conversation classes for people with Parkinson's, a project initiated by Mr Edmer Calero del Mar, a Spanish teacher and a Spanish native speaker living with Parkinson's.

The objective of this class is:
Fighting the loss of speech abilities
Breaking through the isolation experienced by some people with Parkinson's.

This class is centered around oral expression and pronunciation. Its emphasis is on interactions, knowledge and experience sharing based on the written, photographic, picture, and sound educational material presented in the classroom.

The classes are designed for beginners as well as intermediary level students. The basic linguistic tools for oral participation will be introduced and repeated as often as necessary.

Every Thursday from 2 to 3:30 pm at Parkinson Montréal-Laval, 560 E. Ontario St., Montréal.

Registration required.

FOR LAVAL'S CAREGIVERS

Support Group in Laval

We offer Support Groups for caregivers of Laval. Those meetings are hosted by our caregiver adviser and allow the sharing of information with people going through similar situations. To provide help, information, and also comfort.

Every 1st Wednesday of the month, from 1 to 3 pm, Le Corbusier blvd., Laval

Register at 514 868-0597 or soutienpmllaval@parkinsonquebec.ca

Conference: Demystifying Parkinson's Disease

Our caregiver adviser for the Laval area, Élisabeth Lapointe, proposes a conference aiming at demystifying Parkinson's disease and explaining caregivers' roles and available services.

Friday, March 20, 2020, from 10 am to noon
AGAPE, 3950 Notre-Dame blvd., Laval, Québec H7W 1S7
*In English

Wednesday, April 15, 2020, from 1 to 3 pm
Comité d'animation du troisième âge de Laval, 140 Nadon St., Laval, Québec H7L 1T5
*In French

Thursday, April 23, 2020, from 1:30 to 3 pm
Le Rendez-Vous des Aînés, 10 W. Proulx St., Laval, QC H7N 1N3
*In French

To attend these conferences, contact Elisabeth Lapointe at 514 868-0597 or soutienpmllaval@parkinsonquebec.ca

Wish the support of

L'APPUI POUR LES PROCHES AIDANTS
LAVAL

For Montreal's Caregivers

Support Groups in Montreal

We also offer a support group for Montreal caregivers. The meetings are hosted by our caregiver adviser and allow the sharing of information with people going through similar situations and help them obtain not only information, but support and comfort as well.

Every 2nd Friday of the month, from 1:30 to 3:30 pm
At Carrefour Jeunesse-Emploi in Hochelaga-Maisonneuve, 3440 E. Ontario St., 3rd floor. Joliette metro station, Montréal

To attend, simply contact Elisabeth Lapointe at 514 868-0597 or soutienpmldev@parkinsonquebec.ca

Training workshops for caregivers of people with Parkinson's

Parkinson Montréal-Laval offers a series of 3 2-hour training workshops to give caregivers more information about Parkinson's disease and develop new reflexes and approaches regarding their role and their personal balance. They will gain new knowledge, strategies, and a list of informative documents.

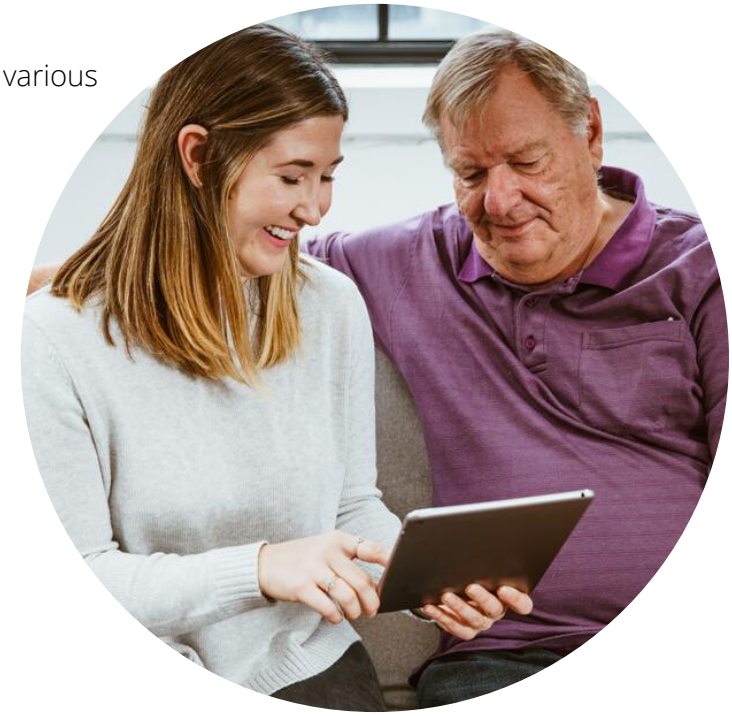
Workshop 1, Tuesday, February 25, from 1:30 to 3:30 pm
Understanding Parkinson's disease and its repercussions, recognizing the significance of the diagnosis as well as the variety of reactions following the news.

Workshop 2, Tuesday, March 10, from 1:30 to 3:30 pm
Defining their role and commitment level as caregiver, and gaining confidence in their abilities.

Workshop 3, Tuesday, March 24, from 1:30 to 3:30 pm
Maintaining their physical and emotional balance thanks to various strategies that can be adapted to each person's uniquecircumstances.

These workshops are given in small groups of 4 to 10 participants. They take place at the Parkinson Montréal-Laval offices, at E. 560 Ontario St., Montréal.

To attend these workshops, contact Sophie Lecours at 514 868-0597, ext. 323
soutienpml@parkinsonquebec.ca



Made possible by

L'APPUI POUR LES PROCHES AIDANTS D'AÎNÉS MONTRÉAL

Calendar

Parkinson Montréal-Laval's activities

MONDAY	THUESDAY	WENESDAY	THURSDAY	FRIDAY
			Spanish classes (page 6)	Practice your voice (page 6)

FEBRUARY	February 5	Support group for caregivers in Laval (page 7)
	February 14	Support group for caregivers in Montréal (page 8)
	February 25	Training workshop for caregivers (page 8)
MARCH	March 4	Support group for caregivers in Laval
	March 10	Self-help group in Dorval (page 5)
	March 10	Training workshop for caregivers (page 8)
	March 13	Support group for caregivers in Montréal (page 8)
	March 20	Conference: Demystifying Parkinson's disease (page 7)
	March 20	Self-help group in Ville-Marie (page 5)
	March 24	Training workshop for caregivers (page 8)
	March 30	Self-help group in NDG, Montréal, en anglais (page 5)
	March 31	Self-help group in Laval (page 5)
APRIL	April 1	Support group for caregivers in Laval
	April 7	Self-help group in Dorval (page 5)
	April 10	Support group for caregivers in Montréal (page 8)
	April 15	Conference: Demystifying Parkinson's disease (page 7)
	April 23	Conference: Demystifying Parkinson's disease (page 7)
	April 27	Self-help group in NDG, Montréal, in English (page 5)
	April 28	Self-help group in Laval (page 5)
MAY	May 6	Support group for caregivers in Laval
	May 8	Support group for caregivers in Montréal (page 8)
	May 12	Self-help group in Dorval (page 5)
	May 15	Self-help group in Ville-Marie (page 5)
	May 25	Self-help group in NDG, Montréal, in English (page 5)
	May 26	Self-help group in Laval (page 5)
JUNE	June 3	Support group for caregivers in Laval
	June 9	Self-help group in Dorval (page 5)
	June 12	Support group for caregivers in Montréal (page 8)
	June 19	Self-help group in Ville-Marie (page 5)
	June 29	Self-help group in NDG, Montréal, in English (page 5)
	June 30	Self-help group in Laval (page 5)

COLUMN

by Diane Patenaude

I saw Van Gogh

During the Christmas holidays, my husband suggested we go see the Van Gogh exhibition. He knows that in the morning my walking is uncertain, so he lets me choose the time of our date. Experience has shown that I'm at the best of my abilities around 11:30 am. But maybe to challenge myself, and probably to wow my spouse, I decided to go for the 10:30 am tour. "Are you sure it's not too early? We can go anytime during the afternoon," said my knight in shining armor.

We'll see.

So we went to Arsenal art contemporain by metro and bus. After mingling with the crowd in the public transport, I thought to myself: "Wow, not so easy to keep my balance when everyone is walking so fast." All my energy went to avoiding getting bumped into and knocked over. I was kind of exhausted.

After getting out of the metro, there was a 10-minute walk on wet, slippery snow. But I wasn't too stressed because I could feel my goal approaching: seeing Van Gogh.

Suddenly I saw the poster introducing the exhibition. To reach it, we had to walk into a sort of black plastic tent (similar to those used in winter to protect cars from the snow). Well, that was too much for me. Not only had my balance really been put to the test, I was now being tortured by having to walk into a completely dark entrance. My feet refused to budge.

I hesitated a few seconds to go into the dark entrance hall. I grabbed my husband's arm... and we walked in... into a completely dark room. I asked the reception staff if I could have a wheelchair for the tour. All the wheelchairs were taken.

Once again, I had to summon an incredible courage to go the exhibition. Once in the single large room. standing among many visitors, I watched the Van Gogh paintings and enjoyed magnificent classical music. I was wrapped in beauty, on the walls, on the ground, everywhere. It was fabulous. When the pictures on the wall started to move slowly towards the ground, I thought once again I was going to lose my balance. I tried to steady myself on a wall, but the wall was made of canvas. Nothing to stabilize me! Were they doing this on purpose? No chairs, no walls, dark rooms... People with Parkinson's were not their target audience. But it was so beautiful that, once I sat on one of the scarce benches, I fully enjoyed my visual art experience. We didn't want to go.

Despite this memorable adventure, I recommend this immersive experience to all people with Parkinson's because, in the end, I was more frightened than anything. I came out of the exhibition in a very serene mood, proud of the obstacles I overcame. I wouldn't mind going back... but I'd bring my own wheelchair. Better safe than sorry, especially with Parkinson's.

Photo: Facebook page of Imagine Van Gogh Montréal

OTHER RESOURCES

Interesting resources in Montréal and Laval

Several organizations in Montréal and Laval, though not specifically geared towards people with Parkinson's, offer adapted services or services that can be of interest. Here are some of them.

The movement disorder clinics at CHUM and MUHC

They servepeople with Parkinson's and other movement disorders in Quebec. They are state-of-the-art in everything from diagnostic services to evaluation to follow-up. Teams comprise neurologists, specialized nurses, hysiotherapists, speech therapists, social workers, and occupational therapists. A physician's reference is required to be admitted into these clinics.

Day care centres

Several day centres offer exercise programs adapted for people with Parkinson's and their caregivers. Most of them require a reference from the CLSC. For more information, please call 514 644-4545. To find your CLSC, visit: sante.gouv.qc.ca/repertoire-ressources/clsc/.

Parkinson en mouvement

The NPO Parkinson en mouvement (PEM) offers dance-movement and singing classes designed especially for people with Parkinson's. Their classes take place downtown Montreal, in Rosemont, and in NDG, and soon to come in Laval and Dorval. Contact PEM at 514 842-0322 or visit: parkinsonenmouvement.org.

Cummings community centre

This centre offers adapted programs for people with Parkinson's, including exercises, boxing, and tai chi. For more information contact the Centre at 514 342-1234 or visit: https://cummingscentre.org/all-programs-classes/adapted-programs/parkinsons/.

211 Grand Montréal

This is an information and reference service available 7 days a week, from 8 am to 6 pm. In collaboration with community organizations, it gives access to all available information about social and community resources updated online every year. The service is free for low-income individuals, the elderly and newcomers. For more information, visit: 211qc.ca.

Le Réseau Aidant (for caregivers)

This is a remote learning network that supports caregivers, their close ones as well as health-care professionals working with them. Several organizations, including Parkinson Québec, post teleconferences on their website. Visit: lereseauaidant.ca.

L'Appui Montréal for caregivers :	1 855 852-7784 or lappui.org/montreal
L'Appui Laval for caregivers :	1 855 852-7793 or lappui.org/laval
L'Association lavalloise des personnes aidantes :	450 686-2572 or aldpa.org
Le Centre Évasion : Répit en centre et à domicile :	514 738-5151 or centreevasion.com
Y-YWCA des femmes de Montréal :	514-866-9941 or ydesfemmesmtl.org

DID YOU KNOW?

Introducing an interesting service

RELÈVE VACANCES

Relève vacances is the service that gives you a break.

How about taking some time for yourself? How about going away for a few days?

Go! We will take care of your close one. L'Appui Montréal has set up the Relève vacances service. For caregivers, it's not always easy to take a vacation, or even to consider leaving their close one. But there is a solution: the new Relève vacances service, funded by L'Appui Montréal.

During your absence, someone will come to your close one's home (3 h a day for 14 days maximum), in order to support him or her, just like you would (almost!): meals, grocery, everyday life...

The Relève vacances service is offered to caregivers who do not live with their close one as well as those who do. The loss of autonomy must not be too critical, because the individual must be able to stay by his or herself most of the time. d'autonomie ne doit pas être trop forte, puisque l'aîné doit être capable de rester seul, la majeure partie du temps.

The services are provided by 4 ESSAD on the island of Montreal, in the East, North, Centre-South and Centre-West.

L'APPUI POUR LES PROCHES AIDANTS DAINÉS
MONTRÉAL

For more information, call Info-Aidant: 1 855 852-7784.

ALLIES

with complementary missions

Parkinson Montréal-Laval offers outreach services to people with Parkinson's and their caregivers.

Parkinson Québec creates information tools to inform you about Parkinson's Disease and how to live better with it, on top of supporting research.

The Réseau Parkinson Québec brings together Quebec researchers who study this disease from every angle. It dévelops a database of people with Parkinson's disease who wish to participate in research projects.

Parkinson Montréal-Laval is a member of Parkinson Québec

TO SUPPORT US

and have a concrete, immediate impact

At Parkinson Montréal-Laval, we consider ourselves lucky to rely on several sponsors who allow us to offer outreach services to people with Parkinson's disease and their caregivers.

You wish to honor a close one affected by the disease.
You wish to contribute to the durability of our services.
You wish to have a concrete, tangible impact.
We would be honored to rely on your support.

Make a donation on-line:
https://www.canadahelps.org/fr/organismesdebienfaisance/societe-parkinson-du-grand-montreal/

You can also make a donation by mail. Contact us to receive a donation form.

Finally, you can also make a donation in person at our offices, whether in cash or by cheque.

Thank you so much for your support.

PARKINSON
MONTRÉAL
LAVAL