

January 23, 2018

Re: New Parkinson Support Group in Smiths Falls

In response to increasing need in Lanark North Leeds, Parkinson Canada has established a new peer support group in Smiths Falls. Other groups in the area including Kemptville, Perth, Brockville, Kanata and Almonte where there has been an steady increase in attendance.

Pat Evans, retired social worker and Parkinson's advocate who formed a group to organize the first Parkinson SuperWalk in Lanark North Leeds (held in Perth) last September will be facilitating the group. It will take place on the last Thursday of every month at Rideau Community Health Services, 2 Gould St. (the old high school) in Smiths Falls between 1:30 and 3:30 p.m.

"The success of the SuperWalk was, for me, a strong indicator of how Parkinson's has impacted people who live in Lanark North Leeds. And yet it is apparent that Parkinson's Disease is under-diagnosed in this area. We have been working hard to increase awareness of Parkinson's to encourage early diagnosis. That is important so that people will find out about the things they can do to help delay the onset of worsening symptoms eg, Parkinson's specific exercise programs, good nutrition and appropriate medication."

As my own personal experience with Parkinson's tells me, support groups give people an opportunity to be with others who understand and who will not judge. They help people to feel a sense of control and with that comes hope. Parkinson's changes everything. But where there is help, there is hope."

**Original Information previously sent by Margaux Wolfe.**

## **PARKINSON CANADA LAUNCHES NEW SUPPORT GROUP IN SMITH FALLS**

Parkinson Canada is proud to announce a new support group for people living with Parkinson's and their care partners in Smith Falls. This group is designed specifically to meet other people living with Parkinson's, share information, and provide emotional peer support. Support groups offer a safe and confidential environment for People living with Parkinson's and their care partners to talk about their daily challenges, advocacy initiatives, and share thoughts and feelings about living with a chronic disease.

For more information about Parkinson Canada's new support group, please contact Margaux Wolfe, Community Development Coordinator in Eastern Ontario at 1-800-565-3000 ext.3425 or [margaux.wolfe@parkinson.ca](mailto:margaux.wolfe@parkinson.ca). This support group is free of charge and will take place every last Thursday of the month at 1:30PM at the Rideau Community Health Services, 2 Gould Street, unit 118, Smith Falls, ON K7A 2S5 starting January 25<sup>th</sup> 2018.

About Parkinson's Disease:

Parkinson's is a progressive neurodegenerative disease. Movement is normally controlled by dopamine, a chemical that carries signals between the nerves in the brain. When cells that normally produce dopamine die, the symptoms of Parkinson's appear. There is currently no cure to Parkinson's Disease, although the disease can be managed with medication. Approximately 100,000 Canadians live with Parkinson's and those numbers are expected to double by 2031.

About Parkinson Canada:

Parkinson Canada is a not-for-profit organization whose mission is to be the voice of those living with Parkinson's. Operating since 1965, Parkinson Canada advocates for people living with Parkinson's, offers support services and education, and has invested over \$26 million into research.