Member’s Newsletter

Something new to keep you informed!

It’s with a great pleasure that Parkinson Montreal Laval presents its newsletter for all our members: a brand new tool that will keep you up with the services that we offer and the events that we plan.

Our seasonal newsletter will talk about many things like upcoming conferences, details on our new support groups, updates on events in Montreal and Laval that could interest you, etc.

Thank you and enjoy your read!

A new community manager in PML’s team!

Hello everyone,

My name is Marie-Helene Tardif and I am very happy to join the team at Parkinson Montreal Laval. I will be here for the next year as your community manager.

In the next year, I will work on developing new support groups, planning conferences on Parkinson’s disease and I will promote our organisation and our services to health professionals.

I finished a undergraduate degree in social work and I specialised in community management to help organisations join their community and their partners. It will be my pleasure to meet you in the next year and help you with your projects, questions or ideas that you’d like to share.

See you soon!
New supports groups in september 2016

Due to the noticeable increase of demands for support groups in Montreal and Laval, PML will offer three groups in the fall of 2016. Here is the schedule for each group:

1) East side : Carrefour Jeunesse Emploi, 3440 Ontario East Street, Montreal, QC, H1W 1P9
   Facilitator: Richard Goulet
   When? Every last Friday of the month, from 1:30pm to 3:30pm
   Language: French

2) Côte-des-Neiges: Centre des ressources communautaire de CND, 6767 chemin de la Côte-des-Neiges, Montreal, Qc, H3S 2T6
   Facilitators: Paul Mallette & Bernadette Cardyn
   When: Every first Wednesday of the month, from 1:30pm to 3:30pm
   Language: English

3) Downtown: PML office, 550 Sherbrooke West Street, West Tower, Office 471, Montreal, Qc, H3A 1B9
   Facilitator: Carmen Fortin
   When: Every third Friday of the month, from 6:00pm to 8:00pm
   Language: French

To register or for any questions, call us at 514.868.0597 or email us at montreal-laval@parkinsonquebec.ca

*Group meetings will begin in September

Parkinson Quebec launches its Webinars

PG is now offering a program of 6 webinars centered around Parkinson’s disease and related topics. These web-conferences are an easy way to have access to information about the disease and keep you informed about scientific updates.

Unfortunately the webinars are currently only available in French. The english versions will be available in February 2017.

You can however watch the French version online or come to our offices to join our group. Contact us to reserve your spot because registration is limited. For more information you can visit www.formationsparkinsonquebec.ca.
New conferences in the Fall

Following the acquisition of Parkinson Quebec’s Mieux Vivre with Parkinson’s disease training, we are happy to inform you that Parkinson Montreal will present free conferences all along the fall in various places in Montreal and Laval areas. The two specific topics for the conferences are medication and physical activity.

Mrs Carmen Fortin (in charge of a support group) and Miss Marie-Hélène Tar-dif (community manager for PML) will present these topics to you.

To find a conference near you, please consult the schedule below.

**Schedule**

**Langelier Library**  
6473 Sherbrooke East Street  
Montreal, Qc, H1N 1C5  
Medication: September 23rd  
Physical activity: November 25th

**Saint-Henri Library**  
4707 Notre-Dame West Street  
Montreal, Qc, H4C 1S9  
Medication: October 4th  
Physical activity: November 8th

**Côte-des-Neiges Library**  
5290 chemin de la Côte-des-Neiges  
Montreal, Qc, H3T 1Y2  
Medication: September 8th  
Physical activity: November 17th

**Cartierville Library**  
5900 Salaberry Street  
Montreal, Qc, H4J 1J8  
Medication: October 27th  
Physical activity: December 1st  
*1:00pm to 3:00pm

**Geneviève-Guèvremont Library**  
2900 Concorde East Boulevard  
Laval, Qc, H7E 2B6  
Medication: October 19th  
Physical activity: December 8th

**Please note that every conference will be from 2:00pm to 3:30pm, except at Cartierville Library**
On Sunday September 11th 2016, we are holding the first edition of our fundraising event called the Montreal-Laval Parkinson’s Journey, which will take place in La Fontaine Park.

What is the Parkinson’s Journey Montreal-Laval?

A walk will take place in La Fontaine Park in which people living with the disease and their relatives and friends as well as anyone who support the cause will participate. Parkinson Montreal-Laval is also encouraging its participants to surpass themselves by organizing an alternative challenge. Two choices are available for the journey:

- A walk of 1 KM, 2 KM or 5 KM
- A run of 1 KM, 2 KM or 5 KM, which is the alternative challenge

Registration is free. We encourage you to participate and invite your family, friends and colleagues as well.

SCHEDULE

**REGISTRATION** from 9:00 am

**EVENT START** 10:00 am

**FAMILY PICNIC** 12:00 pm

There will be music, food, information booths, participation prizes and much more!

Join the team of Parkinson Montréal-Laval and register today at www.parkinsonsjourney.ca!
In the context of the use of David Matthew Aronson Funds, Parkinson Montreal-Laval is proud to announce a financial support offered to young people of less than fifty years of age living with Parkinson’s disease.

Why people less than fifty years old?

The David Matthew Aronson funds come from a donor who was affected closely by this disease. His son was diagnosed with Parkinson’s disease at the age of 32, causing a significant impact on the life of the whole family. Having a desire at heart to make a difference for the people of that same age group who are faced with this disease, he contacted us in 2015, with the desire to invest on a long-term plan to help those people. PML decided to double the donation and invested in a long-term financial aid program for this clientele.

The funding is intended to support the costs related to the practice of an exercise program.

PML believes that exercise, along with medication, has a positive effect on the quality of life of the person, which is why we want to facilitate access to exercise programs for this clientele.

We invite you to complete the funding application form designed for this purpose.

Parkinson Montreal-Laval would like to thank the donor who is making a big difference in the life of the young Parkinsonians.
SEPTEMBER

September 7th: 2:00pm to 3:30pm  
Côte-des-Neiges support group

September 8th: 2:00pm to 3:30pm  
Mieux Vivre Conference: The medication (Côtes-des-Neiges Library)

September 14th: 1:30pm to 2:30pm  
Webinar: The medication

September 16th: 6pm to 8pm  
Downtown Support Group

September 23rd: 2:00pm to 3:30pm  
Mieux Vivre Conference: The medication (Langelier Library)

September 30th: 1:30pm to 3:30pm  
Eastside support group

OCTOBER

October 4th: 2:00pm to 3:30pm  
Mieux Vivre Conference: The medication (Saint-Henri Library)

October 5th: 1:30pm to 3:30pm  
Côte-des-Neiges support group

October 12th: 1:30pm to 2:30pm  
Webinar: Solutions for caregivers

October 19th: 2:00pm to 3:30pm  
Mieux Vivre Conference: The medication (Geneviève-Guèvremont Library)

October 21st: 6pm to 8pm  
Downtown Support Group

October 27th: 1:00pm to 3:00pm  
Mieux Vivre Conference: The medication (Cartierville Library)

October 28th: 1:30pm to 3:30pm  
Eastside support group
NOVEMBER

November 2nd: 1:30pm to 3:30pm  
Côte-des-Neiges support group

November 8th: 2:00pm to 3:30pm  
Mieux Vivre conference: Physical activity (Saint-Henri Library)

November 9th: 1:30pm to 2:30pm  
Webinar: News from the research domain

November 17th: 2:00pm to 3:30pm  
Mieux Vivre Conference: Physical activity (Côte-des-Neiges Library)

November 18th: 6pm to 8pm  
Downtown Support Group

November 25th: 2:00pm to 3:30pm  
Mieux Vivre Conference: Physical activity (Langelier Library)

November 25th: 1:30pm to 3:30pm  
Eastside support group

DECEMBER

December 1st: 1:00pm to 3:00pm  
Mieux Vivre conference: Physical activity (Cartierville Library)

December 7th: 1:30pm to 3:30pm  
Côte-des-Neiges support group

December 8th: 2:00pm to 3:30pm  
Mieux Vivre conference: Physical activity (Geneviève-Guèvremont Library)

December 14th: 1:30pm to 2:30pm  
Webinar: Speech and swallowing disorders

December 16th: 6pm to 8pm  
Downtown Support Group

December 30th: 1:30pm to 3:30pm  
Eastside support group
Parkinson Montreal-Laval is a registered non-profit organization that is dedicated to the wellness of individuals living with Parkinson’s disease by offering support and information as well as the defense of their rights.

Parkinson Montreal-Laval is a member of Parkinson Quebec and all its activities aim to empower the individual with Parkinson’s disease so that it can play an active and informed role in maintaining its quality of life.

Testimonials

Parkinson Montreal-Laval is looking for people living with Parkinson’s disease and/or caregivers, willing to talk about their stories with the Parkinson’s disease. These testimonials will be used in our communications tools.

You want to tell us your story? It could help somebody else!

If you are interested to share your story, please contact us by phone at 514.868.0597 or by email at montreal-laval@parkinsonquebec.ca

Find a name for our newsletter!

We are currently looking for an original name for our newsletter.

If you have any idea, please let us know!