



Société Parkinson du Québec
Parkinson Society Quebec



PROGRAM

SEE YOU IN TROIS-RIVIÈRES
APRIL 22nd TO 24th!

Empowerment

1 800.720.1307 • info@parkinsonquebec.ca • www.parkinsonquebec.ca

Hôtel Gouverneur • 975, rue Hart, Trois-Rivières, QC G9A 4S3 • 1 888 910-1111 • www.gouverneur.com

ACKNOWLEDGEMENTS

Parkinson Society Quebec wishes to thank a number of people for helping make this congress possible, especially the specialists, healthcare professionals and stakeholders who allowed the Parkinson's community to avail itself of their expertise. We would also like to thank all of the volunteers who gave so much of themselves so this congress could be an experience you will not soon forget.

This was made possible by the people with a vast store of experience who agreed to be on the organizing committee, as well as on the program committee, under the supervision of the team here at Parkinson Society Quebec.

ORGANIZING COMMITTEE

Jules Bélanger, Société Parkinson de la Montérégie

Gérard Frenette, Société Parkinson Mauricie -
Centre-du-Québec

Hélène Lapointe, Société Parkinson Mauricie -
Centre-du-Québec

With the collaboration of the regional Parkinson societies

PROGRAM COMMITTEE

Lucie Lachance, Bsc(N). MSc

Pr. Maria-Grazia Martinoli, Ph.D.

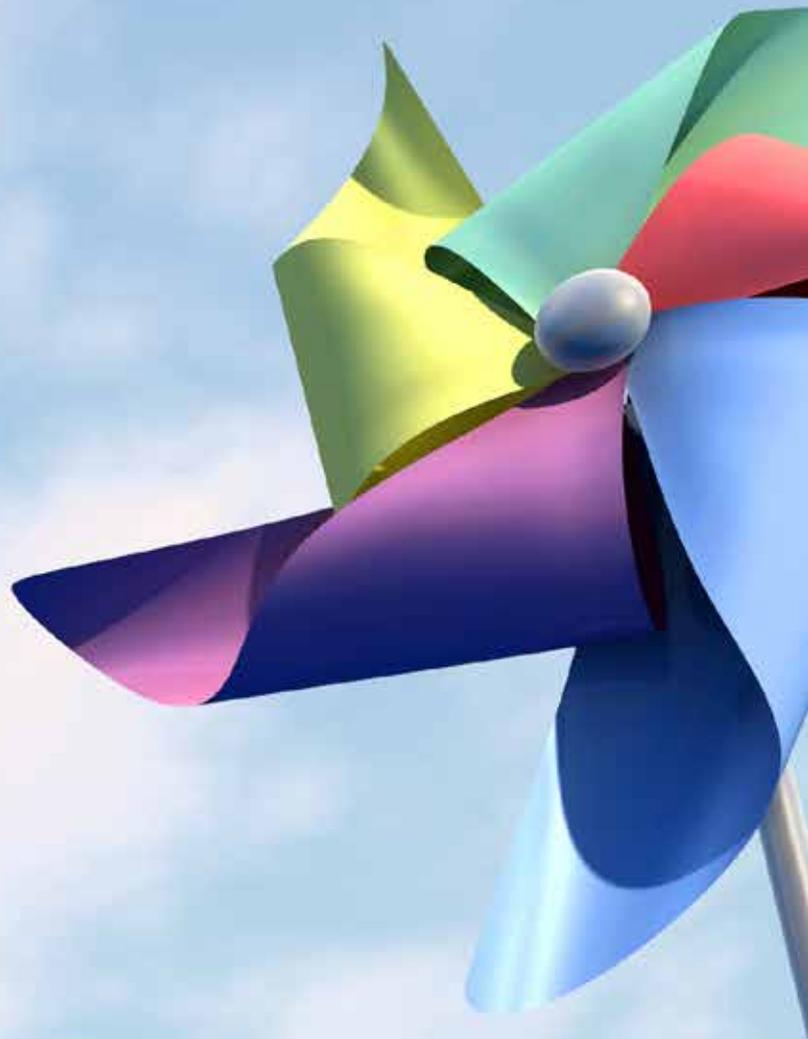
Pr. Francesca Cicchetti, Ph.D.

Dr. Christiane Lepage, FRCPC

OUR THANKS TO OUR MAIN SPONSOR



CHÂTEAU DOLLARD
RÉSIDENCE POUR AÎNÉS
RETIREMENT COMMUNITY





MESSAGE FROM THE EXECUTIVE DIRECTOR

In line with our mission of education across Quebec, Parkinson Society Quebec is proud to invite you to its second provincial congress: "Living Hope!" In collaboration with the regional Parkinson societies, as well as, researchers, clinicians, experts and specialized health professionals from all over Quebec, we are pleased to invite the Parkinson's community and everyone who has an interest in Parkinson's to this not-to-be-missed event!

You already know there are thousands of Quebecers who suffer from this illness. We sought to develop a program that would above all benefit those suffering from Parkinson's, as well as their caregivers, but also healthcare professionals and stakeholders from support organizations and services, thereby broadening their understanding of Parkinson's and supplying those whose task it is to support people suffering this illness better and more comprehensive tools.

With "Empowerment" as their theme, the lectures are meant to inform delegates on the various strategies that can be used to control the illness and its progression. Given that our objective is to increase your options, knowledge and terms of reference, we are making it possible for you to control the quality of your daily life and to become an active member in the fight against Parkinson disease so it can be defeated.

With its speakers, workshops directed by professionals in the field and panel of experts on the latest breakthroughs and current stakes, this is one event that is not to be missed.

Looking forward to seeing you there,

Nicole Charpentier
Executive Director



MESSAGE FROM THE HONORARY CHAIR

Dear patients and friends,
Dear families,
Dear stakeholders,

A congress such as this which Parkinson Society Quebec has organized is above all a way to pool our strengths, knowledge and talents in such a way as to avoid anguish, reduce illness and soldier bravely on.

If life is a sexually transmissible state and old age, a degenerative disease, Parkinson's is a way of aging that makes it imperative to appreciate each and every day without regretting yesterday or fearing tomorrow. Some are better at it than others, or they may simply be better supported and, thus, still able to take pleasure in life, but it's never too late to learn how to use tools or understand the changes our bodies go through so we may better adapt and control our lives and to the joy it is always possible to get out of it.

Emmanuelle Pourcher, MD, DEM.FRCPC
Neurologist
Honorary Chair

PROGRAM

WEDNESDAY, APRIL 22nd

3 PM TO 5 PM RECEPTION AND REGISTRATION

Hôtel Gouverneur main hall, Trois-Rivières
"Empowerment" picture exhibition

5:30 PM OPENING CEREMONY

Cocktail and banquet, Trois-Rivières salon/Reservations mandatory
"Empowerment" photo exhibition vernissage, Rimouski salon

This lively evening which will officially launch the 2015 Living Hope provincial congress whose theme is "Empowerment" will take place in the ballroom. This will be an opportunity for you to meet people from all over Quebec in a relaxed and friendly atmosphere. A cocktail with cash bar will precede the three-course dinner. Le Sieur Laviolette, historical figure, will be pleased to welcome you.

THURSDAY, APRIL 23rd

8 AM RECEPTION AND REGISTRATION EXHIBITORS' VISIT

Main hall
Main hall, ground floor/8:30 am to 4 pm

9 AM CONFERENCES

Choice of 3 conferences in French and 1 in English
Québec, Trois-Rivières, Montréal and Sept-Îles salons

10 AM BREAK AND EXHIBITORS' VISIT

10:20 AM CONFERENCES

Choice of 3 conferences in French and 1 in English
Québec, Trois-Rivières, Montréal and Sept-Îles salons

11:20 AM EXERCISE WORKSHOPS

Same salons as for the conferences

11:45 AM LUNCH

Boxed lunches/Reservations mandatory
Multiple restaurants in close proximity

1 PM CONFERENCES

Choice of 3 conferences in French and 1 in English
Québec, Trois-Rivières, Montréal and Sept-Îles salons

2 PM BREAK AND EXHIBITORS' VISIT

2:20 PM CONFERENCES

Choice of 3 conferences in French and 1 in English
Québec, Trois-Rivières, Montréal and Sept-Îles salons

3:30 PM TO ROUND TABLES ON VARIOUS SUBJECTS (5)

Montreal and Sept-Îles salons
Registration at the congress, 15 participants per round table

5 PM LAUNCH OF PARKINSON SOCIETY QUEBEC'S *MIEUX VIVRE AVEC LE PARKINSON* TRAINING KITS AND LAUNCH OF THE QUEBEC PARKINSON NETWORK PATIENT REGISTRY

Québec salon/Press conference

6 PM PSQ ANNUAL GENERAL ASSEMBLY

Preceded by a cocktail, Sept-Îles salon

FRIDAY, APRIL 24th

9 H CONFERENCES

Choice of 3 conferences in French and 1 in English
Québec, Trois-Rivières, Montréal and Sept-Îles salons

10 H BREAK AND EXHIBITORS' VISIT

10 H20 CONFERENCES

Choice of 3 conferences in French and 1 in English
Québec, Trois-Rivières, Montréal and Sept-Îles salons

11 H20 LUNCH

Boxed lunches/Reservations mandatory
Multiple restaurants in close proximity

12 H30 PANEL AND CLOSING CEREMONY

Québec, Trois-Rivières and Montréal salons

How does empowerment influence your life, your relationships and your job?

During this panel, people afflicted with Parkinson's, caregivers and Dr. Emmanuelle Pourcher, neurologist, will discuss the challenges and benefits of coupling their day-to-day activities or practice with empowerment.

CONFERENCES

THURSDAY, APRIL 23rd

9 AM TO 10 AM	A-101 Get it on time: Management of medication Lucie Lachance BSc(N), MSc	F-102 Le support des proches aidants: relevé de la situation et avenues prometteuses Charles Viau-Quesnel, Ph.D.	F-103 Ménage à trois avec M. Parkinson: comment préserver une qualité de vie en couple? Line Beaudet, Inf., Ph. D.	F-104 Mieux comprendre les dyskinésies induites par la lévodopa Pr Michel Cyr
10:20 AM TO 11:20	A-201 Threesome with Mr. Parkinson: how to maintain a quality of life as a couple? Line Beaudet, Inf., Ph. D.	F-202 Cognition et Parkinson Jean-François Gagnon, Ph.D.	F-203 Les nouveautés en recherche dans la maladie de Parkinson Dr Edward A.Fon	F-204 Le prendre à temps: la gestion de la médication Lucie Lachance BSc(N), MSc
1 PM TO 2 PM	A-301 Innovation in Parkinson's research Dr Edward A.Fon	F-302 Optimiser la sécurité et l'autonomie des personnes atteintes de la maladie de Parkinson à domicile Véronique Provencher, Ph.D.	F-303 Le maintien en emploi: droits et recours M ^e Danielle Chalifoux	F-304 Au volant de ma santé Société de l'assurance automobile du Québec
2:20 PM TO 3:20 PM	A-401 Parkinson's and employment: What are the rights and resources of the employee to keep his job? M ^e Ann Soden	F-402 Nouvelles stratégies thérapeutiques: Duodopa et Neupro Benoit Gagnon, Inf. D ^{re} Christiane Lepage	F-403 La neurostimulation dans le traitement de la maladie de Parkinson Dr Abbas F. Sadikot	F-404 Aidant naturel: pas si naturel que ça Annie Caron
3:30 PM TO 4:30 PM	Round Tables			

FRIDAY, APRIL 24th

9 AM TO 10 AM	A-501 Exercice and learning new motor skills for patient with Parkinson's Dr Julien Doyon Alexandra Nadeau	F-502 De l'impuissance à l'espoir! Devenir « acteur » de notre pouvoir d'agir Alain Giroux	F-503 Effets bénéfiques des molécules naturelles sur la MP Justine Renaud	F-504 La rente d'invalidité Régie des rentes du Québec
10:20 AM TO 11:20	A-601 The Disability Pension Régie des rentes du Québec	F-602 Maladie de Parkinson: reprendre le contrôle D ^{re} Emmanuelle Pourcher	F-603 Exercice physique et apprentissage de nouvelles habiletés motrices chez le PAMP Dr Julien Doyon Alexandra Nadeau	F-604 Parler et manger: quoi faire quand ça devient difficile? Stéphanie Émond
12:30 PM TO 3 PM	Panel			

SUMMARY OF CONFERENCES

* Conferences starting with A are in English.

A-101

Get it on time: Management of medication Conference in English

The Getting it on Time program means informing hospital and specialized residences personnel on the importance for people afflicted with Parkinson's for taking their medication on time, all of the time. Participants will learn more about this aspect of Parkinson's disease and its management.

F-102

Le support des proches aidants: relevé de la situation et avenues prometteuses

People with dementia often benefit from the support of their loved ones. Caregivers are an important factor in their well-being and ability to remain at home. However, this support relationship is not without adverse effects on the caregivers. Recent studies have confirmed they are prone to isolation and depression. This presentation means to highlight these recent studies and to identify the main risk and protection factors of caregivers.

F-103

Ménage à trois avec M. Parkinson: comment préserver une qualité de vie en couple ?

Parkinson's disease thwarts projects and upsets people's lives. Some researchers have taken an interest in their life experience; others have examined their strategies for maintaining their quality of life. This presentation wishes to highlight the different experiences couples have had and to illustrate the various ways they have learned to maintain their life as a couple in spite of Parkinson's disease.

F-104

Mieux comprendre les dyskinésies induites par la lévodopa

Standard therapy for treating Parkinson's disease is to administer Levodopa (or L-dopa) which effectively restores mobility. Unfortunately, uncontrolled and uncontrollable movements known as dyskinesia invariably develop. This presentation sheds light on these untimely motor disorders linked to the taking of Levodopa. The speaker will also use this forum to point out new avenues with regards to patients' pharmacological needs.

A-201

Conference in English

Threesome with Mr Parkinson: how to maintain a quality of life as a couple?

Refer to conference F-103

F-202

Cognition et Parkinson

Cognitive disorders affect a majority of people afflicted with Parkinson's. Often misdiagnosed, they are one of the major challenges for people who suffer from them, their helpers and their caregivers. This presentation means to:

1. Expose the nature, the characteristics and the functional impact of these cognitive disorders associated with Parkinson's;
2. Expose the strategies which support the learning of new skills for people with Parkinson's and those around them.

F-203

Les nouveautés en recherche dans la maladie de Parkinson

The latest advances in research into Parkinson's disease will be presented. This conference will cover the latest research breakthroughs into Parkinson's disease.

F-204

Le prendre à temps: la gestion de la médication

Refer to conference A-101

A-301

Conference in English

Innovation in Parkinson's research

Refer to conference F-203

F-302

Optimiser la sécurité et l'autonomie des personnes atteintes de la maladie de Parkinson à domicile

This presentation has a practical component: Presenting the various strategies used in occupational therapy to maximize safety and autonomy in the home. It has also a research component: Presenting the research our team has done, research which means to help people afflicted with Parkinson's disease and their loved ones to better manage risk after hospitalization.

SUMMARY OF CONFERENCES

* Conferences starting with A are in English.

F-304

Au volant de ma santé

Changes in cognitive, sensory and physical levels may impair one's ability to drive safely.

The conference addresses the following topics:

- The links between health and driving;
- The role of the Société de l'assurance automobile du Québec in assessing driving ability;
- The skills required for driving;
- The possible changes in driving habits;
- The alternatives to driving.

A-401

Conference in English

Parkinson's and Employment: What are the rights and resources of the employee to keep his job?

This presentation deals with the legal obligations employers have to adapt to and to keep an employee on staff who is physically or mentally challenged. It deals with the various possible remedies available to these employees.

F-402

Nouvelles stratégies thérapeutiques: Duodopa et Neupro

Presentation of new treatment strategies, Duodopa and Neupro: their description, origin, operation and efficiency. CHUM's Duodopa program will also be discussed, as well as the different stages and phases of the study.

The Neupro patch has advantages such as allowing a more continuous diffusion of medication throughout the body, but also side effects like those found in dopamine agonists. This is an effective drug that can be used in the initial treatment of the disease or as a complementary treatment when the disease is in a more advanced stage.

F-403

La neurostimulation dans le traitement de la maladie de Parkinson

During the last two decades, major breakthroughs in understanding Parkinson's disease have led to the development of new therapies. For the last ten years, the neurostimulator has been important in treating Parkinson's disease. During this presentation, we will discuss in detail the mode of operation of this therapy, the type of patient who best responds to neurostimulation and recent technological developments that improve the comfort and quality of life of patients.

F-404

Aidant naturel: pas si naturel que ça

This lecture deals with caregiving. It covers actions to improve their situation, and services available to the caregivers of people afflicted with Parkinson's.

A-501

Conference in English

Exercise and learning new motor skills for patient with Parkinson's

The benefits of physical exercise on walking ability and on the mitigation of motor symptoms of patients with Parkinson's disease are well-known. However, no study has ever compared the effects of this non-pharmacological therapeutic approach and their ability to learn new motor skills. This presentation will recap the results of a study which aimed to quantify how people afflicted with Parkinson's disease were able to learn new motor sequences both before and after a three-month program of physical exercise, as well as the neuronal substrate that could account for this improvement using magnetic resonance imaging. The practical aspects of this research project will also be broached.

F-502

De l'impuissance à l'espoir! Devenir «acteur» de notre pouvoir d'agir

In Quebec as elsewhere, everyone has a toolbox. If this toolbox over time fades, becomes porous, then weak and, finally, you lose the key... you become powerless. Empowerment is born of experience. There are concepts, to be sure, but empowerment is lived one day at a time by people who are exhausted and short of ideas, who can't imagine anything else. They shut down, they conform, they don't make use of their own expertise. How then does one take control of a precarious situation?

F-503

Effets bénéfiques des molécules naturelles sur la maladie de Parkinson

We attribute the cardioprotective and anticancerous qualities of fruits and vegetables to the natural molecules they contain, “polyphenols”, “antioxidants” or “phytoestrogens” whose definitions sometimes overlap. These natural molecules are thought to be beneficial for certain neurodegenerative diseases such as Parkinson’s. Many scientists believe that oxidative stress, among other factors, could be important in the development and progression of this affliction. For this reason, “antioxidant” foods as a therapeutic strategy for treating Parkinson’s disease have been studied intensively. This presentation will attempt to answer the following questions: What are these natural food molecules with antioxidant potential? How do they work? How advanced is preclinical and clinical research into using natural molecules to treat Parkinson’s disease?

F-504

La rente d’invalidité

Getting a disability pension is often complicated. This conference will explain the various aspects of disability.

- Financial need
- RRQ contributions
- Contribution period
- Disability benefits
- Terms of admissibility
- Return to work
- Additional amount for disability
- Statement of contributions
- Bureau des ententes de sécurité sociale

A-601

The Disability Pension

Refer to conference F-504

Conference in English

F-602

Maladie de Parkinson: reprendre le contrôle

This presentation will deal with five ways to regain control:

1. Getting a realistic rather than a catastrophic view of this illness.
2. Retaking control early on of one’s body, keeping it motile, working on the amplitude of one’s movements, one’s voice and one’s breath.
3. Fighting the anguish due to the unpredictability of the effects caused by taking medication regularly and developing a serene mental outlook.
4. Reliving the pleasures of life; for some, it is music and dance with family and peer groups; for others, it is physical activity if and when possible.
5. Fighting off anxiety of what tomorrow will bring and giving greater value to the good things today has brought in every way possible, be it medication, prayer or zenitude.

F-603

Exercice physique et apprentissage de nouvelles habiletés motrices chez le patient atteint de la maladie de Parkinson

Refer to conference A-501.

F-604

Parler et manger: quoi faire quand ça devient difficile

Speaking and eating: what to do when they become difficult

- What they are.
- When and why to seek help from a speech therapist.
- What one can do.
- Suggestions and types of exercise.

SPEAKERS

Line Beaudet, Inf., Ph.D.

Line Beaudet has a doctorate in nursing science from Université de Montréal. Senior advisor in specialized care at CHUM, she is also an associate professor at Université de Montréal's Faculté des sciences infirmières and a research associate at Centre de recherche du CHUM. She has extensive clinical experience with individuals and families with a neurological disease, as well as in education and with nursing and cross-disciplinary teams.

Annie Caron

Annie Caron has a background in environmental sciences and human resources. Thanks to her background, she has worked with young offenders, managed events and been a heritage guide. She is herself her mother's caregiver. Her mother suffers from a disease related to Parkinson's called progressive supranuclear palsy. She is therefore intimately acquainted with this particular reality.

Ms. Danielle Chalifoux

Ms. Danielle Chalifoux, chair of Institut de planification des soins, is also involved in health law and works to defend those afflicted with chronic degenerative diseases and their caregivers. She organizes conferences, lectures and regularly publishes on the topic. She is currently conducting a study on caregivers' rights funded by Fondation du Barreau du Québec along with Regroupement des aidantes et aidants naturels de Montréal.

Prof. Michel Cyr, Ph.D.

Prof. Michel Cyr studied biomedical sciences at Université du Québec à Trois-Rivières and has a PhD in Pharmacy from Université Laval. His expertise in pharmacology and neuroscience was obtained at the Center for Models of Human Disease at Duke University in North Carolina. He is presently professor in the biomedical department, holds a Canada Research Chair in molecular neuropharmacology and chairs the research group in neuroscience at University of Quebec at Trois-Rivières.

Julien Doyon, Ph.D.

Dr. Julien Doyon made a significant contribution to the understanding of the role of cortico-striatal and cortico-cerebellar systems in motor learning and in neurological rehabilitation following brain trauma. More recently, Dr. Doyon also studied in the effects of training and exercise on motor learning in young people, the elderly and people afflicted with Parkinson's disease. Since 2002, he chairs, as Scientific Director, the Functional Neuroimaging Unit (FNU) of Centre de recherche de l'institut universitaire de gériatrie de Montréal. He is also co-chair of the Laboratoire international de neuroimagerie et modélisation (LINeM) following an agreement formally signed by the authorities of INSERM and Université de Montréal. Since 2008, he has been director of FROS's Réseau de bio-imagerie du Québec (RBIQ).

Stéphanie Émond, speech therapist

Holder of an MSc in speech therapy from Université de Montréal, Stéphanie Émond has worked at CHUM since the year 2000 with various groups of patients, but mainly those having neurological damage, including those afflicted with Parkinson's disease. She currently works in the cross-disciplinary team at CHUM's Centre d'évaluation Renata-Hornstein which treats patients afflicted with Parkinson's disease.

Dr Edward A. Fon, MD, FRCP(C)

Dr. Edward Fon is Associate Professor in the Faculty of Neurology and Neurosurgery at McGill University. He is a neurologist at the Movement Disorders Clinic of the Montreal Neurological Institute and Hospital (MNI) and Director of the McGill Parkinson Program, a center of excellence of the National Parkinson Foundation. He is Director of FROS's Parkinson Quebec Network. Dr. Fon's research focuses on the molecular events leading to the degeneration of dopamine neurons in Parkinson's disease. Over the last decade, several genes at the source of familial forms of the disease have been identified. The work of Dr. Fon in this area could provide important clues into the mechanism behind the death of dopamine neurons in Parkinson's disease and lead to innovative new therapeutic strategies.

Benoit Gagnon, clinical research nurse

Nurse specialized in Duodopa at CHUM, Benoit Gagnon studied Duodopa in Europe, then at CHUM for three years under Dr. Sylvain Chouinard. He continues his studies and is involved in the training of nurses at other hospitals who wish to have their own Duodopa program.

Jean-François Gagnon, Ph.D.

Dr. Jean-François Gagnon is a neuropsychologist and professor in the Faculty of Psychology at Université du Québec à Montréal. He works at the Center of Advanced Studies in Sleep Medicine of Hôpital du Sacré-Cœur de Montréal and at Institut universitaire de gériatrie de Montréal. He is a member of Ordre des Psychologues du Québec. Among other things, he is interested in sleep disorders and cognitive difficulties caused by Parkinson's. His research means to identify the first physiological manifestations of the disease so it can be diagnosed earlier, which would allow testing of therapies aimed at slowing down or preventing the development of Parkinson's and dementia.

Alain Giroux

Coordinator of Le Foyer de jeunes travailleurs et travailleuses de Montréal for over 12 years, Alain Giroux has been an advocate for over 40 years and a psychoeducator since 1983. He has been a resource person for Empowerment (DPA) since 2012. He is a founding member and vice-president of From the street to success Foundation and Fondation des Auberges du Coeur du Québec.

Lucie Lachance BSc(N), MSc

Lucie Lachance BSc (N), MSc is a clinical nurse specialized in movement disorders who works at MUHC's Montreal Neurological Hospital since 2001. She evaluates, administers and coordinates health-care provided for patients and families whose needs in matters of support and education are complex.

She was a member of Parkinson Society Canada's board from 2004 to 2010 and was head of the committee for support and services. She was a member of Parkinson Society Quebec's board from 2002 to 2004. Lucie obtained a degree in nursing at Université de Sherbrooke 1993 and received her master's degree in clinical sciences in 1996.

Dr. Christiane Lepage, FRCPC

General practitioner in family medicine, holding a master's degree in epidemiology, Dr. Lepage has been a clinician at CHUM's Unité des troubles du mouvement André Barbeau since 2009 and is director of Centre d'évaluation Renata-Hornstein. Over time, she developed a strong interest in Parkinson's, as well as expertise in the field of non-motor symptoms. She participates in research projects, teaches and has given numerous lectures on the subject. She is assistant clinical professor at the faculty of family and emergency medicine of Université de Montréal and is a member of the board of Parkinson Society of Greater Montreal and Parkinson Society Quebec.

Alexandra Nadeau, Ph.D. candidate

Mrs. Alexandra Nadeau obtained a Bachelor and a Master's degree in kinesiology at Université Laval. She is currently writing her thesis under the direction of Dr. Julien Doyon at Université de Montréal. Her research, for both her master's and doctoral degrees, aims at better understanding the benefits of exercise for people with Parkinson's disease. She is a member of the board of Parkinson Society Quebec.

Dr Emmanuelle Pourcher, Msc.DEM.FRCPC

Dre Pourcher is a neurologist specializing in movement disorders, neuropharmacology and neuropsychiatry. For over 30 years, Dr. Pourcher has been involved in clinical research and treatment of Parkinson's disease which are central to her scientific interests and to her commitment to patients and families. She is founder and director of clinical research at Clinique Sainte Anne Mémoire et Mouvement in Quebec City. She is also a neurologist at faculty of medicine of Institut universitaire en santé mentale de Québec and neurologist at the Unité des troubles du mouvement of the faculty of neurological sciences of Centre hospitalier universitaire de Québec. Clinical Researcher at Centre thématique de recherche en neurosciences (CTRN) at Université Laval and professor of clinical sciences at the faculty of medicine, she is an active member of the Canadian Guidelines on Parkinson's Disease Group responsible for drafting guidelines for the care and treatment of Parkinson's disease in Canada.

SPEAKERS

Véronique Provencher, Ph.D.

After several years of clinical work in occupational therapy at Institut universitaire de gériatrie de Sherbrooke (2002-2007), Véronique Provencher received her Master's degree in gerontology from Université de Sherbrooke (2003-2006) and her PhD in biomedical sciences (specializing in rehabilitation) at Université de Montréal (2007-2012). She is currently assistant professor at École de réadaptation, Faculté de médecine et des sciences, Université de Sherbrooke. She is also researcher at Centre de recherche sur le vieillissement of CSS-IUGS.

Justine Renaud, Ph.D Candidate

Justine Renaud received her Bachelor's degree in biochemistry and biotechnology at Université du Québec à Trois-Rivières in May, 2009. She then received her Master's degree in cellular and molecular biology at the same university in the Laboratoire de recherche en neurobiologie cellulaire under the direction of Professor Maria-Grazia Martinoli and was fast-tracked in November, 2014 into the PhD stream in cellular and molecular biology specializing in neurosciences. Justine recently came back from a stay to Italy where she learnt techniques of behavioral analysis in rodents. Her doctoral research project has as its subject the neuroprotective role of resveratrol, a natural polyphenol, in a model of hyperglycemic rats.

Dr. Abbas F. Sadikot, MD, Ph.D, FRCSC

Dr. Abbas Sadikot is a neurosurgeon who practices neurosurgery as it relates to movement disorders. With the Centre d'imagerie médicale, he took part in the design of new imaging-guided neurosurgery techniques. Within the context of his research, Dr. Sadikot is particularly interested in cell and growth factor replacement strategies and in understanding how neurostimulation can be developed to improve Parkinson's symptoms.

Ms. Ann Soden, Ad. E.

Montreal lawyer and a pioneer in Canada in the burgeoning field of elder law, Ann Soden is founding president of the National Elder Law Section of the Canadian Bar Association, a founding member of the Canadian and Quebec networks for prevention of elder abuse. Ms. Soden is chair of the National Institute of Law, Policy and Aging (INDPV). In 2007, she opened a pro bono mobile legal clinic, Centre du droit et du vieillissement, a division of INDPV. Ms. Soden has, for over twenty years, been consultant to Institut universitaire de gérontologie sociale du Québec in matters of abuse and exploitation of the elderly.

Charles Viau-Quesnel, Ph.D.

Dr. Charles Viau-Quesnel has a PhD in psychology and specializes in monitoring the elderly. Newly appointed professor at the faculty of psycho-education at UQTR, he studies caregivers who support the elderly with chronic conditions, especially the cognitive and social functioning of those caregivers.

CONGRESS-RELATED PROGRAM

WEDNESDAY, APRIL 22nd

3 PM **OPENING "EMPOWERMENT" PHOTO EXHIBITION**

JEUDI 23 AVRIL

7:45 AM **MORNING WALK**
Departure from the main hall of Hôtel Gouverneur

8 AM TO **YOGA WORKSHOP**
8:30 AM Resting area – Chicoutimi salon

5 PM **LAUNCH OF PARKINSON SOCIETY QUEBEC'S MIEUX VIVRE AVEC LE PARKINSON TRAINING KITS AND LAUNCH OF THE QUEBEC PARKINSON NETWORK'S PATIENT REGISTRY**
Quebec salon / Press conference

6 PM **PSQ ANNUAL GENERAL ASSEMBLY, PRECEDED BY A COCKTAIL**
Sept-Îles salon

FRIDAY, APRIL 24th

7:45 AM **MORNING WALK**
Departure from the main hall of Hôtel Gouverneur

8 AM TO **TAÏ-CHI WORKSHOP**
8:30 AM Resting area – Chicoutimi salon

Workshops will be offered during the day on April 23rd and 24th in the resting area. A full schedule will be available at the congress.

CONGRESS-RELATED PROGRAM

RESTING AREA

A resting area will be available for attendees to relax, discover new activities or tips to increase their quality of life. This room will be open at all times during the day. Some activities will be confirmed in the coming weeks.

EXHIBITORS

An area allocated to exhibitors only will be located in the main hall on the ground floor. Six different locations will be available to advertise products and services for individuals afflicted with Parkinson's. These booths will be accessible at all times during the day on Thursday the 23rd and Friday the 24th. To book your business space, contact Annie Turcot at aturcot@parkinsonquebec.ca.

LAUNCH

Parkinson Society Quebec and the Parkinson Network have chosen to join hands in launching their respective projects. A press conference will be held for the launch of these two important projects. They are proud to present:

- "Mieux vivre avec le Parkinson" training kits of Parkinson Society Quebec;
- Registry of participants of Parkinson Network

ANNUAL GENERAL ASSEMBLY

SPQ will hold its annual general assembly on April 23rd at 5 pm. All those interested in participating are welcome. The members who will be voting during this assembly are representatives of the regional Parkinson societies.

WALKING TOUR

Tourisme Trois-Rivières is proud to welcome our congress to the heart of downtown Trois-Rivières.

A morning walking tour prepared by Tourisme Trois-Rivières will take place in the streets near the congress. It will start at 7:45 am Thursday and Friday. The historical figure Sieur Lavolette will be present at the opening banquet. Consult the Tourisme Trois-Rivières website for more things to do.

www.tourismetroisrivieres.com

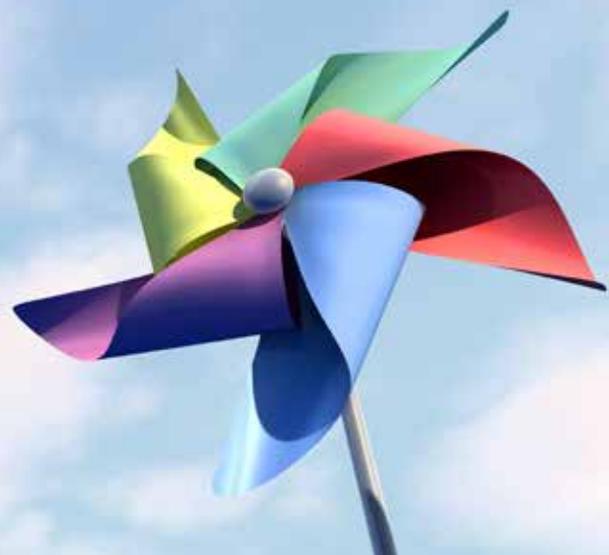


«EMPOWERMENT» PHOTO EXHIBITION

Empowerment... does it ring a bell? During this congress, we will ask you to illustrate through photos how empowerment affects your life. A vernissage will take place during the opening reception of the congress on April 22nd. Even if you don't take part in this congress, you can still take part in this exhibition.

To take part, send a high-resolution .JPG file of your photo, along with a short description before March 27th to

aturcot@parkinsonquebec.ca.



REGISTRATION INFORMATION

CONGRESS REGISTRATION

Cost: \$75 per person, from April 22nd to April 24th*

* It is not possible to register for one or two days only

THIS INCLUDES:

- Conferences
- Round tables and panel
- Breaks
- Opening cocktail (drinks will be subject to fees)
- Access to and participation in resting area activities
- Access to exhibitors' booths
- Morning walks
- "The power to act" photo exhibition and vernissage
- Congress-related activities

When you register, you must indicate your choice of workshops. Each session will include one conference in English and three conferences in French.

REGISTER QUICKLY AND EASILY ON OUR ONLINE DONATION WEBSITE:

www.imakeanonlinedonation.org/parkinsonquebec/index.php?s=1&l=2

OPENING BANQUET

Cost: \$35 per person

THIS FEE INCLUDES:

- Three-course meal at Le rouge vin restaurant
- Opening banquet with the theme The power to act across Quebec

BOX LUNCH

Cost : \$12.50/box lunch

Downtown Trois-Rivières offers a great variety of restaurants nearby. However, for those who wish to remain onsite, you will be able to order box lunches Thursday and Friday.

ACCOMMODATIONS

Rooms have been booked at Hôtel Gouverneur and Hôtel Delta (with-in walking distance of the congress). Other more distant hotels can be booked if necessary.

Room reservations will be made at the time of registration through the Tourisme Trois-Rivières website or by calling the hotel directly, mentioning the Parkinson Society Quebec congress.

CENTRALE DE RÉSERVATION EN LIGNE:

www.centrale.tourismetroisrivieres.com/societe-parkinson-du-quebec/10#etape-0

HÔTEL GOUVERNEUR

975, rue Hart, Trois-Rivières (Québec) G9A 4S3

1 888 910-1111 • www.gouverneur.com

Single or double rooms, free parking (both indoor and outdoor, if available).

Breakfast excluded \$119*

Breakfast included \$139*

*Special price, valid until March 22nd. Taxes are extra.

HÔTEL DELTA

1620, rue Notre Dame Centre, Trois-Rivières (Québec) G9A 6E5

1 888 890-3222 • www.deltahotels.com

Single or double bedrooms, parking guaranteed (both indoors and outdoors) for \$7.

Breakfast excluded \$137*

*Special price, valid until March 22nd. Taxes are extra.

REGISTRATION FORM

IDENTIFICATION

First and Last Names:

Address:

City:

Postal Code:

Telephone :

Email:

Patient with Parkinson's Caregiver Health professional Person having an interest in Parkinson's

SPECIFICATIONS

I am in a wheelchair I have allergies or dietary restrictions. Please specify: _____

Language spoken: French English

CHOICE OF WORKSHOPS

Thursday, April 23rd

9 AM A-101 F-102 F-103 F-104

10:20 AM A-201 F-202 F-203 F-204

1 PM A-301 F-302 F-303 F-304

2:20 PM A-401 F-402 F-403 F-404

Friday, April 24th

9 AM A-501 F-502 F-503 F-504

10:20 AM A-601 F-602 F-603 F-604

MEALS

I shall be at the April 22nd banquet. Cost: \$35 / person

I wish to order a box lunch on Thursday, April 23rd. Cost: \$12.50 / each

I wish to order a box lunch on Friday, April 24th. Cost: \$12.50 / each

PAYMENT

Individual participation \$75 Banquet \$35 Box lunch: _____ x \$12.50

I enclose payment of \$ _____ I am also paying for the registration of _____

Note: If more than one person is registering, please fill out one form per person.

If you pay by check, please make it payable to Parkinson Society Quebec Visa Mastercard

Card number

Expiration: ____ / ____

Signature: _____

PLEASE RETURN THE COMPLETED FORM AND PAYMENT BY MAIL TO:

Société Parkinson du Québec, 1080-550, rue Sherbrooke Ouest, Tour Ouest, Montréal, (Québec) H3A 1B9