

## UPDATE FROM THE CHAIRPERSON



Mary Butler,  
Chairperson

It's spring and time to be optimistic as life is gradually returning to normal. We're excited at the thought of meeting members in person again. As we had to cancel our Christmas lunch for the second year in a row we are, instead, having a **Spring Lunch on Sunday 13<sup>th</sup> March** from 1230 (we are subsidising the cost) and look forward to seeing as many of you as possible there. Do book soon so we have an idea of numbers.

We're in the process of getting **Siel Bleu exercise classes** back up-and-running at various venues around the county. The first, in Clontarf, re-starts in the first week of March and we're hopeful that Loughlinstown, Portmarnock and Donnybrook will be back soon too. The weekly Zoom class on Thursday mornings continues.

For those who've expressed an interest in **Nordic Walking**, the branch is paying for four lessons during March/April and if these prove popular we may do more.

Before all of that, we have a **Webinar** via Zoom on Saturday 26<sup>th</sup> February with Occupational Therapist Paul Diamond, who has a great deal of experience working

with people with Parkinson's so do log in for that.

I look forward to meeting many of you at the Spring Lunch. Until then, keep as active as you can.

Mary Butler  
Chairperson

## SPRING LUNCH

We are delighted to announce that we've booked the Marine in Sutton for our deferred Christmas lunch. It will be held on Sunday, March 13<sup>th</sup> at 12:30pm.

The Dublin Branch are subsidising the meal so tickets are only €20 per person. We've also arranged for some appropriate entertainment.

Call Kieran on 083 105 9922 to book your place and arrange payment. And also discuss any dietary requirements.

**Book your place(s) by March 8<sup>th</sup> as Hotel need numbers by then**

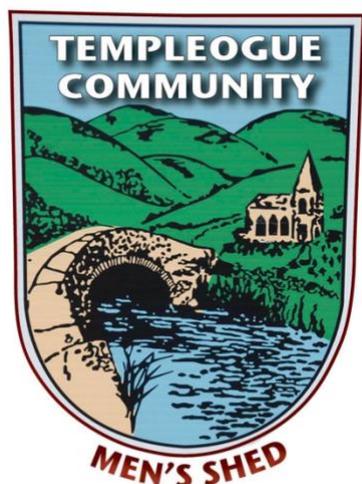
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## WEBINAR

Our next Zoom Webinar will be on Saturday 26<sup>th</sup> February at 2:30pm with **Occupational Therapist Paul Diamond**. Paul has a great deal of experience working with people with Parkinson's so please mark that date in your calendar. We will send access details by email closer to the day.

## FUNDRAISER FOR DUBLIN BRANCH



The Templeogue Community Men's Sheds have raised a total of €3,700 from the sale of their beautiful 2022 calendar. You will recall that they did this in honour of Harry White RIP one of our Dublin Branch members who passed away last year.

A huge thank you to Liam Edward's and the members of the Mens' Shed group for their support of the Parkinson's Association.

### SIEL BLEU/EXERCISE

#### CLASSES

Clontarf Exercise Classes are resuming on Monday March 7<sup>th</sup> at 2:30.

We are also trying to confirm venues with a view to resuming classes in:

- Blanchardstown
- Donnybrook
- Loughlinstown
- Portmarnock
- Swords

We will email all members as class venues and times are confirmed

If you don't use email you can send a text or call Kieran on (083) 105 9922 to be placed on a contact list.

Siel Bleu Thursday 11am class will continue.

Email [richelleyopd@gmail.com](mailto:richelleyopd@gmail.com) to be added to the list.

### FREE INITIAL ASSESSMENT FOR DUBLIN MEMBERS – NOW BOTH NORTHSIDE AND SOUTHSIDE

We are still offering all Dublin branch members living with Parkinson's the opportunity to have a clinical assessment completely free of charge.\*

In addition to Marion Slattery at Personal Health in Rathmines on the southside, you now have the option of this one-off appointment on the northside with Grainne McKeown at Dublin Physiotherapy Clinic. Make sure to say, when making your appointment with either, that you are a member of the Dublin Branch of the Parkinson's Association.

**Marion Slattery, Personal Health, Rathmines** is a qualified Occupational Therapist who has a special interest in working with people with Parkinson's Disease. She is certified in both the 'LSVT BIG' exercise programme from the US and the Australian based 'PD Warrior' exercise programme, aimed specifically at the symptoms of Parkinson's.

You can book an appointment with Marion by phone: 4964002

email: [info@personalhealth.ie](mailto:info@personalhealth.ie) or online: [www.personalhealth.ie](http://www.personalhealth.ie)

Address: 16/17 Rathgar Road, Dublin 6. Eircode:D06 X653

**Grainne McKeown, Dublin Physiotherapy Clinic** is a Chartered Physiotherapist with more than 25 years' experience who specialises in Neurological Rehabilitation. She has worked in neurological rehabilitation units in the UK, has completed many

accredited Post-Graduate neurological courses and is also a Bobath-trained Physiotherapist.

You can book an appointment with Grainne by phone: (01) 882 9174 or (01) 882 9175

Email: [info@dublinphysio.ie](mailto:info@dublinphysio.ie) or by requesting a call back at: [www.DublinPhysio.ie](http://www.DublinPhysio.ie)

Address: 11 The Business Centre, Stadium Business Park, Ballycoolin Road, Ballycoolin, Dublin 11. Eircode: D11 X266

\*The Dublin Branch of PAI reserves the right to withdraw this offer at any time

### YOUTUBE

Don't forget that we've been uploading videos of past webinars to our YouTube channel. You'll find videos about managing medications, diet, exercise and more at

<https://tinyurl.com/PAI-Videos>



### Podcasts to check out

<https://tinyurl.com/PDand3questions> - Three questions on life with Parkinson's

<https://tinyurl.com/PDandbrain> - The DBS Journey Part One of Two: Your Brain Controls Everything and We Can Control Your Brain When Life Gives You Parkinson's

### PREVIOUS:

<https://tinyurl.com/PDandFood>

<https://tinyurl.com/PDandSleep>



## WOMEN WITH PD – UNMET NEEDS OF WOMEN LIVING WITH PARKINSON’S DISEASE: THE GAPS & CONTROVERSIES

### Webinar 8<sup>th</sup> March @8pm

Here is webinar content and link to register

<https://www.worldpdcoalition.org/page/PartnerHighlights#Women>

Forty percent of people living with Parkinson’s are women and in fact in some Asian countries more women than men live with PD.

Women have a longer time to diagnosis and less access to neurologist care and are underrepresented in research. Women and men seem to differ in symptomology, yet treatment is a

one size fits all.

Whilst other chronic diseases



such as cancer are utilising sex and gender differences to personalise treatment, women with PD receive treatment irrespective of these differences. Sex differences such as body weight, drug metabolism, and hormones all need to be considered as do the gender differences of caregiving responsibilities within the family along with occupational and other competing demands when treating women with PD.

In the webinar on March 8th, the panel of authors will discuss these issues and more from the recently published paper **Unmet Needs of Women Living with Parkinson's Disease: Gaps and Controversies**. The panel will also answer questions from attendees.

#### Moderator:

**Richelle Flanagan**, Registered Dietitian, WPC Ambassador 2023, PD Avengers Founding Member, Co-Founder Women’s Parkinson’s Project, Founder My Moves Matter, Ireland

#### Panelists:

**Dr. Soania Mathur**, MD, PD Advocate, Co-founder PD Avengers, Founder Unshakeable MD, Ontario, Canada

**Professor Elena Moro**, MD, PhD,

Professor of Neurology at the faculty of medicine of the Grenoble Alpes University in Grenoble, France. Co-chair of EAN Task Force on Gender and Diversity issues in Neurology. Dr. Indu Subramanian, MDS Parkinson’s Center of Excellence at the West Los Angeles Dr Veteran’s Hospital and UCLA Hospital

**Dr. Adrienne Keener**, MDS Parkinson’s Center of Excellence at the West Los Angeles Dr Veteran’s Hospital and UCLA Hospital  
**Dr. Annelien Oosterbaan**, MD/PhD, PD Advocate, Gynaecologist, The Erasmus University Medical Center, Netherlan

**Dr. MariaTeresa Ferretti**, PhD, Co-founder and Chief Scientific Officer, Women’s Brain Project, Switzerland

If you would like to know more about the work of the Women’s Parkinson’s Project, please email **Richelle Flanagan** at:

[womensparkinsonsproject@gmail.com](mailto:womensparkinsonsproject@gmail.com).

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### Dublin Branch - €25 Membership Fee

#### Renewal Form 2022

<b>Name:</b>	
<b>Address:</b>	
<b>Phone:</b>	
<b>Email (for receipt)</b>	
<b>Name &amp; email of Associate member (free) – partner, spouse, family member , carer or friend</b>	<b>Name:</b>
	<b>Email:</b>