



Parkinson's

Association of Ireland

www.parkinsons.ie

Winter 2023

Be kind to yourself this Christmas





A MESSAGE FROM THE CEO - SHANE O'BRIEN

Dear members,

As we come towards the end of the year it is worth reflecting on the achievements over the past year and our plans for 2024.

SOCIAL GATHERING:

I was inspired by the enthusiasm of our members and care partners at our recent social gathering in the Hodson Bay Hotel. It was a really enjoyable few days and by all accounts, the event has become the highlight of the year for attendees.

EXISTING SERVICES:

There were a record number of calls to our helpline during the month of September. This should not surprise us, and we expect the demand for our services to continue to grow over the coming years. Our new PD Nurse Specialist Kathy Foley started with us in October. Kathy joins Lisa Wynne as our other PD nurse and brings a wealth of knowledge and experience to the role, having previously worked as a Duodopa nurse for 11 years.

We will be commencing an update of our information sheets which cover the various aspects of PD. This process will take a number of months to complete. Providing information on PD remains an important part of the work that we do.



Our weekly Zoom classes and nurse clinics are continuing. Full details are available on our website.

Please liaise with your local branch regarding services in your area and also keep an eye on our weekly e-newsletter for updates.

ADVOCACY:

Applications for section 39 HSE funding for our services have been submitted to the HSE. This is against the backdrop of a funding crisis in health, but the disparity in PD funding must be addressed. We will continue to lobby vigorously of behalf of people with PD and their families. The general election in 2024 is only around the corner.

Budget 2024 contained a welcome announcement of free travel, for those with a medical condition which means that they can't drive. We await further details of this scheme. We also welcome

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the announcement of additional community neuro-rehabilitation teams. This was one of our asks in our pre-budget submission. I would like to thank the members who contacted their local politicians on our behalf after the publication of our pre-budget submission.

Many of you will have seen our recent campaign on glyphosate. At the time of writing, a vote is due to take place at European level on the 10-year renewal of the licence to use glyphosate on November 16th. We have been advocating for a no vote and the banning of glyphosate. Glyphosate is the most widely used pesticide in Europe but there is no concrete evidence that it is safe. There is evidence that glyphosate is a possible cause of Parkinson's. There have been a large number of studies which have shown that farmers and residents living near agricultural plots have a significantly increased risk of Parkinson's. The Parkinson's community across Europe has come together on this issue. Regardless of the outcome of this vote, the dangers have been highlighted to a wider audience and the process has resulted in greater awareness.

RESEARCH:

Our open call for applications to our joint research funding scheme has now closed. We have received a number of high-quality applications. The next stage of the process is to send the applications for international peer review. This is a very important step to ensure that there is no conflict of interest in the review process. It will also ensure that we receive value for money in any funds we invest in research.

FUNDRAISING & COMMUNICATIONS:

I would like to welcome Ruth Delaney who has also started with us recently as Fundraising &



Communications Coordinator. You will be able to read Ruth's article on fundraising ideas in this magazine. Fundraising has remained a major challenge since COVID-19. This is the case in a lot of other small charities, and is another reason why the state needs to take a more active role in addressing the funding issues in the not-for-profit sector.

You will have seen that we are running a Christmas Jumper Day fundraiser on the 8th of December. I would encourage you to participate in this. In addition to raising funds, sharing pictures of you wearing a Christmas Jumper for PD helps to raise awareness.

We will be surveying members on their ideas for fundraisers.

NAME CHANGE:

Members voted by special resolution at our recent AGM to change the name of the charity to 'Parkinson's Ireland'. This proposal was initially put forward by the Dublin branch. The name is more modern and aligns with the naming of other charities in the sector. We are in the process of filing the necessary returns to effect this change.

Finally, thanks to all our members and branches for their support since I started in August.

I would like to take this opportunity to wish you all a happy and peaceful Christmas and I look forward to catching up with you in the new year.

**Take care,
Shane**

CHRISTMAS CLOSING 2023

Our closing times over the Christmas period will be from Saturday, 23rd December 2023 until Monday 2nd January 2024 when the office will re-open.

We would like to wish all our members a very healthy and Happy Christmas and New Year.

MEET THE NEW TEAM MEMBERS AT PAI

Kathy Foley

Hello everyone, I am delighted to be appointed to the role of Parkinson's Disease Nurse Specialist.

I started my nursing journey in 2003, I qualified in General nursing from DCU and Beaumont Hospital. I specialised in the Renal Unit in Beaumont Hospital for a number of years and then on into the community. In 2009 I found my true passion in nursing, when I was given the opportunity to train as a nurse specialist for one of the advanced therapies for Parkinson's Disease. I spent 11 years working as nurse specialist in this area as part of a nationwide team. I am delighted to be a part of the Parkinsons Nurse Team and hope

to further develop the role of the nurse team within PAI, enhancing support for members and branches through both the helpline and opportunities at members' information clinics. If you would like to avail of a call or have any questions, I would be delighted to talk to you, please call 1800 359 359 or email nurse@parkinsons.ie to arrange. I look forward to meeting and speaking with you over the coming months.

Warmest Regards Kathy



Ruth Delaney

My name is Ruth Delaney and I was recently appointed as fundraising and communications coordinator here at the Parkinson's Association of Ireland. I graduated Dublin City University with a BA in Journalism in 2021 and graduated University College Dublin last year with an MA in European Politics and Policy.

I am thrilled to be joining the team here at PAI to help with all things fundraising, communications, research and most importantly, awareness. I am eager to focus on our communications strategy internally and externally by learning as much as I can about Parkinson's and understanding what we can do to improve and evolve as an organisation. I have always wanted to work for an organisation that has the importance and value that PAI holds,

and it is an honour to be part of one that touches so many people in Ireland. I will strive to do my best as a member of your office team to represent you to the highest standard possible. As fundraising and communications coordinator, I am always on hand to help with any queries you may have. Please do not hesitate to contact me via email at ruth@parkinsons.ie , or by our free phone number at 1800 359 359.



Ruth Delaney.

CHRISTMAS RAFFLE



Our Annual Christmas Raffle is a critical element of our annual fundraising calendar. This year's raffle is even bigger than last year with prizes to suit just about everyone's tastes. Every ticket you buy gives you a chance to win a super prize and helps us to assist people with Parkinson's throughout Ireland. With no core Government funding the need for our services has never been greater. This makes us ever more dependent on your generous support. We appreciate your help by selling and buying tickets.

DID YOU KNOW?

- Every ticket you buy gives you a chance to win one of our super prizes. Did you know? 1 ticket (€5) would help pay the cost of sending out an information pack to a newly diagnosed person with Parkinson's.
- Every ticket you buy or sell will make a positive difference to the lives of people with Parkinson's Disease.

We have included two books of tickets with this edition of our magazine. Please return the ticket stubs and payment to the National Office.

Tickets cost €5 each or a book of 5 for €20.

Draw takes place on Wednesday 20th December 2023, Carmichael Centre at 12 noon
If you require additional tickets please don't hesitate to contact our National Office on 01 872 2234 good luck to all who enter.

Draw to take place on WEDNESDAY 20th DECEMBER
AT 12 noon in the Carmichael Centre.

PRIZES INCLUDE:

- ❖ €250 cash prize
- ❖ 2 ball voucher for St Anne's Golf Club, Raheny
- ❖ 2 tickets to the Guinness Storehouse
- ❖ 2 tickets to 14 Henrietta Street
- ❖ A selection of Newbridge Silverware Prizes
- ❖ 2 tickets to the Andy Warhol Exhibition at the Hugh Lane Gallery.

AND MANY MORE ...

For additional tickets contact Ruth on 01-872 2234 or email fundraising@parkinsons.ie

Book of Tickets (5) €20 or €5 Per Ticket

Super Raffle Prizes Include:

€250 cash prize

2 ball voucher for St Anne's Golf Club, Raheny

2 tickets to the Guinness Storehouse

2 tickets to 14 Henrietta Street

A selection of Newbridge Silverware Prizes

2 tickets to the Andy Warhol Exhibition at the
Hugh Lane Gallery.

And Many More.....

PLANNING YOUR PERFECT CHRISTMAS

A practical guide to navigating your way through the festive season

The holiday season is a time for joy, togetherness, and, of course, delicious food. For those living with Parkinson's Disease, maintaining a balanced and nutritious diet can be challenging. However, with some thoughtful planning and consideration, you can enjoy the festive season while supporting your health and well-being. The following are some tips and strategies to help you savour the season without compromising your health.

On Christmas Day alone, many will eat up to 6,000 calories – three times the recommended daily calorie intake for a woman. This calorie intake often starts with a big fry up on Christmas morning. Choose a healthier option like scrambled eggs with flakes of smoked salmon on wholegrain toast or a healthy grill made up with a poached egg, mushrooms, grilled tomato, and beans or just stick to a healthy cereal such as Weetabix or porridge with fruit. The Christmas dinner, dessert and wine alone can add up to 2,000 calories. So for a healthier meal, consider having a protein free starter such as melon. Choose to eat a small serving of turkey meat and dish out plenty of steamed and roasted vegetables.

Puddings are a part of Christmas day. Those watching their waistlines can limit the damage by serving Christmas pudding with low fat custard, crème fraiche or natural yoghurt rather than brandy butter and cream or try making trifle with low fat custard and add plenty of fruit. Try also to avoid mindless grazing on sweets, chocolates, and fizzy drinks over the day. The extra sugar is not good for your Parkinson's and for some will lead to chasing the dopamine inducing sugar highs which inevitably come with crashing dopamine lows.

It is not just the extra weight that can arise from the festive season, it is the extra protein and fat in the extra foods and snacks that can play havoc



with the uptake of levodopa medication leading to more 'off' than 'on' time. This is particularly important for those who notice fluctuations in their symptoms. Fluctuations in symptoms can occur when your levodopa medication is not being absorbed as well as it could be. If you are grazing all day this will likely affect how well you absorb your medication. The better you absorb your medication the more your symptoms are under control leading to what is known as more 'on' time. If you eat a very high protein high fat breakfast and a large turkey festive dinner with a large high fat pudding it will likely result in more 'off' time as your medication gets slowed down in your digestive system, preventing it from getting to your brain to help you feel better.

In general over the festive season, people tend to focus less on vegetables and salads, and may be more inclined to eat more cake, puddings and sweets and more processed meats. Unfortunately, these foods do not help with moving things along the bowel. The cold weather also means we are less inclined to drink water, which can also increase the risk of infrequent bowel movements. We know constipation is not good for Parkinson's due to its tendency to reduce the efficacy of your Levodopa medication. So keep well hydrated with



water and be mindful of your alcohol intake which can dehydrate you. To keep constipation at bay eat foods that are rich in insoluble fibre such as wheat bran, whole grains, cereals, and nuts. And combine with soluble fibre from oats, pulses, fruit, and vegetables as this makes it is easier to pass a bowel motion. Exercise over the festive season will also help keep your bowel moving.

With the increase in socialising over the festive period, people also tend to have more coffee and alcohol which can have various effects on Parkinson's symptoms. For some, caffeine may improve alertness, while for others, it can exacerbate tremors or cause sleep disturbances. Alcohol can also interact with medications and affect coordination. Most people with Parkinson's will report worsening of their symptoms after a poor night's sleep. So to ensure you get good sleep over the festive season, avoid large meals late at night and keep alcohol to a minimum. Your mood will also benefit from better sleep.

Whilst we enjoy the increase in social get togethers, for those who tend to have swallowing problems be sure to take your time when eating, take small bites, avoid speaking whilst eating and sit upright. Ask a Speech and Language therapist about any modifications you may need to consider over the festive season.

For those who suffer from low blood pressure or orthostatic hypotension be aware of a symptom called post prandial hypotension. This is where you can feel sleepy, faint, or dizzy after a large meal which is particularly rich in carbohydrate foods such as potatoes and trifle sponges which are a mainstay in many festive dinners. So keep your carbohydrate portions under control and increase the fibre in your meal by bulking up on vegetables. Eating smaller meals rather than a large festive breakfast and a huge festive dinner will be better for those who suffer from this after dinner drop in blood pressure. For example you could keep your dessert to eat 2h after your Christmas dinner to reduce the carbohydrate load on your system. Taking a pint of cold water 15 minutes before eating has been shown to also reduce the post meal drop in blood pressure. Getting up and walking after a meal can also help reduce a drop in blood pressure. Be mindful

not to stand up too quickly after eating and try squeezing your buttock muscles or doing heel raises which can help bring the blood from your digestive system back to your brain. If you tend to notice you are dizzy after eating meals or suffer from orthostatic hypotension, discuss how to manage your symptoms over the festive season with your Parkinson's Nurse, neurologist, or GP.

Whilst the festive season can bring a lot of joy, it can bring its stresses which may exacerbate Parkinson's symptoms for many. Stress eating can be very common over the festive season, so watch out for what stresses you and have a plan of attack. If eating in front of others stresses you consider eating before you go out.

The festive period can be a challenge when you are trying to keep your body and mind on track. Our family and peers are big influencers on how we eat. No one likes to be the 'spoil sport' but you only have one body and it's your responsibility to look after it, no-one else's. So start learning to say no thank you, for example:

- ▲ No thank you, I ate earlier.
- ▲ No thank you, I won't have a drink; I'm driving or I'm on medication.
- ▲ No thank you, I am going out tonight and don't want to eat now.
- ▲ No thank you, I am fine with the drink I have, I don't need another.
- ▲ No thank you, I've had enough.

It can be hard at first, but if you keep saying no, people will stop trying to coerce you into eating or drinking when you don't want to.

Eating well during the festive season when you have Parkinson's disease may require a bit of planning and consideration, but it is certainly possible. By prioritizing nutrient-rich foods, controlling sugar and alcohol intake, managing portion sizes, staying hydrated, planning balanced meals, choosing foods that support your medication, limiting stimulants, and preparing for any chewing and swallowing challenges, you can enjoy the festive season to the fullest while supporting your health and well-being. With the right approach, you can savour the festivities while managing your Parkinson's disease.

Article by Richelle Flanagan



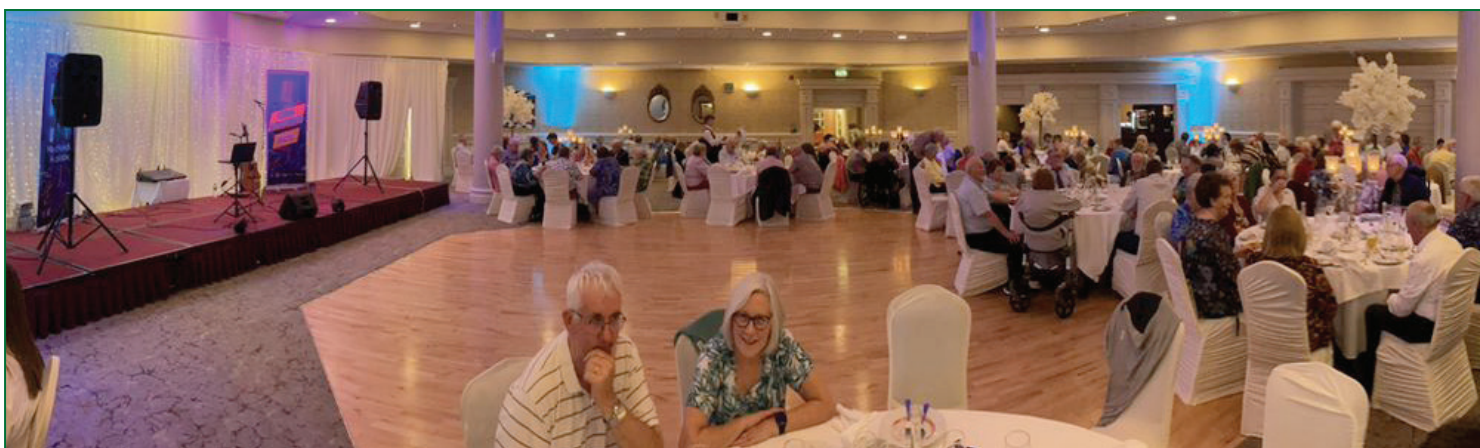
SOCIAL GATHERING 2023

PAI would like to thank all our members for their participation in this year's Social Gathering.

We would also like to thank our wonderful speakers and workshop facilitators.

The bands who provided the music and had everyone on their feet

- and to all members who sang and
- helped provide a great night's
- entertainment all round.
- We hope everyone enjoyed
- themselves and left feeling more
- connected, relaxed and supported.
- Looking forward to seeing all our
- members again next year.





MEMBERSHIP OF THE PARKINSON'S ASSOCIATION OF IRELAND

The Parkinson's Association
was established in 1987.



The association has grown over the years to now having many branches throughout the country. It is estimated that there are in the region of 15,000-18,000 people living with Parkinson's in Ireland.

We operate a Freephone helpline 1800 359 359, produce a quarterly magazine and a weekly e-zine.

We now have 2 Parkinson's Nurses and a Dietitian call-back service available to our members.

Our Parkinson's Nurses also travel to branch meetings to reach as many people as possible.

The National Office run online classes for members on week days including, mindfulness, singing, yoga through the chair, yoga for YPI members, nurse zoom meetings and exercise classes run by a Physiotherapist.

Branches run meetings and classes in their locality and the National Office organise information

days and an Annual Social Gathering. We also organise activities and a National Conference during Parkinson's Awareness Week.

The National Office have a large number of resources available to members including Information leaflets, Information booklets, Parkinson's Passports, nutrition booklets, Parkinson's Alert Cards and exercise leaflets.

The Parkinson's Association receives no core Government funding and we rely on donations, sponsorships and annual memberships to allow us to continue our work.

To ensure all members are receiving their e-zine and magazine we are asking members to update their information by calling Freephone 1800 359 359 and to update their information if necessary – it may be a new address/email address/contact number. Membership of the association costs €25 per year.





ROLE OF THE PHYSIOTHERAPIST IN MANAGING PARKINSON'S

LEANNE AHERN Physiotherapist, PhD researcher



The National Institute of Health and Care Excellence (NICE) advocate physiotherapy for people with Parkinson's. Physiotherapists help people affected by injury, illness or long-term conditions through movement and exercise, manual therapy, education, and advice. Where people cannot 'recover' from a condition such as Parkinson's, a role of physiotherapy is to enable people to remain independent and well for as long as possible, regardless of age, manage discomfort or pain, and prevent the complications from a less active lifestyle that occur secondary to the main condition.

A thorough assessment and dialogue between the physiotherapist and person with Parkinson's will identify goals and life priorities to enable planning of areas that require intervention, especially focusing on the ability to carry out everyday tasks

- based on their unique needs.
- In general, the benefits of physiotherapy for people with Parkinson's and the people most close to them include improving or maintaining fitness through exercise (especially for balance, strength and flexibility); helping with movement control to maintain independence and prevent or manage falls; help alleviating pain, and ensuring posture is optimised as this affects breathing, swallowing, tasks such as turning (in bed or when walking) and balance, including tasks such as walking or getting up out of a chair.
- Whilst the medical management of Parkinson's is through the prescription of drugs, exercise and movement therapies are also necessary to help manage many Parkinson's symptoms. Research has shown that exercise can slow down the progression of Parkinson's. No medication has been shown to accomplish this.
- When someone is newly diagnosed, the emphasis





of physiotherapy is to support the individual to identify activities to take on or keep up with, to stay fit, active and healthy, thus minimising the impact of Parkinson's later in life. This includes the use of leisure and third sector programmes to promote general fitness and inclusion in community activity. For people with Parkinson's, it is vital to consider taking exercise daily as one would take medication. No exercise done correctly has been demonstrated as harmful, and when done properly, it can help recalibrate slow and small movement (motor symptoms) associated with Parkinson's. In addition to the physical benefits of training targeted to symptoms of Parkinson's, exercise has been shown to help in managing non-motor symptoms, and physiological (including brain) and mental health.

- There may be a point as the individual ages, as
- the condition progresses, or when Parkinson's
- is only one of their medical conditions when
- some of the symptoms of Parkinson's may have
- a bigger impact on day-to-day life. At this point
- a physiotherapist can problem-solve with the
- individual to consider their needs. They may then
- teach family and friends strategies to help with
- better movement that minimise injury to anyone,
- with an emphasis on everyone staying active and
- safe. Treatments focus on teaching strategies
- to overcome difficulty in generating automatic
- movement and thought that are affecting daily
- function (dual tasking), providing walking aids
- and implementing strategies centring on falls
- prevention.

CHRISTMAS IDEAS FROM THE PARKINSON'S ASSOCIATION OF IRELAND

With Christmas fast approaching we have our Christmas cards now in stock.

These bright cheerful cards include the PAI logo and are on offer for €10 per pack of 15 cards.

We have teamed up with Newbridge Silverware to produce these beautiful Newbridge pieces showcasing the Parkinson's logo.

**Newbridge Pendant
€35 plus P&P**

**Newbridge Pins €20
Parkinson's Lapel
plus P&P**

**Please place your
order early to avoid
disappointment by
calling the Freephone
1800 359 359**

Many thanks for your support





A TO Z OF FUNDRAISING IDEAS FOR PARKINSON'S ASSOCIATION OF IRELAND

Fundraising is a crucial part of what we do here at PAI, but it doesn't have to be restricted to donations or charity events. There are many ways to get creative with fundraising, so we put together a list from A to Z of ways to raise money in aid of Parkinson's Disease. If you know someone affected by the disease and you want to show your support, why not think outside the box and have a bit of fun with one of the many ways we have put together to raise money:

- A: AUCTION:** You don't have to have ballots and items that cost an arm and a leg, but instead offer up some appliances or items that you no longer have use for, but some other friends or family might.
- B: BOOK SALE:** Ask friends, family, colleagues and neighbors to dust off their old bookshelves and to gather a secondhand library where you may find a new read
- C: COME DINE WITH ME:** We all know the famous show, but why not have some fun of your own in the kitchen and prepare a meal for your friends while raising money at the same time? Ask your nearest and dearest to pair up and prepare one course each, with the agreement that all participants must donate an agreed amount to your worthy cause.
- D: DRESS DOWN DAY:** Ask your boss and colleagues to leave the business wear behind for a day and sport a casual look for a good cause – comfort and charity all in one!
- E: EXPERT TALK:** Investigate if you can organize an expert in whatever field you choose (for example, mindfulness, motivational speakers, local activists) to give a talk on their chosen topic in aid of PAI.
- F: FOOTBALL MATCH:** There's plenty of local football or GAA clubs willing to kick a ball for a good cause, or if you're not

part of a club you could bring people together for a fun five a side.

- G: GAMES NIGHT:** Gather around and host a night of whatever games you choose – darts, ping pong, board games or drawing competitions.
- H: HEAD SHAVE:** We've all heard of Movember, but what about doing the reverse of getting rid of your hair to bring attention and raise funds for PAI? You'll certainly make a statement!
- I: ICING DECORATING:** If baking is your thing, why not host a competition on who can ice the nicest or most creative cookie? Make it even more competitive by adding a timer!
- J: JUMBLE SALE:** There's never a bad time to have a clear out, and what more reason than to collect funds for a worthy cause.
- K: KARAOKE NIGHT:** Some people love the spotlight, some people hate it, but what better way to convince yourself you can sing if you've collected donations for it?
- L: LOCAL SUPERMARKET BAG PACK:** There's no better way to spend a rewarding Saturday afternoon than helping stressed out shoppers pack away their things with a smile for PAI
- M: MARATHON:** Marathon's take place across Ireland every year, and it is something many want to tick off their bucket list – it's a win win if you can achieve that along with raising donations
- N: NATURE WALK:** If running isn't your thing, why not promote your favourite local nature trail and ask people to walk it by your side while contributing donations for Parkinsons. You could even set a target like asking people to give €1 for every certain amount of steps and set a target.
- O: ODD CLOTHES DAY:** This one is good for the office or even school, ask your colleagues or classmates to bring in a donation while wearing something odd.





This could be anything from wearing mismatched shoes or stealing a different family member's jumper.

P: PYJAMA PARTY: This is inspired by the previous idea, but having a pyjama day in the workplace, school or college while collecting donations will go down a treat on a winter morning.

Q: QUIZ NIGHT: Why not ask your local pub or sports club to host a quiz night? This could include a themed quiz or even a bingo night. Local punters may even donate prizes which is sure to provide a night of fun and rewards for all.

R: RAFFLE: A tried and tested way, but it works, especially in schools and offices. However, remember that if you plan to sell tickets publicly a license from your local Garda station is required.

S: SPONSORED SWIM: Although the Irish sea is freezing, having a quick dip has great health benefits and braving a swim on our shores will surely inspire your friends and family to sponsor you in aid of PAI.

T: TEA PARTY: What better excuse than to round up your friends and neighbours for a good chat in aid of a good cause? Ask those attending to bring a baked good and a donation and you're in for a great afternoon.

U: UNIFORM DAY: This doesn't have to be restricted to your work uniform – you could ask your work colleagues or classmates to pick a theme and wear a uniform for the day according to it.

V: VARIETY SHOW: This is a great one for local clubs or schools to get involved in – if you know of people willing to take part in a talent show, reassure them that their performance is all for a good cause.

W: WINE TASTING EVENING: A great alternative to heading out on the town and spending a fortune, round up your nearest and dearest and ask them to bring their favourite bottle of wine for a tasting.

X: XMAS GIFTS: Exchange Christmas gifts with local neighbours or local groups in aid of PAI – ask a local club you are part of to bring a small Christmas gift to your next gathering along with a donation.

Y: YES DAY: Inspire people to say yes to a new or daunting challenge. Everyone has something they have been procrastinating or are too scared to try- for example, starting a new hobby, picking up an old one or reaching out to an old friend. Saying yes to something new, while also saying yes to supporting PAI.

Z: ZOO DAY: Visit your inner child by taking a day trip to the zoo. You can make this a creative way to fundraise by making a game out of it – for example, every time you see a sleeping animal, donate €1. Every time you see a mother animal with her baby, another €1. A fun way to support PAI!

Article by Ruth Delaney

Tips and Tricks to take you through the Christmas Period

The Christmas Season can be both an enjoyable and a stressful time of year!

Here are some tips and tricks to help people living with Parkinson's enjoy the festive celebrations with family and friends.

Planning ahead can help make your festive season run smoothly.

- * Make sure you have enough of your medication for the whole of the holiday period. If you're running low, remember to double check the Christmas opening hours of your pharmacist or GP. It may be useful to know your GP's out of hours doctor service. If spending Christmas in a family/friend's house be sure to bring sufficient medication with you for the day or time away.

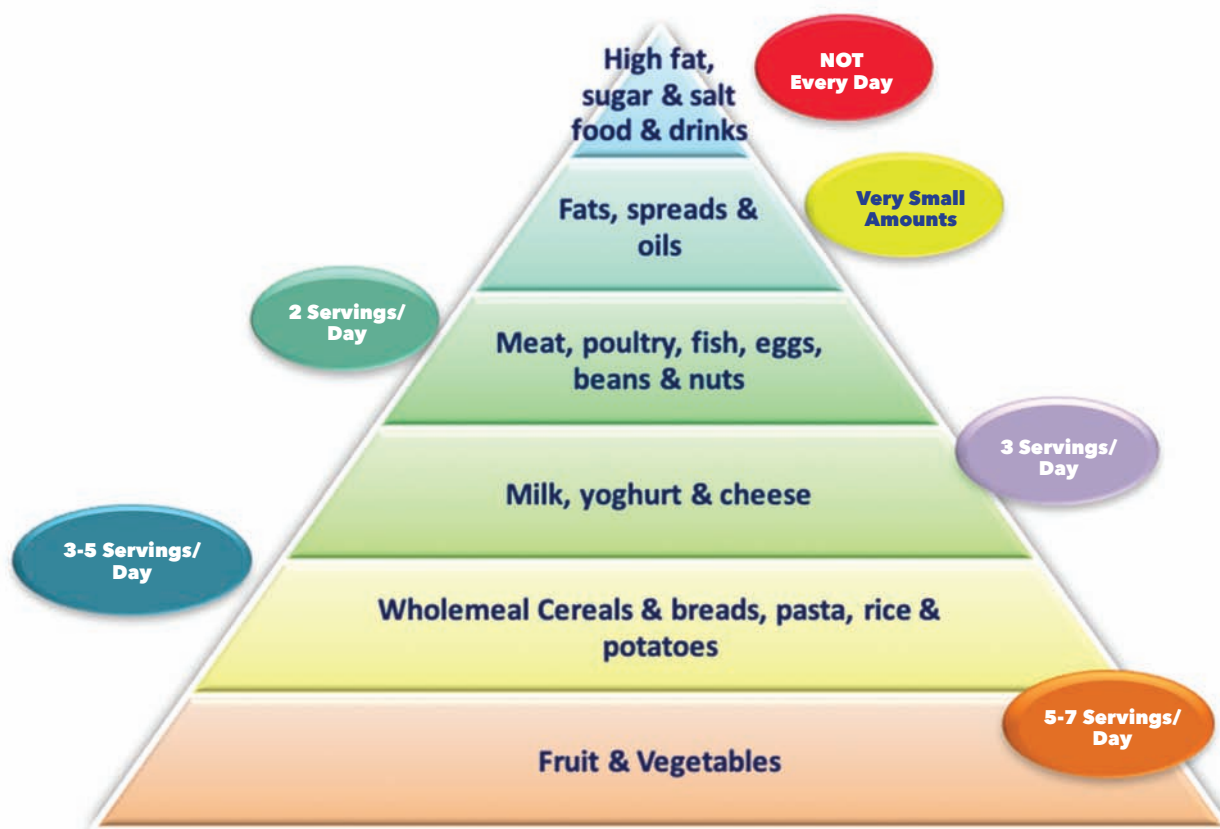
Article by Lisa Wynne

- * Take help! If there's any extra work, cooking, shopping to be done, share this among family and friends.

* DIET

Most of us over-indulge during the holiday period. Some people with Parkinson's may find that high protein meals can reduce the effectiveness of levodopa-based medication. Taking your medication half an hour before you eat can often help.

Aim to enjoy a wide variety of foods each day. Each meal should include foods from the different food groups to aid a balanced diet.





* **KEEP REGULAR**

Constipation is defined as less than three bowel movements a week and is very common in Parkinson's Disease. Physical activity and exercise will help improve constipation. Increase your fluid intake with meals and make sure your diet contains adequate fibre and roughage from vegetables, fruit and bran contained in breakfast cereals and wholemeal bread. Drink plenty of water. Drink a full glass of water for every Parkinson's tablet you take (specifically levodopa). Ensure you adhere to laxatives as prescribed by a physician. Constipation may have a direct impact on the effect of your Parkinson's medications and in turn worsening of symptoms.

* **KEEP MOVING & MOTIVATED!**

Regular exercise is crucial therapy for Parkinson's Disease. Be it a walk with family, a zoom class or dancing class. Enjoy it! Keep your routine! Use it as an excuse to catch up with friends or family. Wear appropriate, well fitted and comfortable footwear. Choose the best time for you and your levels of energy, early morning may suit better than late evening for physical activity.

* **SLEEP HYGIENE**

Sufficient activity during the day should help you to sleep at night. Avoid over-excitement or stimulating drinks like tea or coffee just before bedtime. Try to avoid screen time an hour before settling down. The best preparation for a good night's rest is: an empty bladder/a warm bath/a warm bed/ a short read/ relaxing music/ short meditation or mindfulness exercise.

* **SAFETY IN THE HOME**

Home is such a familiar place that it is difficult to look at it in an objective way and to notice the potential hazards there may be. All the beautiful decorations, wires, or extra toys around the home over the Christmas period may increase hazards and the risk of falls.

Floors – avoid loose mats with curled edges which you might trip over or skid on. Tidy up wires if possible.

Lighting – stairs and hallways should be well lit. You are more likely to trip in poor light. Switch off Christmas lights before going to bed but ensure the room is lit before you do. Blow out all candles!

Cooking – Switch off electrical appliances like the kettle before filling and emptying. Make sure the hob or oven are switched off after cooking. Keep saucepan handles facing inwards and not over countertop. Wipe up floor spills at once. Install a small fire extinguisher near the cooker and know how to use it!

Covid-19 still presents unforeseen challenges. Each person is responsible for their own actions but remember to follow the public health advice.

If you have any symptoms of Covid 19 or suspect may have it follow public health advice.

Enjoy the Christmas Period. Stay safe and healthy!

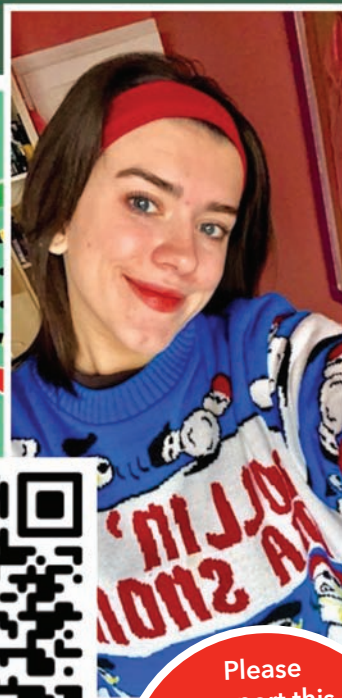
Christmas Jumper Day!

With Christmas fast approaching, we have the perfect way for you to raise funds for Parkinson's Ireland this year. National Christmas Jumper Day falls on the 8th of December and we have set up an iDonate page where we hope as many of you as possible will share and support this festive season. This means you can wear your favourite festive jumper to work, school, a Christmas lunch or even the local pub – wherever you may be that Friday. If you don't own one, here's the perfect excuse to buy one!

Here are some ideas for the fundraiser to inspire your friends and family to get involved:



*Ruth from PAI Office
supporting our
Christmas Jumper Day*



Please support this fundraiser by holding phone camera over the QR Code which will bring you to our fundraising page.

Please send in pictures of your Christmas Jumper Day to Ruth@parkinsons.ie

- ★ Organise a Christmas Jumper Day for your office or team Zoom call and ask participants to donate to the Christmas Jumper Day fundraising page.
- ★ Ask your boss if they will match all donations made on the day, or if they will match the donation of the person who wins 'Best Christmas Jumper'. This one is great for all the competitive and creative coworkers!
- ★ Organise a Festive Jumper Friday for your school or club and set up your own fundraising page in aid of Parkinson's, where everyone donates to wear their Christmas jumper.
- ★ Plan a Christmas Jumper lunch or dinner with friends and ask everyone to donate the price of a coffee or drink to your fundraising page.
- ★ Host a Christmas movie night where everyone wears their jumper, and the highest donor is awarded by picking the movie.

Thank you for your support



In co-operation with the Kerry Community Work Department, HSE

INVITE YOU TO ATTEND A

Kerry Parkinson's Information event

On Thursday, 30th of November, 2023

6.30pm – 8pm

The Meadowlands Hotel, Tralee

Speakers:

Shane O'Brien, CEO, Parkinson's Association of Ireland

Eibhlís Cahalane, Senior Physiotherapist, Services for Older People, HSE

Catherine Murphy, Senior Occupational Therapist, HSE

Úna Moynihan, Senior Speech & Language Therapist, HSE

Joanne Murphy, Senior Dietitian, Kerry ICPOP

A variety of information stands open at 6.30pm

This is a free event open to people effected by Parkinsons, their friends, families and wider community.

For more information contact:

Phone: 01-8722234 / 1800 359 359 • Email: nationaloffice@parkinsons.ie



FREE HELPLINE 1800 359 359

If you have any questions regarding help with the day to day managing of your Parkinson's symptoms or any medical queries, then we've got the information and support you need.

Freephone Helpline

Monday - Friday 9am-5pm.

Need to speak with our Parkinson's Nurse Lisa or Dietitian Richelle?

To arrange a callback please call Freephone

1800 359 359



PD WELLNESS ACROSS THE SEASONS

As the days grow shorter and temperatures drop, the change of seasons can pose unique challenges for individuals living with Parkinson's disease. Winter, with its cold weather and reduced daylight hours, can exacerbate symptoms and make daily life more challenging. However, with some careful planning and adjustments, it is possible to continue living well with Parkinson's during the autumn & winter months. A holistic comprehensive approach to your overall well being as always!

Tips to Thrive!

STAY ACTIVE

One of the most important aspects of managing Parkinson's disease is staying physically active. Winter weather might tempt you to stay indoors, but regular exercise can help alleviate symptoms and improve overall well-being. Consider indoor activities such as yoga, tai chi, or gentle stretching to maintain flexibility and balance. Alternatively, invest in suitable winter gear and continue walking or engaging in other outdoor activities when conditions allow. Remember to consult with your healthcare provider to develop a safe and appropriate exercise routine.

STAY IN TOUCH

The winter months can sometimes bring feelings of isolation and sadness. Engage in activities that promote mental well-being, such as meditation, deep breathing exercises, or pursuing hobbies you enjoy. Staying socially connected with friends and family, even if it's through virtual means, can help combat feelings of loneliness. Engage in the Parkinson's Association schedule of zoom classes or link with your local branch for additional support & activities. www.parkinsons.ie/category/zoom

STAY AWARE

Be aware of possible vitamin deficiencies symptoms of which may be similar to Parkinson's. Vitamin levels can often be restored by dietary changes or on some occasions, multivitamin supplementation. But, if in doubt, consult your GP, dietitian or the PD nurse.

Article by Lisa Wynne



SHORTER DAYLIGHT HOURS AND REDUCED SUN EXPOSURE

Vitamin D, often called the "sunshine vitamin," is synthesised in the skin when exposed to sunlight. A deficiency in vitamin D can be common during the winter months. Research shows a higher incidence of people with Parkinson's and Vitamin D deficiency. Vitamin D can be obtained from sunlight, dietary sources and supplements. Not everyone will experience Vitamin D deficiency, it may be beneficial to discuss with your GP.

Seasonal change is often associated with a higher prevalence of colds and flu. Vitamins such as vitamin C and zinc, which are commonly found in citric fruits, green leafy vegetables and multivitamins, are known to support the immune system. While they won't prevent illness entirely, they can contribute to overall immune health.

Some people experience mood changes or reduced energy levels during the winter, a phenomenon sometimes referred to as the "winter blues." Research has shown in various papers that there is also a higher incidence of Vitamin B, more commonly B12, deficiency in people with Parkinson's and the use of levodopa therapy. This may contribute to symptoms such as fatigue, mood regulation, poor sleep. Professional guidance, routine blood tests may be appropriate.

*** Speak to you consultant, GP or pharmacist for further advice.***

References: 1 Pignolo A, et al Vitamin D and Parkinson's Disease. *Nutrients*. 2022 Mar 14;14(6):1220.

Have a look at our 'Eating Well with Parkinson's' booklet for further reading. www.parkinsons.ie/media/booklets.



BRANCH NEWS

DUBLIN BRANCH

We're looking forward to meeting many of our branch members at the Dublin Christmas Lunch from 1230pm on Sunday 3rd December at the Marine Hotel in Sutton.

Our new CEO, Shane O'Brien, has kindly agreed to attend so it's a great opportunity for members to meet him

We're keeping tickets for the four-course lunch (subsidised by the branch) at the same price as last year, €30 per person. There will be musical entertainment, a quiz, spot prizes and a raffle with raffle tickets for sale on the day.

To Book Your Tickets: contact our Treasurer, Seán Balfe by phone: 086 8153606, or email: dublintreasurer@parkinsons.ie. If not immediately available to take your call, Seán will call you back as soon as possible.

We can accept payment over the phone using most major debit or credit cards, or we can give you our account details if you prefer to use internet banking, Alternatively, you can post a cheque, made out to Dublin Branch Parkinson's to: Seán Balfe, 40 Westpark, Tallaght Village, Dublin 24 D24XPN7.

Because the hotel needs a final number of guests well before the event, please book by 28th November. Only pre-booked tickets can be paid for on the day.

In the meantime, our support groups/exercise classes continue to meet weekly in Tallaght, Portmarnock, Clontarf, Harold's Cross, Huntstown and Loughlinstown.

We're in the process of distributing business cards to the various acute and smaller hospitals around the county to increase awareness of Parkinson's and to reach out to potential members. Our message is: 'Don't Struggle Alone.'

I want to thank all of our committee as well as our contact people in each support group for all the work they do for the branch all year. And, on behalf of the whole committee, I wish each and every one of you and your families a peaceful and happy Christmas.

Contact Mary Butler 087 243 4990

EAST MIDLANDS BRANCH

East Midlands Parkinson's are very active at the moment with two sets of classes taking place. Our yoga classes with instructor Patricia O'Connor take place on Tuesday mornings at 11 am in the Parish Centre Newbridge while our movement to music classes take place on Thursday mornings also at 11 am in the Parish Centre, Portlaoise under the guidance of Maureen Culleton. Both sets of classes are well attended and will run up until the middle of December.

We are holding a general meeting for all our members and carers on Saturday 18th November at 11 am in the Parish Centre, Portlaoise. Our guest speaker on the day will be Margaret Palmer Bergin who will give us a master class on Mindfulness. Margaret will explain what mindfulness is all about and introduce us to the tools to help us to cope in stressful or anxious situations. We hope to see as many of you as possible at this meeting as we feel that everyone will benefit from this talk. Our Christmas party will take place on Saturday 16th December in the Castle Arms Hotel, Durrow, Co. Laois from 2 pm to 5.30 pm. We look forward to this event every year where we enjoy a lovely meal and song and dance afterwards. Make sure you all have your party pieces ready. Looking forward to seeing you all at these events.

Contact John on 087 271 2448 or Marian on 085 211 2973.

LONGFORD BRANCH

Hello to all our members,

In March the Branch had our meet up with a pharmacist for an information night which gave members a great oversight of medicines and their use and the treatment of their condition which was very informative. There was also one to one with members afterwards.

Weekly physio classes started in May for members which were well attended and enjoyed. These ended at the end of June. In July we had our summer day out which was well attended and enjoyed by everyone.

During the year three of our members passed away. Bernie McMahon, Michael Heslin and Pdraig Kenny. May they all Rest in Peace.

We had no meet up in September due to illness. We met up in October for an information presentation night about extra ongoing exercise classes being rolled out publicly. Longford is one of six pilot areas where this is happening. These should be of great benefit to Branch members. Also resuming in November are weekly physio sessions in Miranda

Moran's Centre in NT Forbes.

This brings us to the Christmas Season and the Christmas lunch for which no date has yet been set. Also best wishes to all those who members who are in hospital during this time.

Contact 087 76 40 40 9

MIDWEST BRANCH

Padraig Barry and Michael Woulfe led a cycle from Adare and Patrickswell on the 14th October to raise funds and awareness for people with PD in the Midwest. Ann Noonan was the main coordinator and together they raised €2,760. The sun shone which made it a super day. The ladies committee made scones and tea brack to start the day and when they returned they had super tarts to finish the day. Many thanks to all concerned.

On 5th December we are having our Christmas dinner in the Woodlands hotel in Adare. We will have a special event in Clare. More details by letter shortly.

Many thanks to Frank Lynch who worked with the Lions Club at a table quiz night on 26th



Some of the Midwest Branch members who took part in the Adare to Patrickswell cycle.



September. €2000 was raised for our branch. On 6th October Frank coordinated a team for a Church gate collection in the Limerick city area. The sun shone which made it a very pleasant morning. The final total not confirmed yet but the generosity of everyone was amazing.

All the activities continue throughout the Midwest. Those who attend find them very beneficial. If any new people would like to take part please phone Una 0872511156. The social aspect is the best part for all.

Many thanks to all our therapists and group leaders for their dedication to their groups.

Our friends in Newcastle west gathered again last Tuesday at 12 noon when a bus picked them up to attend our Information Afternoon in the Greenhills.

This bus was sponsored by The West Limerick Resource Centre who secured the funds for both October meeting and the November one.

As one member said this is like going on an excursion. The response was great and a good time was had by all.

Without the sponsorship these members would miss out on valuable information which helps them manage their Parkinson's.

There will be no meeting in December because of the Christmas lunch and usually in January the weather is unpredictable.

So February will be the next meeting.

Happy Christmas to you all if I don't see you at the lunch.

Contact Una 087-251 1156

GALWAY BRANCH

We had a wonderful turn out at our Information Day in Station House Clifden. We hope to be starting Physiotherapy classes in the region in Mid November with our Physiotherapy Team Donna, James and Sarah. We also met with the Sean Nee and family who held a fundraiser recently for us and raised €27,415

for us. This will go towards services in the region for people with Parkinsons.

We met with the staff and pupils of Esker National School who held a fundraiser for us and raised €400. It was lovely to meet them all. All money raised will go towards services in Athenry.

Contact Marie 087-778 3825

ROSCOMMON BRANCH

The members are enjoying their weekly Physiotherapy classes in Hannons Hotel with James every Tuesday. The members were delighted to start Chair Yoga with Avril and are enjoying the relaxing hour. We had a day trip of relaxation to SCCUL Kilcornan Co Galway on Wednesday 25th November 2023. This is a lovely venue and Joe organised a great day .

NORTH WEST BRANCH

Our classes are continuing in Sligo and Donegal. There are Keep Fit and Yoga classes in Sligo and the same in Letterkenny. We also have a Fitness Class in Buncrana. This class takes place in The Exchange on Wednesdays. For more information contact Ann on 086-1605847 or Kathleen on 087-4198280.

Our members attended the Social Gathering in Hodson Bay Hotel at the beginning of the month. It was a very enjoyable couple of days with lots of activities and information for members. Thanks to all involved in organising this event.

We would like to wish our Chairperson, Kathleen, a speedy recovery. Our thoughts and prayers are with her at this time.

Our Christmas Lunch will be held in December in Dorrians Hotel Ballyshannon.

Contact Ann 086-160 5847

TIPPERARY BRANCH

Weekly meetings continue with physio and sing song at the Monday Club, Pastoral Centre, Nenagh.

Monthly meetings continue in hotel Minella,- Clonmel on the 1st Tuesday of each month at 10.30 am.

Speech therapist Joan Aglim will attend at 2pm Thursday 2nd November in Order of Malta Centre, Thurles.

Thursday 7th December at 2pm (in Order of Malta Centre, Thurles) our Xmas party with music and food. All members family and friends are welcome to attend

Contact Mary 086-391 6726

WEXFORD BRANCH

We had a great 2023

Our highlights have been our Singing for Health Choir performance in the National Opera House and our trip to the Hodson Bay Hotel for the Social Gathering. We also visited Derryglad Folk & Heritage Museum on our way home which was immensely enjoyable.

Our Chair Yoga, Physio and Singing for Health classes continue weekly, we would like to thank everyone for attending in 2023 and hope to see you all in the New Year.

We, the committee would like to thank everyone for their help during the year and the kind donations we have received.

Wishing you all a Happy & Healthy Christmas

and our best wishes for the New Year.

Chairman: Pat Lacey 087-258 5992

Treasurer: Breda Kennedy 087-095 8984

Email: wexfordtreasurer@parkinsons.ie

OFFALY BRANCH

The Offaly Branch has been active with their weekly gym session in the Strength and Conditioning Gym, Tullamore, since early September. We had an excellent Workshop provided by Marion Slattery, OT, from Personal Health, Dublin, on the benefits of exercise in PD. She has trained in both LSVT Big and PD Warrior programmes. Members were very impressed by her demonstration and encouragement to "exercising with intensity".

The meeting in October was addressed by the new CEO of the Parkinson's Association, Shane O'Brien, and we were delighted to hear his ambitious plans for assisting the volunteers in the local branches. We also had a speaker on diet and Parkinson's. Áine Murphy gave a very comprehensive talk and provided handouts for our members.

Our members continue to use the Teletherapy App for their Speech and Language programmes which has proved very beneficial in supporting our members and therapists.





Some members also attended the Social Gathering in Athlone and enjoyed both the programme and making contact with other Branch members, some of whom before this, were faces and voices from Zoom.

Stephanie Connor, one of our members, is currently running a Christmas Raffle for the benefit of the Branch.

If you are in the vicinity of County Offaly and would like to join us for a meeting, please contact Jean at 086-806 9855.

YPI BRANCH NEWS

Recent activities: On Sunday, September 17, YPI members and their families gathered at the National Stud and Japanese gardens outside Naas. Although the weather didn't cooperate we still enjoyed a wonderful day and pleasant company. The feedback from the many YPI attendees at the Athlone social event in early October was very positive. The craic was mighty and people really enjoyed the activities arranged by the organisers.

Suggestions: So far, we've arranged walks in Laois, Meath, Kildare and Dublin with great success. We would like to spread further afield so email us with any suggested locations—important criteria would be reasonably flat, nearby coffee shop and accessible by train or

bus if not travelling by car.

Facebook, WhatsApp and zoom: We use a private Facebook page and private WhatsApp groups to keep in touch with YPI members. We also use zoom on a weekly basis (see below). Send us an email and we will send you the details.

Coffee zoom: We hold a very popular online supportive gathering every Thursday from 10 am to 11 am. It's about chatting with other people and sharing experiences of PD, all very light with the focus on making the road easier for each other. You don't have to share locations etc but it's a good place to make contact with other people with Parkinson's in your area to possibly arrange a local meetup to offer support.

Newly diagnosed: The YPI committee aim to call each new member for a welcome chat shortly after they join PAI. If you've not been contacted please email us and we will respond as soon as possible. We attract YPI members from across the 26 counties which presents its challenges when trying to meet-up face to face. So as a YPI member you are encouraged to make contact with your closest local PAI branch to introduce yourself and avail of any support or services they offer. Contact details are on the PAI website on the branches link.



Wexford Branch members gather at the Hodson Bay Hotel.



Parkinson's

Association of Ireland

People with Parkinson's need their medication on time, every time

PLEASE ATTACH THIS FORM TO MY FILE

To be handed to your Doctor and used for planned or unplanned admission to hospital.

I am living with Parkinson's Disease. I may have difficulty speaking or writing clearly. My condition may deteriorate if my medication is not taken at the correct times prescribed for me.

I WILL NEED A FULL GLASS OF WATER PER PD TABLET

Name

Contact Number

Next of Kin Contact Number

Doctor/Neurologist Contact Number

Name of PD Medication	Dosage	How Often
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Other Medication

Don't leave it until there is an emergency to fill out this form.

By asking your Health Care Professional to attach this to your file you will be helping them to manage your condition while you are in hospital.



***If people with PD don't get their meds
on time, their condition deteriorates.***



Parkinson's Association of Ireland, Carmichael House, North Brunswick Street,
Dublin 7 Tel: 01 872 2234 Email: info@parkinsons.ie Web: www.parkinsons.ie
Freephone Helpline: 1800 359 359

Company registered in Ireland No. 123532, CHY No. 10816
Registered address as above



We make every effort to be as accurate as possible, and in the event of a mistake being made, it is our policy to acknowledge it in the following quarter's publication.

The material herein is for your information only, and does not represent advice. No changes to your treatment regime should be made without the prior agreement of your consultant or GP.