Dear friends,

Need a distraction today? All the news about the pandemic, elections, climate, and more can be overwhelming at times. The WPC is here for you. In fact, we’ve been here all along thinking up ways to help you stay connected and drumming up ideas of new and innovative ways to offer educational and uplifting virtual distractions to help you build your knowledge of Parkinson’s, learn about exciting research, and even have some fun through song. So turn off the TV, close down those news apps, and read on to learn about the wonderful things we have for you in the coming weeks, months, and next year. Register today for our webinars and we’ll send reminders right to your inbox.

**WPC Dual Language Webinar Series – NEW!**
The 6th World Parkinson Congress is heading to Barcelona, Spain in June 2022. Because of the location of the next WPC, and our plan to help our Spanish speaking communities prepare for WPC 2022, we are launching NEW dual language, English-Spanish, webinar series on December 2, 2020. This dual language series will cover a number of topics and will continue well into 2021 as new partners join on. for the Road to Barcelona: A Series of Parkinson Talks ~ Camino al WPC Barcelona: Una serie de charlas sobre el Parkinson

**WPC Partner Highlight – NEW!** WPC is teaming up on Tuesday, Nov 10 at 2PM ET, with long-time partner, LSVT Global, to learn more about their work with Google to improve automatic speech
recognition software for people with speech impairments, through Project Euphonia.

Join us for this one-hour virtual panel to learn more about this new project and what it means for the world of speech and Parkinson’s. WPC Board member, Dr. Linda Olson, will moderate the discussion with panelists Dr. Lorraine Ramig, LSVT Global’s Chief Scientific Officer and Bob MacDonald, Technical Program Director at Google.

**Calling all Care Partners** Save the date for the final panel in the four-part Care Partner Virtual Talk series on Wednesday, December 9 at 3PM ET. Panelists will discuss the role of the care partner in Wellness and PD, both for their loved one and for themselves. This series was made possible with support from Supernus Pharmaceuticals and Adamas Pharmaceuticals.

**Join the November Parkinson Sing-A-Long**
Join WPC Choir Director, Judi Spencer, and hundreds of others singers, for the next Parkinson’s Sing-A-Long on Wednesday, November 11 at 3PM ET/ 12PM PT. [Sign up HERE today!]

The #WPC4YOPD Facebook fundraiser continues to raise funds to help get more people with young onset PD to Barcelona. Thank you to Prab Kuniyil in California and Andy McDowell in New Zealand for their great work in October! Next up are Kat Hill in Oregon, USA and Tim Hague in Manitoba, Canada. Support Kat and Tim via their Facebook pages or on the #WPC4YOPD page directly.

Stay safe, wear a mask, and keep moving!

Looking forward to seeing you in one of our amazing online programs.

Best regards

Eli

---

**WPC Blog Highlight**

**Conquering Apathy**
Apathy is not just the lack of motivation. Apathy doesn’t just occur out of hopelessness.

Apathy is defined as the reduction in goal-oriented behavior as a result of lessened interest and lessened emotional response.

I feel we are seeing more and more of this especially during these trying times.

Those with Parkinson’s disease are more susceptible to developing apathy. Once someone has apathy, they are less likely to feel motivated in doing anything, especially things that are known to help improve symptoms or delay progression like exercise or being socially engaged. Prolonged apathy can be a harbinger of further executive dysfunction and cognitive decline.

This can be terribly frustrating to a loved one or a care partner who recognizes the apathy but feels powerless to help.

Here are a few things that we can do to help overcome this issue and not derail a patient.

1. Recognize the symptoms of apathy and bring this to the attention of the neurologist or a mental health provider.

Project Euphonia is a new project to improve automatic speech recognition software for people with speech impairments. Speech impairments may impact people who have suffered a stroke or have Parkinson's disease.

Speech impairments may make using devices like Siri, Alexa, or speech-to-text frustrating. Project Euphonia's success will enable phones, computers, and other devices to recognize unique speech patterns that can occur because of these conditions.

On Tuesday, November 10 at 2 PM EDT, WPC will host a zoom meeting with Dr. Lori Ramig, LSVT Global’s Chief Scientific Officer, and WPC 2019 Award Recipient, to discuss the work LSVT Global is
We are launching the first ever WPC dual language webinar series in English and Spanish.

We will offer this webinar using bi-lingual Parkinson’s experts. These experts will present and take questions in two webinars back to back. The first webinar will be in English. Once this session ends, they will take a short break and then will give the same talk in Spanish. We believe that it’s important for people to hear about their disease and treatment options in their native language directly from the experts.

Estaremos lanzando la primera serie de webinars en dos idiomas en la historia de la WPC, en inglés y español.

Ofreceremos este webinar presentando a expertos en Parkinson bilingües. Estos expertos presentarán y recibirán preguntas en dos webinars seguidos. El primer webinar será en inglés. Una vez concluida la sesión, tomarán un breve receso y luego darán la misma presentación en español. Consideramos que es importante que las personas escuchen sobre su enfermedad y sus alternativas de tratamiento en su lengua.
Choose to view the webinar in the language of your choice, English or Spanish.

Podrá elegir ver el webinar en el idioma de su elección, inglés o español.

Made possible with the support of our sponsors.

WPC for YOPD Fundraiser - #WPC4YOPD

In January, the WPC launched a PwP designed and PwP led fundraiser to raise money for travel grants for people with Young Onset Parkinson’s to attend the 6th World Parkinson Congress. The campaign has raised nearly $25,000 in YOPD scholarship funds to date.

See who is up next on the FB Fundraiser...

Name: Tim Hague  
Location: Canada  
About: Tim is a retired nurse of 20+ years who devotes his time to professional speaking, writing and as founder of the Parkinson’s wellness centre, U-Turn Parkinson’s. He is the author of the bestselling book *Perseverance*, has spoken for TEDx and is sought after across North America for his motivational and inspiring topics. After having been diagnosed with Young Onset Parkinson’s Disease at the age of 46 Tim and his son went on to win the first season of the reality television series The Amazing Race.
Canada. He is an outspoken and effective advocate on behalf of people living with Parkinson’s around the world. Tim first became involved with the World Parkinson Congress in 2013 and remains committed to the WPC believing that ‘the WPC is an outstanding opportunity to bring our community together from across the globe’ and begin to ‘erase the public perception that Parkinson’s is exclusively a disease of the elderly’ (Gaynor Edwards).

Name: Kat Hill
Location: United States
About: Having Young Onset Parkinson’s Disease can be a lonely and isolating experience. I was diagnosed at the age of 48 and found myself searching for a community that seemed to be much older than me. Later that same year, I attended the World Parkinson Congress in Portland, OR and found my people. There were other young women living with and living well with Parkinson’s. It was life changing. I was determined to find others living with this disease and worked to co-found a young onset support group that meets in a local pub. I have been blessed to help build a supportive community in my city and have networked with others around the world to break down barriers and advocate for awareness of this disease, one that can strike at any age. I want other YOPD community members to experience the WPC for themselves.

Wellness: Approaches Beyond Medication
Date: Wednesday, December 9, 2020
Learn the facts: Creative ways to support wellness  
Panelist: Silke Cresswell, MD, FRCPC, University of British Columbia

How does the topic of wellness impact the care partner? What role does the care partner play in the wellness of the person with PD they care for?  
Panelist: Lissa Kapust, LICSW, Beth Israel Deaconess Medical Center

Personal experience from the "real experts", star care partner and PwP tell their story  
Panelists: Leslie and Steve Peters

Did you miss our earlier Care Partner Panels?  Watch the archived talks today!