



## A Warm Welcome from Parkinson Society Nova Scotia

Dear Readers,

Thank you for being an essential part of our community. Your dedication and support make all the difference, helping us build a stronger network of care, connection, and hope for everyone touched by Parkinson's.

In this edition, you'll find updates on our Parkinson's Support Groups in Dartmouth, Halifax, Truro, and Sydney. Each group provides a welcoming space to share stories, learn strategies, and find comfort in each other's company. You'll also read about the inspiring story of the tulip—how this vibrant flower became an international symbol of resilience and hope for the Parkinson's community.

We're also excited to highlight upcoming events and fundraisers, organized by generous supporters like you. Every event brings us closer to fulfilling our mission of improving the lives of those affected by Parkinson's here in Nova Scotia.

As you read through these pages, we hope you feel a renewed connection to this community and to the incredible impact we're making together.

Enjoy our quarterly newsletter!

With gratitude,

Jack Waller and Ken Saunders



In this newsletter  
you can expect:

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PARKINSON  
SOCIETY

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## Join Our Parkinson's Support Groups: Connection, Strength, and Community

We're excited to welcome you to our Parkinson's Support Groups, now meeting in Dartmouth, Halifax, Truro, and Sydney. Each group is a safe, supportive space where individuals with Parkinson's, their families, and caregivers can come together to share experiences, insights, and encouragement. Our groups offer members a chance to find strength in connection and a renewed sense of hope through companionship.

In Dartmouth, we're fortunate to have Sharron Paattinen as our dedicated facilitator. With years of experience as a nurse and a background working with the Alzheimer's Society, Sharron brings invaluable knowledge and empathy to our meetings. Her personal experience supporting loved ones with Parkinson's allows her to guide each session with understanding and care, ensuring that every voice is heard.



Our support groups are designed to meet the unique needs of our members. Sessions often include discussions on daily challenges, tips for managing symptoms, and group activities to support physical well-being. By sharing practical strategies, members learn from each other and feel empowered to face each day with greater confidence.

Beyond the valuable support, these groups foster lasting friendships and create a close-knit community that understands the Parkinson's journey. New members are always welcome—whether you're newly diagnosed or have been managing Parkinson's for years, there's a place for you here. Together, we create a positive, uplifting environment where everyone can thrive.

**COME JOIN US AND DISCOVER THE STRENGTH OF COMMUNITY. FOR MORE INFORMATION ON OUR MEETING TIMES OR LOCATIONS, PLEASE REACH OUT—WE'D LOVE TO SEE YOU AT OUR NEXT GATHERING!**

### Who We Are: Your Local Parkinson's Society

We are proudly a local and independent non-profit. We live and work here, dedicated to supporting those affected by Parkinson's across Nova Scotia. Please don't be misled by organizations that may appear to have a local presence. There is only one Parkinson's Society Nova Scotia, and we are here solely to serve our community with genuine commitment and care.

When you reach out to Parkinson Society Nova Scotia, you're connecting with a team that truly understands and cares.

### Fundraising Events: Make an Impact in the Parkinson's Community

At Parkinson Society Nova Scotia, we're deeply grateful to those who organize and participate in fundraising events. These events help raise critical funds and awareness, making a real difference!

Every contribution, big or small, supports our programs, services, and advocacy. Join us by hosting an event, volunteering, or simply spreading the word. A huge thank you to all our event organizers and supporters for your time, talents, and dedication. Together, we're creating hope and resources for the Parkinson's community across Nova Scotia—one event at a time.

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## Why the Tulip is the Symbol of Parkinson's

Have you ever wondered why the tulip represents Parkinson's worldwide? In 1980, Dutch horticulturist J.W.S. Van der Wereld, who had Parkinson's, developed a unique red and white tulip and named it the "Dr. James Parkinson" tulip, in honor of the English doctor who first documented the disease in his 1817 publication, *An Essay on the Shaking Palsy*. This tulip quickly gained recognition and became an international symbol for Parkinson's organizations, with the European Parkinson's Disease Association incorporating it into its logo in 1996.

In 2005, the tulip was formally adopted as the official symbol of Parkinson's at a global Parkinson's meeting in Luxembourg on April 11th—now observed as World Parkinson's Day. Since that time, the tulip has carried layers of meaning that beautifully reflect the Parkinson's journey.

The stylized tulip often used as a symbol is divided into two halves, representing the two hemispheres of the brain. Left neglected, a tulip will bend forward, a reminder of the postural changes that can develop in individuals with Parkinson's without proper exercise and support. However, with care, a tulip can remain upright, just as people with Parkinson's can maintain strength and resilience with the right resources.

The tulip's resilience and beauty symbolize hope, with its three petals representing education, research, and advocacy—the pillars of support for the Parkinson's community. This meaningful flower unites us, reminding us that with dedication and compassion, we can thrive together in strength and understanding.

*Thank you for reading!*

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