

SuperWalk set for Sept. 11

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agnosed after stiffness in the left side of his body started and it began affecting his writing ability (he's left-handed). He now walks with a slight veer to the right—and of course, now the freezing episodes have recently started.

He describes Parkinson's in an easily understood way—he equates the dopamine, a chemical that carries signals between the nerves in the brain to gas in a car.

"Without the gas, you don't go," said Farmer.

Why the cells that produce the dopamine die no one knows—and because there's no known cause, there's no cure.

Farmer, who took early retirement at 55, says it's a frustrating unpredictable disease, which has had an impact on his quality of life.

Georgetown resident Lorne Collis agrees.

Diagnosed with Parkinson's at 55, he no longer asks, "Where will I vacation when I retire? But rather, 'Can I vacation in 10 years and how mobile will I be.'"

With these questions left unanswered, both Collis and Farmer are encouraging Halton Hills residents support their efforts to raise funds for Parkinson Society Canada in the 20th anniversary SuperWalk on Saturday, Sept. 11.

Farmer, his wife Joyce, and Collis are the co-organizers for the Georgetown SuperWalk to be held, rain or shine, at the Gellert Community Centre. Registration will be at 9 a.m., the 5 km Run begins at 9:20 a.m. and the 2 km Walk will begin at 10 a.m.

Last year's Halton Hills SuperWalk raised more than \$16,500 and more than 200 people took part. Farmer participated in the SuperWalk for the first time last year, and raised \$4,000 by himself—this year, he's already reached the \$2,500 mark. All registered walkers who raise a minimum of \$50 will get a SuperWalk T-shirt. Prizes, donated by local merchants, will also be part of the fun morning.

Money raised will go towards research and support services for those living with Parkinson's and their families.

Both Collis and the Farmers also participate in the Halton Hills Support Group that meets the last Thursday of every month at the Georgetown Seniors Centre. On average 20 local residents attend to listen to guest speakers and to give each other support. Contact Farmer if you want more information.

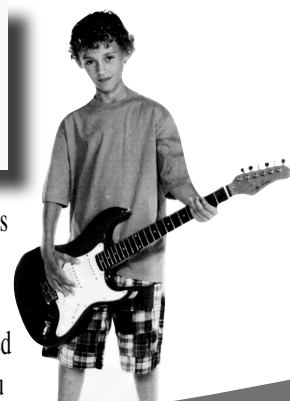
For more information on how to get involved with the SuperWalk, contact Farmer, 905-877-0267 or Collis, 905-846-5687 or visit www.parkinson-superwalk.ca

To learn more about Parkinson's, go to www.Parkinson.ca

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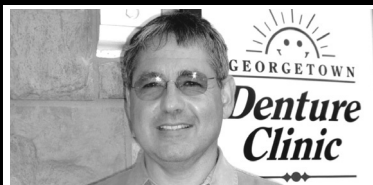


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R.H.A.D.

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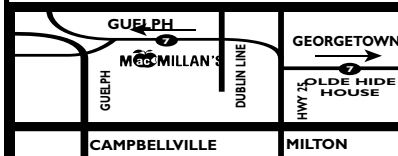
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