

Working through chronic disease

At 50 years of age, Blake Bell was diagnosed with Parkinson's disease. At first he reacted like many experiencing denial and withdrawal. He also suffered from depression, a common symptom of the degenerative brain disease.

That was a decade ago. Over the last 10 years he has rebuilt his life living with Parkinson's. Bell started a construction estimating company and went back to work part-time. He also revived his social life. Bell even began exercising, taking up boxing with others. He says it helps relieve his symptoms and provides him with peer support. He also has speech therapy sessions.

I can hardly hold a screwdriver now, where before I used to swing a hammer like it was nothing, Bell says of the impact of Parkinson's on his life. It's hard to multi-task; your brain doesn't work that way anymore.

Fearing the stigma of the disease, Bell had a hard time

explaining to people why he was shaking, or why he might be slower and unable to do the things he used to do so easily. It took years before he decided to share his diagnosis widely with others.

It's something that's very personal, sharing that information, Bell says. But two years ago, he decided to let everyone know. It's hard to explain, I just knew it was time it felt right.

Bell posted his news on Facebook in 2015 and was joined by 25 friends to support him in Parkinson SuperWalk, the largest annual fundraiser for Parkinson Canada. He attributes part of his healing to the walk.

In 2016, Bell became the event's first National Hero. He cried when he read some of his nomination letters.

You don't realize the impact you can have, just by being yourself, he says.

Until there is a cure, he asks for understanding from everyone, for anyone dealing with a chronic disease or disability.



At 50 years of age, Blake Bell was diagnosed with Parkinson's disease. At first he reacted like many experiencing denial and withdrawal. He also suffered from depression, a common symptom of the degenerative brain disease.



... Lend Me Your Ears

By Cory Soal R.H.A.D.

GETTING USED TO NEW HEARING INSTRUMENTS

Part 1

A patient who has never worn hearing instruments before, or is wearing a new type or circuit may go through a period of adjustment. The following are suggestions to help you through that adjustment period:

Don't get discouraged. It may take time to realize the benefit of your hearing instruments. You have been hearing through a damaged system that has delivered distorted signals to your brain. Now the sounds you are being exposed to are louder and different than what you are used to. In time, your brain will adjust to the new signals it is receiving.

When you first start wearing the hearing instruments, you will suddenly hear sounds you were previously unaware of. Many you will recognize as sounds you used to hear before you had a hearing loss, and others will have to be identified for you. These sounds will seem bothersome at first because you are not used to hearing them. In time, like those with normal hearing, you will unconsciously block out these daily sounds.

The Georgetown



HEARING CLINIC

We care about your hearing!

Professional Arts Building
99 Sinclair Ave., Suite 210, Georgetown
905-873-6642

Serving the community of Halton Hills and surrounding areas since 1992

Mountainview Residence Of Georgetown

Retirement living can be the best of times when you live in an atmosphere of comfort and family caring.



Seniors enjoy an independent lifestyle with comfortable accommodations, personal care and other supportive services.



FULL-SERVICE RETIREMENT HOME

905-877-1800

222 Mountainview Road North, Georgetown
www.mountainviewresidence.com



HALTON HILLS DENTURE CLINIC

DIRECT SERVICE
OR
WITH YOUR FAMILY DENTIST

Joshua Kelly, DD
Denturist
Dean's Award 2008
Free Consultation



360 Guelph Street, Unit 40
289-924-1378
www.haltonhillsdentures.ca