

# The Right at Home Herald

Guelph Wellington

August 2015

Volume 1/Issue 3

August Health Issue

-Parkinson's Disease

The Right Laugh

-Aging Cartoon

Recipe Roundup

-Stuffed Zucchini

Upcoming Community Events

-Guelph Events

## August Health Issue: Parkinson's

### What is Parkinson's Disease?

Parkinson's disease is the second most common neurodegenerative disorder (after Alzheimer's disease) which affects both motor and non-motor functioning.

Parkinson's is a progressive neurological disorder resulting from the loss of dopamine in a part of the brain called substantia nigra.

Dopamine acts as a chemical messenger, allowing nerve impulses to travel smoothly from one nerve cell to another. This enables the transmission of messages to muscles in the body to begin voluntary movement.

As dopamine continues to decrease, muscle movements become slower and more rigid, tremors can develop and reflexes become more impaired contributing to a loss of balance. Some of the primary symptoms that are associated with Parkinson's include tremor, rigidity, akinesia or bradykinesia, postural instability, soft speech, writing problems and sleep disturbances. Non-motor symptoms can include depression, anxiety, psychosis, dementia, memory problems and difficulty with communication.

100,000 Canadians across the country currently live with Parkinson's. It is important to realize that you are not alone.

Information taken from The Parkinson's Society  
For more information and resources please visit

<http://www.parkinsonsociety.ca/information-and-resources.html>

### Laugh..The Right Way



"No, Ida, it wasn't a chemical peel.  
I went under the knife."

Source: Reader's Digest

At Right at Home, we are here to help.

Contact us for more information: Phone: 519-265-7887 Email: [careguelph@rightathomecanada.com](mailto:careguelph@rightathomecanada.com)



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## Upcoming Community Events

### McCrae House Tea and Tour Program

Daily teas and tours at the recently renovated McCrae House; runs until the end of August. Participants may tour the new permanent exhibition that explores John McCrae's medical, military and artistic pursuits, and his life in Guelph. Poetry readings will take place during the teas on August 4 and 18. For more information contact Robin Morden at 519-836-1221

### Fergus Scottish Festival and Highland Games

August 7-9, 2015 Fergus Ontario

Celtic music, bagpipes & drums, heavy events, highland dancing, clans and heritage education, McKiddies center, Main field events, beer tent and vendors and so much more!

<http://www.fergusscottishfestival.com>

### Guelph Wellington Seniors Association Summer Cooking Demonstration by the Guelph Family Health Team

Wednesday August 12, 2015, call Pat to register at 519-837-5696

### 18th Annual Guelph Ribfest



August 28-30, 2015

Riverside Park, Guelph

<http://www.ribfestguelph.com>

## Recipe Roundup Stuffed Zucchini Boats



### Ingredients

- 4 medium zucchini
- 1 pound ground beef (or choice of meat)
- 1/2 cup chopped onion
- 3/4 cup marinara or spaghetti sauce
- 1 egg, beaten
- 1/4 cup seasoned bread crumbs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup (4 ounces) shredded Monterey Jack cheese, divided

### Directions

1. Cut zucchini in half lengthwise; cut a thin slice from the bottom of each with a sharp knife to allow zucchini to sit flat. Scoop out pulp, leaving 1/4-in. shells.
2. Place shells in an ungreased 3-qt. microwave-safe dish. Cover and microwave on high for 3 minutes or until crisp-tender; drain and set aside.
3. Meanwhile, in a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Remove from the heat; stir in the marinara sauce, egg, bread crumbs, salt, pepper and 1/2 cup cheese.
4. Spoon about 1/4 cup into each shell. Microwave, uncovered, on high for 4 minutes. Sprinkle with remaining cheese. Microwave 3-4 minutes longer. Serve with additional marinara sauce.

Source: <http://www.tasteofhome.com/recipes/beef-stuffed-zucchini>



Need a Caregiver? Call for a  
free, no obligation consultation  
for yourself or a loved one today

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