

DYSTONIA
MEDICAL
RESEARCH
FOUNDATION
CANADA



FONDATION DE
RECHERCHE
MÉDICALE SUR LA
DYSTONIE
CANADA

*serving all dystonia-affected persons
d'asservant toutes personnes atteintes de dystonie*

DMRF Canada: Summer 2020 Newsletter



As social distancing rules continue to be part of our new normal during these summer months, we remain committed to providing support for dystonia patients through online support group meetings, webinars and virtual fundraising. Thank you for remaining committed to our mission to raise funds for dystonia research, innovative treatments, and a cure.

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Chuck's Run Successes

We are happy to report that **Chuck's Virtual Run Walk and Wheel for Dystonia** was a resounding success despite COVID-19. Thanks to your support, over 175 participants participated on 32 teams. Together we raised close to \$70,000. Thank you to all participants and donors for making this campaign such a success.

During the campaign, we had a very active social media presence with supporters sharing their stories via social media. Watch the Chuck's Run Highlights Video [here](#).



DMRF Canada Face-Masks



To help keep you safe during Covid-19, we are selling face masks.

You can protect yourself and raise awareness of dystonia.

Click [here](#) to find out how you can order a face mask.

COVID-19 Resources

DMRF Canada's website has an array of COVID-19 mental health resources, including online self-help programs and a peer support line offered by *The Center for Innovation in Peer Support*. Click [here](#) to learn more.

Clinical Research Trials Seeking Participants



the Baylor College of Medicine is looking for participants. Click [here](#) to learn how you can participate.

You can also visit our website for the list of other clinical trials (Canada and USA) by clicking [here](#).

NHCC Change-Maker Award



Congratulations to Shirley Lee, winner of the Neurological Health Charities Canada (NHCC) Change-Maker Award. Shirley Lee has been the leader of the

Greater Toronto Area Support Group for the last decade. This award recognizes individuals who have made a meaningful difference and helped to improve the quality of life for Canadians living with brain conditions. Click [here](#) to read about Shirley Lee and the Change-Maker Award.

Save the Date: Dystonia Awareness Month

September is Dystonia Awareness Month. As we continue to adhere to guidelines for COVID-19, we recognize that face to face awareness activities will not be possible this year. Below are a few updates on our plan this year



- This year, we will not encourage ambassadors to visit clinics/pharmacies to put up awareness materials due COVID-19. However, if you wish to access the awareness package to share, please click [here](#).
- For dystonia patients, we have a new resource that we would like to mail out to you with our Fall Dystonia Report. If you'd like to receive this in the mail, kindly update your patient information, mailing addresses and mailing preferences [here](#) by July 27, 2020.

Stay tuned for more updates on our website
<https://dystoniacanada.org/dystoniaawarenessmonth>

Yogatonia



We're happy to report that we've launched a virtual series of Yogatonia sessions for the year to help patients nation-wide during the COVID-19 pandemic.

Special thanks to the Edmonton Support Group for making online yoga, modified for the needs of dystonia patients, possible.

Register now for the upcoming Yogatonia sessions:

July 25
August 8

Recordings of Previously Held Webinars

- Cervical Dystonia Rehabilitation in Times of Difficulty in Having Access to Usual Therapy - By Dystonia Europe
- Untangling the Complexity of Dystonia: 40+ Years of Research Achievements.
- Dystonia and Sleep Webinar with Dr. Davide Martino
- June 27 First Nation-Wide Yogatonia Session- Yoga for People With Dystonia
- July 11 Session of Yogatonia - Yoga for People with Dystonia

Upcoming Support Group Meetings

DMRF Canada is proud to connect patients with support groups around the country. Click [here](#) to find a support group in your area.

Below you will find upcoming support group meetings scheduled for July and August 2020.

July Meetings:

VIRTUAL/ONLINE - Toronto Support Group Meeting - July 23, 2020

August Meetings:

VIRTUAL/ONLINE Hamilton Support Group Meeting - August 15, 2020
Toronto (GTA) Support Group Meeting - August, 2020 TBD

Living Well Webinar Series

Dystonia & Pain- Living Well Webinar Series, July 21, 2020