

serving all dystonia-affected persons désservant toutes personnes atteintes de dystonie

DMRF Canada: December 2020 E-newsletter



Season Greetings! We wish you and your family the very best this holiday season. As 2020 draws to a close and a new year is on the horizon, the dystonia community has a lot to celebrate and much to look forward to in 2021.

This year has been like no other year in recent memory, but because of your support, 2020 was also a year of innovation at DMRF Canada. We found new ways to engage with the community virtually while still maintaining the critical support that was needed. We've made incredible strides in our partnerships with other organizations, continued to fund the best, most relevant research, and connected with more members of the Canadian dystonia community than ever before!

To read more about our 2020 accomplishments made possible thanks to you, please click here.

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Our Website Donate Now Contact Us Email Us DMRF Canada has added some familiar faces from the community to our Board of Directors.

On behalf of all of us at DMRF Canada, we would like to extend a warm welcome to Dyfying Dystonia Founder, Casey Kidson, and long-time advocate and champion, Catherine Mulkins.

As Directors on the <u>DMRF Canada Board</u>, Catherine and Casey will work with others to set strategic direction and provide oversight. We look forward to working with Casey and Catherine to continue to do great things in the coming year!

Give the Gift of Research - Time is Running Out



If you haven't made your 2020 gift yet, please consider giving the gift of research by donating to DMRF Canada. Donate online by December 31, 2020 to receive your 2020 charitable tax receipt.

#GivingTuesday 2020



December 1, 2020



Is it Tremor or Dystonia? New Research Aims for Better Understanding to Improve Diagnosis, Treatment

Dystonia is a rare disorder characterized mostly by involuntary slow and twisting movements. On the other hand, tremor is a common disorder characterized by regular shaking movements. Patients with dystonia are often misdiagnosed with tremor. Patients with tremor are often misdiagnosed with dystonia. The result is that these patients may be treated with the wrong types of medications, sometimes for years.

The objective of this study was to define the frequency of co-occurring dystonia with tremor, and the factors that influence this combination.

Click here to read more

Thank you to everyone that participated in this year's campaign. It is because of you that DMRF Canada had our most successful #GivingTuesday ever!

Thanks to the Dystonia Coalition and the Rare Diseases Clinical Research Network (RDCRN) for permission to share this article.

Reminder: 2021 Jackson Mooney Patient Grant

The Jackson Mooney Patient Grant letters of intent are to be submitted to DMRF Canada by April 30, 2021. Click here to read more about the application process and requirements.

One of our 2020 recipients, **Jennifer Ashton**, was recently nominated for the 2020 Microfiction award for a short fiction story on dystonia titled "Still". Click **here** to read.



Register Now: Supporting Dystonia Patients During the Covid-19 Pandemic Webinar Series

We want to start the new year out right by hosting two webinars that will provide information on tools that you can use to support your wellbeing in 2021. On **January 15**, join us for *Making the Most of out your Visit with your Movement Disorder Specialist* with Dr. Dung Nguyen and on **February 18** for *Pain Management for Dystonia* with Dr. David Grimes.

Click **here** to learn more about the webinars and register today.

Special Thank You to Our Sponsor:



Navigating Your Mental Health and Well-Being Webinar Series



Based on feedback from the Dystonia Patient Experience Survey, we know that mental health continues to be an ongoing struggle for many in the dystonia community. To help combat these issues, **Mike Stroh**, **Registered Psychotherapist and Founder and Director of Starts with Me**, has generously offered to host three mental health webinars in the new year. Click on the date to register for each session: **January 27**, **February 24**, and **March 24**.

Resources for Self-Care



DMRF Canada has compiled a list of resources to help you cope during the pandemic on our **COVID-19 Resource Page** and our **Mental Health Support Resources page**.

Additionally, the **South Lake Regional Health Care Centre** and the **Center for Innovation in Peer Support** (Support and Housing-Halton) both continue to vital virtual services free of charge. To learn more, please click **here**.

Do it for Dystonia 2020 Updates



Our *Do it for Dystonia 2020* Campaign has been a great success so far! We would like to thank everyone that has participated, and we look forward to counting the final results in January 2021. If you would like to get involved and "Do it for Dystonia" in 2020, there's still time! Click here to learn more about the campaign and start your own fundraiser today.

With this campaign, you'll be tackling your own individual challenges, inspiring others, and raising much-needed awareness of dystonia! Click here to see how some of our supporters have done.

Banting Foundation Discovery Award 2021: Call for Applications

DMRF Canada is pleased to once again be partnering with the Banting Research Foundation to offer the 2021 Discovery Award that supports early investigators at university and research institutes in Canada seeking to advance innovations in health and biomedical research for dystonia.

If you know someone whose research would benefit from this award, please pass along this information. **The deadline to apply is January 25, 2021.** Click **here** to read more.





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Upcoming Support Group Meetings and Webinars

DMRF Canada is proud to connect patients with support groups around the country. Click **here** to find a support group in your area.

Supporting Dystonia Patients During COVID-19 Pandemic Series:

Making the Most of Your Visit with your Movement Disorder Specialist with Dr.

Dung Nguyen- January 15, 2021

Pain Management for Dystonia with Dr. David Grimes - February 18, 2021

Navigating Your Mental Health and Well-Being Webinar Series

First Session - January 27, 2021 Second Session - February 24, 2021 Third Session - March 24, 2021

DMRF Canada Holiday Hours:

We will remain closed from December 24, 2020 to January 3, 2021. During this time, we will respond to urgent matters only. Please email info@dystoniacanada.org or leave us a voicemail at 1-800-361-8061.

We wish you a safe and happy holiday season!