

#### CAREGIVER WORKSHOP

## MOBILITY STRATEGIES IN PARKINSON

This workshop aims to teach participants strategies to assist persons with Parkinson to get out of bed, transfer, stand, and walk more efficiently. Methods of safe manual handling to reduce musculoskeletal injuries will be discussed.

#### SGH Instructors :

**Dr Dawn Tan**, Principal Physiotherapist  
**Ms Choong Ziying**, Physiotherapist  
**Ms Shamala Thilarajah**, Physiotherapist

#### Facilitated by:

**Dr Tan Siok Bee**, Assistant Director, Nursing (APN)

**Date:** Saturday, 24 May  
**Time:** 9am-12pm  
**Fees:** \$25 for Caregivers and/or Domestic Helpers of PSS Members\*  
**Venue:** Blk 191 Bishan Street 13 #01-415 Singapore 570191

\* Foreign domestic workers registering for the workshop must be accompanied by their employers.



## LEND A HELPING HAND!

PSS is totally dependent on donations for its work. We can only continue supporting individuals affected by Parkinson with your help. Consider making a donation in memorial of or in honour of someone you love.

#### WAYS YOU CAN DONATE:

- |  |  |  |
|--|--|--|
| <b>1</b><br>DONATE ONLINE<br>VIA SG GIVES<br><small>www.sgives.org</small> | <b>2</b><br>DONATE ONLINE<br>VIA GIVEASIA<br><small>www.giveasia.org</small> | <b>3</b><br>DONATE BY<br>CHEQUE / POST<br><small>Cheques made payable to<br/>"PARKINSON<br/>SOCIETY SINGAPORE"</small> |
|--|--|--|

To make a donation to us by post, please mail your cheque to:  
**Parkinson Society Singapore**  
**Blk 191 Bishan Street 13, #01-415, Singapore 570191**

All donations \$50 and above are entitled to tax deductions. Kindly include full name, NRIC No. and contact number on reverse side of cheque.

## ACKNOWLEDGEMENTS

#### INDIVIDUAL DONORS

- Mdm Liu Hing Yuen, Patricia (In memory of Mr Lo Cheng Kai, Herbert) \$8,000
- Ms Choo Lay Peng \$5,000
- Mdm Chua Bee Choo (In memory of Mr Tan Han Meng) \$3,010
- Mr Joel Goh (Jason) \$1,000
- Mr Tan Kia Yong \$1,000

## PSS BOARD

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A/Prof Au Wing Lok  
Mr Melvyn Chiang  
Ms Theresa Goh  
Mr Charles Foo  
Dr Tay Kay Yaw  
Dr Prakash Kumar

## OUR CONDOLENCES

#### Our deepest Condolences to the families of our late members

- Mr Wong Cheong Thong
- Mr Ang Siang Cheh
- Mr Tan Han Meng

## PARKINSON SUPPORT GROUP CALENDAR 2014

held at Singapore General Hospital (SGH) and Tan Tock Seng Hospital (TTSH)

#### AT SGH

**Monday, 7 April**  
**11:00am-1:00pm, at SGH**  
**Movement Strategies in Parkinson's Disease: Bed Mobility and Sit-Stand**  
by Physiotherapist

**Monday, 5 May**  
**11:00am-1:00pm, at SGH**  
**Grief & Loss**  
by Medical Social Worker

**Monday, 2 June**  
**11:00am-1:00pm, at SGH**  
**Cognitive & Behavioural Issues related to Parkinson's Disease**  
by Dr Kinjal Doshi

#### AT TTSH

**Thursday, 10 April**  
**2:30pm-4:30pm, at NNI**  
**Sleep Disorder (English)**  
by Associate Professor Loh Ngai Kun

**Thursday, 8 May**  
**2:30pm-4:30pm, at NNI**  
**Mood & Psychological Problems in Parkinson Disease (Mandarin)**  
by Dr Megan Chan

**Thursday, 12 June**  
**2:30pm-4:30pm, at NNI**  
**Mood & Psychological Problems in Parkinson Disease (English)**  
by Dr Vanessa Mok

Sessions held at SGH will be at the Medical Student Centre (Block 1 Level 3); contact Nurse Usanee at 9295 3331 or email [neurocare@sg.hk](mailto:neurocare@sg.hk).

Sessions held at TTSH will be at the Neuroscience Clinic (Level 1); call 63577138 or 97842810.

Information correct at the time of printing.



**PARKINSON SOCIETY SINGAPORE (PSS)**  
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[www.parkinsonsingapore.com](http://www.parkinsonsingapore.com)

# Parkinson's News



Parkinson Society Singapore

MARCH 2014 / MICA(P) 163/08/2013

#### ANNOUNCEMENT

### Name Change with effect from 18 February

With effect from 18 February 2014, Parkinson's Disease Society (Singapore) is now known as Parkinson Society Singapore. The drop of the word "disease" was to eradicate the negative stigmatism of the condition and in keeping with the latest naming nomenclature for medical eponyms. The resolution change was passed in the Extraordinary General Meeting on 18 January 2014 held at The Parkinson Centre.

## Run-the-World 4 Parkinson

**M**arcus Cranston is a physician from the United States and in 2010 he was diagnosed with Parkinson at the age of 44. The disease that threatens to take away his two favorite hobbies, sports and travel, has given him a cause toward which to apply his experience in medicine. As he enters the fourth year since the diagnosis, he is embarking on a project to raise awareness and funding for Parkinson, "Run-the-World 4 Parkinson".

During this challenge, he will attempt to run 4 miles in 44 countries in 4 weeks/4 days, during Parkinson Awareness Month, starting 4/4/14. In addition to running, he hopes to meet other People with Parkinson (PwP) and those providing them support. His desire is that his efforts will achieve three goals: overcome a personal challenge to demonstrate what PwP can accomplish, provide funding for Parkinson research



through Team Fox, and tell the story of PwP around the world through social media and funding travel expenses to attend the next World Parkinson Congress in Portland, Oregon in 2016.

His travels will take him to Singapore in the morning of 9th April and the Parkinson Society Singapore (PSS) welcomes Marcus to the Parkinson Centre at Bishan Street 13, where supporters and PwPs can meet and mingle with Marcus over some light refreshments.

For those interested in this project, please visit Marcus' website at [www.444ParkinsonsTraveler.org](http://www.444ParkinsonsTraveler.org) and look for the Run-the-World 4 Parkinson event in Singapore on April 9, 2014.

If you would like to support the event at 9 April at the Parkinson Centre, please contact the PSS office at 63535338.

**PARKINSON PUBLIC FORUM**  
**Understanding Parkinson**  
**For Better Outcomes**

for patients and members of the public

**Saturday, 12 April, 9:30am-12pm**  
**Venue: Deck on 9, Block 6, Level 9,**  
**Singapore General Hospital,**  
**Outram Road, Singapore 169608**

**FREE ADMISSION**

Parkinson is one of the most common nervous system disorders of the elderly. Our panel of speakers will help you understand and better control the symptoms of Parkinson.

Limited Seats.

Registration is compulsory. Please register early.

**REGISTRATION:**

Telephone: 6357 7163 / 6357 7152  
Email: nni\_enquiry@nni.com.sg

**帕金森氏病：了解疾病，改善预后**  
为患者和市民

**日期：2014年4月12日，星期六**  
**时间：早上9:30时至中午12:00时**  
**地点：新加坡中央医院，第六座演，九楼（讲堂）**

**免费入门**

帕金森氏病是年长者最常见的神经系统疾病之一。我们的专家小组将对该病进行讨论以帮助您了解及更好地控制帕金森氏病的症状。

座位有限  
感兴趣的读者请尽早登记。

**报名方式：**

电话：6357 7163 / 6357 7152  
电子邮件：nni\_enquiry@nni.com.sg



**Left:** Our president Julie with the Star Awards Winner  
**Above:** Joanne and Chloe **Top-right:** Colin Tan

Jason Foo. We were pleased that even the physiotherapists (Ms Joanne Chua & Ms Chloe Chung) joined in the fun by showcasing her musical talent on the Ukulele.

At mid- point, Ai Lee welcomed Ms Julie on stage once again for the highlight of the night- to present the 6th Parkinson Star Award to the winners. The awards were given to three PwPs who had demonstrated tremendous courage and resilience in their battle with Parkinson. After a month of nomination and careful consideration, the panel of judges decided to hand out the awards to Mr Oh Keng Seng (second Runner-Up), Mr Pang Boon Kow (Runner-Up) and Mr Roger David Borrow (Champion). Each of them has, in their own way, inspired the rest of Parkinson members with their positive spirits and brought joy to our closely-knitted community. Although there were only three winners, all of the Parkinson warriors and caregivers were deserving of this award as our society President aptly summed up "I think all of you guys are winners in your own right!"

After the award presentation, all guests were invited to take part in some table-games and the winners of the Best Dressed contest were happy to win vouchers. Before the event came to an end, our board members

professional photographers had a busy time snapping photos of them.

Thereafter they were invited to help themselves to the sumptuous buffet spread. When all the guests had arrived, our emcees for the night, staff Ai Lee and DoReMi class teacher Ms Gina Fong duly invited all to welcome our first performance of the evening - a powerful rendition of 上海滩 (The Shores of Shanghai) by Mr Colin Tan. Next, our president, Ms Julie Lau took centre stage by delivering her heart-warming speech to encourage our members to remain strong and positive even in tough times.

The party resumed with more singing performances from Gina and the society members like the Do Re Mi Singers & Mr

# Year End Party

# Shanghai Night

BY BERNARD LIM

On 20th December 2013, the Parkinson Society came together at YMCA, Orchard to celebrate the completion of another year and at the same time present the 6th Parkinson Star Awards to the winners. All people with Parkinson (PwP), caregivers, board members, physiotherapists, volunteers and everyone who is part of this big family were invited to join in the year-end party.

At about six o'clock in the evening, guests began streaming in. They were greeted warmly by the staff and volunteers of Parkinson Society who handed out lovely heart-shaped memo/ photo holders as door gifts before directing them to the much anticipated photo booth. Most of our guests turned up gamely dressed according to the theme of Shanghai Night, while the

**CREATIVE PAPER CLAY WORKSHOP**

## Living fully with the arts!

Participating in the arts can bring enjoyment and enrich our lives. Art does not only offer us a channel for self-expression, but it also offers us an opportunity to discover the hidden artist in us, develop new skills and make new friends. The Parkinson Society will be launching an introductory level Creative Paper Clay Workshop for members. The 6-weekly programme is suitable for anyone who is interested to explore working with paper clay. No previous knowledge or experience in art making is required. All interested Persons with Parkinson and their Caregivers may register with the PSS office.

As a continuation of previous creative paper clay workshop developed by Mr Michael Tan, the programme will be conducted by artist Cheryl Teo. Participants will be introduced to basic knowledge of working with paper clay and embark on a journey of play, creativity and imagination through exploring various themes. The works created in the programme may stand an opportunity to be exhibited publicly in the future. So come, discover the fun of paper clay and enjoy the company of friends!

On the right are some of the wonderful creations by (1) Harry Foo K.T., (2) Peter Tan, and (3) Allen Fernando, who have participated in the previous workshops.

**Upcoming classes: April 23, 30, May 7, 14, 21, 28 (Wednesdays), 2.00pm to 3.30pm.**  
**Please register with the office.**



**About the Trainer: Ms Cheryl Teo**

Cheryl Teo is a craft based artist and also a trained photographer. Her art practice involves playful and imaginative work using photography, everyday materials and handcrafted techniques. Her work has been exhibited in various local and international locations such as Alliance Francaise de Singapour, The Substation, and international photo festivals in China and Hong Kong.

Apart from her art practice, she is also involved in community art projects. Between October and December 2012, Cheryl Teo was a facilitator for an exploratory pilot arts programme (Arts for Us). The weekly programme offered residents the opportunity to develop new skills and interest while opening up a new dimension of care to nursing homes. She was also part of a 6-week training art workshop with three other artists to teach staff from various nursing homes.

## Parkinson Group Art Therapy Programme

in collaboration with 

In a support group, members with the same issues can come together for a sharing and to be empowered. At this Parkinson Group Art Therapy Programme, we will be using Art as the main modality, even though no prior art experience is required. Parkinson Group Art Therapy Programme is intended to empower people and encourage personal development. The group will explore solutions to problems such as stress, anxiety and other challenging emotions so that People with Parkinson can understand how to function productively in all aspects of life.

**Dates:** April 3, 10, 17, 24 (Thursdays)  
**Time:** 10am -11.30am  
**Fees:** \$20 (PSS Members); or \$30 (Non-PSS Members)  
**Venue:** Parkinson Society Singapore  
The Parkinson Centre  
**Max:** 12 persons

To sign up, please call PSS at 6353 5338 or e-mail pdsspore@gmail.com.

