



"TEE TO BEAT PARKINSON"

CHARITY GOLF & DINNER 2014

Parkinson Society Singapore (PSS) held its inaugural charity golf and dinner event, "Tee to Beat Parkinson" at the Jurong Country Club on October 10, 2014. The event was organized not only to raise funds, but also to create awareness and understanding of Parkinson.

Despite the sweltering heat that day, the 128 golfers who participated in the event did not let the weather prevent them from having a good time. While the golfers had a great time building rapport with one another throughout the 18-hole game, they too were doing their bit to raise funds for PSS.

At the dinner function after the charity tee, Ms Julie Lau, President of PSS welcomed the guests with an opening address. The night was spiced up with performances by "Grandma Mary & Band". Dr Loke Loo Pin did a standup comedy and Mr Abdul Rahman belted out some songs that kept the guests

entertained through the night. Another highlight of the dinner was a silent auction which included three autographed copies of "A Life in Pictures" by Singapore's former Prime Minister Mr Lee Kuan Yew.

Mr Marcus Lam, Vice-President of PSS and Chairman of "Tee to Beat Parkinson" Organizing Committee presented prizes to the golfers during the dinner. In addition, lucky draw prizes were given out to the lucky winners.

All in all, the event raised more than \$420,000 and the donations would be channeled to fund the following three initiatives:

- (i) Satellite Centres for Parkinson Therapy
- (ii) Move to Beat Parkinson
- (iii) Patients' Welfare Fund

PSS would like to thank all our sponsors, golfers and donors for your generosity and support which helped to make the event a success!

On 6 November 2014, the PSS Boardroom was named A P Jessen Boardroom in memory of the late Mr A P Jessen, who lived with Parkinson for more than a decade. He passed on at the age of 86. His son, Mr J Heinrich Jessen, a former Board Member of PSS, was present at the naming ceremony where he made a donation of \$86,000 to PSS. He said, "My family and I are immensely grateful for the kind gesture of remembering our late father in this way. While he moved back to his native Denmark before we even knew PSS existed in Singapore, it has been meaningful for me to be associated with the Society in later years."



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 memory of or in honour of someone you love.

WAYS YOU CAN DONATE:

- 1 DONATE ONLINE VIA SG GIVES**
www.sggives.org
- 2 DONATE ONLINE VIA GIVEASIA**
www.giveasia.org
- 3 DONATE BY CHEQUE / POST**
Cheques made payable to "PARKINSON SOCIETY SINGAPORE"

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

Special thanks to sponsors at "Tee To Beat Parkinson", PSS' charity golf event.

PLATINUM SPONSORS

- Lee Foundation \$50,000
- Tote Board and Singapore Turf Club \$50,000

GOLD SPONSORS

- Gambateh Trading Pte Ltd \$33,000
- PricewaterhouseCoopers \$30,000
- Hotel Properties Limited \$27,000
- Mrs Deborah Ong \$14,000
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- NTUC Fairprice Foundation \$10,000
- Tan Sri Dr Kuan Yong Kuan \$10,000

SILVER SPONSORS

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- Mr David Tay Cheng Lip \$8,000
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- Ms Lum Ooi Lin \$6,000
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Parkinson News



Parkinson Society Singapore

DECEMBER 2014 / MICA(P) 130/04/2014

ANNOUNCEMENT

Exclusive PSS 2015 calendars are ready for collection!

Please collect your calendar from The Parkinson Centre at Block 191 Bishan Street 13, #01-415 Singapore 570191. Limited to One per PSS member. While stocks last!

PARKINSON PROGRAMMES -SAVE THE DATES!

On behalf of the Board and Staff of PSS, we would like to wish everyone a Merry Christmas and a Blessed New Year!

As 2014 draws to a close, we are thankful for the many people who have chosen to bless us with their money, time and talents. Hundreds of Parkinson warriors and caregivers have participated in our programmes, events and workshops and found them beneficial.

The anxiety and depression associated with Parkinson are not uncommon. There is a need to address the symptoms because emotional symptoms are directly connected to physical symptoms. Improved mobility through exercise can reduce depression and a positive outlook can be the inspiration for continued exercise, which leads to improved mobility. With our physiotherapy classes, educational and social programmes, we want to enable our Parkinson warriors and their caregivers to experience the fullness of life through knowledge, movement, creativity and fellowship- which constitute the essential components of treatment.

With this, we would like to highlight the following programmes that will take place in 2015:

Caregivers' Workshop

3 times per year (Last Saturday of the month)

Caregivers' Workshop is open only to caregivers of People with Parkinson (PwP). Caregivers can greatly benefit from support groups as it is a safe space for them to share their feelings and get support.

Youthful Parkinson Circle (YPC)

Bi-monthly Gathering (Last Saturday of the month)

Youthful Parkinson Circle (YPC) is open to People with Parkinson (PwP) between the ages of 35 and 59 and their caregivers. Members can connect with other young people with similar experiences and find emotional and practical support in managing Parkinson.

Life In Balance

Emotional Freedom Technique (EFT) Workshop

Monthly Session (Last Saturday of the month) - Except February and December

Emotional Freedom Technique (EFT) is open to People with Parkinson and their caregivers. EFT is an amazing healing technique that is easy to learn and has profound effects.

For more information on the programmes, please see page 2.



PSS Gets Creative

On 13 December, Parkinson Society Singapore (PSS), in collaboration with Social Creatives added colors to the walls of The Parkinson Centre! A total of 50 volunteers, including our Parkinson warriors, caregivers, students, board members and staff were mobilized for the project.

The purpose of the wall mural project is to celebrate our Parkinson warriors' triumph over difficulties in coping with Parkinson. In addition to the aesthetic value, PSS also aims to promote public awareness and enliven the vibrancy of the centre via the wall mural.

PARKINSON SUPPORT GROUP CALENDAR 2015

At Singapore General Hospital (SGH) and Tan Tock Seng Hospital (TTSH)

AT SGH

Monday, 5 January
Group Discussion

Monday, 2 February
Voice Training & Communication

Monday, 2 March
Keep Active with Mobility

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

AT TTSH

Thursday, 8 January
2:30pm-4:30pm
Think Loud & Speak Loud (Mandarin)

Thursday, 12 February
2:30pm-4:30pm
Think Loud & Speak Loud (English)

Thursday, 12 March
2:30pm-4:30pm
Lasting Power of Attorney (Mandarin)

Sessions held at TTSH will be held at the Neuroscience Clinic (Level 1), except the Year End Party; call 63577138 or 97842810.

Information correct at the time of printing.

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Caregivers' Workshop

28 Mar, 27 Jun, 26 Sep
9am to 12noon

\$25/person per session (PSS Member & Caregivers of PSS Member),
\$40/person per session (NON-PSS Member)

The Parkinson Centre
Blk 191 Bishan Street 13 #01-415 Singapore 570191

Facilitated by Ms Li Wei, Advanced Practice Nurse

Youthful Parkinson Circle (YPC)

Jan 31, Mar 28, May 30, Jul 25, Sep 26, Nov 28
2pm to 4pm

Complimentary for PSS Members

The Parkinson Centre
Blk 191 Bishan Street 13 #01-415 Singapore 570191

Facilitated by Ms Alisa Tan and Ms Irene Sin

Life In Balance

Emotional Freedom Technique (EFT) Workshop

Jan 31, Mar 28, Apr 25, May 30, Jun 27, Jul 25,
Aug 29, Sep 26, Oct 31, Nov 28
9.30am to 12.30pm

\$10/person per session or \$80/per person for 10 sessions
(PSS Member)

\$20/person per session or \$160/per person for 10 sessions
(NON-PSS Member)

The Parkinson Centre
Blk 191 Bishan Street 13 #01-415 Singapore 570191

Facilitated by Dr Tan Siok Bee, Assistant Director, Nursing (APN)

Information correct at the time of printing.

Learning to Cope with Parkinson

BY DR TAN SIOK BEE

This is the second article in a three-part series by Dr Tan Siok Bee.

When patients are first diagnosed with Parkinson, they may face the dilemma about when to tell others and whom to tell about the diagnosis. Many people with Parkinson are reluctant to tell friends or even family members. This concealment often causes anxiety in social situations which may worsen symptoms like tremor.

Being diagnosed as having Parkinson can be overwhelming and most will feel disbelief, denial or fear and sadness. Some people may start to experience more serious feelings of sadness or withdrawal. Signs of depression may include sleep disturbances, problems with concentration, weight loss/gain, anxiety or irritability and panic attacks.

A nurse or counsellor can provide individual or family counselling on how to adjust to the changes due to Parkinson. It will be helpful to share any anxiety with family and friends, gain good professional advice from the healthcare team and seek emotional support from support groups.

Upon diagnosis, people with Parkinson should also get an appointment to see a physiotherapist and speech therapist to learn individualized exercises to maintain mobility and speech. The Parkinson Centre collaborates with the hospitals and some elder care centers to provide physiotherapy and occupational therapy for people with Parkinson.

What is the progression of Parkinson?

Parkinson affects each person differently and symptoms can vary on different days and at different times. The rate of disease progression will vary from person to person. Although there are many features of Parkinson that most people with Parkinson will share, exactly how it affects any given person is different, and precisely what happens to one person in the course of the disease may not necessarily follow suit in another. Symptoms in some people will remain very mild and will not restrict the day-to-day activities for many years and some may continue to enjoy good quality of life and mortality is not affected.

Sleep Problems in Parkinson

Sleep problems are common and often overlooked and inadequately managed. Sleep disturbance may be due to psychological factors, physical discomfort, excessive involuntary movements, medication effects and underlying sleep disorders. Accurate diagnosis and effective management of sleep disorders can greatly improve the quality of life.

Exercising

Regular exercise can help maintain flexibility, good posture, keep muscles strong and joints supple and improve circulation to the heart and lungs. You may try exercises such as walking, swimming, dancing or Tai Chi. Research has also shown that Tai Chi helps in balance and slows down the rate of decline in overall motor control. Some people find exercise classes beneficial, and exercising in a group can also provide an ideal opportunity to socialize. Improving physical fitness and general well-being is very useful in lessening some of the gastrointestinal, urological and sexual issues.

Healthy Eating

Eat a nutritionally balanced diet that contains plenty of fruits, vegetables and whole grains. Eating foods high in fiber and drinking an adequate amount of fluids can help reduce the risk of constipation that is common in Parkinson. A balanced diet also provides nutrients, such as omega-3 fatty acids, that may be beneficial for general health.

Complementary Therapy

Complementary therapies are treatments used alongside conventional medicine. These include acupuncture, massage therapy, yoga, Tai Chi, meditation, hypnotherapy, aromatherapy and many others. Some people with Parkinson who have used complementary therapies informed that it is relaxing and may relieve some symptoms.

Dr Tan Siok Bee is an advanced practice nurse. She is a graduate from the University of Sydney and National University of Singapore. She obtained her PhD from The Melbourne University and her research focus was on coping and well-being of caregivers of people with Parkinson.

Why Kindness Works for Parkinson Warriors and their Caregivers

BY DR. WILLIAM WAN, GENERAL SECRETARY, SINGAPORE KINDNESS MOVEMENT



Being kind to themselves also means being sensitive to self-needs, take time off without feeling guilty, and be willing to receive help from others.

“I make sure I get a break every now and then. I am not too focused on my husband alone, but I take time to enjoy other hobbies and sports. This also gives other people the chance to take over my position as caregiver.” – A caregiver from Singapore

The Battle against Parkinson is not fought alone. There are many unexpected allies.

It is a fact based on research that being kind to oneself helps, in the best of circumstances. It means having a positive attitude, “can do” mindset. And this is very helpful to Parkinson Warriors.

“Often people will approach me to assist me to bring the wheelchair in and out of the car boot. They see the need and they simply come forward to help. Surprisingly, most of them are the foreign workers and cleaners.” – A caregiver from Singapore

“One of the words I have heard over and over is ‘If you really want to do it, don’t let Parkinson tell you that you can’t!’ Throughout this journey I have seen things change in my life that I struggle with daily. Lately I have lost the ability to sing. That has been my biggest loss to date as I have sung my whole life. So, today I do a great lip sync with any song I hear. As I have been told, “If you enjoy it, find another way to enjoy it.” - Phil Petrsek, a Parkinson Warrior.

The story of my Parkinson’s journey so far is mostly about the importance of your mate, your family, your friends and colleagues plus the goodwill of fine decent people that appear out of thin air, most of whom you know for only moments, who graciously support your will to fight on. - Dennis, Patient, Husband.

Caregivers are unsung heroes who faithfully fight alongside Parkinson Warriors. Even as Parkinson Warriors benefit from being kind to themselves, they will be a great encouragement to the caregivers when they show kindness to them. Being kind is as simple as being more appreciative towards the caregivers, and being more cooperative in following their instructions.

Of course, kindness from the caregivers is equally important.

“With patience and love, you can do anything for the Parkinson warrior. We need to understand their needs and limitations to know what is best for them.” - A caregiver from Singapore

“Simple human companionship cannot be ignored. The loving presence of a good friend or family member simply cannot be replaced by assisted care staff. I would frequently take my mom out for a ride in the car, or for a wheelchair spin around the block on a sunny day, or would simply sit with her and hold her hand for an hour or two, even if we didn’t talk much. Even when she got to an advanced stage and couldn’t communicate, I knew that she felt loved and cared for and knew she was not being ignored.” - Peter Adams, Caregiver.

In the battle against Parkinson, kindness all around gives the Parkinson Warriors the love-in-action needed to win this war – emotionally and psychologically.