

BISHAN TAI CHI INTEREST GROUP MEMBERS FUNDRAISE WITH DECOUPAGE



Apart from being a leader in the Tai Chi for Health community in Singapore, Jennifer Chung also coordinates the Art & Craft classes at Parkinson Society Singapore (PSS).

Together with a group of Tai Chi members, Jennifer and her team had been working on a fundraising project for the Parkinson community in the past few months.

Their project aims to raise funds from the sale of specially designed bags, luggage tags, tissue and candle holders using the art of decoupage. Known as 'd couper' in French, decoupage is a craft that entails pasting cut-outs to an object and then covering them with several coats of varnish or lacquer.

Jennifer taught this form of craft to our members and volunteers at the Art & Craft programme at PSS. They used decoupage to decorate their very own bags and more!

**THE PROJECT RAISED \$4500.
PSS WOULD LIKE TO EXTEND OUR
APPRECIATION TO JENNIFER AND HER
TEAM FOR THEIR GENEROUS SUPPORT!**



RENEWAL OF PSS MEMBERSHIP

Dear Members of PSS, please be reminded to renew your membership with us for Year 2016. Details can be found in our membership form enclosed.

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Information correct at the time of printing



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DONATE BY
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Cheques made payable to
"Parkinson Society
Singapore"

To make a donation to us by post, please mail 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.

DONATION ACKNOWLEDGEMENTS INDIVIDUAL DONORS

Mr Wong Kan Seng
\$10,000

Mr Ho Hwei An
\$5,000
(In Loving Memory of
Mr Ho Thian Cheh)

Mr Cheow Kian Poh
\$1,500

Mr Tan Kia Yong
\$1,110

The Late
Mdm Wee Lien Yah
\$1,000

Mrs Lim
Loo Peng Lena
\$1,000

Mr Chew Hock Huat
\$1,000

Mr Nicholas
Tan Han Rhong
\$1,000
(In Loving Memory of
Mr Peter Tan Kee Boo)

Thank you!

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PARKINSON'S NEWS



PSS YEAR-END PARTY



PSS held our annual Year-End Party on 5th December. More than 100 PSS members, their families, and friends attended the lunch at Tim Palace restaurant.

Led by our emcees Edward Foo and Jennifer Chung, an exciting line-up was arranged for our guests. One of the highlights of the afternoon was a performance by our very own musical group, Bestlife. The group members comprise Alvin Tan, Jason Foo, John Lim, Melvyn Chiang, Lawrence Yong and Ricky Wong. The six men engaged the entire room with their melodious voices as they sang an original lyrical composition titled 'PD Song'.

The programme for the party included games, karaoke, and even a lucky draw.

During the celebration, we also had our 8th Parkinson Star Awards. Three caregivers received awards at this year's event – Mdm Oh Bee Low, Mdm Tan Lee Lee, and Mdm Ong Kiu Eng. They were recognized for their outstanding dedication and efforts in caring for their loved ones who are living with Parkinson. They are also an inspiration to others in our community through their exemplary acts, encouraging friends and their families to remain resilient in times of adversity.

Congratulations once again to our winners!



PARKINSON SUPPORT GROUP CALENDAR 2016

Singapore General Hospital (SGH)

Group Discussion

4th January
11am – 1pm

Communication Changes in Parkinson

1st February
11am – 1pm

Facilitator: Speech Therapist

Deep Brain Stimulation

7th March
11am – 1pm

Facilitator: Dr Nicholas Kon (Neurosurgeon)

Sessions conducted by SGH will be held at the Learning Space (Block 6, Level 1). For enquiries, please contact Nurse Usanee at 9295 3331 or email neurocare@sgh.com.sg.

Tan Tock Seng Hospital (TTSH)

Parkinson & Traditional Chinese Medicine (Mandarin)

14th January
2.30pm – 4.30pm

Facilitator: Mr Brandon Yew Cheng Wai
(Acupuncturist, TTSH)

Parkinson & Traditional Chinese Medicine (English)

25th February
2.30pm – 4.30pm

Facilitator: Mr Yan Yew Wai (Acupuncturist, TTSH)

Advanced Parkinson Treatment: Deep Brain Stimulation (Mandarin)

10th March
2.30pm – 4.30pm

Facilitator: Dr Nicholas Kon
(Consultant/Neurosurgery, NNI)

Sessions conducted by TTSH will be held at the National Neuroscience Outpatient Clinic (Level 1). For enquiries, please call 6357 7138.



MAX MIND PROGRAMME AT ST LUKE'S

Max Mind is a specially tailored cognitive programme in Singapore, designed by Occupational Therapists for People with Parkinson (PwP). Max Mind focuses on developing and continuously practicing different cognitive skills and strategies to function successfully in daily living activities. It aims to equip participants with the skills to enhance participation in daily living activities and to engage in cognitive stimulating activities. Benefits of this programme include:

- Building of a support network
- Keeping the mind active through cognitive stimulation games
- Learning lifestyle redesign
- Learning strategies to overcome cognitive challenges in daily life

For enquiries, please contact Ms Tan Ai Hua at 6895 3283.



LIFE IN BALANCE – EMOTIONAL FREEDOM TECHNIQUE

Emotional Freedom Technique or EFT is an amazing yet simple healing technique that produces profound effects. It is a meridian-based therapy with a wide range of applications that connects mind, body and emotions via the body's energy system.

COURSE FEE

\$10 (PSS Member) / \$20 (Non-Member)

DATE & TIME

23rd January, 10am-1pm
26th March, 9.30am-12.30pm

All sessions will be held at The Parkinson Centre @ Bishan. Please contact our staff to register.

MOVING WELL WITH PARKINSON - EXERCISE CLASSES AT ST LUKE'S

Weekly sessions of physiotherapy are conducted at various St Luke's ElderCare centres. Physiotherapists at these centres have been trained and are equipped with specific physiotherapy skills that are being applied at The Parkinson Centre.

These centres improve the accessibility to the physiotherapy services by making it convenient for the patients to visit a centre nearer to their homes. Patients also benefit from savings in transport costs and shorter travelling time. Frequency of the weekly classes vary with each location. The duration for each session is one hour. A doctor's referral is required for registration.

For more information, please contact the respective centre managers. St Luke's ElderCare Centres:

1 BUKIT TIMAH (Monday Afternoons)

Blk 310 Clementi Ave 4, #01-263,
Singapore 120310
Tel: 6873 1772

2 CHANGKAT (Friday Mornings)

Blk 350 Tampines St 33, #01-438,
Singapore 520350
Tel: 6789 9956

3 TELOK BLANGAH (Tuesday Afternoons)

Blk 33 Telok Blangah Way, #01-1038,
Singapore 090033
Tel: 6273 3466

4 YISHUN (Tuesday Mornings)

Blk 740 Yishun Ave 5, #01-490,
Singapore 760740
Tel 6759 9053



A TRIP TO GARDENS BY THE BAY WITH PWC

In celebration of International Accountants' Day, PricewaterhouseCoopers organized an outing to Gardens by the Bay for PSS members and their caregivers.

A total of 37 PSS members and caregivers participated in the visit to the Flower and Cloud Domes on 5th November. Joined by volunteers from PwC, participants enjoyed interacting with one another while they admired the lush greenery and floral displays.

8TH PARKINSON STAR AWARDS WINNERS



1 Mr Oh Keng Seng was diagnosed with Parkinson in 2002. Since then, Mr Oh has been raising his son single-handedly while coping with his condition. **MDM OH BEE LOW**, his sister, took on the daily task of caring for Mr Oh 24/7. She brings him to his doctor's appointments, accompanies him to all of his classes at PSS, and due to his swallowing difficulties, ensures that he consumes milk intravenously every three hours. Though in her late sixties, Mdm Oh demonstrates acts of selflessness as she focuses her time and energy on prioritizing her brother's needs. Mdm Oh is truly a beacon of inspiration to other members and caregivers in the Parkinson community. When she is at PSS, Mdm Oh mingles with others, constantly offers advice and share experiences with those around her. She takes joy in watching her friends enjoy and participate in their classes. For Mdm Oh, being happy in life is most important.



2 **MDM TAN LEE LEE** is caregiver to her husband, Mr Chua, who suffered a stroke in 2000 and was diagnosed with dementia the following year. A few years later, Mr Chua also discovered that he had Parkinson. Mdm Tan decided to resign from a job that she had loved very much to care for her husband round-the-clock. Due to dementia, Mr Chua's ability to comprehend is limited but Mdm Tan is always patient in guiding and reassuring him on the details, such as the exercise steps he is required to perform during his physiotherapy sessions. Despite being a full-time caregiver, Mdm Tan enrolled herself into a degree course in Applied Psychology, a field of study she had always wanted to pursue. She would bring Mr Chua along to her classes, and coped well in her studies. Mdm Tan has a dream to write a book on her experiences of being a caregiver one day, in hope of helping others who may be facing similar obstacles.



3 **MDM ONG KIU ENG**'s husband was diagnosed with Parkinson five years ago. Soon after the diagnosis, Mdm Ong decided to dedicate all of her time as his caregiver by resigning from her job. The couple are active members at PSS, participating in the centre's programmes at least thrice a week. Commuting mostly by train, Mdm Ong faces the constant challenge of maneuvering her husband's wheelchair on public transport. Despite setbacks, Mdm Ong always ensures that she maintains her cheerful smile and positivity. She is truly a great encouragement to others in the Parkinson community.

MICROSOFT RUNS STANDARD CHARTERED MARATHON FOR PSS

When the Microsoft Search Advertising team in Singapore knew that their Vice President Matt Lydon was diagnosed with Parkinson, they wanted to play an active role in supporting a cause that was close to his heart.

The team combined their efforts to create a campaign on humanitarian crowdfunding platform GIVEasia. This campaign aimed to raise funds and awareness for the Parkinson community through their participation in this year's Standard Chartered Marathon. The Microsoft team reached out to colleagues and friends to gather support for their representative Ong Yuh Soon, who took part in the 42.195km marathon.

