

PARKINSON NEWS

CHINESE NEW YEAR PARTY 2017



PSS held its Chinese New Year party for members on Saturday, 11th February at the Parkinson Centre.

With an attendance of over 60 PSS members and their caregivers, regular volunteers and staff members, the event was a lively gathering peppered with food, games and prizes. PSS staff organized an exciting line-up of games

and activities to entertain everyone. From the moment a guest stepped in, they were immediately drawn into a guessing game and ushered to their seats within a circle.

PSS President, Julie Lau, gave a short welcome speech before the non-stop festivities began. From quiz and song trivia which evoked nostalgia of the past, puzzles which challenged cognitive abilities, sensory riddle games that required much teamwork and all five senses, to physical games for practicing fine motor skills and guessing games based on sheer luck, there was something for both the Parkinson patients and their caregivers.

Guests were also treated to a comedic round of charades by one of our physiotherapists, Andrea, and our regular volunteer Hwee Hiang. After a heartening buffet lunch, everyone was

free to mingle or sing their hearts out in a karaoke session. Current and new PSS members got to interact with each other. The party rounded off with a prize-giving ceremony where everyone went home with a memento of this cheerful event.

PSS would like to thank our supporters, volunteers and participants for making the Chinese New Year party possible!

We would also like to thank the L'Oréal group for sponsoring the door gifts for the event.



PARKINSON SUPPORT GROUP CALENDAR 2017

Changi General Hospital (CGH)	Singapore General Hospital (SGH)	Tan Tock Seng Hospital (TTSH)
Understanding Your Diagnosis and Treatment Regime 6 April 2017 2.30pm – 4.30pm Doctor and Pharmacist	Zumba 3 April 2017 11am – 1pm Physiotherapist	Advanced PD Management : Deep Brain Stimulation 13 April 2017 2.30pm – 4.30pm Dr. Nicolas Kon, NNI
Moving with PD: Reviewing Movement Strategies 20 April 2017 2.30pm – 4.30pm Physiotherapist	Cognitive Strategies for Enhancing Occupational Performance 8 May 2017 11am – 1pm Occupational Therapist	PD & Medication (Mandarin) 11 May 2017 2.30pm – 4.30pm Dr. Au Wing Lok, Senior Consultant / Neurology, NNI
A Conversation on Speech and Swallowing 25 May 2017 2.30pm – 4.30pm Speech Therapist	Living with DBS Sharing by Patients with DBS 3 June 2017 11am - 12.30pm Cheek Poh Gek, Resident Nurse	PD & Medication (English) 8 June 2017 2.30pm – 4.30pm Dr. Tay Kay Yaw, Senior Consultant / Neurology, NNI
Community Resources/ Social Support 22 June 2017 2.30pm – 4.30pm Medical Social Worker	Deep Brain Stimulation 5 June 2017 11am – 1pm Dr. Nicolas Kon, Neurosurgeon	PD and Current Research Update (Mandarin) 13 July 2017 2.30pm – 4.30pm Dr. Zhang Chang Wu, Research, NNI

Sessions conducted by CGH will be held at Meeting Room 34, Level 3 Integrated Building (opposite Medical Social Services). For enquiries, please call Medical Social Services at 6426 8600 or 6426 8601.

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.

Sessions conducted by TTSH will be held at the **National Neuroscience Outpatient Clinic (Level 1)**. For enquiries, please call 6357 7138 or website <http://www.nni.com.sg>.

YOUTHFUL PARKINSON CIRCLE (YPC)

YPC is open to Parkinson Society Singapore members who have been diagnosed before age 60 or with/without school-going dependents. The support group meets every two months and also welcomes those who are newly diagnosed with Parkinson's.

SPEECH & SWALLOWING WITH PARKINSON'S

People with Parkinson experience changes in speech, voice and swallowing, such as problems communicating due to mumbled speech and difficulty swallowing. This session will help you better understand and manage speech and swallowing problems.

Saturday, 27 May 2017
2pm - 4pm

Speaker: Rachel Chia, Speech Therapist
Venue: The Parkinson Centre
Blk 191 Bishan Street 13, #01-415 Singapore 570191



Registration is open only to members of the Parkinson Society Singapore. Please contact our staff at 6353 5338 or email us at info@parkinson.org.sg to register. Topics may be subject to change.

CHINESE NEW YEAR CLAY ART WORKSHOP

Creative arts has been known to have a calming effect on People with Parkinson (PwP). Engaging in artistic pursuits helps in their ability to cope with their condition.

Mr Leonard Kok from the Creative Clay Company conducted a festive food-themed clay art workshop at the Parkinson Centre on 19th January 2017. Participants learned how to shape clay into a colourful miniature collection of traditional CNY goodies, ranging from pineapple tarts to mandarin oranges!

The motions required to shape miniature clay figurines was a good opportunity to practice fine motor skills for PwP as they used an array of small tools to cut, pinch and press the shapes into delectable food art.



UPCOMING WORKSHOPS

PARENTS DAY JELLY MAKING WORKSHOP

Learn how to create fancy cakes from the humble agar jelly known to everyone's childhood days!

Date: 6 June 2017 (Tuesday)

Time: 10.00am – 12.30pm

Instructor: Cindy Teo



THE ART OF FINGER PAINTING

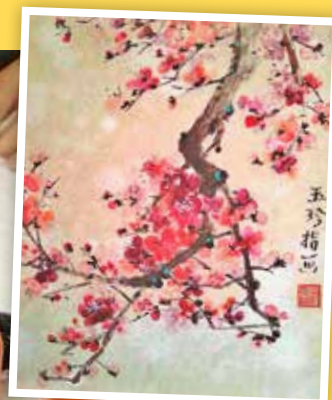
Find out more about how you can use your fingers to create delicate works of art. Finger painting is not just for children.

Total No. of Sessions: 4

Dates: 1/6, 8/6, 15/6, 22/6

Time: 11.00am – 12pm

Instructor: Ng York Chan



LIFE IN BALANCE – EMOTIONAL FREEDOM TECHNIQUE

Emotional Freedom Technique or EFT is a healing technique that is easy to learn and produces profound effects for our participants such as relief from stress, pain and distress. EFT uses elements of Cognitive Therapy and Exposure Therapy, and combines them with acupuncture, in the form of fingertip tapping on meridian points.

**20 May 2017 (Saturday)
9.30 am – 12 pm**

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

This programme is conducted at the Parkinson Centre by Dr Tan Siok Bee. Please call the Centre at 6353 5338 to register.

DANCE YOUR MIND PROGRAMME

Dance Your Mind is specially designed by Occupational Therapists (OTs) and dance trainers for People with Parkinson (PwP) with the aim to improve their quality of life through increasing their range of motion while strengthening their muscles.

This new programme uses the fundamental dance movement patterns and adapts LSVT BIG (Lee Silverman Voice Treatment) movement concepts. PwP can look forward to overall improvements in functional mobility, balance, gait and confidence.

**Every Monday from 15 May 2017
(10 sessions)**

**The sessions will be conducted
in English & Mandarin.**

To enquire, please call the Centre at 6353 5338 or email info@parkinson.org.sg.



CAREGIVERS' WORKSHOP

Meal Planning: Healthy Meal Preparation for People with Parkinson

Diet is especially important for people with Parkinson (PwP). During this session, dietician Michelle Wong will discuss and highlight the need to recognize protein distribution for PwP. She will share tips on making healthy meals. There will also be a live cooking demonstration.



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

This programme is conducted at the Parkinson Centre and is strictly for caregivers only. To register, please call the Centre at 6353 5338 or email info@parkinson.org.sg.

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

Are you too far away from the Parkinson Centre at Bishan? Consider the weekly physiotherapy sessions conducted at various St Luke's ElderCare (SLEC) centres which may be more accessible from your homes. For more information, please contact the respective centre managers.

- 1 BUKIT TIMAH CENTRE**
Blk 310 Clementi Ave 4, #01-263,
Singapore 120310
Tel: 6873 1772
- 2 CHANGKAT CENTRE**
Blk 350/351 Tampines St 33, #01-438,
Singapore 520350
Tel: 6789 9956
- 3 TELOK BLANGAH CENTRE**
Blk 33 Telok Blangah Way, #01-1038,
Singapore 090033
Tel: 6273 3466
- 4 NEE SOON CENTRAL CENTRE**
Blk 766 Yishun Ave 3, #01-295,
Singapore 760766
Tel: 6759 9053

ANNUAL GENERAL MEETING INVITATION 2017

PSS cordially invites all members of the Parkinson Society Singapore to attend the upcoming Annual General Meeting 2017

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

Date: 13th May 2017 (Saturday)

Time: 9.30am – 11.00am

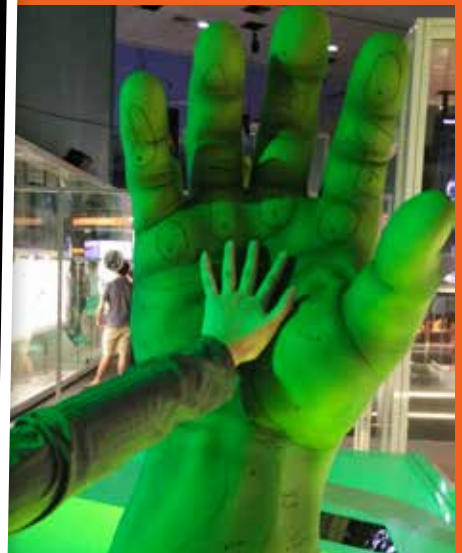
Come along and get to know the PSS Board Members and find out more about PSS.
Refreshments will be provided after the meeting.

Please RSVP by emailing info@parkinson.org.sg with your name and contact number, or calling the Parkinson Centre staff at **6353 5338**.

OUTING TO MARVEL AVENGERS STATION EXHIBITION SPONSORED BY THE SINGAPORE SCIENCE CENTRE

PSS would like to express our thanks to the Singapore Science Centre for their generous sponsorship of 90 tickets for PSS members to visit the internationally renowned Marvel Avengers Station Exhibition at the Science Centre on 19th February 2017.

The tickets were quickly snapped up. PSS members and their families had a fun Sunday outing, exploring the real science behind the popular Marvel superhero movie series, The Avengers.



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www.giveasia.org

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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 your full name, NRIC No. and contact number on reverse side of cheque.

PARKINSON SOCIETY SINGAPORE SOCIAL MEDIA



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