

# PARKINSON NEWS



**Social interactions are crucial in leading a healthy lifestyle for PwP. Getting out to socialize and strengthen relationship bonds has been proven to boost feelings of well-being and decreases feelings of depression in people.**

**With the generous support of our partners PwC Singapore and the Esplanade, we were able to organize two group outings for our members and their caregivers to experience the lighter side of life and to bond with each other.**

## YMCA PROMS AT THE PARKS

YMCA Proms at the Park was an eventful Saturday afternoon outdoors on 22 July 2017. 22 beneficiaries and their caregivers were invited to join in an afternoon of activities at a lively carnival. An interactive guided museum tour at the Asian Civilization Museum provided ample opportunities for them to experience traditional regional culture. Thereafter, the group enjoyed the exciting stage performances from their front row seats, over dinner and participated in the various carnival game booths.



## ESPLANADE PRESENTS: COFFEE MORNING AND AFTERNOON TEA – BILLBOARD BELLES



On 4 September 2017, 18 beneficiaries of the Parkinson Society Singapore were invited to take a musical trip down memory lane at the Billboard Belles performance, as part of the Coffee Morning and Afternoon Tea series by the Esplanade – Theatres by the Bay. From lively disco hits by Donna Summers to a soothing medley of The Carpenters classics, the Billboard Belles (a powerhouse female trio) filled the afternoon with their versatile renditions of songs and witty repartee. "It was nostalgic and brings back wonderful memories of yesteryear." Said Mr Tahir, one of many who clapped along to the catchy tunes.



# PARKINSON STAR AWARDS

Parkinson Society Singapore organises the Parkinson Star Awards to celebrate outstanding individuals in the local Parkinson community. It takes a tremendous amount of courage and strength to persevere and go through life with Parkinson. Every day, people with Parkinson (PwP) and their caregivers do extraordinary things in spite of the challenges they face in life.

We would like to showcase stories of people in the Parkinson community, who by their actions, and lives, inspire all of us. They show us that you don't have to be great to do good. They also show the tenacity of the human spirit and its capacity to enhance the quality of life.

If you know a PwP or a caregiver of a PwP who should be honored for being an inspiration, we invite you to tell their story and nominate them for the Parkinson Star Award!

The best three entries will be presented with the Parkinson Star Awards at Move to Beat Parkinson 2018!

## HOW TO NOMINATE

Fill in the Nomination Form and either email [info@parkinson.org.sg](mailto:info@parkinson.org.sg) or send it to the Parkinson Centre at BLK 191, Bishan Street 13, #01-415, Singapore 570191.

### NOMINATION CRITERIA

- Nominee must be an active PSS member or a caregiver of an active PSS member.
- Nominee must be alive – posthumous nominations are not allowed.
- Nominations must be made on official forms and be under 200 words
- Nomination period is from **1 November 2017 to 1 March 2018**.
- The judges' decision is final.

Winners and highly commended entries will be announced at the Parkinson Star Awards ceremony during Move to Beat Parkinson 2018 in April 2018.

## NOMINATION FORM

### I WOULD LIKE TO NOMINATE

Name: \_\_\_\_\_

Age: \_\_\_\_\_

NRIC: \_\_\_\_\_

Contact Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

### NOMINATED BY

Name: \_\_\_\_\_

Age: \_\_\_\_\_

NRIC: \_\_\_\_\_

Contact Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

1. Tell us more about the background of the PwP or the Caregiver of the PwP (e.g. how long has the nominee been living with Parkinson or their PwP)

\_\_\_\_\_

2. Why does the nominee deserve the Parkinson Star Award?

\_\_\_\_\_

3. What are some specific examples of incidents or deeds in which the nominee has demonstrated qualities which makes them worthy of the Parkinson Star Awards?

\_\_\_\_\_

# STUDENT COLLABORATIONS:

RUN FOR PARKINSON, GAMES DAY, PROJECT NEURON, INDOOR GARDEN WORKSHOP

This year, PSS is proud to have collaborated with dedicated students from Hwa Chong Institution and Nan Chiau High. Project Axon and Project Novo, by two groups of student volunteers from Hwa Chong Institution, involved the organization of several craft workshops and events for the Parkinson community. Their successful initiatives were met with overwhelming response both from PwP and the public.

## PROJECT NOVO'S RUN FOR PARKINSON 2017

130 participants from all walks of life including PwP, turned up at Pasir Ris Park on 13 August 2017 for the inaugural Run for Parkinson 2017 charity walkathon organised by Project Novo, a service-learning group from Hwa Chong Institution, in partnership with the Central Singapore Community Development Council (CSCDC).

Walkers or runners chose from either a 5 KM or 8 KM route through the lush open expanse of the park, with a scenic sea view along the way. PSS Board member Ms Theresa Goh flagged off the walkathon as the Guest-of-Honour and kicked off the event with a stirring speech from the perspective of a caregiver to a PwP.

After the run, various booths including the Parkinson Stimulator enabled participants to better understand more about Parkinson.



## PROJECT AXON'S GAMES DAY 2017

On a fine Saturday morning of 15 July 2017, Project Axon, a group of students from Hwa Chong Institution, organized the inaugural Project Axon Games Day for the PwP in the local community. Aimed at encouraging exercise and social bonding, the Games Day got PwP and their families and friends together with student volunteers to play old school station games at Toa Payoh Town Park.

Games Day comprised of many fun and exciting game stations carefully planned by the students. These ranged from bocce ball to pick-up games, which were meant to enhance dexterity. At the carnival games stations, participants earned points and stamps with each station game and redeemed prizes to take home.

## INDOOR GARDEN WORKSHOP

(TEAM U HAPPY I HAPPY - NAN CHIAU HIGH SCHOOL)

Having plants indoor helps people to relax and unwind. Miniature indoor gardening is a space-efficient activity which serves functional and decorative purposes for People with Parkinson (PwP). The students guided 23 PwPs in creating their own living decorations from potting to plant care in three casual workshops.

From potting the plant to decorating the home, this hands-on activity provided a creative outlet for PwP, as well as a practical final product which could be useful to them in the long run. Over time, caring for plants has been proven to reduce stress by providing a sense of satisfaction from watching the plant grow.



## PROJECT NEURON PUBLIC AWARENESS (TEAM U HAPPY I HAPPY - NAN CHIAU HIGH SCHOOL)

On 16 July 2017, Nan Chiau High students of Team U Happy I Happy embarked on Project Neuron, an outreach project aimed at raising public awareness of Parkinson. The team were at Vivo City bright and early, and approached passersby for a friendly chat on what Parkinson was all about.

The public was then asked to leave a message on notice boards for the PwP. The heartening messages were later shown to the PwP at the Parkinson Centre to encourage them to live their lives to the fullest.



# 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 acupressure, in the form of fingertip tapping on meridian points.

**16 December 2017 (Saturday)  
9.30 am – 12 pm**

Fee: \$20 (PSS Member) / \$30 (Non-PSS Member)

This programme is conducted at the Parkinson Centre by Dr Tan Siok Bee. To register, please call the Centre at 6353 5338 or email [info@parkinson.org.sg](mailto:info@parkinson.org.sg).

# YOUTHFUL PARKINSON CIRCLE (YPC)

YPC is open to Parkinson Society Singapore members who have been diagnosed before age 60 or with school-going dependents. The support group meets every two months and welcomes newly diagnosed patients to join the group.

## MANAGING MEDICATIONS FOR PWP

Participants will learn more about managing medications used in PwP, and how to cope with the complications of it from a pharmacist.

**25 November 2017 (Saturday)  
2 PM – 4 PM**

To enquire, please call the Centre at 6353 5338 or email [info@parkinson.org.sg](mailto:info@parkinson.org.sg).



# CAREGIVERS' WORKSHOP

**Effects of Parkinson  
on Communication and Swallowing:**

## WHAT CAN YOU DO AS A CAREGIVER?

PwP often struggle with progressive difficulties in both communication and swallowing functions. Speech therapists are actively involved in the assessment and treatment of persons with communication and swallowing impairments, and frequently work closely with PwP and their family/caregivers in managing these difficulties.

**Speaker Kai Ting** is a Speech Therapist with Tan Tock Seng Hospital. She provides assessment and intervention for persons with swallowing and/or communication disorders arising from a range of neurological disorders, including Parkinson. She is also certified in the administration of Lee Silverman Voice Treatment targeted at PwP.



**16 December 2017  
(Saturday)  
9am – 12pm**

Fee: \$20 (PSS Member) / \$30 (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](mailto:info@parkinson.org.sg).

# HAVE YOU RENEWED YOUR PSS MEMBERSHIP FOR 2018?

For more information, please visit the Parkinson Centre or [www.parkinson.org.sg/membership](http://www.parkinson.org.sg/membership)



## PWR WORKSHOP

Neurologic clinical specialist and physiotherapist Dr. Claire McLean returned to conduct the Parkinson Wellness Recovery (PWR) workshop at the Parkinson Centre on 13 July 2017. She updated on the most recent research-based evidence and advocated for exercise as a first line of defense to the 35 People with Parkinson (PwP) and their caregivers who attended the workshop.

This year's PWR workshop revolved around using Exercise as Medicine, a creative metaphor complete with dosage, durations and side effects. Aside from highlighting multiple recent scientific studies about the benefits of exercise in PwP, Dr. McLean also brought up her own real life case studies of PwP whose lives had been improved after taking up regular exercise, providing new sources of inspiration for the audience.

Addressing the less prominent issue of emotional and mental well-being with Parkinson, Dr. McLean introduced the concept and practice of mindfulness and meditation



as stress reduction techniques. Stress has been associated with worsening mobility in PwP, which is why reducing and managing stress in daily life is crucial.

Dr. McLean currently runs a practice in Southern California to allow continuous access to physical therapy, exercise classes and wellness programme throughout the year in a clinical setting as well as in the community.

## PARKINSON'S DISEASE: FACING THE FUTURE WITH HOPE

Whether you have Parkinson, caring for a person with Parkinson or interested to find out more, you are welcome to join us in this public forum organized by the National Neuroscience Institute.

### Topics covered:

- Facing the Truth about PD
- Treatment Options, Researching to Embrace Hope
- The Importance of Exercise for PwP
- Facing the Realities with Hope for the Future
- Moving Towards a Brighter Tomorrow Together

**Date:** 25 November 2017 (Saturday)

**Time:** 9 AM to 11 AM

**Venue:** Bishan Community Club,  
51 Bishan Street 13.

**Fee:** Free of Charge

To enquire, please call the Centre at 6353 5338 or email [info@parkinson.org.sg](mailto:info@parkinson.org.sg).



## EMPOWERING PARKINSON IN ACTION

'Empowering Parkinson in Action' is a weekend bootcamp for PwP and their caregivers. Learn all about Parkinson from the experts through interactive lectures, forums and skill-based sessions.

Attendees can meet therapists and fitness professionals who understand the importance of mental & physical health, including topics such as Positive Living in Managing Parkinson, Intimacy and Relationships with PD, and more!

There are separate sessions for caregivers to share their thoughts on how to better care for their loved ones. So, get yourself ready for some Education, Empowerment and Action for Parkinson in this coming bootcamp!

**Dates:** 20 January 2018 (Saturday)

21 January 2018 (Sunday)

**Time:** 8.30am – 5.00pm (Saturday)

8.30am – 4.30pm (Sunday)

**Venue:** Bishan Community Club  
51 Bishan St 13, Singapore 579799

**Fee:** \$45 per person

To enquire, please call the Centre at 6353 5338 or email [info@parkinson.org.sg](mailto:info@parkinson.org.sg).

# PSS BOARD

## PRESIDENT

Ms Julie Lau

## VICE PRESIDENT

Mr Marcus Lam

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A/Prof Louis Tan

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Dr Tan Siok Bee

Ms Neo Lay Tin

Ms Theresa Goh

Mr Melvyn Chiang

Dr Dawn Tan

Dr Tay Kay Yaw

Ms Li Wei

Dr Tan Hooi Hwa

Dr Tan Boon Wan

Ms Susan Wong

# PARKINSON SUPPORT GROUP CALENDAR 2017

## Changi General Hospital (CGH)

### Advance Care Planning

19 October 2017  
2.30pm – 4.30pm

ACP Facilitator

### Year End Party

9 November 2017  
2.30pm – 4.30pm

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.

## Singapore General Hospital (SGH)

### Medications Used in Parkinson's Disease

6 November 2017  
11am – 1pm

Pharmacist

### Year End Party

4 December 2017  
11am – 1pm

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)

### PD & Mood (English)

12 October 2017  
2.30pm – 4.30pm

Dr Chan Lai Gwen  
Consultant / Psychological  
Medicine, TTSH

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>.



Like us on our official Facebook Page at [www.facebook.com/ParkinsonSocietySingapore](http://www.facebook.com/ParkinsonSocietySingapore) or scan the following QR code to get to our page.



Follow us on our official Instagram account at [@ParkinsonSocietySingapore](https://www.instagram.com/ParkinsonSocietySingapore) for the latest snapshots of our activities!

Information correct at the time of printing

## WAYS YOU CAN DONATE

### DONATE ONLINE VIA GIVING.SG



[www.giving.sg](http://www.giving.sg)

### DONATE ONLINE VIA GIVEASIA



[www.giveasia.org](http://www.giveasia.org)

### DONATE BY CHEQUE / POST



Cheques made payable to  
"Parkinson Society  
Singapore"

To make a donation 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 the reverse side of the cheque. Please make cheque payable to 'Parkinson Society Singapore'.



Parkinson Society Singapore

### PARKINSON SOCIETY SINGAPORE (PSS)

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