

PARKINSON NEWS

TEE TO BEAT PARKINSON 2018



Parkinson Society Singapore (PSS) held its biennial charity golf & dinner “Tee to Beat Parkinson 2018” on 13 July at Orchid Country Club. Guest-of-Honour Mr Seah Kian Peng, Member of Parliament for Marine Parade GRC and CEO of NTUC Fairprice Co-operative, graced the event, joining 150 other golfers to tee off for a good cause.

The dinner function was attended by over 300 guests. Thanks to Master of Ceremony, Mr Edwin Seow, the audience was kept engaged and enjoyed a night of bonding over food and entertaining performances.

Associate Professor Louis Tan, Secretary of the PSS Board, presented our Guest-of-Honour Mr Seah with a calligraphy masterpiece by our calligraphy instructor Mr Ma Poh How, as a token of appreciation for gracing the event.

Whilst guests were enjoying dinner, Mr Robin Tong, a PSS member who also performed at this year’s “Move to Beat Parkinson” event, serenaded the crowd with songs in Chinese and Japanese. Mr Tong’s lively singing is proof that Parkinson should not deter anyone from pursuing their passion.



Veteran performer Mr Alfred George also wowed the crowd with “The Legends Show” – a medley of love ballads featuring voice impersonations of international icons such as Elvis Presley and Michael Jackson.

Running concurrently with the dinner was an auction to raise funds for PSS. Prints of oil paintings by the late prominent Chinese-born Indonesian painter Mr Lee Man Fong, Raymond Weil watches, and a pair of antique porcelain figurines were snapped up by our charitable dinner guests.

A total of over \$300,000 was raised for PSS, which will go into defraying the operating costs of The Parkinson Centre.

We would like to extend our heartfelt thanks to all our sponsors, supporters, volunteers and participants for their contribution to the success of “Tee to Beat Parkinson 2018”.

CONGRATULATIONS TO OUR GOLF TOURNAMENT WINNERS

Ms Genevieve Lee
Ladies’ Division Champion

Mr Ryan Rodrigues
Men’s B Division Champion

Mr Davin Goh
Men’s A Division Champion

Mr Loke PK
Overall Champion

A BIG THANK YOU TO ALL OUR SPONSORS!

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COMMUNITY REHABILITATION IN PARKINSON

- PSS Principal Physiotherapist Ms Sylvia Liew

At the 8th Singapore International Parkinson Disease and Movement Disorders Symposium in June held at Singapore General Hospital, Parkinson Society Singapore (PSS) was honoured to have been invited to share on “Community Rehabilitation for People with Parkinson”. The biennial symposium has been attracting a broad audience of more than 400 participants of clinicians, scientists and allied health professionals at each meeting since its inaugural session.

Here are some key highlights from the presentation by our Principal Physiotherapist, Ms Sylvia Liew.

People with Parkinson (PwP) are highly encouraged by their doctors and therapists to move more. How does this help PwP in managing their condition?

When PwP engage in exercise, it has been proven that BDNF (brain derived neurotrophic factor), a powerful protein to stimulate and strengthen brain cells, increases. This occurrence happens regardless of the type and duration of exercise. Exercising also improves non-motor symptoms, namely depression, fatigue, apathy (lack of enthusiasm), anxiety, cognition, and sleep.

Why do PwP experience functional decline? Is this due to the progression of Parkinson or inactivity?

Brain scans and surveys have revealed that it is inactivity that causes functional decline in PwP.

Should PwP exercise at a vigorous level to reduce functional decline?

It does not matter what kind of physical activities PwP engage in. Stand more, move more, and Parkinson movement issues will improve. In a study of 3,000 participants, PwP who exercise consistently and regularly for more than 2.5 hours per week in earlier stages, have a better quality of life than those who do not exercise for 2 years.

How does exercising within community setting benefit PwP?

Community rehabilitation allows PwP to form a bond with their fellow participants. Exercising in a group also promotes long term compliance or more motivation when they exercise together say 2 days per week for an hour to maintain their function, endurance and balance. Additionally, a wide range of recreational activities are also more available within the community setting to help PwP meet the recommended active physical time and enhance their quality of life.

Where can PwP participate in recreational activities suitable for them?

At Parkinson Society Singapore – our Parkinson Centre located in Bishan!

Ms Liew highlighted the exercise classes and recreational programmes available at PSS. These programmes target to improve PwP’s movement, dexterity, voice training and their psychosocial support. Having a wide variety of exercises encourages PwP to enjoy what they are doing to build on their exercise compliance.

Movement Therapy

Physiotherapy classes Our physiotherapists will carry out assessment of what participants can do and assign them to the appropriate classes accordingly. They also review the classes every three months.

Active Kickboxing No contact made physically except on special padded gloves and punching bags. It is a workout on speed, agility and trains the hand eye co-ordination. It enhances balance, function, and quality of life; some say in stamina too.

Dance Providing similar benefits as Kickboxing, this repetitive whole-body sequence workout is accompanied by light music and rhythm, which act as cues to aid movement.

Yoga Another popular class at PSS to stretch in sitting, standing or lying positions. It has shown to improve the well-being of PwP with mild-moderate symptoms.

Tai Chi Controlled multidirectional movement programme combined with breathing technique to aid in balance for PwP.

Voice Therapy

Singing Unlike other voice therapy, singing helps to improve compliance to therapy when voice and respiratory issues are more pronounced. Participants enjoy the sessions where they make improvement in vocalisation and respiration. This can be conducted with their preferred song genre and context.

Dexterity Training

Calligraphy Classes take place every Friday morning. It calms the individual and improves memory.

EMPOWERING LIVES OF PWP

Rehabilitation is a continuous process which involves enabling, facilitating and empowering an individual to improve their quality of life. Ms Liew ended her presentation on a high note by showcasing the outreach programmes offered by PSS for its members, to promote an active lifestyle, including the inaugural “Empower Parkinson in Action” event in January 2018.

To find out more about the activities for PwP, simply log on to www.parkinson.org.sg or call us at 6353 5338.



帕金森之社区康复治疗

— 首席物理治疗师廖慧芯

在2018年6月于新加坡中央医院举行的第8届新加坡国际帕金森病与运动障碍研讨会上，帕金森协会有幸受邀分享了有关“帕金森之社区康复治疗”的课题。这项两年一度的研讨会自创办以来，每一届都吸引了400多名各界参与者，包括临床医生、科研人员以及医疗保健人员等。

以下是本协会的首席物理治疗师廖慧芯在会上发表的一些重点。

医生和治疗师大力鼓励帕金森病友多活动。多活动对帕金森病友有何帮助？

经研究证实，帕金森病友做运动时，BDNF（脑源性神经营养因子）会有所增加。BDNF是一种可刺激和强化脑细胞的蛋白质。无论运动的类型和时间长短都能产生这种效应。勤做运动也可改善非运动性症状，如抑郁、疲劳、冷漠（对事物不感兴趣）、焦虑、认知和睡眠问题。

帕金森病友为何会功能衰退？是因为帕金森病恶化或体能活动不足？

脑部扫描和问卷调查的结果显示，体能活动不足是导致帕金森病友功能衰退的主因。

帕金森病友是否应该参与剧烈运动以缓解功能衰退的情况？

什么样的体能活动并不重要。只要多站立，多活动便可改善帕金森病友的肢体运动问题。一项3,000人参与的研究发现，相对于两年没做运动的病友，在早期每周持续和定期运动2.5小时以上的帕金森病友享有较优质的生活质量。

帕金森病友在社区里做运动有何益处？

社区康复治疗能让帕金森病友和其他病友建立友好关系。病友们一起做运动能互相鼓励和督促，形成一股持续运动的推动力。每周参与集体运动两天，每次一小时，可维持身体机能、耐力和平衡感。此外，病友也可参加各种社区康乐活动，以达到建议活动时间的要求并提高生活质量。

帕金森病友可到哪里参加适合的康乐活动？

新加坡帕金森协会位于碧山的帕金森中心！

慧芯特别指出了新加坡帕金森协会提供的运动课程和康乐活动。这些活动可改善帕金森病友的行动、灵活度、语音，并加强他们的心理社会支持。帕金森病友能从种类繁多的运动课程中找到他们喜欢的活动，这有助于让他们坚持运动。

运动课程

物理治疗课程：我们的物理治疗师会为病友进行测试，并按其能力分配适当的课程。物理治疗师也会每3个月定期为学员们进行测试。

Active 踢拳：除了特殊的手套和衬垫外，这项活动没有任何身体接触。活动融合了速度、灵活度和手眼协调的锻炼。它能增强平衡感，身体功能和生活质量；有些学员觉得耐力也增加了。

舞蹈：具有与踢拳相似的好处。这韵律性的全身训练伴随着轻快的音乐和节奏，可作为有助于行动的提示。

瑜伽：协会另一个备受欢迎的课程。学员可以坐、站立或躺着伸展。已证实可改善轻度-中度症状病友的健康状况。

太极：结合呼吸技巧的多向运动，有助于加强学员的平衡感。

语音课程

歌唱：与其他语音课程不同，当发声和呼吸问题较为显著时，唱歌有助于提高对治疗的依从性。学员在享受上课的乐趣之际，发声和呼吸得以改进。课程可根据学员喜欢的曲风和歌曲内容进行。

灵巧课程

书法：每周五早上进行。练习书法可使人保持心境平和并加强记忆力。

让帕金森病友活跃起来

康复治疗是一个持续的过程，其中涉及帮助并让病友有能力提升自己的生活质量。慧芯也展示了新加坡帕金森协会为鼓励其病友保持活跃所做的各项推广活动，包括于2018年1月举办的首届“Empower Parkinson in Action”活动。

欲知更多有关帕金森病友可参与的活动，欢迎上网www.parkinson.org.sg 查询或致电 6353 5338 与我们联系。



HEARTIEST CONGRATULATIONS FOR BREAKTHROUGH IN PARKINSON RESEARCH

The world's first live human midbrain in a laboratory has been generated - a breakthrough research for Parkinson, all thanks to the hard work and dedication of the National Neuroscience Institute (NNI)-led team comprising Professor Tan Eng King and Associate Professor Louis Tan from NNI, NUS Associate Professor Lim Kah Leong and Professor Ng Huck Hui from the Genome Institute of Singapore, Agency for Science, Technology and Research (A*STAR).

The team won the President's Science Award 2018 for their outstanding contribution in the field of Parkinson, galvanising clinical research and transforming patient care through the identification of clinical biomarkers, development of novel models and therapeutics. The President's Science and Technology Awards, which is into its 10th year, is the highest honours bestowed on exceptional research scientists and engineers in Singapore.

From all of us at Parkinson Society Singapore - congratulations to the NNI-led team, and especially to Associate Professor Louis Tan, who serves as Secretary on the PSS Board: THANK YOU!

In the photo - The recipients of the President's Science Award: (bottom row, far right) Prof Tan Eng King, (back row, far right) Assoc Prof Louis Tan, (back row, second from the right) Prof Ng Huck Hui, (back row, third from right) Assoc Prof Lim Kah Leong.

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.

**17 November 2018
(Saturday)
9.30am to 12noon
The Parkinson
Centre**

Trainer: Dr Tan Siok Bee, Advanced Practice Nurse, Singapore General Hospital
Fee: \$20 (PSS Member) / \$100 (Non-PSS Member)

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

CAREGIVERS' WORKSHOP CARE FOR PEOPLE WITH PARKINSON WHO HAVE UNDERGONE DEEP BRAIN STIMULATION

This session is strictly for caregivers only and will cover all you need to know about Deep Brain Stimulation (DBS) for People with Parkinson and the post-DBS care.

**22 December 2018
(Saturday)
9am to 12noon
The Parkinson
Centre**

Speaker: Ms Li Wei, Advanced Practice Nurse, National Neuroscience Institute, Tan Tock Seng Hospital
Fee: \$20 (PSS Member) / \$30 (Non-PSS Member)

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

In collaboration with Parkinson Society Singapore

PSS has been working with our partner St Luke's ElderCare on tailored programmes for People with Parkinson. If you or your loved ones are unable to join us at The Parkinson Centre in Bishan, here's the list of the 13 St Luke's ElderCare centres where you can participate in various physical activities and exercise classes for PwP.

To register, a doctor's referral is required. For further enquiries, kindly contact the respective St Luke's ElderCare centre managers.

Fees

*One-time physio assessment fee (before GST): charges may vary due to means testing
\$20 for one-time registration fee (before GST)
\$144 for 20 sessions

West Cluster

Ayer Rajah Centre • 150A Pandan Gardens • 6262 1501
Bukit Timah Centre • Blk 310 Clementi Ave 4 • 6873 1772
Clementi Centre • Blk 602 Clementi West St 1 • 6872 2210
Jurong East Centre • Blk 327 Jurong East St 31 • 6569 0415
Keat Hong Centre • Blk 801 Keat Hong Close • 6891 0370
Telok Blangah Centre • Blk 33 Telok Blangah Way • 6273 3466

Central Cluster

Golden Years Centre • Blk 831 Hougang Central • 6386 2273
Hougang Centre • Blk 126 Hougang Ave 1 • 6382 2366
Serangoon Centre • Blk 217 Serangoon Ave 4 • 6258 6004
Whampoa Centre • Blk 97 Whampoa Drive • 6252 9661

North Cluster

Nee Soon Central Centre • Blk 766 Yishun Ave 3 • 6759 9053

East Cluster

Changkat Central Centre • Blk 350 Tampines St 33 • 6789 9956
Tampines Centre • Blk 101 Tampines St 11 • 6786 7688

PARKINSON DISEASE PUBLIC FORUM

Three out of every thousand individuals, aged 50 years and above, have Parkinson. Whether you are diagnosed with Parkinson or care for someone with the condition, or are interested to find out more, you are welcome to join us at this public forum, jointly organized by the National Neuroscience Institute and Singapore General Hospital.

**24 November 2018
(Saturday)
10am to 12.30pm
(registration starts at
9.30am)**

**Singapore General
Hospital, Block 6, Level 9**

*Conducted in English and Mandarin
Pre-registration is required due to limited seats. Admission is free. To register, email all the participant's name(s) and contact numbers to nni_enquiry@nni.com.sg or call **6357 7152/7163**. Please register by 10 November 2018.

YOUTHFUL PARKINSON CIRCLE

Youthful Parkinson Circle ("YPC") is open to members who have been diagnosed between the ages 35 to 59 and with/without school going dependents.

**24 November 2018
(Saturday)
2pm to 4pm**

**The Parkinson
Centre**

Senior Occupational Therapist Ms Dorene Low will be discussing how occupational therapy is used to help PwP continue with their daily tasks.

Speaker: Ms Dorene Low, Senior Occupational Therapist, Singapore General Hospital

Free Registration: Exclusively for PSS Members only
To register, please call the Centre at **6353 5338** or email info@parkinson.org.sg.

STUDENT COLLABORATIONS

Following the success of their initiatives for People with Parkinson (PwP) earlier this year, two groups of service-learning students from Hwa Chong Institution - Project Axon and Project Novo, recently organised three exciting events to conclude their 2018 collaboration with PSS. We would like to thank the students for their earnest contributions to the Parkinson community.

CARNIVAL FORTIS



Organised by Project Axon, Carnival Fortis was held on Saturday, 21 July at The Star Vista. Attracting a total of 635 participants, including 57 PwP, the aptly named Carnival Fortis (Latin for 'strong') exemplified the strong community support for PwP. Participants enjoyed puzzles, mini-golf, hoops, darts, giant bowling, and giant beer pong at game booths. Apart from the fun and games, Carnival Fortis also featured educational booths for the public to learn more about Parkinson.



RUN FOR PARKINSON'S 2018



Back for a second year after a successful debut in 2017, Run for Parkinson's 2018 was held on Sunday, 12 August, at Punggol Waterway Park. This year's event saw over 300 participants in attendance, up from 180 last year. Guest-of-Honour, Jurong GRC MP Ms Rahayu Mahzam, commended participants for running for a good cause.

Switching from a typical stretching warm-up routine, runners were treated to a Zumba workout that got everyone moving to the high tempo music and steps right from the start. After completing the scenic 2km/6km/10km run, participants had the chance to find out more about Parkinson at the PSS booth, as well as tried a Parkinson Simulator to appreciate what PwP go through. They also had a go at activities such as Chinese calligraphy, mind games and paracord tying. PSS member Ms Annie Lan was among several PSS members who attended the event. She shared her inspirational perspective of living with Parkinson with The Straits Times: "When we go out, sometimes people stare at us. But we are no different from them. By exercising every day and keeping myself active, I can complete most tasks on my own and fight against the symptoms."



PROJECT AXON'S MASS PAINTING DAY

Project Axon's Mass Painting Day was held on Friday, 10 August, outside The Parkinson Centre. Starting the day with a clean 4-meter by 2-meter canvas, PSS members stopped by before and after their classes and painted alongside the Project Axon team. Participants first worked on painting the PSS logo, followed by objects that they liked such as flowers and animals. Painting together allowed students from Project Axon to interact with PSS members and feel a shared sense of satisfaction upon completion of the artwork. The painting was framed up and presented to PSS as a token of appreciation for a successful year of collaboration. Today, it is displayed at The Parkinson Centre as a reminder that no one should walk the Parkinson journey alone.

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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

PARKINSON SUPPORT GROUP CALENDAR 2018

Changi General Hospital (CGH)

Lasting Power of Attorney & Advance Care Planning

15 November 2018
2.30pm – 4.30pm

Medical Social Worker

Sessions conducted by CGH will be held at Seminar Room 34/35, 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)

Parkinson's Wellness Recovery!

5 November 2018
11am – 1pm

Physiotherapist

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.

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giving.sg/parkinson-society-singapore

DONATE ONLINE VIA GIVE.ASIA



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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.



Parkinson Society Singapore

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