

YEAR END PARTY 2014

ALOHA!



Parkinson Society Singapore (PSS) held its Year End Party, in conjunction with the 7th Parkinson Star Award (PSA) at the Bliss Garden Restaurant in Singapore Expo on 6 December, 2014. Despite a wet start to the day, more than 140 guests including staff, board members, physiotherapists, volunteers, Parkinson Warriors and their caregivers attended the event.

The guests streamed through the doors with smiles on their faces as staff greeted them with goodie bags before directing them to the ever popular instant photo booth, which was brought in to capture the beautiful memories of the afternoon with instant printouts. As the party was themed "Aloha", everyone came dressed to the hilt in "Hawaiian" outfits such as flowery shirts, grass skirts and beach wear, hoping to be selected as one of the "Best Dressed" winners.

After the opening address by the President of PSS, Ms Julie Lau, the guests were entertained by the witty Master of Ceremony - Clarence K. They played a game of Charade, led by the student volunteers. Do Re Mi instructors, Mr Philip Lam and Ms Gina Fong, performed a duet and also led their students to perform two songs for the audience. Our very own Parkinson Warriors also took to the stage, wowing the audience with their dance performance.

The highlight of the afternoon was the 7th PSA, where PwPs who demonstrated exceptional courage and strength in their battle against Parkinson were nominated. Trophies were awarded by Ms Julie Lau to the three winners, namely Madam Chung Lee Keng (Second Runner-Up), Mr Jason Foo (Runner-Up), and Mr Ho Kong Weng (Champion). Mrs Elise Ho, Centre Manager of PSS also presented tokens of appreciation to all the volunteers.

The party ended with Mr Abdul Rahman entertaining the crowd with the song "Quando Quando" from the swinging sixties. It was so impressive and enjoyable that the guests demanded an encore. As the afternoon drew to a close and when the entire lucky draw prizes were handed out, everyone left feeling totally elated and wistfully wishing that the afternoon could have lasted a little longer.

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.

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'S DISEASE SOCIETY SINGAPORE"
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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

INDIVIDUAL DONORS

- Mr Tan Kia Yong
\$1,100
- Mr Jason Goh
\$1,000
- Mr Soh Chee Siang
\$1,000

Information correct at the time of printing.



PARKINSON SOCIETY SINGAPORE (PSS)
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Parkinson News

MARCH 2015 / MICA(P) 130/04/2014



Parkinson Society Singapore



NEW YEAR PARTY 2015

To usher in the New Year, Parkinson Society Singapore (PSS) organized an exciting brunch party with food, games and Karaoke session, attended by more than 80 PSS members and guests. The party was held at The Parkinson Centre on 10 January 2015. After the opening address from the President of PSS, Ms Julie Lau, the guests were entertained by the Master of Ceremony - Edward Foo, the son of a PSS member, who charmed the audience with his humor.

The morning got off to a great start as guests were kept entertained by their favorite activity - Karaoke. It was a true musical treat as the members thoroughly enjoyed themselves and had the chance to see and hear fellow members performing. Some even brought their own CDs of familiar songs from the 60s. Ms Julie Lau also presented and dedicated the song, "潇洒走一回", to the Parkinson Warriors and their caregivers.

Eventually, some members took to the microphone for a spontaneous and melodious performance as well!

Others joined in the ice-breaker games such as "Unwrap-the-present" and "Concentration". The members were treated to a sumptuous buffet spread. While the members ate and conversed with staff and volunteers, the place was made merrier with the exchange of jokes from the Karaoke sessions and ice-breaker games.

As the party drew to a close, the emcee threw in a little surprise by ending with the song, "Can you feel the love tonight", dazzling the guests with his melodious voice. Everyone enjoyed themselves in this warm, fun, and noisy afternoon with excellent food and endless fun. Most importantly, it was a great time of bonding for the members.



CAREGIVER WORKSHOP

Enhancing Health with Nutrition for PwP

- Eating adequately to prevent becoming underweight and unintentional weight loss
- Knowing protein-Levodopa interaction to optimize Levodopa actions

SPEAKERS:

Betty Wong, Senior Speech Therapist
Wong Siew Li, Clinical Dietician

WONG SIEW LI graduated from Flinders University of South Australia with a Master's degree in Nutrition & Dietetics. She is practising as a clinical dietician at Tan Tock Seng Hospital and specializes in the area of neuroscience (i.e. stroke and progressive neuro-degenerative conditions). A particular passion of hers is to improve her clients' quality of life through providing evidence-based nutrition support and advice.

BETTY WONG is a Senior Speech Therapist from Changi General Hospital who specializes in assessment and treatment of speech and swallowing difficulties in individuals with Parkinson, as well as elderly under Geriatric care. She is a certified LSVT® LOUD trained speech therapist and runs Speech Therapy Parkinson clinic at CGH.

DATE: 28 March 2015
TIME: 9.00am to 12.30pm
FEES: \$25/person per session
(PSS Member & Caregivers of PSS Member)
\$40/person per session
(Non-PSS Member)
VENUE: The Parkinson Centre



PARKINSON SUPPORT GROUP CALENDAR 2015

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

AT SGH

Monday, 6 April
11.00am - 1.00pm
Sleep problems for Parkinson
by Consultant Neurologist, Dr Shahul Hameed

Monday, 4 May
11.00am - 1.00pm
Advance Care Planning
by Medical Social Worker

Monday, 8 June
11.00am - 1.00pm
Stress Management and Quality of Life
by Senior Psychologist, Dr Kinjal Doshi

Sessions held at SGH will be at the Postgraduate Medical Institute (Block 6 Level 1).
Contact Nurse Usanee at 9295 3331 or email neurocare@sgsh.com.sg.

AT TTSH

Thursday, 9 April
2.30pm - 4.30pm
Lasting Power of Attorney (English)

Thursday, 14 May
2.30pm - 4.30pm
Music Therapy (Mandarin)
by Music Therapist Dr Patsy Tan Lee Peng

Thursday, 11 June
2.30pm - 4.30pm
Stress Management and Quality of Life
by Senior Music Therapist Ms Melanie Kwan

Sessions held at TTSH will be at the Neuroscience Clinic (Level 1).
Call 6357 7138 or 9784 2810.

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Tips for Daily Living with Parkinson

BY DR TAN SIOK BEE

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

TREMORS

Emotional and physical stress tends to make the tremor worse. Sleep, complete relaxation and intentional movement or action usually reduce or stop the tremor.

Hold your limb in a variety of positions, hold onto something to stabilize your limb or press your upper arm against your body

WALKING

Walking is one of the best things you can do to help you maintain your mobility and independence and keep you fit and feeling good.

- Try not to move too quickly
- Aim for your heel to strike the floor first when you are walking
- Concentrate on walking only
- Take big steps
- If you notice yourself shuffling, stop and check your posture. It's best to stand up straight
- Swing your arms
- Look in front of you, not directly down, while walking
- Pay extra attention when walking on uneven surfaces as your balance may be affected
- Wear supportive shoes

FREEZING OF GAIT

Freezing is made worse when anxious, so if you freeze, the most important thing to do is stop trying to walk, and relax. Don't think about trying to move your feet but concentrate on bending your knee or lifting your leg. Then try one of these tips to get moving again:

- Visualize a spot on the floor just in front of you and try to step over it.
- Swing your arms backwards and forward or rock from side to side to get into the rhythm of walking again
- Whistle a tune or imagine it in your head, and march to the beat with your heels first
- Count "one, two, one, two..." in your head.

AVOIDING FALLS

In the later stages of the disease, you may fall more easily. In fact, you may be thrown off balance by just a small push or bump. The following suggestions may help:

- Make a U-turn instead of pivoting your body over your feet
- Keep your center of gravity over your feet without leaning or reaching

- Avoid carrying things while you walk
- Avoid walking backward

DAILY LIVING ACTIVITIES

Daily living activities such as dressing, eating, bathing and writing can be difficult for people with Parkinson. An occupational therapist can show you techniques that make daily life easier. Environmental modifications in the home may also be necessary. Some examples:

- Remove loose carpets
- Try and reduce the number of items in a room, so that the room is less cluttered, reducing the risks of tripping over something
- Do not leave things around that might trip you up
- Bright lighting can also help
- Do not rush to answer the telephone, instead use a mobile phone if feasible
- Use non-slip / rubber mats in the bath or shower
- Consider installing handrails, e.g. in the bathroom

“With good advice and support, Parkinson is a manageable condition.”

CAN WE REDUCE THE RISK FOR PARKINSON?

Because the cause of Parkinson is unknown, proven ways to prevent the disease remain a mystery. However, some research has shown that regular exercises and the caffeine in coffee, tea and cola may reduce the risk of developing Parkinson.

MOVING FORWARD

Learn to recognize your own symptoms and share any observations with your doctor and the healthcare team. The level of apathy in People with Parkinson is significantly higher than patients with other illnesses and therefore there is a need to continuously motivate and inspire them.

Caregivers of people of Parkinson are an important group of people that makes coping with Parkinson easier. Caregivers share that they can feel closer to their families, develop new skills and experiences, and feel good about caring for someone. With support from family, friends, support groups, religious groups and healthcare teams, people with Parkinson can have a better quality of life.



PSS Wall Mural Project

The Parkinson Society Singapore (PSS) Wall Mural Project was held on 13 December 2014, graced by Ms Julie Lau, President of PSS. PSS Wall Mural Project is a community mural project, led by artists from Social Creatives, in collaboration with PSS. The artists worked collectively and intensively with 25 participants including volunteers, schools, People with Parkinson (PwP), PSS staff and board members to add depth, color and art on the walls.

Elise, Centre Manager of PSS said, "The aim was to engage the community to bring stories of hope in the form of a large mural project. It was very heartening to see people from different backgrounds coming together through arts. It was amazing how everything came together in the project, made possible by the love and support of the volunteers who came forward to contribute." The project allowed volunteers to understand Parkinson and express themselves creatively while interacting with PwP.

The wall murals express the journey experienced by PwP and caregivers at PSS. The "Tree of Life" seeks to depict the facets of hope and recovery in the Parkinson journey, with various symbols of community support and commitment. In addition, it seeks to create public awareness on **Kindness towards Parkinson**. The murals were unveiled on 16 December 2014, as part of PSS's 18th Founder's Day Celebration.



MEANING OF SYMBOLS

- **Red tulip:** Parkinson Symbol
- **Thumbs up:** Positivity
- **Dove:** Hope
- **Fist:** Solidarity and Support (It is also used as a salute to express unity and strength)
- **Hand holding:** Guidance and Support
- **Candle:** Sense of Direction
- **Yellow Gerbera:** Singapore Kindness Movement