



Parkinson Society Singapore

PARKINSON

News



The Satir Change Model and the Iceberg Model

More on P4

“Love yourself so you will appreciate that life is beautiful, even if the beauty lies in something small.”

— Rose Lee, Parkinson Warrior

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Tips from PWs

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MARCH 2025

MDDI (P) 023/09/2024

PSS Christmas Celebration

Parkinson Society Singapore (PSS) hosted a Christmas celebration on 13 December 2024, bringing together Parkinson Warriors (PWs) and caregivers to celebrate the season of giving.

The celebration began on a festive note with Christmas-themed games, followed by Christmas carols. Led by the Y's Men's Alpha Chapter, Uke4Fun, and members of a Barker Road Methodist Church Cell Group, the Parkinson Centre came alive with the melodies of classic carols. PWs and caregivers sang along, their voices filling the space with warmth and cheer.

Adding to the Christmas magic, student volunteers from Raffles Institution and Hwa Chong Institution hosted a special snow globe-making activity. Laughter and conversations flowed as participants carefully assembled their own miniature winter wonderlands, each uniquely reflecting their creativity.

The celebration concluded on a heartfelt note as PWs exchanged handwritten letters of encouragement and support. Festive treats and gifts from PSS added to the joy, leaving everyone with warm memories of the day.



Handmade snow globes and letters by PWs and caregivers



PWs and caregivers enjoying the sing-along session



PWs and caregivers making snow globes with student volunteers



PSS President Prof Louis Tan joining PWs and caregivers



PWs and caregivers engrossed in lantern-making



PWs and caregivers singing along to familiar festive songs

PSS Chinese New Year Celebration

Parkinson Society Singapore (PSS) welcomed the Chinese New Year on 8 February 2025 with an exciting range of activities.

The celebration kicked off with a lively bingo session, which sparked excitement among Parkinson Warriors and caregivers. Volunteers from Raffles Institution and Hwa Chong Institution added to the enthusiasm during the lantern-making session, and the festive mood continued to soar with a joyous and rhythmic sing-along. The familiar melodies echoed unity and happiness throughout the gathering.

The highlight was the traditional Lo Hei, where participants tossed for blessings of good health, prosperity, abundance, and progress for PSS and Parkinson awareness.

As the event wound down, the energy settled into a calm and peaceful moment. Everyone enjoyed a delicious lunch while continuing to share stories and laughter. The day ended with a sense of fulfilment, the joy of togetherness, and the promise of a meaningful year filled with new possibilities.

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National Neuroscience Institute Year-End Party

Parkinson Society Singapore had the privilege of setting up an awareness booth at the National Neuroscience Institute Year-End Party, held on 30 November 2024 at the newly opened Woodlands Health Campus. There, we brought Parkinson awareness to a broader audience.

Our booth offered engaging activities, with highlights including "Symptom Sorter" and "Picking It Up". In "Symptom Sorter", participants matched symptoms to their corresponding conditions. The activity demystified the complexities of Parkinson. "Picking It Up" was particularly eye-opening. Participants wore oven mitts and plastic bags to simulate the physical challenges Parkinson Warriors (PWs) face when picking up objects. This hands-on experience offered a deeper understanding of PWs' daily experiences.

The event also included vibrant performances, such as the "Tai Chi Fan Dance" and "Traditional Dance", along with "Seated Zumba" and "Dance Along" sessions. These activities provided participants with a fun way to engage in exercise while highlighting the importance of physical activity for maintaining well-being, especially for Parkinson Warriors.

Altogether, the event marked a strong conclusion to our year of outreach, setting the stage for continued engagement and greater community involvement in the year ahead.



Welcome speech by Prof Tay Kay Yaw



Participants trying the "Picking It Up" activity



Participants and volunteers trying out the Zumba activity

Community Angklung Workshop

On 6 December 2024, Parkinson Warriors (PWs) and caregivers had the opportunity to participate in a Community Angklung Workshop, a collaboration between Parkinson Society Singapore (PSS) and Esplanade. The workshop, which is part of Esplanade's efforts to promote well-being through the arts, gave participants a welcoming space to expand their musical horizons and explore new creative possibilities.



Hosted by Mr Aryanto Ahmad, the session introduced the angklung, a traditional bamboo instrument from West Java known for its warm, resonant tones. Participants learned to hold and play the angklung and, by the end of the workshop, produced melodies in harmony. They played familiar tunes like "Rasa Sayang" and "We Wish You a Merry Christmas", embracing the festive spirit while exploring a new art form.

PSS remains committed to creating more opportunities for PWs to engage in meaningful activities and will continue to explore collaborations that bring diverse and enriching experiences to our community.



Participants trying out the angklung and playing familiar melodies

The Satir Change Model and the Iceberg Model

Change is a constant in life, yet it often brings discomfort and uncertainty. For Persons with Parkinson (PwP), adapting to new realities can be particularly challenging. Understanding the psychological process of change can provide clarity and guidance, making transitions more manageable.

The Five Stages of the Satir Change Model

The Satir Change Model outlines how individuals typically respond to change. Recognising these stages can help PwP and their caregivers manage transitions more easily.



Old Status Quo

Before a significant change occurs, there is a sense of stability and familiarity. For newly diagnosed PwP, this is life before symptoms become noticeable or before receiving a diagnosis.



Resistance

When change arrives, it is common to resist. Many PwP struggle to accept their diagnosis, longing for life as it was.

- *Acknowledging these emotions and seeking support from professionals, caregivers, or support groups can help. Open discussions and reassurance from loved ones can also make a difference.*



Chaos

As old ways of coping become ineffective, uncertainty and distress set in. This stage can feel overwhelming, but it is also a crucial turning point.

- *Breaking tasks into manageable steps, seeking professional guidance, and joining support groups can help bring a sense of control. Caregivers should offer emotional support while also setting boundaries for their own well-being.*



Integration

In this stage, individuals begin to accept their new reality and explore coping strategies.

- *PwP can try new therapies, modify daily routines, and find purpose in different activities. Small successes should be acknowledged and celebrated to help build confidence and resilience.*



New Status Quo

Eventually, a new normal is established. Through adjustments and support, PwP regain a sense of control and continue to lead meaningful lives.

The Iceberg Model

Reactions to change are shaped by deep-seated beliefs, feelings, and past experiences. The Satir Iceberg Model of Self helps uncover these underlying factors.

For PwP, this model can be particularly useful in identifying hidden fears or self-perceptions that influence their responses to change. By acknowledging these deeper emotions, individuals can develop healthier coping mechanisms and build emotional resilience.

THE SATIR PERSONAL ICEBERG METAPHOR



Adapted from Satir, V. (1991). *The Satir model: Family therapy and beyond*. Science and Behavior Books.

Applying the Models in Daily Life

Applying these models can help individuals manage change more effectively. Take time to assess which stage of change you are in, and reflect on what beliefs or expectations may be shaping your response to challenges. Additionally, engaging with support groups, therapy, or trusted friends can provide encouragement and practical strategies to navigate the chaos stage and move toward integration.

By using the Satir Change Model and the Iceberg Model of Self, we can better understand our emotions, navigate life's transitions, and build resilience. Change may not always be easy, but with awareness and self-compassion, there is always a path forward.

References:

1. Banmen, J. (2002). The Satir model: Yesterday and today. *Contemporary Family Therapy*, 24(1), 7-22.
2. Satir, V. (1991). *The Satir model: Family therapy and beyond*. Science and Behavior Books.
3. Satir Institute of the Pacific. (n.d). *Dealing with Trauma using the Satir Model*. <https://satirpacific.org/dealing-with-trauma-using-the-satir-model/>

The PERMA Framework

Finding ways to enhance well-being while managing Parkinson can be challenging, but many frameworks offer guidance for Persons with Parkinson (PwP) and caregivers. One effective tool is the PERMA framework, developed by psychologist Martin Seligman. The model is built around five core pillars that contribute to a thriving life:

Positive Emotion: Cultivating Joy Amidst Challenges

Positive emotions are at the core of the PERMA model. Experiencing happiness, gratitude, and hope can counterbalance frustration or sadness and cultivate resilience. Whether through hobbies, spending time with loved ones, or engaging in activities like listening to music or enjoying nature, small moments of joy can reduce stress and improve overall well-being. Positive emotions also help increase motivation, making it easier to tackle other aspects of the PERMA model.

Meaning: Finding Purpose in the Journey

Journeying with Parkinson can feel overwhelming. However, finding meaning in the experience can provide a sense of purpose and direction. This involves reflecting on our role in the family, sharing wisdom with others, or participating in activities that contribute to a greater cause. At PSS, members often find meaning through engagement in community events, volunteering, or supporting others who are newly diagnosed. Focusing on what brings meaning to our lives leads to greater fulfilment and richness.

Engagement: Being Fully Present in the Moment

Engagement involves immersing oneself in activities that challenge, excite, and create a sense of flow. These include therapeutic exercises, art, or even volunteering. PSS offers a variety of such stimulating activities that foster deeper connections to the present moment.

Accomplishment: Celebrating Progress

Accomplishment, the final element of the PERMA model, is about setting and achieving goals. This means setting goals related to mobility, self-care, or physical therapy. Each achievement, no matter how seemingly small, is a step toward greater autonomy and empowerment. Celebrating these milestones, whether with loved ones or within the Parkinson community, reinforces a sense of capability and self-worth.

Relationships: Building a Supportive Network

Strong relationships are fundamental to mental and emotional health. PwP benefit from nurturing supportive connections with family, friends, caregivers, and the Parkinson community. Joining groups like Parkinson Society Singapore (PSS) or connecting with others who understand the challenges of Parkinson creates a sense of belonging and shared experience. This reduces feelings of isolation and increases overall life satisfaction.

Altogether, the PERMA framework offers a holistic approach to enhancing well-being. Begin using the framework by reflecting on each pillar. Write down affirmations and actions you can take in each pillar. By actively focusing on these five pillars, we can cultivate greater fulfilment, build resilience, and improve our overall quality of life.



References:

1. Seligman, M. E. (2002). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. Free Press.
2. Madeson, P. (2017, February 24). *Seligman's PERMA+ Model Explained: A Theory of Wellbeing*. Positive Psychology. <https://positivepsychology.com/perma-model/>

Finding Beauty in the Journey

by Rose Lee 李国莲

“Yes, yes, I know that I am slower and I freeze more now. But that is okay. I will continue to walk this road, stronger than before.”

This is a sentence I constantly tell myself to calm my nerves and remind myself that this is my journey. I have the power to shape it, and I should continue to think positively and find beauty in it.

Having said that, staying positive does not mean I am free from worry or fear. There are moments when I feel down, frustrated, or overwhelmed. Some days are harder than others. But allowing myself to be consumed by these emotions does not serve me. Instead, I choose to let these emotions go and focus on what I enjoy and look forward to — on what I can still do, the joys I can still experience, and the moments I can still cherish.

Thinking back to when I first received my diagnosis, I remember feeling unfortunate, frightened, and frustrated. It felt as if my days were running on a countdown timer. What am I going to do now? The frustration of losing control over my own body, the fear of what the future might bring, and the sorrow of having to accept a reality I never expected — these feelings became emotional torture for me. I realised that my own stress and negativity were making things worse. My body responded to my mind, and the more I worried, the more my symptoms seemed to worsen.

Everything changed when I joined Parkinson Society Singapore (PSS). Among fellow Parkinson Warriors, I found a place where I belonged, a place where I was understood. We exchanged stories, tips, and words of encouragement. We celebrated each other's victories, no matter how small, and lifted each other up during difficult times. Knowing that I was not alone in this journey gave me the courage to face each day with greater determination.

Besides PSS, my family has been my greatest source of strength. My son, knowing my love for photography, upgraded my phone so I could capture more memories without worry. My husband, on his rest days, takes me to new places — sometimes even to different countries — so I can continue to explore the world through my lens. Their unwavering support, their belief in me, and their encouragement to participate in PSS activities have motivated me to keep moving forward.

This is a word of encouragement from me to you: love yourself so you will appreciate that life is beautiful, even if the beauty lies in something small.



Rose journeying strong with Parkinson



Rose with friends and SIT students who came for a visit



在旅途中发现美

“是的，我知道我现在动作越来越慢，冻结症状增多了，但没关系，这条路我会继续走下去，比以前更坚强。”

这是我经常对自己说的一句话，用来平复情绪，并提醒自己这是我的必经之旅。我有能力塑造它，我应该继续怀着积极的想法，从中发现它的美。

话虽如此，但保持积极乐观并不意味着我就没有忧虑或恐惧。我也会有心情低落、沮丧或不知所措的时刻。某些日子比其他日子更煎熬。但是，让自己被这些情绪所吞噬对我并没有好处。我选择放下这些情绪，专注于我喜欢和期待的事情——我仍然可以做的事，我仍然可以体验的快乐，我仍然可以珍惜的时光。

回想起刚收到诊断书时，我感到不幸、恐惧和沮丧。我感觉自己的每一天都在跟着倒计时器赛跑。我现在该怎么做？失去对自己身体控制权的挫败感，对未来可能发生的事的恐惧，以及不得不接受一个我从未预料到的现实的悲哀——这些感受对我来说都是情绪上的折磨。我意识到压力和消极情绪让事情变得更糟，我的身体回应我的思想，我越是担心，症状似乎就越严重。

当我加入新加坡帕金森协会（PSS）后，一切都改变了。处在帕金森战士群中，我找到了一个属于我，理解我的地方。我们交流故事、小窍门和鼓励的话语。我们庆祝彼此的胜利，无论多么微小，并在困难时期互相扶持。我知道在这段旅程中我并不孤单，这给了我勇气，让我以更大的决心面对每一天。

除了新加坡帕金森协会，家人也是我最大的力量源泉。我的儿子知道我喜欢摄影，于是买了新手机给我，让我可以无忧无虑地捕捉更多的回忆。我的丈夫在休息日会带我去新的地方，有时甚至去不同的国家，这样我就可以继续通过镜头探索世界。他们坚定不移的支持，对我的信任，以及鼓励我参加帕金森协会的活动，这些都激励着我不断前进。

这是我送给你们的一句鼓励的话：爱自己，你才会体会到生活的美好，哪怕这种美好隐藏在细微之处。



The MedGuard Project

A team of NUS Biomedical Engineering students — Jaren, Jun Wei, Harry, Yukun, and Rubing — collaborated with Parkinson Society Singapore (PSS) on the MedGuard Project. The academic initiative aimed to explore ways to support Persons with Parkinson (PwP) in managing their medication intake.

To develop a solution that truly meets the needs of PwP, the students worked closely with PSS's Parkinson Warriors (PWs). Through the collaboration, they gained firsthand insights into PWs' medication routines, challenges, and features that would help them stay on track with treatment.

The result is a product that addresses the unique needs of PwP. It combines flexibility, safety, and independence in medication management. By enabling users to manage their medication intake more effectively, it helps them adhere to their treatment plans with greater ease.

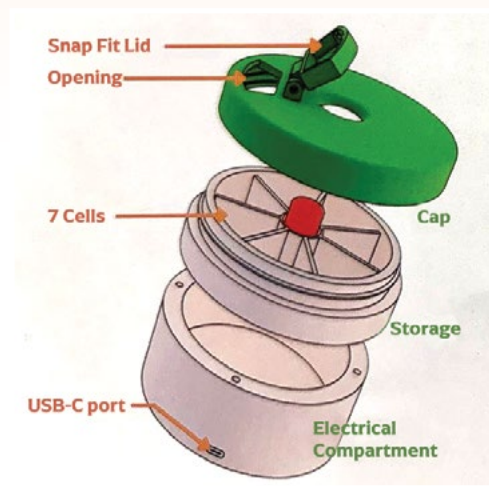
Key Features of MedGuard

Smart Medication Tracking: MedGuard records each dose taken and sends reminders to ensure adherence to prescribed schedules.

Customisable Alerts: Users can set daily dosage limits and receive alerts if they approach or exceed these limits, reducing the risk of overdosing.

Connectivity: The device pairs with a smartphone app via Bluetooth, allowing users to monitor their medication history and receive notifications.

Ease of Use: A simple button press releases medication doses, ensuring accessibility for users with motor challenges.



The MedGuard

While MedGuard will not be available on the market, the experience has equipped the students with invaluable lessons in designing meaningful solutions. Their collaboration with PSS and PWs highlights the importance of user-centred design in bridging the gap between technology and real-world needs.

PSS Happenings

PSS Walking Club

The final PSS Walking Club event of 2024 took place at Gardens by the Bay, where Parkinson Warriors (PWs) and caregivers participated in the "Touch Me if You Dare" sensory stroll. On the guided tour, they immersed themselves in nature and explored a variety of plant textures in a peaceful, sensory-rich experience.

As they walked through the lush gardens, participants encountered a range of textures, from smooth and sticky to rough and fluted. This hands-on experience helped them understand how plants use different textures to survive and thrive in their environments, much like how PWs adapt to the challenges they face. The tactile exploration sparked curiosity and encouraged deeper reflection on how both plants and individuals adjust to their surroundings in unique yet beautiful ways.

The stroll encouraged mindfulness and relaxation. It allowed participants to slow down, appreciate the natural surroundings, and connect with fellow PWs. This walk was a perfect reminder of the beauty and therapeutic benefits of being present in nature. Join us for even more exciting walks planned for 2025!



"Touch Me if You Dare" sensory stroll

Lim Khee Ming's Tips on Managing Parkinson Symptoms

Progression is part of Parkinson. Tasks that once felt effortless can become more challenging, often leading to greater reliance on others. This adjustment can be difficult for Parkinson Warriors (PWs) and caregivers. Moreover, managing Parkinson is a deeply personal journey. What works for one person may not work for another. However, I have learnt through my 16 years with Parkinson, and I hope my tips below can offer value to others.

1. Reconcile with Your Conditions:

Accept that change is part of the process, not a reflection of weaknesses. We can still take action to slow down the progression. Maximise what we can still do; maintain a proactive and positive attitude.

2. Communicate with Caregivers:

Make an effort to consider our caregivers' perspectives. Their role can be relentlessly tiring. Additionally, caregivers may not always realise the effort we are making, so open communication is essential. We also must not forget to show our appreciation to them. Having mutual understanding, creating jokes, and realigning expectations help to alleviate challenges.

3. Create Practical Solutions for Daily Life:

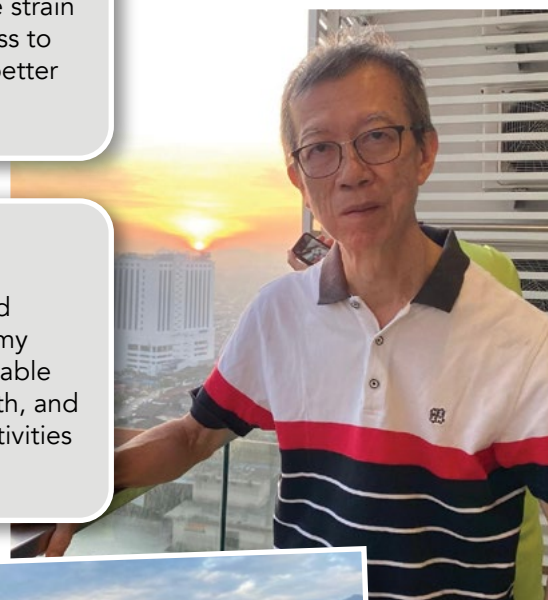
Having practical aids at home can help ease daily challenges and reduce strain on PWs and caregivers. This could include a mobile trolley for easy access to essentials, a bedside railing for support, a nearby urinal, a water jet for better oral hygiene, and diapers when necessary.

4. Socialise:

Engaging with fellow PWs is incredibly helpful and important. The shared experience brings a sense of relief and social connection. For example, my regular participation in activities like Pilates, kickboxing, physiotherapy, table tennis, singing, and tai chi has helped improve my strength, overall health, and mood. I look forward to going to the Parkinson Society Singapore for activities and bonding every day.

Have you noticed our newsletter revamp?

We hope you have been enjoying the changes so far. In this section, alongside sharings from our previous year's Parkinson Star Award winners, we will now be featuring tips from more Parkinson Warriors on how they manage their symptoms. We will also include a healthy, tasty recipe for you to try at home. Our aim is to create a space where we can all learn from one another and empower each other to live life to the fullest. Try the recipes and share your own tips, recipes, and experiences with us! This is your space to inspire and be inspired!



Khee Ming with Bee Guan, his wife



Bruschetta Margherita



Ingredients:

- 8 slices multigrain bread
- 3 fresh tomatoes
- 1 tbsp extra virgin olive oil
- 1 slice reduced-fat cheese

A light and tasty snack perfect for any time of day, this Bruschetta Margherita recipe combines fresh tomatoes, multigrain bread, and cheese in a simple yet delicious way. This dish is not only healthy but also quick and easy to prepare. Try it and let us know how it turns out!

Instructions:

1. Cut tomatoes into small cubes and season with olive oil.
2. Sprinkle tomatoes on sliced bread and cover with half a cheese slice.
3. Bake for 5 minutes in the oven at 200 degrees Celsius until the cheese has melted.
4. Serve and enjoy!

Recipe from Health Promotion Board. (n.d.). Bruschetta Margherita. HealthHub. <https://ch-api.healthhub.sg/api/public/content/5ac73da046904bec870f3a5711917b?v=71733f5e>

Voices of PSS

Intern @ PSS



Boon Chin

My internship at Parkinson Society Singapore (PSS) has been an enriching experience. Interacting with the Parkinson Warriors has not only broadened my professional horizons but also enhanced my perspective. Their unwavering spirit and determination have inspired me to approach life with renewed optimism and gratitude. Each day at PSS has been filled with meaningful work, from engaging with clients to contributing to impactful initiatives. I am grateful for the opportunity to make a positive difference in the lives of others.



Yixin

My internship at Parkinson Society Singapore (PSS) reshaped my perspective. I saw how Parkinson can erode identity and autonomy, yet I was equally inspired by the tenacity and determination of those affected. This juxtaposition was eye-opening and challenged my preconceptions before joining PSS. Additionally, this internship provided a safe space for growth. It allowed me to reflect on my journey as a social work student. I gained invaluable insights into the complexities of giving back to the sector and a clearer understanding of how to better support my clients. I am grateful for the opportunity to contribute, albeit in a small way, to the lives of those affected by Parkinson. This experience left an indelible mark on me, and I will apply the lessons learned in my future endeavours as a social worker.



Sangeetha

Journeying with the Parkinson Warriors at Parkinson Society Singapore (PSS) has been one of my most fulfilling and enriching experiences. Every time I meet to have a conversation with them, I feel so inspired and encouraged. Even though things seem so tough for them, they always have hope in their hearts, and there is always a smile on their faces. Seeing this always reminds me that no matter what happens, I have to move on just like them. They have taught me to have resilience. Life may throw many lemons at us, but we must have strength and courage and remember to make lemonades out of the problems we face. Ultimately, it is how we rise from life's trials that define the story we leave behind. Let us all come together to make a difference!

Parkinson Warriors'

Voices

“

All the courses at Parkinson Society Singapore are useful and practical, not just for Parkinson Warriors but also for caregivers. During the talks, caregivers come together to share experiences and coping strategies so we are able to support one another and exchange helpful ideas.

**Grace Tan
(Caregiver)**

“

The staff at Parkinson Society Singapore are very helpful. They always do their best to accommodate and support us. The programmes are also valuable. Everything I've learnt here has been good and useful.

James Ho

”

”

“

I have been a Parkinson Warrior for the past eight years. Being part of Parkinson Society Singapore (PSS) has given me the opportunity to connect with friends who understand the journey. We support and encourage one another, even though we experience Parkinson differently. PSS and the friends I made here inspire me, and I hope to raise awareness about Parkinson and its impact.

Jane Tan

”

“

The PSS Befrienders programme is a good workshop for new Parkinson Warriors. With more new faces at the centre, it is clear that Parkinson Society Singapore is reaching out to more people in the community. If you are new, joining this programme can help you build connections, learn from one another, and find support on this journey.

**Felice Ho
(Caregiver)**

”

Upcoming Events

Youthful Parkinson Circle: Fatigue Management in Parkinson

Date: 15 March 2025
Time: 10:00 am – 11:30 am
Venue: Parkinson Centre

Caregiver Workshop: Nutrition in PD

Date: 3 May 2025
Time: 10:00 am – 12:00 pm
Venue: Parkinson Centre

Life in Balance

Date: 26 April 2025
Time: 10:00 am – 12:00 pm
Venue: Parkinson Centre

P-Net Workshop: Enhancing Emotional Wellness through Hope and Resiliency Building

Date: 28 June 2025
Time: 9:30 am – 12:00 pm
Venue: Parkinson Centre

Sign up for our
events here!



DONATE TODAY

Funds raised help sustain and continue our efforts in providing much needed support to the Parkinson community in Singapore. This includes therapeutic and social integration programmes, awareness events, and patient welfare funds.

Ways to Donate

A Online

Donations may be made online via:



B PayNow

Donations may be made via PayNow to UEN S96SS0203J or by scanning the QR code:



*Single donations of S\$50 and above will be eligible for tax deduction of 2.5 times the donated amount. Please include your NRIC/FIN/UEN number for auto-inclusion in our tax deduction filing. By submitting your donations, you fully understand and consent to allow Parkinson Society Singapore (PSS) to collect, use, disclose, and/or process your personal data in order to process, administer, facilitate, maintain, and/or manage your relationship with PSS as a donor, including communications on PSS's activities, purposes, programmes, and services; donation requests; analysis and development activities for PSS's purposes; and making disclosures required by law or a competent authority, which include submission of donation data to the Inland Revenue Authority of Singapore for tax-deduction computation.

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VOLUNTEER WITH US!

Want to give back to the community?
Volunteer with Parkinson Society Singapore (PSS)
and extend a helping hand!

PSS Volunteer Opportunities:

- PSS Adapted Pilates
- PSS Seated Pilates
- PSSFiT
- Physiotherapy
- Kickboxing

and more!

Requirements:

- 21 years and above
- Able to commit at least once a week for a minimum of 3 months
- Physically fit



JOIN US!



Parkinson Society Singapore

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