



Parkinson Society Singapore

PARKINSON *News*



NNI Public Forum 2026

More on P2

Caregiver Workshop

More on P6

"To help others is a joy, never a job. Bringing smiles and joy to others makes me happy too."

— Aileen Neo, Caregiver

More on P4-5

JUNE 2026

MDDI (P) 013/09/2025

NNI Parkinson Disease Public Forum



PSS engaging with members of the public



PW Mr Khoo sharing his personal journey

Parkinson Society Singapore (PSS) participated in the NNI Parkinson Disease Public Forum on 25 April 2026, where healthcare professionals shared valuable knowledge on understanding, managing, and coping with Parkinson.

The programme began with a guided exercise and stretching session, which set a practical and engaging tone for the day. This was followed by a series of sharings from healthcare professionals, each speaking from their area of expertise. Participants gained a better understanding of Parkinson symptoms, treatment options, and strategies for managing the condition in their daily lives.

PSS also hosted a booth at the forum, where we connected with participants from different walks of life. Many showed interest in the work we do, and we engaged them through a simple crossword activity that had them identify common Parkinson symptoms. The activity provided an accessible and interactive way for participants to learn more about the condition.

Towards the end of the forum, PSS had the opportunity to share more about the work we do for the Parkinson community. Our Parkinson Warrior, Mr Khoo, also took to the stage to share his personal journey. He spoke about how Parkinson has changed his life and the uncertainties, and emphasised the importance of living — to start living and not delay the joys of life.

Visit to the Malay Heritage Centre

On 29 April 2026, as part of Parkinson Society Singapore's bi-monthly walk, members visited the Malay Heritage Centre. The guided tour offered a rich and interactive introduction to Malay culture and heritage.

The tour began with a showcase of traditional Malay dishes, during which participants learned about the significance of various ingredients used in different dishes. A demonstration featuring ketupat provided a closer look at how these dishes are prepared, followed by a tasting of traditional tapioca cake, which many members enjoyed.

Members then explored a series of interactive booths featuring traditional musical instruments and attire. These included bamboo instruments, drums, and percussion pads, where members had the opportunity to play the instruments themselves. At the costume booth, members also learned more about traditional clothing, tried it on, and took photos.

The visit continued with a tour of the museum galleries, where members were introduced to elements of Malay cultural history and heritage. Exhibits included batik garments, artefacts from the former Sultan's palace, and traditional weapons.



PSS members being shown how to play the angklung



PSS members going through a guided tour of the museum galleries

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Parkinson Awareness Talk at Zion Bishan Church

A meaningful outreach session on 11 April 2026 brought together Parkinson Society Singapore (PSS) and members of Zion Bishan Bible-Presbyterian Church. The outreach session explored how different generations experience ageing, and how these differences shape the way Parkinson is understood and discussed. Participants also reflected on how communication styles have evolved over time, and how this influences awareness and conversations about Parkinson.

Drawing on Erikson's theory of psychosocial development, the discussion further explored the stage of later adulthood, in which individuals aged 65 and above face the stage of "integrity versus despair". At this stage, maintaining a sense of wisdom becomes especially meaningful, as opposed to feeling regret over missed opportunities. Many participants shared how their lived experiences position them to guide younger generations, while also advocating for greater understanding of Parkinson within their communities.



A participant referring to a Parkinson awareness pamphlet provided during the session



PSS sharing on life stages, prompting conversations on how awareness of Parkinson varies across generations

The session was marked by thoughtful reflections and a shared openness to learn from one another. It also highlighted the importance of intergenerational dialogue in building empathy and awareness around Parkinson. We look forward to more meaningful conversations that strengthen connections across communities, as we continue to advocate for Parkinson!

PSS Happenings

PSS Huddle

Parkinson Society Singapore (PSS) is happy to introduce PSS Huddle, a new monthly Zoom session where Parkinson Warriors and their caregivers come together to share their experiences and support one another. The sessions are held during the lunch hour (1 pm–2 pm), and are intentionally designed for those who may not be able to visit the PSS Bishan Centre due to work, mobility limitations, or other commitments. Through these huddles, PSS hopes to reach and connect with more members of the community.

The first session, held on 12 March 2026, kicked off with the topic "Demystifying Parkinson". Members joined both virtually and at the centre to share their experiences and tips for symptom management. The following session on 7 April 2026 focused on "Self-



Participants listening and taking part in the PSS Huddle in person and over Zoom

Care with PD". As members grew more comfortable with one another, conversations became more open, with participants sharing personal stories and engaging meaningfully with one another.

PSS looks forward to more huddle sessions that continue to bring the community together in a safe and supportive space for sharing, learning, and connection.

Introduction to Zhiren Qi Gong



Introduction to Dou Ling by a Zhiren Qi Gong representative

Parkinson Warriors (PWs) and caregivers experienced an afternoon of learning and connection on 30 March 2026, as they engaged with the Zhiren Qi Gong group at the Parkinson Society Singapore (PSS) Bishan Centre. The session opened with a short performance by our Daiko drummers and PWs, which set a lively tone for the afternoon.

Participants were introduced to Dou Ling, a rhythmic form of Qi Gong designed to promote relaxation and whole-body activation. Through demonstrations and guided sharing, members gained insight into how gentle, coordinated movements can support balance, mobility, and tranquility. The session provided a meaningful opportunity to learn how such practices can complement daily routines.

The afternoon concluded on a reflective note, as PWs shared personal stories of how Qi Gong has nurtured their physical and emotional well-being over the years. Their experiences highlighted the value of holistic approaches in living well with Parkinson. PSS looks forward to more of such exchanges as we continue to expand therapeutic support for the Parkinson cause.

Being Understanding, Supportive, and Encouraging in My Journey Caring for a Person with Parkinson

by Aileen Neo 梁雅珍

It was during our regular weekend walks that I first noticed something unusual: Martin was dragging his feet and no longer swinging his left arm naturally. At that time, I did not recognise them as symptoms of Parkinson, and I felt frustrated with him instead. It was only when he developed a tremor in his left hand that he sought medical help and was diagnosed with Parkinson in January 2015.

Knowing very little about Parkinson then, I began researching its motor and non-motor symptoms. I accepted his condition, and that marked the beginning of my journey as his primary caregiver.

Despite his diagnosis, Martin continued working full-time and maintained an active lifestyle. We kept up with trekking, social activities, our weekly walks, and even travelled occasionally. In those early years, his condition did not change drastically, so my daily routine was not heavily affected. Although I was also caring for my elderly parents, who required attention to their medical and daily needs, life was manageable, thanks to strong family love and support from my siblings.

When Martin retired in October 2019, he finally had time to focus on his health. He joined Tai Chi classes at Bishan Community Club and later participated in physiotherapy and kickboxing sessions at Parkinson Society Singapore (PSS). He remained positive and committed, and I felt we had entered a new chapter to face Parkinson as a team.

However, his five-year "honeymoon" period ended in 2020 during the COVID-19 pandemic. Due to restrictions and months of inactivity, his symptoms worsened — his movements slowed, constipation increased, and he struggled in crowded and wet environments. At times, he became frustrated with himself. In response, I reminded myself to be more patient, understanding, and supportive.



For nine years, Martin remained largely independent, travelling on his own to and from PSS. Although the "ON" and "OFF" stages of his condition were unpredictable, his positiveness, strength and resilience inspired me, especially as I was also the primary caregiver of my bedridden mother with dementia. Martin, thanks for being the Warrior you are.

In March 2024, Martin experienced his first serious freezing episode. It shook me and made me realise that he needed more care and attention than before. With his understanding, positive support and encouragement, which touched me deeply, I made the decision to bring my mother (together with her helper) to live with us. It was a tremendous challenge balancing the care of both of them, but I believed it was the best way to support them simultaneously.

To cope, I reminded myself daily to stay cheerful, patient, and loving. I strongly believe that "living each day with a smile brings greater happiness". With this mindset, I was able to care for them while accompanying Martin to his classes, activities, and medical appointments.

Ever since my mother passed away in May 2025, with our helper's assistance, I have been able to devote more time to Martin and myself.

I now practise Qigong together with him every morning via Zoom, as I know I must stay healthy to care for him better. I also join him in pickleball games, accompany him on PSS walks, and participate in the Parkinson Befriender Support Group's Friday morning walks.

PSS has been an invaluable source of support for both Parkinson Warriors (PWs) and caregivers. Through the talks, workshops, and programmes, I have learned so much and found a community that understands. I appreciate all the staff at PSS for their effort, support, and dedication. Your hard work has made a huge difference in our lives.

At the centre, I also get to connect with other caregivers and warriors, share experiences, and offer support. I encourage newly diagnosed PWs or new PSS members to stay positive, remain active, and participate in the available programmes at PSS. I stand firmly by my motto: "To help others is a joy, never a job. Bringing smiles and joy to others makes me happy too."

To all PWs and caregivers: Let us continue to stand together to fight against all odds, support one another and win.

在照护帕金森战士的路上，学会理解、支持与鼓励

那时在我们一如往常的周末散步时，我第一次察觉到异样：江发（Martin）走路开始拖步，左臂也不再自然摆动。当时我并未意识到这些是帕金森病的症状，反而对他感到不耐烦与不理解。直到他左手出现震颤，才去求医，并于2015年1月确诊为帕金森病症。

当时我对帕金森病症所知甚少，所以开始查阅有关驱动性与非驱动性症状的资料。我逐渐接受他的病情，也由此展开了我看护者的旅程。

尽管确诊，江发仍继续全职工作，并保持活跃的生活方式。我们依然登山远足、参与社交活动、每周散步，甚至偶尔出国旅行。在最初几年，他的病情变化不大，我的日常生活也未受到太大影响。虽然我同时还需照顾年迈的父母，兼顾他们的医疗与日常需要，但在家人的爱与兄弟姐妹的支持下，一切尚能应付。

2019年10月江发退休后，他终于能专注于自身健康。他在碧山民众俱乐部参加太极班，之后也在新加坡帕金森协会（PSS）参与物理治疗与踢拳课程。他始终保持积极与投入的态度，我也感觉我们进入了一个新的阶段——以团队的方式共同面对帕金森病。

然而，这段为期五年的“蜜月期”在2020年冠病疫情期间结束。由于防疫限制与长时间缺乏活动，他的症状明显恶

化——动作变得迟缓、便秘加剧，在人多或地面湿滑的环境中行动困难。有时他也会对自己感到沮丧。面对这些变化，我不断提醒自己要更加耐心、理解与支持他。

在长达九年的时间里，江发大致上仍能自理，独自往返新加坡帕金森协会参与活动。虽然病情的“ON”和“OFF”期难以预测，但他的积极、坚韧与毅力始终激励着我——尤其是在我同时还要照顾一位卧床且患有失智症的母亲之际。江发，谢谢你一直以来如战士般坚强。

2024年3月，江发首次经历严重的冻结步态（freezing），这让我深受震动，也意识到他比以往更需要照护与关注。在他的理解、积极支持与鼓励下——这些都深深打动了——我决定把母亲（连同她的女佣）接来与我们同住。要同时照顾两人无疑是一大挑战，但我相信这是最能兼顾他们需要的方式。

为了应对这一切，我每天提醒自己保持开朗、耐心与爱心。我深信：“每天带着微笑生活，幸福就会更多。”凭着这样的信念，我一边照顾他们，一边陪伴江发参加课程、活动及医疗复诊。

自2025年5月母亲离世后，在女佣的协助下，我终于能够将更多时间留给江发，也留给自己。

如今，我每天早上通过Zoom与他一同练习气功，因为我深知，唯有自己保持健康，才能更好地照顾他。我也陪他打匹克球、参加每月一次的帕金森协会步行活动，以及参与“帕金森关怀小组”每周五早上的步行。

新加坡帕金森协会一直是帕金森战士与看护者不可或缺的支持力量。通过各类讲座、工作坊与活动，我受益良多，也找到了一个彼此理解的社群。在此衷心感谢协会全体员工的付出、支持与奉献，你们的努力我们的生活带来了巨大的改变。

在协会里，我也有机会与其他看护者与帕金森战士交流，分享经验，彼此扶持。我鼓励新确诊的帕友或新加入协会的会员，保持积极、持续活动，并踊跃参与协会所提供的各项计划。我始终坚守一句座右铭：“助人是快乐，不是工作；为他人带来笑容与喜悦，也让我同样感到幸福。”

致所有帕金森病友与看护者：让我们继续并肩同行，对抗挑战，互相扶持，一起走向胜利。



Understanding Parkinson and Treatment



Participants discussing caregiving experiences, challenges, and coping strategies

On 7 March 2026, Dr Goh Jin Yi, Clinical Fellow at the National Neuroscience Institute, together with Ms Li Wei, led a caregiver workshop to help Parkinson Warriors (PWs) and caregivers better understand Parkinson and its management.

In the first half of the session, participants learned about various aspects of Parkinson. These include risk and protective factors, motor and non-motor symptoms, cues for freezing, exercises, as well as medications. The session also addressed common concerns such as sialorrhea, gastroparesis, constipation, urinary dysfunction, orthostatic hypotension, depression, and Parkinson psychosis. Additionally, participants were introduced to available treatment options, such as device therapies, deep brain stimulation, and infusion therapies. An open Q&A segment then provided participants with the opportunity to seek clarification and raise concerns about their personal experiences.

In the second half, caregivers and PWs were divided into two groups for different activities. Caregivers took

part in a sharing session, during which they exchanged experiences, challenges, and coping strategies. Through these conversations, they were reminded that support can come from hearing how others manage similar situations.

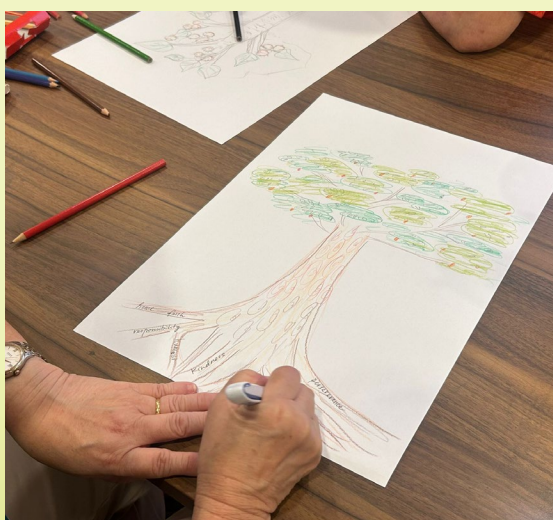
PWs began by selecting emotion cards and sharing how they felt in the moment, as well as the positive emotions they hoped to experience. They then took part in a Wellness Bingo activity, where they worked in small groups to identify practical strategies they could adopt to move towards those desired feelings. They reflected on their current emotions, how they hoped to feel in two weeks' time, and the steps they could take to work towards that goal.

The openness shown throughout the session created a meaningful space for learning and connection. Overall, the workshop served as both an educational and supportive space for caregivers and PWs. Through such sessions, Parkinson Society Singapore continues to strengthen understanding, peer support, and community connection within the Parkinson community.



Dr Goh Jin Yi sharing insights on Parkinson symptoms, management, and treatment options

Tree of Life Caregivers' Workshop



A participant creating their "Tree of Life"

The Tree of Life workshop on 13 April 2026 offered caregivers a space to pause and reflect on their journeys. Led by Ms Jaya Rajesh, the session guided participants in making sense of their experiences and recognising the support systems around them.

Through the "Tree of Life" activity, participants mapped different aspects of their lives onto parts of a tree to represent their roots, relationships, strengths, and hopes for the future. The exercise encouraged caregivers to acknowledge the challenges they face, but also the sources of support and meaning in their caregiving roles.

Participants then moved into paired discussions, where they shared their reflections and listened to one another's stories. These conversations allowed them to reconnect with the positive and meaningful dimensions of caregiving, while strengthening a sense of solidarity and mutual support.

The session created a space for reflection and connection, and was a reminder that while the role of a caregiver holds great weight at times, it also carries meaning and is shared by others.

Parkinson Warriors' *Voices*

“

I'm grateful to have been introduced to Parkinson Society Singapore, which offers a wide range of activities tailored to enhance Parkinson Warriors' stamina and strength. These include kickboxing, Pilates, physiotherapy, calligraphy, art, movement and dancing, and voice training. I, myself, have participated in and benefited from these activities and programmes.

Susan Lim

“

Parkinson Society Singapore (PSS) has played an important role in providing Parkinson Warriors with the environment we need to fulfil our mental and physical needs through social activities and therapeutic programmes.

Chew Kim Kwang

”

Internship @ PSS

Aliya

Being accepted into Parkinson Society Singapore (PSS) is something I feel very blessed about. At the start of the internship, I found the role daunting, as it pushed me beyond my comfort zone. Over time, however, I grew more confident and began to appreciate the value of connection and engagement in community work.

Supporting activities and interacting with Parkinson Warriors showed me how even small efforts can make a meaningful difference. Their enthusiasm and participation were especially encouraging. This internship had also been a continuous learning journey. It allowed me to better understand Parkinson through firsthand experience, which deepened my empathy and strengthened my confidence to engage with others. I am grateful for the growth this experience has brought me.

Solleha

My internship at Parkinson Society Singapore (PSS) has been both enriching and humbling. It opened my eyes to the realities of living with Parkinson and the importance of support not only for Parkinson Warriors but also for their caregivers. My interactions with PSS members also deepened my appreciation of both the challenges they face and their resilience, and what will stay with me most is the warmth, humour, determination and positivity many continued to show.

This experience also made me more mindful of the importance of approaching others with patience, sensitivity and a willingness to understand their experiences. Most of all, it taught me that social work is often found in small but meaningful moments of presence, encouragement, and walking alongside others. My time at PSS has left a lasting impact on me and strengthened the way I hope to show up for others in my future practice.



From left to right: Aliya, Solleha

Upcoming PSS Programmes

PSS Huddle

My Personal Journey with Deep Brain Stimulation (DBS)

Date: 2 June 2026 (Tuesday)

Time: 1:00 pm – 2:00 pm

Venue: Zoom

NEW

KEEP Well Caregiver Workshop

A new six-week programme for caregivers, with the first session starting on **8 June 2026 (Monday)**.

Time:

2:00 pm – 4:00 pm

Venue:

PSS Bishan Centre

PSS Karaoke

Date: 12 June 2026 (Friday)

Time: 1:00 pm – 3:00 pm

Venue: PSS Bishan Centre

PSS ConnACT

Beyond LPA: Legal Clarity & Financial Care Planning for Families

Date: 16 June 2026 (Tuesday)

Time: 11:00 am – 12:30 pm

Venue: PSS Bishan Centre

PSS Walking Club

Date: 17 June 2026 (Wednesday)

Time: 8:00 am – 11:00 am

Venue: Punggol Heritage Trail

Youthful Parkinson Circle

Date: 20 June 2026 (Saturday)

Time: 10:00 am – 12:00 pm

Venue: PSS Bishan Centre

PSS Befrienders' Session

Date: 26 June 2026 (Friday)

Time: 11:00 am – 1:00 pm

Venue: PSS Bishan Centre

Parkinson Society Singapore 30th Anniversary Charity Golf & Dinner 2026

Date: Friday, 25 September 2026

Time: 11:00am - 6:00pm (Golf)
7:00pm - 9:00pm (Dinner)

Venue: Orchid Country Club



Register here

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Golf Flight

\$6,000

Includes 4 dinner seats

Dinner Table

\$3,500

10 Seats or **\$350/seat**

Tax deduction of 2.5 times for donations of \$50 & above

RSVP: info@parkinson.org.sg

