



Parkinson Society Singapore

PARKINSON *News*



PSS ConnACT
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**“Every day is a day
to be grateful for”**

— Teo Nam Meng
More on P4-5

**KEEP Well Caregiver
Workshop**
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SEPTEMBER 2026

MDDI (P) 015/09/2026

PSS ConnACT New Workshop

Parkinson Society Singapore (PSS) recently launched PSS ConnACT, a new workshop that brings Parkinson Warriors (PWs) and caregivers together to learn from one another, share experiences, and stay actively engaged with the community. Through talks, hands-on activities, and sharings, ConnACT aims to empower participants by recognising the knowledge, skills, and experiences already within the Parkinson community.

The inaugural session, held on 19 May 2026, featured a fireside chat with a Parkinson Warrior who shared his volunteering journey at Gardens by the Bay. His story demonstrated how volunteering and staying connected with the community can continue to bring purpose and fulfilment after a Parkinson diagnosis. Participants also explored the benefits of nature therapy before taking part in terrarium-making, a first experience for many. The session provided an opportunity for social connection, and participants were happy to bring home their completed terrarium.



Participants creating their own terrariums

On 16 June 2026, the second session focused on legal and financial planning. A financial adviser, who is also a caregiver of a PW, took participants through the importance of the Lasting Power of Attorney (LPA). He was accompanied by a lawyer who provided further explanation of its legal aspects. Participants reflected on the value of planning ahead and discussed

how having conversations about future wishes can provide greater clarity and peace of mind for both themselves and their families. A hands-on activity, where participants unlocked miniature safes with a key, reinforced the idea that an LPA enables trusted individuals to safeguard one's wishes when the need arises.



Sharing on LPA

A participant with a passion for pickleball led the third session on 21 July 2026. Drawing on his own experiences, he spoke about how the sport has helped him remain physically active while building confidence, friendships, and a sense of belonging. Participants then learnt the fundamentals of the game through a live demonstration, with many exchanging tips, asking questions, and encouraging one another throughout the session.

Although each ConnACT session explored a different topic, they shared a common purpose: to recognise the strengths and experiences within the Parkinson community and to create opportunities for participants to learn from one another. PSS looks forward to continuing ConnACT as a platform where members can connect, contribute, and inspire one another.



Pickleball demonstration

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Upcoming PSS Programmes

Parkinson Society Singapore has arrived at

Bedok Community Centre!



Satellite @ Bedok

Bedok Community Centre
850 New Upper Changi Road, #02-23
S(467352)



Scan the QR code to register
for our Satellite @ Bedok
programmes!

“

As an Eastie, Satellite @ Bedok saves me travelling time and money on transportation. It allows more Easties to benefit from PSS programmes closer to home, and also frees up space in PSS Bishan for new members to join. I look forward to the activities and classes in Bedok!

Mr William Wong

”

“

Satellite @ Bedok is an important milestone in bringing support closer to members in the East. It will be a welcoming space in the East where Parkinson Warriors can come together, build friendships, and support one another. It will be a community where we can learn from one another, encourage one another, and remind each other that no one has to face Parkinson alone.

Mr Philip Ommen

”

“

I'm looking forward to Satellite @ Bedok, as it's only a 15 to 20-minute walk from my house, and I can use it as a form of exercise to get to classes at Bedok. I'm eager to participate in the pickleball and table tennis sessions at Bedok. I've always wanted to join the Table tennis sessions at Bishan, but it's too far.

Mr Cheong Kah Kit

”

“

I like the new Satellite location as I can meet new and existing friends from the East.

Mr Leong Weng Wai

”

PSS Outreach

AIC SGAs Outreach Talk

On 4 May 2026, Parkinson Society Singapore (PSS) welcomed Silver Generation Ambassadors (SGAs) from the Agency for Integrated Care (AIC) to the PSS Bishan Centre. The outreach session built on our sharing at last year's SGA Learning Day by deepening participants' understanding of Parkinson and the challenges our Parkinson Warriors (PWs) navigate.

In addition to introducing Parkinson and PSS's work, the session featured a series of experiential activities that helped participants better appreciate the daily experiences of PWs. Through these hands-on activities, SGAs gained greater insight into the physical and functional challenges associated with Parkinson.

The session concluded with a personal sharing by one of our Parkinson Warriors. Their journey of resilience reminded us that while Parkinson is a tough opponent, staying active through simple habits can make a world of difference.

PSS is grateful for the opportunity to partner with AIC in raising awareness of Parkinson. We look forward to continuing our collaboration to strengthen understanding and support for the Parkinson community.



SGAs at the PSS Bishan Centre

First Community Outreach at NUHS Parkinson's Disease Support Group



Sharing at NUHS

Parkinson Society Singapore (PSS) conducted its first community outreach talk at the National University Health System (NUHS) Parkinson's Disease Support Group on 13 May 2026. This marks an important step in extending support to the Parkinson community in the West.

The session introduced participants to PSS's holistic model of care and provided practical strategies for promoting mental well-being. Drawing on the PERMA model and the Circle of Control framework, participants reflected on the aspects of life within their control and explored ways to build resilience while living with Parkinson or supporting a loved one with the condition.

The outreach also provided an opportunity to reconnect with existing members while welcoming new participants to the PSS community. PSS is grateful to NUHS Parkinson's Disease Support Group for the opportunity to collaborate in supporting persons with Parkinson and their caregivers. We look forward to strengthening this partnership and bringing support closer to communities across Singapore.

A Caregiver's Perspective

By Tan Kwee Tiang

My husband, Teo Nam Meng, was diagnosed with Parkinson Disease in 2022. The most obvious symptom was the trembling in his right hand and, subsequently, his right foot.

In mid-2023, Nam Meng received a pack of drug, namely, Trihexyphenidyl HCl Benzhexol, from the hospital, in addition to his usual medicine, Madopar, to manage his Parkinson. At the end of his first day taking this new drug, I noticed him making some unusual movements — swinging his right hand into the air uncontrollably. On the second day, Nam Meng's "funny action" appeared more frequently, and he started making loud noises.

I suspected something was wrong with his new drug, so I checked online. I found there were many possible side effects from taking this Trihexyphenidyl HCl Benzhexol, including dry skin and mouth, paranoia, hallucinations, and seizures.

That night, when Nam Meng was about to get into bed to sleep, he suddenly swung his right arm repeatedly and shouted loudly with his eyes closed. I quickly went over to hold him. Both of us fell and knocked down the chair beside the dining table. His teeth were clenched as he went unconscious.

Nam Meng was immediately taken by ambulance to the hospital's Emergency Department and diagnosed with seizure. Fortunately, he recovered and was discharged four days later.

Since then, Trihexyphenidyl HCl Benzhexol has been recorded as one of Nam Meng's drug allergies. He was also prescribed Keppra (Levetiracetam) and Epilim (Sodium Valproate) to prevent and manage further seizures. He was also recommended to join programmes and activities organised by Parkinson Society Singapore (PSS) at Bishan.

After recovery, Nam Meng joined several PSS programmes, including Pilates, drumming, singing, and Taichi. He enjoyed these activities and met many Parkinson Warriors and caregivers there. They also expanded his circle of friendship and strengthened his support systems.

In addition, Nam Meng continued with his volunteer work at the Active Garden and Flower Dome at Gardens by the Bay. We continued our weekly Sunday walk at parks and along park connectors such as Windsor Nature Park, MacRitchie Nature Trails, Singapore Botanic Gardens, Bishan-Ang Mo Kio Park, Kallang/Whampoa River Park Connectors, Labrador Nature Reserve/Nature Park, Dairy Farm Nature Park, Punggol Waterway Park, and more.

As Nam Meng was able to pack his own medication each week while I was still working, I saw myself more as his supporter than his caregiver.

However, since 2023, Nam Meng has continued to experience minor jerking in his right hand due to poor sleep, anxiety, stress, and even excitement. These were in addition to his usual Parkinson symptoms, like the trembling of his right hand and shaking of his head.

In February 2025, his EEG revealed frequently occurring generalised spike-and-polyspike-and-wave complexes over his left frontal region, which suggests generalised epilepsy.

His Keppra dosage was increased from 250mg to 500mg, two times a day.

In mid-June 2026, Nam Meng suddenly started staring upwards, with frequent jerks of his right hand and speechlessness. I immediately called an ambulance, and he was taken to the hospital's Emergency Department in the middle of the night. There, he began shouting and swinging his arms frantically in the air. The doctor and nurses quickly gave him a jab of diazepam to calm him down.



Teo Nam Meng and
Tan Kwee Tiang
at Move to Beat
Parkinson 2025





Teo Nam Meng singing at Move to Beat Parkinson 2025



After his condition stabilised, he was transferred to a community hospital for rehabilitation. While he was there, PSS Executive Director Ms Phyllis Lim, as well as several Parkinson Warriors and caregivers, visited Nam Meng. We were very grateful for their visit. It showed how PSS truly is a caring large family.

Unfortunately, a second seizure happened just before he was about to be discharged from the community hospital. He was sent back to the hospital for emergency treatment. Nam Meng was subsequently discharged in early July 2026.

His Keppra dosage was increased from 500mg to 750mg, two times a day.

I decided to quit my part-time work to become Nam Meng's full-time caregiver.

In so doing, I was able to take him to a nearby neighbourhood park four to five days a week, where he could walk, exercise, and spend time in the sun. As he became more forgetful, I began packing his daily medication and making sure he took his medicines as prescribed. At home, he could still walk up and down the stairs with the support of the railing and his walking-stick umbrella. He was able to eat independently, but needed help with other daily routines.

I constantly reminded myself to be more patient with him as his pace became slower. I also applied TCM treatments to him, such as acupuncture and Tuina, when he experienced mental foggy or pain in his neck or lower back. Most importantly, I kept encouraging him to be positive and reminding him that, at our age, every day is a day to be grateful for.

On 1 August 2026, less than a month after his discharge, Nam Meng had another seizure.

His Keppra dosage was increased from 750mg to 1,000mg, two times a day.

On 5 August 2026, a day after he was discharged, a different kind of seizure was triggered, and Nam Meng became breathless.

As Nam Meng experienced repeated seizures (Epilepsy) in a short period, his neurologist advised that a higher dosage of medication was needed. In addition, his speech therapist found that Nam Meng had swallowing difficulties and advised that his liquid intake be thickened, too. This included changing his Keppra and Epilim medication to liquid formulations and crushing his other tablets before consumption.

On 10 August 2026, two days after he was discharged, Nam Meng's seizure was triggered again. He had to be admitted to the hospital for a third time in August.

On 14 August 2026, Nam Meng was sent to emergency department of the hospital again due to yet another seizure, the fourth time in August.

A team of doctors from the National Neuroscience Institute have been closely monitoring his complicated Parkinson and Epilepsy condition.

As at 4 September 2026, Nam Meng is still warded.

The increase in medication did not stop his seizures. His neurology doctors are in the process of finding the right amount of medication to treat his frequent seizures.

Nam Meng's memory, speech and cognition are getting poorer after each seizure.

I hope he can return to PSS to join its programmes and activities.



KEEP Well Caregiver Workshop

Parkinson Society Singapore (PSS) concluded the inaugural run of the Kickstart Exercise and Empower Parkinson's (KEEP) Well Caregiver Workshop on 13 July 2026, following six weeks of learning, reflection, and mutual support. The workshop welcomed both new and familiar caregivers to explore practical strategies for navigating the caregiving journey, as well as build connections with others who share similar experiences.

The programme began by introducing the Bio-Pscho-Social-Spiritual (BPSS) framework, which reminded caregivers that their own well-being is just as important as the well-being of the person they care for. Through reflective activities such as the Tree of Life, caregivers explored their personal strengths, challenges, and sources of support. This laid the foundation for open conversations throughout the workshop.

Over the following weeks, participants explored topics including grief, caregiver stress, emotional well-being, resilience, and communication. Through discussions, reflective activities, and practical tools such as the PERMA model, ABC model, and Caregiver Eco Map, caregivers learnt strategies to better understand their own emotions, strengthen communication with their loved ones, and build support networks for the caregiving journey.

Participant sharing their Caregiver Eco Map during the fifth session



"Knowing more about Parkinson and hearing other caregivers' experiences will empower you. You're not alone on this journey. PSS has your back!"

— Rachel



Sorting through the emotion cards during the second session

Reflecting on the programme, participant Mrs Singh shared, "The trainers were very knowledgeable and I learnt a lot from them, including how to build resilience and cope with difficult emotions." Rachel, another participant, added, "The workshop gave me a deeper understanding of Parkinson and helped me approach caregiving challenges with a better mindset. It also equipped me with practical ways to support both my loved one and myself."

The workshop concluded with a special final session at Yoon's Social Kitchen, providing caregivers with a refreshing change of environment as they celebrated the completion of the programme together. Participants first gathered to make *png kueh* — an opportunity for conversations and connections outside the usual centre setting.



Png kueh making during the last session

The session then discussed the different love languages and spurred caregivers to consider how they express and receive love. As participants looked back on the past six weeks, they shared words of encouragement and celebrated the friendships and support they had found through the programme.

"You are not alone on this caregiving journey. Attend this workshop and learn how to manage caregiving as we hold someone's dignity, comfort and joy."

— Mrs Singh



Participants discussing their love languages during the last session

In addition to the practical knowledge gained, the workshop fostered a strong sense of community among caregivers and reassurance that they are not alone in their caregiving journey. As Mrs Singh reflected, "This was a very informative workshop where all caregivers shared their problems, and we learnt from one another."

As the first run of KEEP Well came to a close, participant Aileen encouraged future caregivers to take part: "Sign up for the Caregiver Workshop! You will find the workshop beneficial and interesting. You will also get lots of information from the sharing among caregivers." PSS looks forward to welcoming more caregivers in the next run of the KEEP Well Caregiver Workshop.

Visit to River Wonders

In celebration of Singapore's 61st National Day, Parkinson Society Singapore's (PSS's) bi-monthly walk brought Parkinson Warriors and caregivers together for a day out at River Wonders. Dressed in red and white and carrying Singapore flags, members embraced the National Day spirit while enjoying the attractions and spending time with one another.

As they explored the park, members discovered the diverse wildlife and exhibits that River Wonders had to offer. The pandas were a favourite among the group and made for plenty of memorable moments and photographs.

Against the backdrop of the National Day celebrations, the day was a fitting reminder that a strong community is one in which everyone has the opportunity to remain involved, share in meaningful experiences, and feel that they belong.



Project Kinship

Hello Parkinson Warriors and caregivers!

We are Project Kinship, a student-initiated Values in Action project from Eunoia Junior College, in collaboration with Parkinson Society Singapore. Through this project, we hope to build meaningful friendships with all of you and create a warm, supportive space where laughter, conversations, and shared experiences can brighten everyday life.

Beyond simply organising activities, we want to journey alongside you with genuine care and companionship. We believe that even small moments of connection can make a meaningful difference, and we hope our time together will bring comfort, joy, and encouragement to your daily routines.

At the same time, we are committed to raising awareness about Parkinson within our own generation. While many young people have heard of Parkinson, few truly understand the challenges, resilience, and strength behind the condition. Through advocacy and education, we hope to break misconceptions, foster empathy, and encourage youths to move beyond surface-level awareness towards becoming a more understanding and supportive community.

Most importantly, we want you to know that this project is not only about service, but also about learning from your stories, experiences, and perseverance. Thank you for allowing us the opportunity to connect with you. We are excited to create meaningful memories together.



Top row, from left: Zhu Zheng, Sudiksha, Emily. Bottom row, from left: Chloe, Chern Ning

Upcoming PSS Programmes & Workshops

PSS Reminiscence

Dates: 1, 8 & 15 October 2026

Time: 2:30 pm – 4:00 pm

Venue: Satellite @ Bedok

Life in Balance Workshop

Date: 3 October 2026

Time: 10:00 am – 12:00 pm

Venue: PSS Bishan Centre

PSS Huddle

My KEEP Well Caregiver Workshop Journey

Date: 6 October 2026

Time: 1:00 pm – 2:00 pm

Venue: PSS Bishan Centre & Satellite @ Bedok

KEEP Well Caregiver Workshop (Run 2)

Dates: 9, 16, 23 October & 6, 13, 20 November 2026

Time: 10:00 am – 12:00 pm

Venue: PSS Bishan Centre

PSS Walking Club

Date: 14 October 2026

Time: 8:00 am – 11:00 am

Venue: Botanic Gardens

Youthful Parkinson Circle Workshop

Date: 17 October 2026

Time: 10:00 am – 12:00 pm

Venue: PSS Bishan Centre

NEW

PSS NOWA (No One Walks Alone)

For caregivers:

Dates: 22 October & 26 November 2026

Time: 11:30 am – 1:00 pm

Venue: PSS Bishan Centre

For Parkinson Warriors:

Date: 12 November

Time: 11:30 am – 1:00 pm

Venue: PSS Bishan Centre

BEYOND THE DIAGNOSIS: LIVING FULLY WITH PARKINSON'S DISEASE



Join us to hear inspiring stories, practical tips, and expert insights.

31 October 2026
Saturday • 9-11am
Registration starts 8:30am

Connexion @ Singapore Institute of Technology
Level 3, W1 Building, Campus Heart
(1 Punggol Coast Road, Singapore 828608)

LIFE BEYOND THE DIAGNOSIS



Jimmy & Cheryl Choh

Edward Pang

Philip & Dawn Ommen

PRACTICAL STRATEGIES FOR EVERYDAY LIFE



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Senior Principal
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Josephine Neo
Principal Occupational
Therapist

Lin Jingyi
Principal Medical
Social Worker



**REFRESHMENTS
WILL BE PROVIDED
AFTER THE EVENT**



**WARRIOR 24/7
INTERACTIVE INSTALLATION**
Check it out at W1 Forum, SIT after the Symposium!



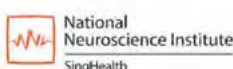
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To register, scan the QR code or visit
<https://for.sg/pd-symposium>

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