

PARKINSON NEWS

SINGHEALTH PRESIDENT'S CHALLENGE 2018 GRAND FINALE



As an adopted beneficiary of the SingHealth President's Challenge 2018, Parkinson Society Singapore (PSS) was privileged to be a part of the Grand Finale event on 10 November held at KK Women's and Children's Hospital (KKH).



From as early as 7am, PSS members and staff formed two teams and participated in the Family Fun Walk where they took on various challenges at pit-stops around KKH. PSS Vice President, Mr Marcus Lam, also joined us on the Saturday morning to soak in the fun!

Along with four other adopted beneficiaries, PSS put up a booth where more than 1,000 participants at the event could find out more about Parkinson and our programmes. Guest-of-Honour, President Halimah Yacob, graciously spent time at each booth, speaking to the beneficiaries and taking group photos, much to the delight of many present!

Our Parkinson Warriors, together with our instructor Ms Jennifer Chung, also took to the stage and put up an engaging standing and sitting Tai Chi performance that got the audience moving along with them.

A record-breaking amount of more than \$808,000 was raised by SingHealth for this year's President's Challenge, and the donations would be shared among the five adopted beneficiaries.

PSS is honoured to be a beneficiary of SingHealth President's Challenge 2018 and would like to thank SingHealth Duke-NUS Academic Medical Centre (AMC) and its donors, partners and sponsors for their kind support and fundraising efforts.

HAPPY CHRISTMAS & A BLESSED NEW YEAR!

It's been a great 2018 and we have YOU to thank for – the hundreds of PSS members and caregivers who have been so supportive of our programmes and activities; the many individual and corporate donors, sponsors, volunteers and schools for the generous giving of your time, talents and resources.

We are heartened to receive positive feedback that many have found our programmes beneficial. This will certainly spur us on as we continue to strive for service excellence in what we do.

On behalf of the Board and Staff at PSS, we would like to wish you and your loved ones a very Blessed Christmas and a Happy New Year!

SPECIAL NEW YEAR DRAW

3 sets of Weighted Bendable Fork & Spoon are up for grabs, courtesy of a donor! Specially designed for those with weak grip or reduced hand mobility, these can be bent at any angle and include straps to enable users to eat independently and are suitable for both left and right hand use.



Simply email us at info@parkinson.org.sg with your full name, last 4 digits of your NRIC number and contact number, or fill up a "Special New Year Draw" form at our Centre in Bishan. Closing date is **31 January 2019**, and winners will be notified by email or phone call in February 2019. This draw is open only to PSS members whose membership are valid at the time of draw.

PARKINSON *Star* AWARDS

The Parkinson Star Awards is organised by PSS to recognise outstanding individuals in the local Parkinson community. It takes a tremendous amount of courage and strength to persevere and go through life with Parkinson. Every day, people with Parkinson do extraordinary things in spite of the challenges they face in life.

We would like to showcase the stories of people in the Parkinson community, who by their actions and lives, inspire all of us. They show us that you don't have to be great to do good. They also show the tenacity of the human spirit and the capacity to enhance the quality of life across communities.

If you know a person with Parkinson (PwP) or a caregiver of a person with Parkinson who deserves to be honored for being an inspiration, we invite you to tell their story and nominate them for the Parkinson Star Awards!

The best three entries will be presented with the Parkinson Star Awards at our annual "Move to Beat Parkinson" event in 2019!

NOMINATION CRITERIA

- Nominee must be an active PSS member or a caregiver of an active PSS member.
- Nominee must be alive – posthumous nominations are not allowed.
- Nominations must be made on official forms and be under 200 words.
- Nomination period is from **1 January 2019 to 1 March 2019**.
- The judges' decision is final. Winners will be announced at the Parkinson Star Awards ceremony during "Move to Beat Parkinson 2019".

NOMINATION FORM

I WOULD LIKE TO NOMINATE

Name: _____

Age: _____

NRIC: _____

Contact Number(s): _____

Email: _____

NOMINATED BY

Name: _____

Age: _____

NRIC: _____

Contact Number(s): _____

Email: _____

1. Tell us more about the background of the PwP (e.g. how long has the nominee been living with Parkinson) or the Caregiver of the PwP (e.g. how long has the nominee been caring for his/her PwP?).

2. Why does the nominee deserve the Parkinson Star Award?

3. What are some specific examples of incidents or deeds in which the nominee has demonstrated qualities which make them worthy of the Parkinson Star Awards?

LIVING WITH PARKINSON

Life with Parkinson can be challenging but there's also much you can do to proactively affect your condition and live a full, happy and healthy life. Our new column aims to share with you tips and information to empower both you and your caregivers. Read on and share with us your nuggets in life too! We would love to hear from you at info@parkinson.org.sg.

帕金森病患者的生活可能具有挑战性，但您也可以做很多事情来主动影响您的病情，让生活加倍充实，快乐和健康。我们的新专栏旨在与您和您的看护者分享各类技巧和信息来达到更精彩的生活。我们也很乐意收到您的个人分享，请邮寄info@parkinson.org.sg。

TRAVELLING

People with Parkinson may face challenges when travelling, but with some helpful pointers, holidays can be made easier and more enjoyable. Here are some tips to consider:

PLAN AHEAD

- Plan the trip carefully to ensure it goes on as smoothly as possible.
- For example, plan the mode of transportation and type of accommodation in advance. Notify airlines and hotels of any special needs ahead of time.

PREPARE A CHECKLIST

- Prepare a detailed checklist of essential items to bring (e.g. passports, tickets, travel insurance, money and assistive devices).
- Do this early to greatly reduce stress.

MANAGING MEDICATIONS

- Medications should always be kept close at hand (e.g. in the hand luggage and not in the check-in luggage).
- Always be sure to bring along sufficient medication for the trip, with enough to cover a prolonged stay as and when the need arises (e.g. one to two days delay of flight).

Source: "Moving Towards A Brighter Tomorrow: The Essential Resource for People with Parkinson" by Dr Louis Tan. This book is available in English and Mandarin and is available for sale at The Parkinson Centre in Bishan. Please call 6353 5338 to reserve a copy of the book or for more information.

旅行

帕金森病患者要去旅行，可能会有许多挑战。但采取以下有用的建议，旅行仍然可以是轻松愉快的。以下是一些可供参考的贴士：

提前规划行程

- 仔细规划行程，确保一切顺利。
- 例如，预先计划好要乘坐什么样的交通工具，和入住什么样的酒店。若有任何特别需要，要预先通知航空公司和酒店。

准备一份出行清单

- 准备一份详细列出所需携带物品的清单（例如护照、机票、旅行保险、钱和辅助器材）。
- 提早拟好清单，以大大减轻压力。

药物管理

- 病患应时刻把药物放在身边（例如把药物放在手提行李而不是托运行李内）。
- 出行期间要确保携带足够的药物，甚至要准备额外的药物，以备有行程延误的情况发生（如因班机延误而耽误行程一两天）。

资料来源：《迈向更美好的明天：帕金森病患和看护者的必备手册》
作者：陈秋生医生。本手册有英语和华语版本，可在新加坡帕金森中心购买。
请致电6353 5338预订或讯问详情。

iShare

PSS member Mdm Jane Tan, who had lived in France, shares her travel tips for PwP.

- 1 Plan your trip in advance, including your mode of transport.
- 2 Keep your medication close to you, with an extra set in your check-in luggage.
- 3 Once you've booked your air or cruise tickets, remember to buy your travel insurance.
- 4 Bring along a non-slip tray to aid in dining.
- 5 Keep the relevant parties such as the travel/booking agents informed of your Parkinson condition so that they are able to better plan your travels, example arranging for priority boarding and last to disembark for everyone's convenience.

曾在法国居住的PSS会员陈子珍女士与我们分享她的旅行贴士：

- 1 提前规划行程，预先计划要乘坐什么样的交通工具。
- 2 药品务必随身带，另外一份在托运行李里。
- 3 一订下机票/船票，应顺也同时投保旅游保险。
- 4 携带防滑托盘，便于进餐。
- 5 在买机票/船票后，通知卖方你是帕金森病患者，方便卖方做应有的安排，如：不必与其他乘客一起等待，而是安排先上后下。

LIFE IN BALANCE – EMOTIONAL FREEDOM TECHNIQUE

Do you find yourself easily troubled, often feeling stressed or lethargic?

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 acupuncture, in the form of fingertip tapping on meridian points.

**12 January 2019
(Saturday)
9.30am to 12noon
The Parkinson
Centre**

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

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

HAVE YOU RENEWED YOUR PSS MEMBERSHIP FOR 2019?

PSS membership entitles you to subsidies for PSS programmes and priority in our workshops, invitations to events and outings, as well as receiving our quarterly newsletter. The PSS membership year runs from 1 January to 31 December.

Membership Type	Fee	Condition
Annual Membership (Regular)	\$50	Renew at the start of each calendar year
Annual Membership (Senior – above 60 years old)	\$30	Renew at the start of each calendar year

The membership form is enclosed for your convenience. You may also download the membership form from <http://www.parkinson.org.sg/Membership.php>, complete the application and head down to the Parkinson Centre or send it via post.

CAREGIVERS' WORKSHOP

Strictly for caregivers of People with Parkinson (PwP). Caregivers can learn, discuss challenges, share helpful tips, and receive support to better care for PwP.

Speaker: Ms Li Wei, Advanced Practice Nurse, National Neuroscience Institute, Tan Tock Seng Hospital

Fee: \$20 (PSS Members) /
\$30 (Non-PSS Members)

**9 March 2019
(Saturday)
9am to 12noon**

**The Parkinson
Centre**

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

YOUTHFUL PARKINSON CIRCLE

Youthful Parkinson Circle ("YPC") is open to members who have been diagnosed between the ages 35 to 59.

Dr Lim Ee Wei will be discussing about managing and coping with Parkinson.

Speaker: Dr Lim Ee Wei,
Consultant Neurology, National Neuroscience Institute
Free Registration: Exclusively for PSS Members only

**26 January 2019
(Saturday)
2pm to 4pm**

**The Parkinson
Centre**

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

SAVE THE DATES!



The Parkinson Centre

PSS CHINESE NEW YEAR CELEBRATION
Join us for a morning of food, fun and festive cheer as we usher in the Lunar New Year!



Toa Payoh HDB Hub

MOVE TO BEAT PARKINSON 2019
Our annual event returns with more exciting activities – don't miss this!

COMMUNITY COLLABORATIONS



WEEKEND FUN AT JURONG BIRD PARK WITH SINGHEALTH, NNI, DUKE-NUS

30 of our PSS members enjoyed a sunny Saturday morning on 15 September at Jurong Bird Park, in the good company of volunteers from SingHealth HQ (SHHQ), National Neuroscience Institute (NNI) and Duke-NUS Medical School.



Our PSS members and their families got up close with many interesting species of birds, some of which are rare and have become extinct in nature. They also caught the High Flyers Show, an impressive showcase of the birds' natural abilities that mesmerized the audience.

PSS would like to thank SHHQ, NNI, and Duke-NUS Medical School for this special weekend treat!

FIESTA! INTERNATIONAL ACCOUNTANTS' DAY WITH PwC

PSS was privileged to have been invited by PwC Singapore to the FIESTA! International Accountants Day 2018 on 21 September at Marina Bay Sands Events Plaza, a timely celebration of the Mid-Autumn Festival.

About 20 of our PSS members had a great time bonding through lantern-making, browsing through the various booths at the carnival and posing against the gorgeous Marina Bay skyline.

A big thank you to the caring volunteers from PwC Singapore for hosting us!



TEMASEK LEADERSHIP SHOWDOWN 2018



PSS was selected by Temasek Junior College (TJC) as one of the six beneficiaries for their nationwide Temasek Leadership Showdown 2018, where students from secondary schools came together to learn from and compete with each other through a well-planned programme by teachers and students from TJC. One of the challenges posed was for groups of students to plan activities to help raise awareness and funds for a beneficiary of their choice.



On 17 November, our Community Partnership team – Samuel and Choon Ling shared with students from Anglican High School (AHS) and Methodist Girls' School (MGS) about Parkinson and what we do for the community in Singapore. The students then presented their planned activities and refined their proposals after being mentored by the PSS team. AHS focused on activities whereby the audience would get to experience what a person with Parkinson would experience in his/her daily life; while MGS chose to debunk myths and emphasise facts on Parkinson.



The teams hit the streets of Bedok Central the next morning and approached members of the public to promote Parkinson awareness and raise funds. In

just two hours, a total of \$2,099.56 was raised for all the selected beneficiaries!

From all of us at PSS, we would like to thank TJC, AHS and MGS for their commitment to carry out the respective activities in helping us reach a wider audience to promote Parkinson awareness!

PSS BOARD

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EDITORIAL TEAM

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Ms Teh Choon Ling

Ms Neo Lay Tin

WAYS TO DONATE

ONLINE

[Giving.sg/
parkinson-society-singapore](http://Giving.sg/parkinson-society-singapore)

ONLINE

Parkinsonsociety.org.sg
Give.Asia

BY CHEQUE / POST

Cheques made payable to
"Parkinson Society Singapore".

Please mail cheque to

Parkinson Society Singapore
Blk 191, Bishan Street 13, #01-415,
Singapore 570191.

All donations \$50 & above are eligible for
IRAS tax deduction. Kindly include your
full name, NRIC number and contact
number on the reverse side of the cheque.

Information correct at the time of printing

USHERING IN THE NEW YEAR

"Life comes with ups and downs, and full of surprises. Face it well without regrets. Live life, love life and impact lives to make the world a better place. I wish everyone a better today and tomorrow. May your wishes and dreams come true, and with them good health, love, joy and peace." – Ms Julie Lau, PSS President

"With faith and hope in God, I give thanks for the love and support from family and friends. I choose to live with a positive attitude. I will exercise regularly and practise Emotional Freedom Technique (EFT) with my mantra - 'Every day in every way I am

getting better and better'." – Ms Margaret Mary Wan, PSS member & Parkinson Warrior

"I wish for PSS members to attend more programmes and events in the coming year, while staying active and keeping well." – Ms Neo Siew Hiong, PSS Centre Manager

"Rest well, play harder for good health!" – Ms Sylvia Liew, PSS Principal Physiotherapist

"I hope for everyone to be healthy and strong in 2019. Thank you for this opportunity to volunteer at Parkinson Society Singapore!" – Mr Loo Eng Hai, PSS long-time Volunteer

PARKINSON SUPPORT GROUP CALENDAR 2019

Tan Tock Seng Hospital (TTSH)	Music Therapy (Mandarin)	Music Therapy (English)
	10 January 2019 2.30pm – 4pm	14 February 2019 2.30pm – 4pm
	Ms Michelle Low Music Therapist	Ms Michelle Low Music Therapist

Sessions conducted by TTSH will be held at the National Neuroscience Outpatient Clinic (Level 1). For enquiries, please call 6357 7138 or website <http://www.nni.com.sg>. Tea Reception with be provided.

THANK YOU!

We are grateful for the generous donation of **\$159,872.06** from The Estate of the late Lim Shan Shan.

GET THE LATEST UPDATES ON OUR FACEBOOK!

If you aren't following us on our Facebook yet, do so today! Fresh updates, health tips, motivational quotes, photos of familiar faces and more daily! Like us on our official Facebook Page at www.facebook.com/ParkinsonSocietySingapore



Parkinson Society Singapore

PARKINSON SOCIETY SINGAPORE (PSS)

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