

PARKINSON NEWS

TEE TO BEAT PARKINSON 2016

PSS held its fundraising event 'Tee to Beat Parkinson' on 4 November at Orchid Country Club.

Er Dr Lee Bee Wah, MP for Nee Soon GRC and Grassroots Adviser to Nee Soon GROs, graced the charity golf event, where she joined 131 golfers to tee off for a good cause. Top winner Mr Leong Sow Koon took home the Hole-in-One cash prize worth \$50,000 and a one-year Gold membership, courtesy of Orchid Country Club.

Congratulations to our Winners...

- Hole-in-One Winner: Mr Leong Sow Koon
- Ladies Division Champion: Ms Jenny Yang
- Men B Division Champion: Mr Cyrus Medora
- Men A Division Champion: Mr Aiden Yeo
- Best Gross Score: Mr Paul Tan

During dinner, Ms Denise Phua, Mayor of Central Singapore District, MP of Jalan Besar GRC, was presented a calligraphy work by Mr Mah Poh How as a token of appreciation for gracing the dinner function. Performers for the night included Mr Abdul Rahman, who wowed the crowd with famous hits 'Sway', 'Quando Quando', and Spanish hit "Besame Mucho".

Bestlife, PSS's very own singing sensation, also entertained the crowd with their original hits 'PD Song' and 'A Better Tomorrow'. The group has been active at PSS events since 2015, making special appearances at our annual Year End Party cum Parkinson Star Awards, and most recently performed to an audience of more than 300 people at the Move to Beat Parkinson event in July 2016.

Our thanks to Mr Freddie Kang, our deejay and soundman for the evening. He also impressed the diners with his crooning of old hits.

PSS would like to thank our partners, supporters, volunteers and participants for contributing to the success of Tee to Beat Parkinson 2016! We would also like to express our gratitude to Mr Brian Richmond, our Master of Ceremony for the event.



The enthusiastic charity golfers just before tee-off



Presentation of token of appreciation to Ms Denise Phua, Guest-of-Honour, by calligrapher Mr Mah Poh How

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Mr Han Sack Teng

PARKINSON SUPPORT GROUP CALENDAR 2017



Singapore General Hospital (SGH)

Redefine Yourself and Group Discussion

9 January 2017
11.00am - 1.00pm

Psychologist
Medical Social Worker

Voice Changes and Training in Parkinson's

6 February 2017
11.00am - 1.00pm

Speech Therapist

Music Therapy

6 March 2017
11.00am - 1.00pm

Music Therapist

Tan Tock Seng Hospital (TTSH)

PD and Diet (Mandarin)

12 January 2017
2.30pm - 4.30pm

Ms Chng Pey Ling, Dietician, TTSH

PD and Diet Motivational Sharing Session (English)

9 February 2017
2.30pm - 4.30pm

Ernest Wong Kok Wah, Dietician, TTSH
Mr Johnson See, PD Warrior

Advanced PD Management: Deep Brain Stimulation

9 March 2017
2.30pm - 4.30pm

Dr Nicolas Kon,
Consultant / Neurosurgery, NNI

Changi General Hospital (CGH)

Understanding Your Diagnosis and Treatment Regime

16 March 2017
3.00pm - 5.00pm

Doctor/Pharmacist

Sessions conducted by CGH will be held at Meeting Room 34, Level 3 Integrated Building (opposite Medical Social Services). For enquiries, please call Medical Social Services at 6426 8600 or 6426 8601.

Sessions conducted by SGH will be held at the **Learning Space (Block 6, Level 1)**. For enquiries, please contact Nurse Usanee at 9295 3331 or email neurocare@sgh.com.sg.

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>.

YOUTHFUL PARKINSON CIRCLE (YPC)

YPC is a support group for PSS members who had been diagnosed between the ages 35 to 59.

PARKINSON'S DISEASE SYMPTOMS & DIAGNOSIS

21 Jan 2017, 2.00pm - 4.00pm

Speaker: Dr Lim Ee Wei, Neurologist

MAXIMIZING LIFE WITH PARKINSON'S DISEASE

25 Mar 2017, 2.00pm - 4.00pm

Speaker: Ms Sarah Koay,
Occupational Therapist



This programme is conducted at the Parkinson Centre. Please call the Centre at 6353 5338 to register.

PWR! WORKSHOP

Dr Claire McLean from Power Wellness Recovery (PWR!) was in Singapore to conduct a workshop for PSS on 28 August 2016! She led the participants in a workout that comprised moves and techniques aimed at helping Patients with Parkinson (PwP) enhance their physical wellness at home. The workshop, held at Bishan Community Centre, focused on the importance of exercise and the benefits it could bring to PwP.

42 PwP and caregivers attended the informative workshop and were able to bring home useful tips to optimize their exercise routines. PSS would like to thank Dr McLean for taking the time to share the useful exercise regime with our Parkinson community. PSS will be collaborating with Dr McLean to conduct more workshops in the future.

The happy participants after the PwR workshop



RENEWAL OF PSS MEMBERSHIP

Dear PSS members, please renew your PSS membership for 2017, if you have not already done so. The membership form is enclosed for your convenience.

JOIN US

UPCOMING EVENT

MOVE TO BEAT PARKINSON 2017

Date: Saturday, 8 April 2017

Time: 8am -12 pm

Venue: Toa Payoh Town Park, Pavillion

Look out for more details at the PSS Centre

LIFE IN BALANCE – EMOTIONAL FREEDOM TECHNIQUE

Emotional Freedom Technique or EFT is an amazing 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 Acupressure, in the form of fingertip tapping on acupuncture points.

14 Jan 2017, 9.30am - 12.00pm
25 Mar 2017, 9.30am - 12.00pm

by Dr Tan Siok Bee

Fee: \$10 (PSS Member) / \$20 (Non-PSS Member)

This programme is conducted at the Parkinson Centre by Dr Tan Siok Bee. Please call the Centre at 6353 5338 to register.

CAREGIVERS' WORKSHOP



Pharmacological
Management on
Non-Motor Symptoms
for PwP

18 Mar 2017

9.00am - 12.00pm

Speaker: Ms Wendy Ang,
Principal Clinical Pharmacist

Fee: \$10 (PSS Member) / \$20 (Non-PSS Member)

This programme is conducted at the Parkinson Centre and is strictly for caregivers only. Please call the Centre at 6353 5338 to register.

MAX MIND PROGRAMME AT ST LUKE'S

Max Mind is a specially tailored cognitive programme in Singapore, designed by Occupational Therapists for People with Parkinson (PwP). The programme focuses on developing and continuously practising different cognitive skills and strategies to help participants function successfully in daily living activities.

Benefits of Max Mind include:

- Building of a support network
- Keeping the mind active through cognitive stimulation games
- Learning lifestyle redesign
- Learning strategies to overcome cognitive challenges in daily life

For enquiries, please contact Ms Tan Ai Hua at 6895 3283.



MOVING WELL WITH PARKINSON - EXERCISE CLASSES AT ST LUKE'S

Weekly sessions of physiotherapy are conducted at various St Luke's ElderCare (SLEC) centres to allow greater accessibility for participants. For more information, please contact the respective centre managers.

- 1 BUKIT TIMAH CENTRE**
Blk 310 Clementi Ave 4, #01-263,
Singapore 120310
Tel: 6873 1772
- 2 CHANGKAT CENTRE**
Blk 350/351 Tampines St 33, #01-438,
Singapore 520350
Tel: 6789 9956
- 3 TELOK BLANGAH CENTRE**
Blk 33 Telok Blangah Way, #01-1038,
Singapore 090033
Tel: 6273 3466
- 4 NEE SOON CENTRAL CENTRE**
Blk 766 Yishun Ave 3, #01-295,
Singapore 760766
Tel: 6759 9053

DARE PROGRAMME @ PSS

PSS collaborated with the Singapore Heart Foundation to organize the Dispatcher-Assisted First Responder (DARE) lifesaving awareness programme. A total of 16 participants attended the session on 11 November 2016, where they were introduced to the importance of responding promptly in the face of emergency. Chief Instructor, Ms Denise Ng, shared about basic Cardiopulmonary Resuscitation (CPR) and explained step-by-step how the Automated External Defibrillator (AED) should be administered when a victim collapses from a cardiac arrest. All the participants enjoyed the session which was educational, informative and interactive.



DARE instructors together with the participants

AN OUTING WITH VOLUNTEERS FROM PwC



40 members and caregivers enjoyed an outing on 10 November 2016 organized by PricewaterhouseCoopers LLP (PwC) to the Flower Dome and Cloud Forest at Gardens by the Bay, where they were greeted by a beautiful array of flowers and festive displays! Joining the participants were volunteers from PwC, who ensured that their guests were able to enjoy all that the attractions had to offer. PwC organized this outing in celebration of the International Accountants' Day and PSS is happy to be the recipient of this kind gesture.

Happy and contented PSS members with the PwC volunteers

PD SHARING@ CANADIAN INTERNATIONAL SCHOOL

PSS conducted a talk on Parkinson at Canadian International School on 2 December 2016. The speaker, Jacqueline Lim, was swamped with questions from a group of enthusiastic 5th graders. General information such as common symptoms experienced by PwP and their effects on daily living were presented. The students also learnt about the programmes and support provided at the Parkinson Centre for PwP.

Attentive 5th graders listening attentively to the talk delivered by Jacqueline Lim from PSS



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Cheques made payable to "Parkinson Society Singapore"

To make a donation to us by post, please mail 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 your full name, NRIC No. and contact number on reverse side of cheque.

DONATION ACKNOWLEDGEMENTS INDIVIDUAL DONORS

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Thank you!



Parkinson Society Singapore

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