



unleash your inner PD warrior

"There is evidence that exercise may slow the progression of Parkinson's; not as a cure, and it doesn't propose to be so, but it often does have beneficial results" says Steve Taeuber, who has Parkinson's and is a PD Warrior. PD Warrior is a unique exercise philosophy recognised for its therapeutic benefits in maintaining function through mobility.

"Since Parkinson's disease robs us of our 'feel good' chemicals in the brain (namely Dopamine), it makes it difficult to sometimes find the motivation to exercise. I only work 3 days a week now, and I know that it can be difficult to find the energy and motivation to exercise frequently when your entire body says NO" says Steve.

Sedentary behaviours are Neurodegenerative and hence are the fastest way to accelerate your Parkinson's symptoms. Neuroactive behaviours are the opposite of this and may slow the symptoms of the condition.

To achieve this specific exercises and training are used to help develop this Neuroactive change that rewires the brain to improve circuitry pathways. The

process is aimed at developing Neuroplasticity. PD Warrior is an exercise program, developed to give a structured platform to improve function, quality of life and long term exercise behaviour, especially for those with a recent diagnosis. The program challenges participants in multi-tasking, using a combination of physical and cognitive activities to drive the brain's natural ability to re-wire itself.

Parkinson's SA is looking for a sponsor to support us deliver this program to people living with Parkinson's. If your business or company would like to partner with our organisation please contact us.

If you would like to put your name down to participate in the exercise program, please contact Parkinson's SA on 8357 8909.

**Want to become a sponsor,
donor, friend or partner of
this program?**

Contact Olivia Nassaris
08 8357 8909



OUR VISION

Enhanced quality of life
for people living with
Parkinson's and other
Movement Disorders

OUR MISSION

To provide outstanding
support, education and
advocacy for people living
with Parkinson's and other
Movement Disorders

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Olivia Nassaris

welcome....

JAN CHORLEY, CEO

I am so very pleased to have been offered this wonderful role of CEO Parkinson's SA. I particularly wish to acknowledge Christine Belford who championed the organisation for many years and has left a wonderful and positive legacy. I also want to sincerely thank Olivia Nassaris who so generously and competently stepped up to lead the organisation during the transition period.



My first impressions of Parkinson's SA is one of a truly outreaching organisation that is making a difference in people's lives every day. People living with a diagnosis and for the many people who may be caring for someone. We are fortunate to have the most highly dedicated team of committed staff and volunteers.

In moving forward as an organisation we need to embrace the changes of the NDIS and Aged Care reforms. We need to proactively drive the changes in our own organisation to reflect these major external structural changes. Governments are changing the way they fund organisations and this means we need to actively seek funds from a diverse range of sources.

We are therefore excited to let you know that we will be growing our visibility and engaging with broader constituencies over time to ensure that there is a greater awareness of Parkinson's and its impact across South Australia.

As a small organisation we have been punching above our weight in the delivery of a broad range of services, however, we need your support to grow our income in order to meet the future challenges. We want to be able to ensure everyone with a diagnosis of Parkinson's no matter whether they live in the city or country can be better served by our organisation.

QUIZ NIGHT SAT 24 JUNE

Tickets
\$20 member
\$15 member

Goodwood Community Hall
32-24 Rosa St, Goodwood
6:30 for 7pm - 10pm

BYO drinks and supper (tea and coffee supplied)
BOOK NOW on 8357 8909
(get in fast as tables sold out last year)

WORLD PARKINSON'S DAY

200 years of Parkinson's



On 11th April 1817, Dr James Parkinson published "An Essay on the Shaking Palsy". Exactly 200 years later, on 11th April 2017, Professor Rob Wilcox delivered an informative and entertaining talk as part of **Parkinson's SA's World Parkinson's Day** activities.

Parkinson's disease is not new: an Indian treatise dating as far back as 1500BC described a disease with tremor, lack of movement and drooling; it was treated with extracts from the *Mucuna pruriens* bean, now known to be a source of L-Dopa. Other reports, particularly from the 17th and 18th centuries AD, also referred to symptoms similar to those of Parkinson's.

James Parkinson took the crucial step of drawing together and describing many of the symptoms of what he called 'the Shaking Palsy'. It is a remarkable fact that he had only observed 6 people with these symptoms, two of whom were only observed by following them along the street!

50 years later, the French neurologist Jean-Martin Charcot described the disease in greater detail, showing how it differed from other neurological disorders such as MS. In recognition of Parkinson's clinical accuracy & insight, Charcot suggested it should be known as "Parkinson's Disease". There were few treatments in those days.

Charcot, noticing that a bumpy journey could ease symptoms, developed a vibrating chair which temporarily reduced symptoms. His team also developed treatments involving anti-cholinergic drugs to reduce tremor. They remained among the main drug types in use until the advent of levodopa (L-Dopa) 90 years later in 1970.

In the 1950s, Arvid Carlsson measured dopamine in animal brain tissues, and found particularly

high levels in the basal ganglia, an area of the brain that is important for movement. He then demonstrated that reducing the dopamine levels in animals produced a loss of movement resembling Parkinson's disease.

The next big step forward occurred in 1960, when Oleh Hornykiewicz showed that Parkinson's patients also had low dopamine levels in their basal ganglia, and the severity of their symptoms depended on the degree of dopamine depletion.

The obvious next step was to increase brain dopamine levels; but dopamine cannot cross the blood-brain barrier into the brain. Hornykiewicz and neurologist Walther Birkmayer realised that L-Dopa was able to move across the blood-brain barrier, and then be converted into dopamine. They used injections of L-Dopa which gave remarkable but short-lived benefits; unfortunately there were extreme side-effects.

The L-Dopa Revolution finally took-off in 1968. George Cotzias observed that by starting with very small oral doses of L-dopa, then gradually increasing the dose, he could stabilize PD patients on doses large enough to cause a dramatic remission of symptoms. And so L-Dopa was established as the premier agent in treating Parkinson's disease - which it still is.

The next major step was the discovery that dopa-decarboxylase inhibitors could further reduce side-effects. This led to the development of the drugs Sinemet and Madopar in 1972, adding new dimensions to L-Dopa therapy which still form the basis of today's treatments. L-Dopa therapy has transformed life for patients with Parkinson's.

Flinders Medical Centre was built on the site of a hospital which catered for Parkinson's and TB - Parkinson's patients being mainly confined to wheel-chairs and life in hospital. Then L-Dopa therapy arrived. The situation changed dramatically, with many of the Parkinson's patients discharged to enjoy the independence and freedom of living their own lives - supported, of course, by Parkinson's SA.

**Want more info about
education seminars?**
Contact Anne Heard
on 8357 8909



SPOTLIGHT ON SA RESEARCH IN "ICE" DRUG USE AND PARKINSON'S

Use of methamphetamine or 'ice' has doubled in the past four years in South Australia is associated with increased risk of Parkinson's disease.

The long term effects of this steady increase in the use of methamphetamine are not yet known, but research has revealed a concerning similarity between the brains of young methamphetamine users and older people who have been diagnosed with Parkinson's disease.

To try and find some answers, the Fay Fuller Foundation is investing more than \$230,000; UniSA Senior Lecturer in the School of Pharmacy and Medical Sciences, Dr Gabrielle Todd, and her colleague's investigations into the long-lasting effects of methamphetamine ('ice') on the brain regions that control movement.

"Brain scans show that the appearance of a movement-related brain region, called the substantia nigra, is abnormally bright and enlarged in methamphetamine users and in patients with Parkinson's disease," Dr Todd says.

"The abnormality is a well-established risk factor for Parkinson's disease and is used to help diagnose the disease in other parts of the world, so it's very concerning to see this abnormality in young people that use methamphetamine."

"Of even greater concern, is that young methamphetamine users already show changes in the way that they move, and some of these changes resemble those that occur with Parkinson's disease."

Young methamphetamine users may have no idea about the long-lasting health consequences of their drug use.

"The risk is not just related to heavy methamphetamine use, we are seeing movement and brain changes in young people who may have only taken the drug as few as five times," Dr Todd says.

The funding from the Fay Fuller Foundation will allow Dr Todd's team to study the link between methamphetamine use and impaired movement and determine if this health consequence can form the basis of an effective preventative message.

The outcome of the project will be a new evidence-based, ready-to-use health message that increases community knowledge of the long-lasting consequences of methamphetamine use, changes attitudes towards methamphetamine, and discourages use of the drug in young people.

Parkinson's SA will participate in the creation of a new health message to inform young adults about the long-lasting consequences of methamphetamine use on movement, drug and alcohol treatment with service providers, researchers that specialise in methamphetamine-related harm and prevention.

"Knowledge is a powerful tool and raising awareness about the link between methamphetamine use and the way that we move may help discourage young people from using this drug." said Dr Todd.

South Australia is doing some fantastic and innovative Parkinson's research. Contact Olivia on 8357 8909 to donate to our research fund.



Want to become a sponsor or partner of our Parkinson's SA research day in 2018?

Contact Olivia Nassaris
08 8357 8909

proudly supported by:



LIVING STORIES COLOURFUL LIVES project



Gill Gresham, diagnosed in 2005, wrote: For me, words have a transforming power and magic. Standing on a stage with poetry or prose, I enter a different world.

Early one morning, I woke to greet the early rays of the sun filtering through the trees in my garden. Picking up a pencil I wrote, finally confronting Mr Parkinson. All my concerns and fears expressed, I faced a new day and the challenge of living life to the full. By pouring out my deepest thoughts when I am struggling, and when life is good, I find balance and perspective, and once more find peace and joy that takes me forward.

Have you always wanted to learn how to express your ideas and experiences through writing, but never had the opportunity? Would you like to further explore your creative writing skills? No experience necessary, just the enthusiasm to try something different.

Registrations are welcome for Creative writing sessions facilitated by Angela Kingston, a professional writing instructor engaged through the SA Writing Centre. The course consists of four weekly sessions. They will be held at Parkinson's SA and numbers will be limited so please ensure your place by booking in. Cost \$20 for the course.

The Living Stories Colourful Lives exhibition during September will showcase some of this writing along with the writing, artworks and photography of others living with Parkinson's or another movement disorder.

Fridays: July 7, July 14, July 21, July 28 from 10.30 am – 12.00 pm

**Want to register for these
creative writing sessions?**

**Contact Anne Heard
on 08 8357 8909**

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CARING WITH CALM

reflections on the Parkinson's SA course



Paul Gresham, a carer, recently participated in Parkinson's SA's mindfulness course Caring with Calm - these are his reflections after completing Caring with Calm.

Effective carers not only need to understand the nature of Parkinson's disease, with its effects and treatments, we also need support and advice so we can help those with Parkinson's to live positive and valuable lives, often in their own homes. It's easy to overlook the fact that Parkinson's SA is our only unified source of information, education, and support, even though about 8000 people in SA have Parkinson's.

Caring is a responsibility. Life revolves around someone who needs your care, who will be affected by how well you perform, and with whom you usually have a close emotional relationship. While necessary and valuable, the role can involve a lot of physical and emotional stress. Parkinson's SA recognises this and runs small-group counselling courses for family members called 'Caring with Calm'. My spouse and I discussed the course, and both felt it would be good for me to attend.

Each of the 8 participants in this instance was a Carer for a person with Parkinson's. This made it easier to talk freely, which is important because whether male or female, and despite widely varying experiences, other carers understand the types of pressures that may occur, and importantly how they can affect you. We could relate to each other, which was important – we could move forward together.

Another significant feature was that PJ, Client Support staff member at Parkinson's SA, who ran the course had a wide knowledge of both Parkinson's and Caring, and related well with the group.

The 4 sessions were straightforward and practical, based on the Acceptance and Commitment Therapy methodology (Editor's note: see page 12), involving simple, realistic goals each week. The aim was to accept that stressful events, thoughts and emotions are part of life, and to learn to cope with them mindfully, letting go of the struggle, but tuning in to our values. The participants in the 'Caring with Calm' course all found it beneficial.

The 6 weeks since the course commenced have actually been exceptionally stressful for me (for a variety of reasons mainly unconnected with Parkinson's) but the simple techniques I learnt have been effective. I was able to handle potentially stressful thoughts more calmly. Since caring rarely gets easier with time, having better coping skills should be truly helpful.

Parkinson's SA also has a similar course designed particularly for people who are living with Parkinson's or other movement disorders, held over 3 weeks.



**Want to find out more
about this course?**

Contact Paula-Jean on
08 8357 8909



Sunday 28 Aug 2017 at Bonython Park
registrations open 15/5
adelaide.parkinsonswalk.com.au

parkinson's IN THIS TOGETHER
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**Would your business or
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Contact Olivia Nassaris
on 8357 8909

QUESTIONS FROM THE SUPPORT LINE

what does "Consumer Directed Care" mean?

A Consumer Directed Care (CDC) Home Care Package is subsidised by the Federal Government to assist an older person with a chronic disability, illness or frailty to access services and equipment that will help them to continue to live safely and comfortably in their own home. There are four levels of packages, and the amount of subsidy increases according to the assessed level of care required.

Home Care Package Providers (Providers) are companies or organisations that manage the packages and coordinate and procure the services required. You choose the provider to deliver the services you require. The Provider arranges and hires all the services you need and pays all the associated costs. Consumers contribute to these costs based on income assessment.

Your Home Care Package pays a management fee to the provider, and the remainder of your package budgets pays for the services and equipment you receive. The highest level package is Level 4 and

the lowest is Level 1. Your level is determined by an ACAT assessment organised through My Aged Care.

Changes were introduced on 27 February that give the client greater control. The main change is that you, the Consumer, will own the package. Previously, the money used to go directly to providers.

Client Support staff at Parkinson's SA can help you understand and assist you through the process of signing up to My Aged Care, organising an assessment to take place and help you look for an appropriate provider.

**Do you want to know more
 about My Aged Care?**

Contact our support line on
1800 644 189



MAY I HAVE THIS DANCE?

dance with parkinson's classes



'May I have this dance' – the byline many of us remember it well. Those were the heady days Don Bramwell remembers so well. The 1960's 'The Penny Rockets' band, considered to be one of the first SA popular rock music acts, frequently performing at local birthday parties, and Don embracing all of this as a drummer for his own enjoyment, however often joining the Penny Rockets for a 'jam' session. Hosting parties at home, rhythm in his blood, celebrating his 60th birthday was not going to be any different - so why not buy yourself a new set of drums, which he did.

Neither age nor health has to stop what you enjoy, but this ex-Chartered Accountant admits now that he nearly left his run too late. Whilst working life dominates your busyness, health issues arise and since Polymyalgia Rheumatica, followed by observations some years later that his body had really slowed down, Don realized that at age 79 retirement needed to escalate to the top of the agenda.

Some 3 years on, Don has had to come to terms with the many changes that PD has inflicted on his lifestyle, his family and friends. Whilst dealing with the shock of the initial diagnosis, emotions were all over the place; a time when having a full social life, tennis playing and sporting club leadership dominated, suddenly some of these were no longer going to be his highest priority. However, never say 'don't' to Don. He has embraced the Dance Recreational Group at Burnside, and looks forward to the stimulation, social interaction and of course the range of music styles, with Jazz being his favourite.

Parkinsons SA strongly recommends the benefits that MUSIC and DANCE brings: stimulation of mental activity that connects mind to body; increase of balance and spatial awareness; it improves general and psychological wellbeing together with better coordination, agility and flexibility; can improve muscle tone and strength, together with reducing the risk of osteoporosis and improving heart and lung conditions. Dance significantly improves greater self-confidence and self-esteem, to build the often slipping social skills.

"There's no question, anecdotally at least, that music has a very stimulating effect on physical activity," says Daniel Tarsy, MD, an HMS professor of neurology and director of the Parkinson's Disease and Movement Disorders Center at Beth Israel Deaconess Medical Center (BIDMC). "And I think that applies to dance, as well... Music stimulates the brain's reward centers, while dance activates its sensory and motor circuits." – source Harvard Medical School.

Don agrees, that all music stimulates him and here he is doing something positive for his body. Whilst he has a twinkle in his eye talking about his love of drums, he now looks forward to the next dance class and social interaction with others.

Are you interested in joining one of our Dance with Parkinson's classes?

Contact Anne Heard
on 08 8357 8909



PARTY FOR PARKINSON'S

local fundraising initiatives to support the work of Parkinson's SA



LIZ'S BIRTHDAY PARTY FOR PARKINSON'S

Liz Wingard, diagnosed 12 months ago, recently celebrated her birthday with an afternoon tea party with 30 guests. Liz organised a raffle and trading table, and together with local donations raised over \$1,250 for Parkinson's SA. Her motivation was to substitute for the usual presents and as she says "be upfront about the facts on Parkinson's and give people a greater understanding of what a diagnosis means to the person and their family members".

Liz asked those attending to bring a fact to share on what they knew about Parkinson's and 'a tip for the healthy brain'. This was amazing she says, because it meant that people were motivated to research on what they did or didn't know about the condition and the tips that were brought to the group were excellent. They included 'thinking positively, learning new mind games, repetitive activities eg juggling, yoga and meditation, bike riding and playing board games'. Liz was extremely proud of their efforts, considering that they could now be strong advocates to at least seven others who she has recently learnt have had the diagnosis; in the small country town of Kingston, SE.

Liz, a teacher commented "it was a fun afternoon of sharing tips for a healthy brain, and to help people understand more about Parkinson's. I am looking forward to holding another function later in the year together with Parkinson's SA".



ROTARY CLUB OF ST PETERS

The Rotary Club of St Peters recently hosted an Understanding Parkinson's Seminar, attended by over 60 members of the local community. The evening involved entertainment and a raffle in addition to the seminar. The Honourable John Doyle, Former Chief Justice and PSA Board member shared his experience of living with Parkinson's. A cheque for \$2500 was presented by President Romaine Dawson to Parkinson's SA, the result of several fundraising events during the last year.

Parkinson's SA has several people with Parkinson's, and family carers who are available to speak to community groups about their experience of living with Parkinson's. If you would like someone to speak at your fundraiser, please contact us.

Can you help support the work of Parkinson's SA by organising your own Party for Parkinson's? Contact Olivia Nassaris on 08 8357 8909



NEUROLOGICAL ALLIANCE AUSTRALIA

parliamentary event & lobbying



Parkinson's Australia along with nine other neurological organisations, who are members of the Neurological Alliance of Australia, recently organised a morning tea for MPs and Senators at Parliament House in Canberra to highlight issues with the implementation of the National Disability Insurance Scheme (NDIS) and to call for more investment in research for progressive neurological conditions such as Parkinson's, MS and Motor Neurone Disease.

The Parliamentarians were told that around 850,000 people in Australia have progressive neurological conditions and that the cost to the Australian economy is estimated at almost \$30b per year.



In launching the position paper, *People with progressive neurodegenerative diseases in the NDIS*, the Alliance noted it is strongly supportive of the rollout of the NDIS; however, if people with progressive neurological conditions are to receive equitable and effective support within the NDIS it is imperative that the NDIA and government addresses some issues with the operation of the scheme. The recommendations included:

- * Improved pre-planning support for people with a progressive neurodegenerative disease;
- * NDIS planning sessions that recognise the unique needs of people with a progressive neurodegenerative disease;
- * Mandatory inclusion of Coordination of Support in all NDIS plans for people living with a progressive neurodegenerative disease; and
- * The needs of people with a progressive neurodegenerative disease be addressed in the Productivity Commission's upcoming Review of NDIS Costs.



The Parkinson's community representatives, including Olivia Nassaris and Monica Hall from Parkinson's SA, met with Senator John (Wacka) Williams, who recently revealed to the media and Parliament that he was diagnosed one year ago with Parkinson's. The Senator is widely respected by all parties and will work to advocate for the Parkinson's community in his remaining two years. The group also met with the Prime Minister and the Opposition leader and pushed the need for more investment in Parkinson's Nurse Specialists and research.



Eileen Ting, neurophysiotherapist, as part of her Masters program, and with the support of Parkinson's SA, conducted a research project investigating the feasibility and effects of an 8 week 'HII (High Intensity Interval)-Speed' Cycling program on mobility and quality of life for people with Parkinson's.

The research

There is growing evidence supporting the use of speed-based exercise to improve motor function and improve neuroplasticity in people with Parkinson's disease, as well as play an important role in slowing the progression of the disease in affected parts of the brain. However, existing speed-based exercise protocols for people with Parkinson's are too costly and impractical for use in the home or community settings, because they need expensive motorised equipment or a cycling partner. Instead, we designed a high-speed exercise program that could be performed simply using a stationary bike, and our aim was to observe whether a small group of people with Parkinson's disease could complete the program successfully.

Overall, the findings of the study were very promising – showing that the cycling program we designed could be performed safely, and had the

ON YA BIKE

cycling research

potential to improve quality of life and mobility in people with mild to moderate Parkinson's disease. To our knowledge this is the first study to show that people with Parkinson's could perform high-speed exercise over a number of sessions without assistance.

Where to in the future?

This research has now enabled us to explore opportunities for larger studies investigating how best to deliver this cycling program into home and community settings, as well as how it can be used to improve current methods of mobility and balance training in people with Parkinson's.

If you are interested in participating in any future trials, you can contact Anne Heard, Group Programs Coordinator, at Parkinson's SA. The program is suitable for people with a range of cycling experience, from absolute beginners with no experience on a bike, to well-seasoned cyclists.

Parkinson's SA is looking for a philanthropic partner to renovate space and purchase equipment to introduce exciting new stationary cycling and theracycle (motorised machines) classes for clients.

**Want to become a sponsor,
donor, friend or partner of
this program?**

Contact Olivia Nassaris
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A GUIDE TO A.C.T

acceptance and commitment therapy

The Happiness Trap Pocketbook

An illustrated guide on how to stop struggling and start living



Dr Russ Harris
& Bev Aisbett

Stress is a normal part of life, but when it takes control, various problems can arise. Parkinson's is stressful for many reasons including the type of symptoms, frustrations caused by limitations, and fear of loss of control, to name a few. Additionally, increased anxiety and a diminished ability to handle stress can be symptoms of Parkinson's. It also

has far-reaching effects, with the stress on carers sometimes being greater than that on patients.

Acceptance and Commitment Therapy (or ACT – pronounced 'Act') is a mindfulness-based form of cognitive behavioural therapy for stress, anxiety and depression. It aims to modify our relationship with stressful thoughts, not just correct or eliminate them. ACT is a widely used psychological approach, and has been utilised by Parkinson's Groups here and overseas.

The Happiness Trap presents a particular approach which is utilised in Courses run by Parkinson's SA. Happiness is commonly used to refer to feelings such as pleasure or gratification: we enjoy them, we chase them, we strive for them - but they still slip away.

Russ Harris speaks of happiness in terms of 'a rich, full and meaningful life ... the profound sense of a life well-lived', obtained by basing our actions on what truly matters deep in our hearts; moving in directions we consider valuable and worthwhile; knowing what we stand for in life and acting accordingly. Such lives provide pleasurable feelings, while also encompassing uncomfortable ones such as sadness and anger.

This requires focussing on things within our control. We can control the actions we take, no matter what our thoughts and feelings may be telling us; and also where we direct our attention - what we focus on, and how. The aim is to handle painful thoughts and feelings effectively, thus creating a rich and meaningful life. It involves 6 basic steps:

1 Defusion: Recognise thoughts, images and memories for what they are - words and pictures. Allow them to come and go: don't fight, run away, or pay them more attention than they deserve.

2 Expansion: Make room for unpleasant feelings, sensations and urges. Don't just try to suppress them, but ensure they have much less impact and influence over you.

3 Connection: Live in the present; focus on and engage fully in whatever you're doing, rather than dwelling on the past, or worrying about the future.

4 The Observing Self: Thoughts, feelings, memories change constantly. Learn to connect with what is unchanging: your observing self. Observe without immediately judging – good, bad, etc. Just observe.

5 Clarify and connect with your values: So how do you deal with what you observe? By knowing what is important in your heart: the sort of person you want to be; what is significant and meaningful; what you wish to stand for in life. Allow those values to provide direction.

6 Committed action: To a life guided and motivated by your values. An advantage of actions is that you take them again ... and again. No matter how many times you fail or go off-track, you just continue taking actions towards a fuller life. The essential point is that the 'C' in ACT stands for commitment.

It is simple, rather than easy: actually committing to and following through changes can be difficult. Obviously benefits can be magnified by attending courses like those at Parkinson's SA. This is not always feasible, particularly if you live outside Adelaide, but there is a web-site (<https://imlearningact.com>) with a variety of resources, and a series of short YouTube explanatory videos, which are enlightening.

The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT, by Russ Harris and Bev Aisbett

Do you want to borrow this
book from our library?

Contact reception
on 08 8357 8909

IN MEMORIAM



Parkinson's SA acknowledges the donations which have been given by families and friends in memory of the following people. The thoughtfulness of these families in arranging for donations to be given to Parkinson's SA is greatly appreciated.

Ralph Boynton Ames
Addo Paul Herbert Bastiaans
Geoffrey (Geoff) Alistair Baulch
Dean Bryan Beckwith
Lindsay Wilfred PSM Best
Ian Roger Biddle
Giuseppe (Joey) Esposito
Maria Fulco

Patricia Gangully
Christine (Chris) Hamilton
Edward Stanley (Ted) Jones
James Robert (Jim) Mackness
Patrick Joseph Quigley
Meredith Anne Simmons
Peter Leonard Speer
Donald Vernon Stratford

Barry Leonard Tugwell
(Ross) Rosslyn Valen Walton

"Parkinson's SA has offered us so much support throughout our journey.

We believe it's only fitting that we give back to the organisation in our Will."

Ros and Phil Cassidy



Have you thought about your legacy?

Legacy gifts offer the perfect opportunity to reflect on what/who has been important in your life, or mirror what you'd like to actively see supported in the future.

Leaving a legacy gift to Parkinson's SA is a simple way to continue caring, and ensures your passion for Parkinson's SA will continue to support those with Parkinson's far in to the future.

Would you like to leave a legacy gift to Parkinson's SA?
Contact Olivia Nassaris
on 08 8357 8909

SUPPORT & EDUCATION

GROUPS

Adelaide Hills

Contact: Pat Jennings
0408 808 310

Barossa

Contact: Anne Heard
8357 8909

Brighton

Contact: Rikki Howard
8377 3747

Carers' group

Contact: Lorraine Flanagan
0414 424 838

Burnside

Contact: Anne Heard
8357 8909

Elizabeth

Contact: Pauline Bagley
8284 0388

Enfield

Contact: Margaret Galdies
0415 728 444

Lower North

Contact: Bev Carson
8842 1118

Mount Gambier

Contact: Wendy Merrett
8724 1251

Murray Bridge

Contact: Caroline Tenny
8531 2989

North Eastern

Contact: Anne Heard
8357 8909

Onkaparinga

Contact: Lyn Paunovic
8384 8357

Paradise Resthaven Carers' Group

Contact: Sharyn Atkins
8337 4371

Riverland

Contact: Glenys Badger
8588 2883

Salisbury

Contact: Anne Heard
8357 8909

Southern Fleurieu

Contact: Amelia Dix
8554 1801

Southern Fleurieu Lunch Group

Contact: Craig Bastian
8552 5111 or Graham White
8552 6716

Tumby Bay

Contact: Natasha Clark
0438 269 502

Upper South East

Contact: Karen Burford
8762 8160 or Sue Benneke
8762 8160

Western

Contact: Anne Heard
8357 8909

Yorke Peninsula

Southern YP

Northern YP

Contact: Sue Poole
8821 2444

EXERCISE

GROUPS

Adelaide Hills Health Service

Contact: Simone Krohn
8393 1833

Blackwood Recreation Centre

Contact: Karyn Powell
8278 7444 or 0419 840 484

Burnside ACH Group

Contact:
1300 224 477

Christie Downs

Contact: Robert Lloyd
8386 2761

Elizabeth Northern Resthaven

Contact: Rosalind Wren
8252 6811

Greenacres North Eastern ECH

Contact: Alex Burcham
1300 275 324

Henley Beach Seaside ECH

Contact: Emma Hodge
1300 275 324

Largs Bay Southern Cross Care

Contact: Courtney Brook
8242 2985

Marion Resthaven Southern

Contact: Michelle Eeles
8296 4042

Murray Bridge Resthaven

Contact: Caroline Tenny
8531 2989

Northfield Hampstead Rehabilitation Centre

Contact: Kerri Ireland
8222 1811

Paradise Resthaven Eastern

Contact: Joanna Thomas
8337 4371

Payneham & Reynella Life Care Active

Contact: Shannon Peake
8168 7600

Unley Pd Proud

Contact: Ann Buchan
8373 2132

Westbourne Park Anglicare

Contact: Reception
8229 6723

SPECIALISED GROUPS

GROUPS

Brushlines Art Group

Contact: Anne Heard
8357 8909

Dance! WITH Parkinson's

Contact: Paula Jean Hayes
8357 8909

Deep Brain Stimulation Group

Contact: Dianne Biddle
0428 828 089

Dystonia Lunch Group

Contact: Jacqueline Jeremy
sadystonia@gmail.com

Focus on Family Carers' Group

Contact: Anne Heard
8357 8909

Parkinson's Pedallers' Cycling Group

Contact: Mike Hannan
8278 6069

Parkinson's Plus Lunch Group (PSP, MSA, CBD)

Contact: Anne Heard
8357 8909

Parkinson's SA Lunch Group

Contact: Anne Heard
8357 8909

Photography Group

Contact: Anne Heard
8357 8909

20's - 50's Group

Contact: Anne Heard
8357 8909

Women with Parkinson's

Contact: PJ Hayes
8357 8909

Return to:
Parkinson's SA
PO Box 466
UNLEY SA
5061

MAKE A DONATION TO MAKE A DIFFERENCE

First Name: Surname:

Phone (Mobile): Phone (Home):

Email:

Address:

Suburb: Postcode:

I WOULD LIKE TO SUPPORT PEOPLE WITH PARKINSON'S BY GIVING:

A monthly gift ☐ \$50 ☐ \$40 ☐ \$25 ☐ \$_____

OR

A single gift ☐ \$50 ☐ \$40 ☐ \$25 ☐ \$_____

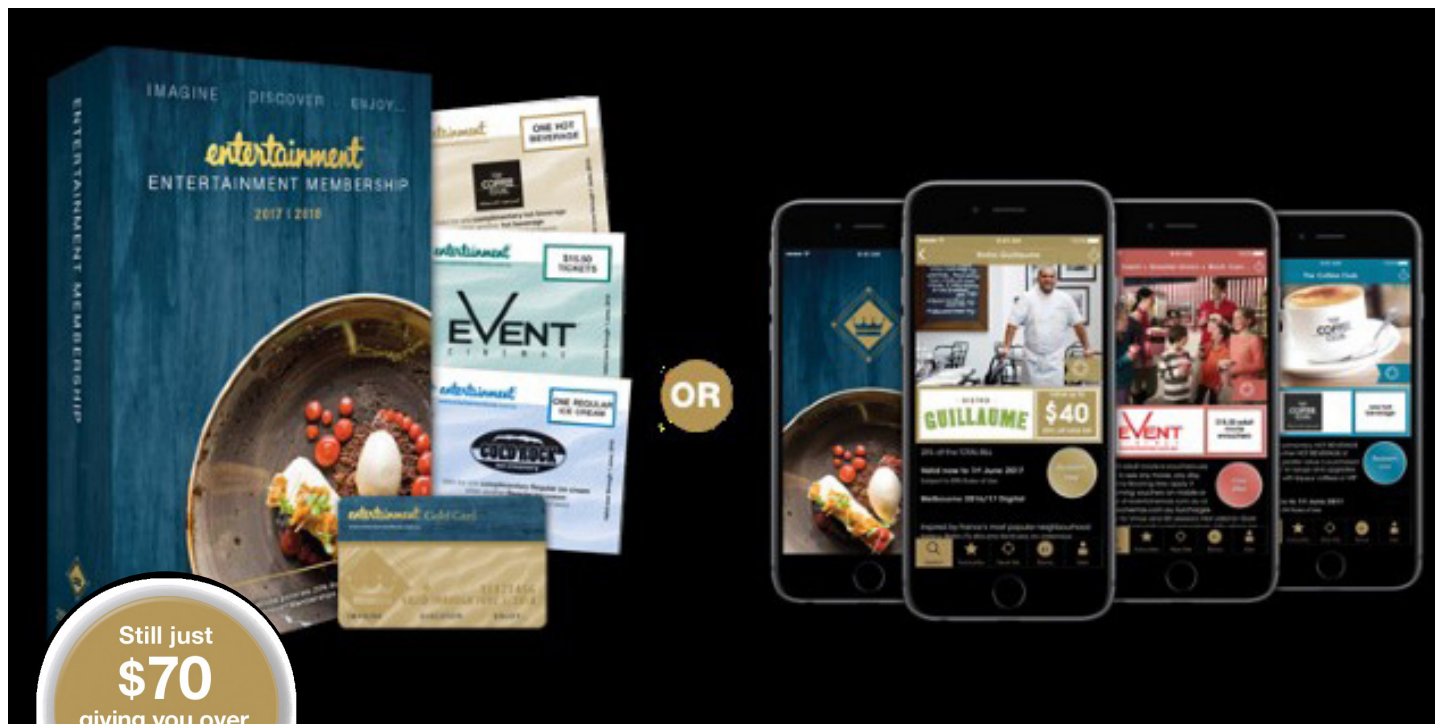
PAYMENT DETAILS: CASH ☐ CHEQUE ☐ VISA ☐ MASTERCARD ☐ DIRECT DEBIT ☐

CREDIT CARD NUMBER:

EXPIRY DATE: ____ / ____ Please tick if you **DO NOT** require a receipt: ☐

DIRECT DEBIT: use your phone number as your unique code to identify your donation

Account Name: Parkinson's SA Inc **BSB:** 065-126 **Account No:** 0090 2563



Still just
\$70
giving you over
\$20,000
of value!

IN THIS TOGETHER
parkinson's
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www.entbook.com.au/160s312

CAN YOU HELP BY DONATING QUIZ NIGHT PRIZES AND AUCTION ITEMS?

You can help make quiz night a success by donating a prize such as a gourmet hamper, wine or spirits, pamper/beauty packs. You can also ask your local restaurants, cafes, beautician, massage and hair salon for a voucher.

Other items that are highly sought after are electrical equipment, holidays, holiday house stays and "experiences". Please send or drop in your donated items to the PSA office at 23a King William Rd UNLEY SA 5061

WOULD YOU LIKE TO PARTNER WITH US OR USE IN TOUCH TO PROMOTE A GOOD/SERVICE?

Parkinson's SA supports the 8,000 South Australians living with Parkinson's and other movement disorders. A partnership with Parkinson's SA provides a highly respected platform from which to build connections with our community.

Through partnering with Parkinson's SA you also make a positive impact on the counselling, education and other services the organisation provides to people living with Parkinsons, carers, families and the wider community.

Please contact Olivia Nassaris on 8357 8909 to discuss these opportunities