

WELCOME TO OUR OFFICIAL AMBASSADOR AMELIA MULCAHY

a walk **in**
the park
Bonython Sunday
Park 27 August

adelaide.parkinsonswalk.com.au

Parkinson's SA proudly welcomes Amelia Mulcahy as its official organisational Ambassador. Amelia has been a friend of Parkinson's SA for many years - her Nana has Parkinson's, so she has seen first hand the need for greater awareness of the condition within the community.

With her public profile in presenting the weather at Channel Seven in Adelaide since 2014, and through radio Hit107 on Saturday morning's on "Amelia, James and Hayesy" Amelia is a worthy Ambassador. We look forward to her help in building the profile and greater awareness of Parkinson's as a condition that can be supported through much needed advice, understanding of elements of the condition, counselling, and support of carers.

Amelia will once again be hosting A Walk in the Park on Sunday 27 August, she said, "I look forward to meeting members of the PSA community on the day so please register now and start fundraising at adelaide.parkinsonswalk.org.au"

Look at the special insert for a step-by-step guide to help you register and begin fundraising....

If you need help to register, call 8357 8909 and one of our friendly Parkinson's SA receptionists can do it for you over the phone with a credit card payment.

On the day, registrations open at 9am where you can pick up your Parkinson's SA cap and enjoy a bacon and egg breakfast BBQ, coffee and tea, our famous cupcakes, and there will be facepainting for the kids.

After the walk is complete (you can either do one lap which is 2kms, or two laps which is 4kms) take a seat with family and friends at the cafe style tables and chairs provided and reward yourself with a sausage sizzle and a well-deserved massage.

We can't wait to see you on Sunday 27 August at Bonython Park (near the kiosk) from 9.00am -12.30pm. We walk rain, hail or shine.

Register for A Walk in the Park and
start raising money

adelaide.parkinsonswalk.com.au

Contact reception on 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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His Excellency the Honourable Hieu Van Le AC Governor of South Australia

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Olivia Nassaris

from....

JAN CHORLEY, CEO

It has been a very busy time for our team of staff and volunteers as we respond to the ever growing needs of people living with a diagnosis of Parkinson's. I have greatly valued meeting with members of our support groups and our many volunteers.



Parkinson's SA Board commenced its strategic planning process that will help define the priorities for the next few years. This will be a co-designed process with input being sought in the near future from our staff, volunteers, consumers, business leaders and stakeholders.

Over the past few weeks I have also met with many leaders of State Government Departments and not for profits as we navigate the new landscape of NDIS and Aged Care reforms. We want to know what these changes will mean for our consumers so that we can better advocate for your needs and also ensure that we are able to provide accurate information to the many people who require assistance. I am also focused on how Parkinson's SA can be further strengthened as a result of these changes. What is clear is that any dependency on Government monies to operate our organisation for some services is changing. We therefore need to be proactive in preparing for the impact of these major changes.

We are very excited about the work we are planning for 2018 which will see a focus on some major signature events that will showcase the best research in Australia that relates to Parkinson's and other events that will further promote our work to a much broader constituencies about Parkinson's and its impact. We will be calling upon you to spread the word as these events take shape.

I am sure you will join with me in expressing how thrilled we all are with the news that Kevin Weeks completed his marathon journey from Adelaide to Rockhampton. We offer our heartfelt congratulations to Kevin and Val for their extraordinary efforts to shine a light on Parkinson's.

I was very moved when I attended our Caring Matters Seminar in June. I was inspired by the dedicated commitment each carer reflected as they share the journey with their loved one who is living with Parkinson's. The spirit of resilience was so evident from the stories that I heard on the day.

Our team are actively working to broaden our footprint in order to extend our reach. We have been visiting some hospital clinics and outreaching in some regional centres. We don't want anyone falling through the cracks. We know that the earlier people receive information and support can make a significant difference to people with a diagnosis and their families, especially enabling each person to understand more fully the condition and to take control of their decisions.

EVENTS IN OUR REGIONS

TUMBY BAY



A WALK ON THE BEACH, TUMBY BAY, 23 APRIL

Natasha Clark, took advantage of a fundraising profile for Parkinsons SA to combine with the Salt Festival; which was a 'connect and get involved' highlight for Eyre Peninsula.

With a Family Day approach of live local music, sausage sizzle, face painting and pony rides for the children, the Parkinsons Walk was part of the Festival. With 116 registered walkers and many others joining the throng along the beach, it was certainly a day of celebration. Peter Goers, ABC radio extraordinaire opened the event and went on to present his evening session from the Seabreeze Hotel. Local MP Peter Treloar paid tribute to the event organisers.

Local fundraising initiatives support the work of Parkinson's SA



It was proud moment too for a local Book launch. Eric Kotz, author of 'Captain Calamity' has included the story of Ken Berryman and his Parkinson's challenges; a very appropriate time to draw attention to the condition experienced by some 20 people in the local community.

Natasha herself having been diagnosed as a 36yr old, has for the past 9 years been building a Parkinson's Awareness profile. She has led the drive from Coffin Bay to Cleve and down to Pt Lincoln, through a range of fundraising efforts to 'make-a-caring-difference'; spreading the word through radio interviews or wherever she can garner an outlet.



'Celebrating possibilities, with astonishing things happening when innovative people come together' was the outcome Natasha was hoping for, and achieved when she handed over \$1100 to Parkinson's SA, "I couldn't do this without community support-thankyou I am proud of what has been achieved". Look out for the 2018 event.

Are you organising an event for Parkinson's SA?

Contact Olivia Nassaris
on 8357 8909



DYSTONIA: MUSCLES BEHAVING BADLY

Margot's personal story



Dystonia is not only a common symptom of Parkinson's, it is a primary neurological disorder in its own right. Margot Chiverton, a highly talented prize-winning musician, played here and overseas – including a solo performance with Luciano Pavarotti in the Sydney Entertainment Centre – until dystonia caused her to give up the career she loved.

LIVING WITH DYSTONIA

It's nice to feel that we are in control. But for anyone with Dystonia, in every moment of the day there can be a part of your body that is not in your control. Dystonia can affect one or many parts of the body. It can prevent your eyes from opening, your vocal chords from letting you speak, your hands from writing, your legs from keeping you upright, or your head from facing forward.

Dystonia is a neurological movement disorder that causes abnormal movement or posture due to incorrect messages from the brain. **It is not well-known but is surprisingly more common than conditions such as multiple sclerosis.** It can also be a secondary symptom for sufferers of conditions including Parkinson's disease and cerebral palsy. I was interested to discover recently that Dystonia is a recognised condition in the Paralympic Games.

At the time of my diagnosis with cervical Dystonia (Dystonia of the neck), I was the principal bassoonist with the Adelaide Symphony Orchestra, had performed as a soloist on TV and radio both in Australia and overseas, had won prizes in competitions, and was active as a music teacher. It was a devastating loss to be told I had a permanent disorder and would most likely never play my instrument again.

I still remember those days when I could barely walk or lift myself off the bed due to strong contractions in my neck that turned my head right around to the side and up.

The sensation of having Dystonia in your neck is like a constant tug of war, with the antagonist (opposing) muscles continually contracting. Some minor relief can sometimes be gained by touching parts of the face or neck, and for this reason I often cradle my head in one or both hands.

Due to the effects of Dystonia I had to give up my music career completely and find a new life in the world of administration. Dystonia often affects people's ability to work and at the moment I feel grateful that I am able to work at all. I'm currently suffering a relapse of symptoms after initially making very good progress in treatment, and it has been difficult to go through it all again. I have learnt that the lifelong path of Dystonia is one of constant ups and downs.

Being part of networks such as the *Staff with Disability Network* in my current workplace, it has made me feel that I'm not alone in dealing with a significant barrier on a daily basis. The network is a great initiative that recognises diversity and gives support to people with disabilities to perform at their best.

I also enjoy being part of the Australian Dystonia Support Group on Facebook where I connect with other people who live with Dystonia. Through this group we have started the SA Dystonia Group that has lunches and sometimes guest speakers. The Dystonia Network of Australia is another great resource that has started in recent years, and I am a member of their Advisory Board as a patient representative.

My involvement in many avenues to support people with Dystonia has given me a lot of joy and meaning, and has helped me to move on from the life I once had, to a new life.

Margot Chiverton

Are you interested in joining the Dystonia group?

Contact Jacqueline Jeremy
sadystonia@gmail.com

REMEMBRANCE CEREMONY: Yesterday, Today, Tomorrow

Sunday, 5 November, 10am - noon
The National Wine Centre
Everyone welcome



It is estimated that there are about 80,000 men and women living with Parkinson's in Australia; with no two people experiencing Parkinson's in the same way. Parkinson's SA is hosting a unique event to reflect on Yesterday, Today and Tomorrow to remember those members of our community who have passed, and to acknowledge the people that accompanied them on the often difficult journey that is Parkinson's.

Ordinary people do inspiring things, and it is those who have gone before that we pay respect to through a special Ceremony being held at The National Wine Centre on Sunday 5 November from 10am until noon. As we remember and celebrate their involvement in the community - and the many people who supported them along the way.

Their contribution in life has been significant through their experiences, in furthering medical knowledge, treatment, models of care and best practice.

Please join us to celebrate the lives of people from our community that we have lost, and to honour the families and professionals that have cared for them. This event is open for family, members, friends, health care professionals, researchers, facility staff members and anyone else whose life has been touched by someone with Parkinson's - living or passed.

We will pay tribute to our community through the Yesterday, Today and Tomorrow ceremony with great pride and gratitude.

There is no cost to attend the ceremony and everyone is welcome. There will be coffee, tea and scones served after the event for your enjoyment.

Please RSVP to attend the
Remembrance Ceremony
Contact reception
on 08 8357 8909

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WEEKS ON WHEELS

Kevin Weeks rides over 2500 kms through outback Oz



No doubt you have heard about the achievement of Kevin Weeks. Motivated by two goals: to stimulate neuroplasticity through high cadence cycling and to raise money for a Cycling Centre with specialised equipment within Parkinson's SA, by bike riding from Adelaide to Rockhampton. He writes about his experience of spending (literally) weeks on wheels.

The destination often changes because the journey changes you – for me it means stopping at nothing, and that goal realisation by my family.

It was 28 days of the same routine, rising every morning at 6am, sometimes earlier, climbing on to the bike by 7.15am-in freezing mornings, across roads more closely resembling tarred quarries than highways. Whilst riding though I forgot about my symptoms - 'that may be easy for some' I hear the response, but I was driven by the claims of movement related benefits. *In fact, cycling on stationary bikes may provide symptomatic relief, especially if pedalling at a rate faster than your voluntary cadence – meaning Forced Exercise. Following research of groups in each of these two categories, MRI scans revealed that the faster pedalling group had better brain connectivity, an opportunity to build muscle strength, and with an increase in energy levels – source Dr. Jay Alberts and co-researcher Chintan Shah, and other colleagues from the Cleveland Clinic reveals.*

What better reason to raise funds, so that a greater number of people can benefit from a shared passion of mine. *'With a proper bike fit, the stationary bike approach would put less stress on knees, ankles, and spine while increasing lower body strength'* claimed Dr Jay Alberts. This is truly beneficial to the population who experience movement issues due to Parkinson's.

I have been humbled by the whole Adelaide-Rockhampton experience. From my young granddaughter who refers to my tremor as a wiggle, (so I have become the fifth wiggle), to the generosity of spirit in joining me along the way, like the guys from La Squadra Adelaide Cycle Club, Campbell McKay and the encouragement of Today Tonight team.

Pete Larvin warned me of the mental torture that long distance riding is; try riding whilst hanging onto a jackhammer! I used to think the roads of Adelaide were rough, but they are silky smooth in comparison. It's no wonder I haven't seen another bike on the road. If it wasn't for the Specialized Roubaix's special handle bar damping and running as low as 30 PSI on 28 mm tyres, I would have given up! That's an idea that runs through my mind daily, and it's with this support and that of Val-my wife (Meals on Wheels as Val likes to be called) that keeps me going.



Whilst descending the Isla Gorge, which is quite steep, I was doing just under 50 kph when out of nowhere came a road train ascending the gorge. At the same moment, another triple road train was descending. They passed each other and me, with a road train at my shoulder and nowhere to go for all three of us! They couldn't give me what they didn't have (space). With me doing close to 50 kph, that road train sat on my shoulder for what seemed an eternity, with three long trailers plus the prime mover to pass.

FROM ADELAIDE TO ROCKHAMPTON

to raise money for Parkinson's SA cycling centre

I remembered what Jim McCuskey once told me, "If you ever get a speed wobble, grab the rear brake," and grab it I did! Thanks Jim, you saved my skin with that simple advice! It was a super scary moment when the road train passed, and then I copped the turbulence from both! That's when Jim's advice came to the fore. Other than that, it was an uneventful ride. Who needs roller coasters? Just ride the outback highways!



Day 10- I did also have my first flat tyre. When I rode off the road to our lunch stop I picked up a three-cornered jack, which actually made my day as it was something to entertain me. I think I was getting desperate for some action! I only have 1699 kms to go, or about 3 weeks with a few rest days thrown in.

What I enjoyed the best? Travelling at riding pace, you see an awful lot you may miss in a car. There was also the "big sky" - the combination of vast vistas and low scrub, means the sky leaps out at you and commands attention.

Meeting people like the drovers at Coonamble, driving their cattle down the road and into the next paddock. The Elvis impersonators and the lovely people of Gulargambone. The cowboy ballroom dancer who gave us a demo of his dance skills in a true Queensland pub at Wowan, a town so small we were the only ones in the caravan park. The many generous people who donated to the ride including chemist Brian Monahan and his staff in West Wyalong, who went out of their way to help us. Also, the pub owner at Taroom, Scott and his staff Belinda and Ebony, I could go on and on.



And the worst? a tossup between below-zero mornings (one morning it was -2.5 degrees at 7am and rose to 0 degrees by 9am) and the rough bumpy roads, particularly in NSW. I don't think the A39 highway is a fit place for a bike, it is way too dangerous - I thought I was going to become a statistic.

To all the country-folk I've met and who've given so generously – I say a 'big thank you', because in conjunction with Parkinson's SA we will construct an indoor Cycling Centre, specifically designed for Parkinson's patients with differing movement and physical abilities, including stationary tandem bikes, regular exercise bikes and a Thera-cycle specially designed for those who are unable to cycle unassisted.

THANK YOU FROM THE PARKINSON'S SA COMMUNITY

Thank you to Kevin and his incredibly supportive wife, Val, for all the personal investment they have made throughout this campaign, and the staff of the Weeks Group who have assisted with Weeks on Wheels, and most of all, for the priceless awareness that they have raised about living with Parkinson's, and the work of Parkinson's SA widely across the media.

Do you want to make a
donation to Weeks on Wheels?

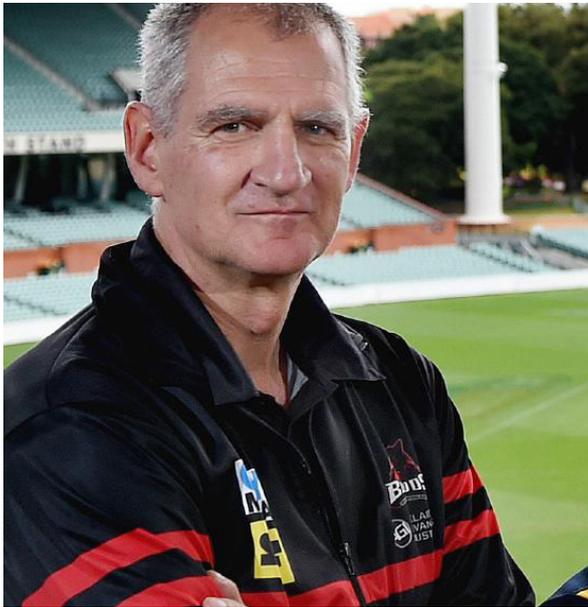


Go to
weekonwheels.com.au



SLOWDOWN FOOTY MATCH

the battle: AFL vs SANFL



INAUGURAL Adelaide Crows club champion and West Adelaide premiership coach Mark Mickan is the coach for the annual Slowdown Match hosted by the Little Heroes Foundation.

The Slowdown will be back in 2017 but with a new name, 2 new teams, at a new venue! Kick'n'catch, along with regular kids activities and pre-match entertainment. Gates open at 11am, curtain raiser from 11:30, game starts at 1:30pm. \$5 entry, kids under 12, gold coin.

Slowdowns have been played at Adelaide Oval - old and new, Alberton Oval, AAMI Stadium and Glenelg Oval over the years, but in 2017 Norwood Oval will host the event for the very first time.

However, one thing that won't change this year is the date, with Father's Day, Sunday September 3rd locked in for Slowdown XVII, following the success of last year's game.

Chairperson, Chris McDermott says the venue will be perfect for the game and great for the fans. "It is a ground that has a great success of drawing big crowds. This year's Slowdown will be a great opportunity for kids to bring their dad and mum along to the footy for a fun day out with the family."

COME AND SUPPORT THE SANFL TEAM AND OUR COACH MARK MICKAN

Mark Mickan was diagnosed with Parkinson's in September 2016, and with his partner, sought confidential counselling, information and support from Parkinson's SA.

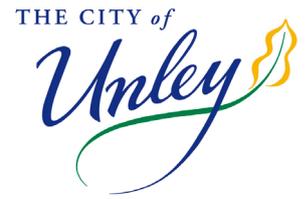
Mark continues in the role of senior coach of the WAFC with the support of the extended coaching department and the club. He is looking forward to the Slowdown and hopes to see the Parkinson's community there on the day to support the team.

PSA CONSUMER FORUM

Parkinson's SA – Into the Future
Have your say

Friday September 29, 10.00 am – 12.30 pm
The Lounge, Fullarton Park Community Centre
411 Fullarton Road, Fullarton
RSVP essential 8357 8909

living stories, colourful lives



The Living Stories Colourful Lives Project supported by the City of Unley has gathered a group of people with Parkinson's and family members, who wish to explore ways of creatively expressing their thoughts, ideas and experiences.

This process has been skilfully guided by Angie Kingston, an author and writing instructor from the SA Writing Centre. Participants have been enthusiastically involved in writing mini memoirs, poetry, short stories, narratives and accounts of their experience of living with Parkinson's.

Some of this creative writing will be displayed alongside art and photography in the upcoming Living Stories Colourful Lives Exhibition.

LIVING STORIES COLOURFUL LIVES EXHIBITION

Showcasing the art, photography and creative writing of people living with Parkinson's or another movement disorder

September 1 – 30

Living Choice, Fullarton Retirement Village, 123 Fisher Street, Fullarton

*Lawyer, writer, beggarman, thief,
Are all as one in joy and grief.*
Margaret Minney

*[Parkinson's] has battled (or perhaps teased) me for nineteen years now.
It has twisted my arm, cramped my legs, robbed me of sleep, tried to
knock me off balance. Still, it has not beaten me.*
Martin Valentine

*All my life I have been in someone's shadow; someone else's sister,
someone else's wife, someone else's mother. Now it is my turn to be me.
They can be my family, my husband, my children*
Carmel

PARKINSON'S AUSTRALIA'S

feedback to the Productivity Commission on the National Disability Insurance Scheme

Parkinson's Australia has provided feedback to the Productivity Commission on the National Disability Insurance Scheme (NDIS) Costs Position paper. This is an outline of relevant points about which recommendations have been made.

The NDIS has the potential to positively transform the lives of people with Parkinson's, but this would require recognition of the unique requirements associated with progressive neurodegenerative diseases.

Neurodegenerative disease

Parkinson's, for example, impacts all body systems including the nervous system. Those affected are known, from their day of diagnosis, to be on a trajectory to significant and permanent impairment. Early support (speech pathology, exercise physiotherapy etc) reduces its impact, so early intervention programs for people who may not yet meet NDIS functional impairment requirements would assist them to remain independent and in the workforce.

Support

People with progressive neurological conditions need to be managed by specialised planning teams with a good understanding of their conditions plus the support and care required. Understanding participants disabilities enables their unique needs to be identified and addressed in Support plans. Support is complex in conditions like Parkinson's which impact on all body systems, and cognitive-affective issues are common. Coordination of support is crucial in such plans.

List A

People with Parkinson's report significant difficulties in providing information to support NDIS applications. Many experience mental health and psychosocial issues which impact their ability to understand the requirements of the scheme. If Parkinson's were included in the NDIS 'List A' alongside conditions such as Cerebral Palsy, symptoms and disabilities would be assessed using accepted rating scales to ensure consistent evaluation of eligibility.

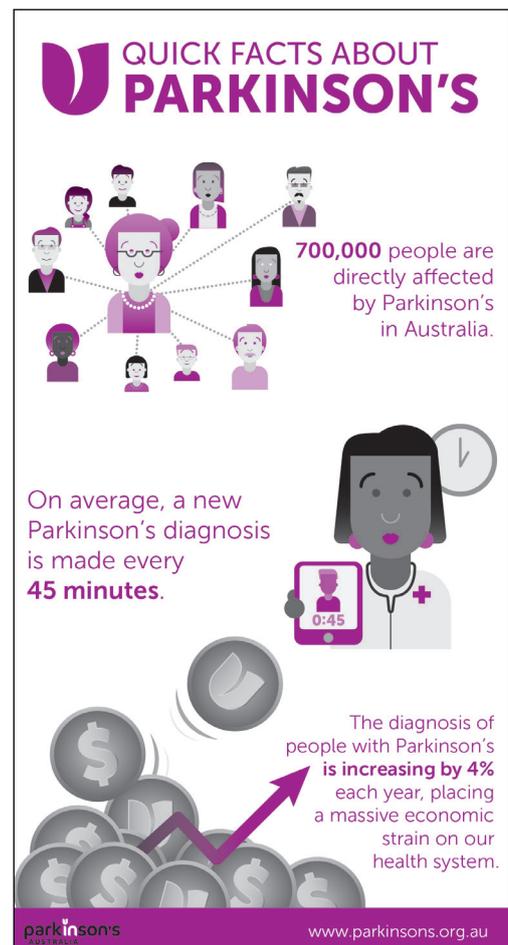
Organisational providers of disability services

Parkinson's SA provides specialist support and information services to people with Parkinson's, their carers, and the health and disability workforce. They also provide support, tailored to their condition, for participants applying to the NDIS, and developing their plans.

Such Disability Service providers could be used and supported by the Government and NDIA to address workforce gaps. Currently there appears to be no funding program that would support these services on an ongoing basis, so they might well be at risk.

Effects of NDIS on other sectors

Anecdotal evidence suggests the NDIS roll-out is having adverse impacts on access to mainstream services for people not eligible for the NDIS. It must be ensured that the NDIS does not negatively affect the broader Disability, Health and Aged Care sectors.



INTRODUCING OUR NEW CLIENT SUPPORT



Jo White

I am a registered nurse who has worked in a large variety of positions in both hospital and community settings. For the past 15 years I have worked as a counsellor at BreastScreen SA and Cancer Council. I feel working as a Support and Education Officer at Parkinson's SA is a good fit after all my past positions, and I look forward to working with the Parkinson's community.

Would you like to speak to one of our Client Support staff?

Contact Jo or PJ on
1800 644 189



QUIZ NIGHT *thank you*

a HUGE thank you to all the individuals and businesses that donated prizes and auction items to the PSA Quiz Night we raised an incredible \$14,000.

A special thanks to Lyndon Radbone and Carolyn Revell who commit so much time to the event.

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Musicophilia: Tales of Music and The Brain by Oliver Sacks

Professor Oliver Sacks was a neurologist who had remarkable capacity to make complex neurological disorders understandable. He did this by linking medical details with the vivid, informative experiences of patients. This book is about interactions between music and the mind, particularly in people with neurological conditions. Such interactions are particularly relevant for those with Parkinson's disease, and Parkinson's SA uses them in its valuable *Dance with Parkinson's* program.

As humans we have innate abilities not only to perceive melody, harmony, pitch and rhythm, but also to create music in our minds. And it has extraordinary potency: "a unique power to express inner states or feelings. Music can pierce the heart directly; it needs no mediation". Our muscles become involved involuntarily, keeping time to music; while our faces mirror the emotions that it arouses.

Sacks uses informative, poignant and compelling stories about the effects of music in neurological patients. For example, one stroke patient who had remained totally speechless for 2 years, unable to speak a single word, was suddenly and unexpectedly heard singing "Ol' Man River", not just tunelessly, but with feeling.

He covers an astonishingly wide range of neurological conditions; a typical example is "patients with advanced dementia, who may sit in a seemingly mindless, vacant torpor or scream agitatedly in incommunicable distress. But music therapy with such patients is possible because musical perception, sensitivity, emotion and memory can survive long after other forms of memory have disappeared. Music of the right kind may serve to orientate and anchor a patient when almost nothing else can."

Music can also create unforeseen interactions; for example, it has been known to trigger hallucinations and various types of seizures. It also induces impressions of colour in certain individuals, to the extent that some partially colour-blind people see colours they have not previously experienced. In the reverse direction, patients with brain-damage resulting from trauma or illness have been known to experience increased musical abilities, sometimes dramatically.

A wide variety of neurological conditions are discussed, but I will focus on the section 'Kinetic Melody: Parkinson's Disease and Music Therapy'. Sacks was known for his work on patients with Parkinson's-like symptoms as early as the 1960s, using L-Dopa treatments to produce significant but unpredictable and short-lived effects. This was described in his book 'Awakenings', and the 1990 film 'Awakenings' starring Robin Williams and Robert De Niro.

Sacks had also observed beneficial effects of music therapy, which were remarkable due to the range of benefits achieved. **Some patients who could barely initiate a single footstep would find that they were able to dance to music.** Other patients, who walked and talked in jerky, broken patterns, with no steady tempo and sometimes with uncontrollable accelerations, suddenly found they could dance gracefully, and speak or sing fluently.

The music imposed its own tempo, resisting attempts to speed up or slow down movements, modulating their flow, providing stability and control. Smooth, flowing music with definite rhythm was the most effective; tuneful songs with words were ideal for those with speech difficulties.

Sacks described music as acting like an 'auditory dopamine—a "prosthesis" for the damaged basal ganglia'. Although music only acts directly for the brief time it lasts, he referred to medical studies based **"not only on the immediate effects of dancing, but on the improvements in functional mobility and confidence which follow a therapeutic dance program."** In other words, music and dance have on-going transformative effects. Having seen the effects of music and dance on movement and speech, control and confidence, at Parkinson's SA Dance groups and elsewhere, I felt quite emotional reading 'Musicophilia'.

The book can be bought for \$17 from 'bookdepository.com', or as an e-book for \$12 from 'amazon.com.au'. A copy is also available in the Parkinson's SA Library.

Paul Gresham

**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.

John Birchby

Alwyne (Clem) Richards

Paul Anthony Hewett

Val Scott

Joan Hopkins (Life Member)

Stanley (Stan) Taylor

Michael Damien McNamara

Alan Thompson

Quinto Benvenuto Nardi

Nicola Vitelli

Maria Panizzolo

"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

Brighton Carers'group

Contact: Lorraine Flanagan
0414 424 838

Burnside

Contact: Anne Heard
8357 8909

Elizabeth

Contact: Pauline Bagley
8284 0388

Enfield

Contact: Anne Heard
8357 8909

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: Sarah McMillen-Roach
1300 224 477

Christie Downs

Contact: Robert Lloyd
8386 2761

Elizabeth Northern Resthaven

Contact: Rosalind Wren
8252 6811

Greenacres North Eastern ECH

Contact: Alex Clark
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: Bob Barnard
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
sadytonia@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: Beth Manoel
8264 4194

20's - 50's Group

Contact: Anne Heard
8357 8909

Women with Parkinson's

Contact: Paula Jean Hayes
8357 8909

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



MAKE A **DONATION**
 TO MAKE A **DIFFERENCE**

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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 \$_____

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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



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**IF YOU WOULD LIKE MANUAL
 REGISTRATION AND FUNDRAISING
 FORMS PLEASE CONTACT
 RECEPTION ON 8357 8909**

**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