

## FUTUREPROOF PLAN FOR THE PARKINSON'S COMMUNITY



### An exciting future on offer for Parkinson's South Australia and our community

For some months now, the Board of Parkinson's SA have been undertaking due diligence discussions with The Hospital Research Foundation (THRF) regarding the potential of Parkinson's SA merging to become a part of the THRF Group. The Board has investigated this opportunity to determine the best interests of the organisation and the membership.

The Hospital Research Foundation are keen to partner with Parkinson's SA to grow and maximise choice, independence and wellbeing for those living with Parkinson's and other movement disorders. They have seen what we have been able to achieve with a minimal budget, and feel with their backing together we will be able to further support our community with a stronger service reach than ever before.

The principal objective for The Hospital Research Foundation regarding the proposed merger is to increase the potential benefit to the South Australian community through improved provision of support services for people living with a neurological movement disorder as well as their family, friends and agencies who care for them. The Second principal objective of this merger is to increase vital research into Parkinson's disease.

Under the proposed merger The Hospital Research Foundation will assume full responsibility for all the governance, financial management of PSA as well as the reporting, strategy development, marketing,

communications and regulatory matters required for transparency and accountability.

The Parkinson's SA Board will maintain an advisory role to The Hospital Research Foundation through a Board of Governors, made up of current Board members in the first instance.

Parkinson's SA, the legal entity, inclusive of all assets and liabilities will stay in place and The Hospital Research Foundation will provide a solvency guarantee each year. This is possible because of the very strong financial position of The Hospital Research Foundation.

“ Parkinson's SA would be able to focus entirely on the needs of people living with Parkinson's, without having to spend an inordinate amount of time and resources ensuring financial viability.

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Overall, the potential benefit to the Parkinson's SA community is significant. Apart from ongoing financial security, there is ongoing access to the world class resources and skills of The Hospital Research Foundation.

Parkinson's SA would be able to focus entirely on the needs of people living with Parkinson's, without having to spend an inordinate amount of time and resources ensuring financial viability. We will also be able to invest in improving vital support services in regional rural & remote SA.

Financial Members have been sent notice regarding the Special General Meeting.

**For further information regarding the Special General Meeting and The Hospital Research Foundation please visit [www.parkinsonssa.org.au/sgm2020](http://www.parkinsonssa.org.au/sgm2020) or ring 1800 644 189**



### OUR VISION

Enhanced quality of life for people affected by Parkinson's or another movement disorder.

### OUR MISSION

To maximise choice, independence and well-being for people affected by Parkinson's or another Movement Disorder through support, education and advocacy.

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from...

# OLIVIA NASSARIS, CEO

To our Parkinson's SA community

When we put together the planner for 2020 none of us would have guessed that a few months into the year that we would have to completely change the way we deliver our services.

I must congratulate the staff who have been so positive, responsive to change and full of innovative solutions that have enabled us to continue to provide support. We have been busy calling our most vulnerable clients ensuring they have food and medications, uploading content to our VIMEO channel ([www.vimeo.com/parkinsonssa](http://www.vimeo.com/parkinsonssa)) so that you have content about living with Parkinson's, exercising at home and ways of coping in this pandemic, that has impacted on the way we live and interact.

My thanks to the Group Facilitators who are ensuring that the people that attend the groups are keeping in touch with one another – and I know that everyone looks forward to seeing each other when we are safe to do so.

I am pleased that months prior to this pandemic, Parkinson's SA was already considering a proposal from The Hospital Research Foundation to come under its structure. This exciting way forward ensures that Parkinson's SA will be able to provide more support services and have access to research grants that can help stop, slow, reverse and cure Parkinson's. Financial members of the organisation have received notice regarding this important decision.

Please reach out to us – especially if you are feeling lonely, isolated or just in need of a chat.

Stay safe,

*Olivia*



### In need of some face to face from a distance?

Be sure to check out [www.parkinsonssa.org.au/findsupport](http://www.parkinsonssa.org.au/findsupport) for online Zoom Support Group Meetings being held in May. Everyone is welcome to join us.



**stay connected... visit**  
**[www.vimeo.com/parkinsonssa](http://www.vimeo.com/parkinsonssa)**

**stay connected. safe safe**



## NO JOKE! Laughing your way to wellness

“Laughter can boost your immune system and much, much more” says David Cronin who was a guest facilitator at Parkinson’s SA Relaxation in Practice Laughter Workshop held recently at Parkinson SA.

David also explained that laughter generates many health benefits including, improving your memory, oxygenating the bloodstream and major organs while generating a positive state of mind with increased optimism.

David who is a ‘Laughter Leader’ had an enthusiastic group who just couldn’t stop laughing and they felt all the better for it. They laughed like a Kookaburra simulated driving a car and laughed along with the ringing bells and that’s only a few examples of what you can have a good laugh about.

Ten minutes of laughter throughout the day is all that is needed to receive a host of benefits both physically and mentally.

David Cronin’s ‘Laughter Yoga for Wellness’ session was friendly, entertaining, and informative.

Importantly it’s easy to do, no equipment needed and there are no costs. You can do it with any and every one. Do it alone, with family and friends, small size kids or big sized kids.

Imagine you and your work team starting every morning with a good ‘group’ laugh.

“  
Laughter gives perspective  
and lifts spirits  
It dissolves barriers to  
connect people  
And significantly  
strengthens your immune  
system”

### EVERYTHING IN 3’s

#### REASON

- 1 Enjoy the real health benefits for your personal wellbeing
- 2 Strengthen connections with people
- 3 Gain mental clarity, increased concentration and control

#### BENEFIT

- 1 Regular Laughteryoga can do everything from improving memory, to boosting your immune system
- 2 Laughteryoga involves deep diaphragmatic breathing, which fully oxygenates the bloodstream and major organs
- 3 Research shows that regular practice of Laughteryoga generates a positive state of mind, with increased optimism

#### FACT

- 1 Provides benefits including productions of your own natural chemicals, toning every body system
- 2 Increases your oxygen intake, helping to prevent you getting sick
- 3 STOPS the production of stress chemicals

Take the 3 x 4 Minute Challenge!  
4 minutes of solid belly laughter, 3 times a day! Challenge Accepted!



FOR MORE INFORMATION ON LAUGHTERYOGA  
go to [www.laughteryoga.org](http://www.laughteryoga.org) or contact David on 0415 676 709

# LET'S STAY ACTIVE

## Isolation doesn't mean we can't stay well

No doubt the current lifestyle restrictions due to Covid-19 may have made it harder for you to continue with your regular exercise routine. You may no longer have access to your gym, local pool, regular walking group or exercise classes. We are also doing far less "incidental activity" by no longer running daily errands, going to different appointments/meetings or visiting friends and family.

Whilst your motivation to exercise might be lower than normal, it is more important than ever to continue to exercise regularly. Both for your physical as well as your mental health.

It is common knowledge that regular exercise can lower our risk of chronic conditions such as cardiovascular disease, Diabetes, Osteoporosis and many types of cancer while also having a neuroprotective effect against diseases such as Alzheimer's.

Regular physical activity has also been shown to reduce overall symptoms of depression, anxiety and stress, in addition to an improved immune response, both important considerations given the current pandemic.

**The good news?** YES, you can still remain physically active without the need for fancy or purpose built equipment and Exercise Physiologist, Tayla, from Brain x Body Fitness Studio is going to show us all how!

### What should we all be doing?

- ✓ Take a walk (or a jog if you can) around the neighbourhood
- ✓ Use body weight to perform strength exercises (think squats and push-ups)
- ✓ Get into your pantry – Utilise those stockpiled canned goods, milk cartons or therabands (if you have them) to add resistance to exercises
- ✓ Use online platforms available such as YouTube to find gentle exercise sessions online (yoga, dancing etc)
- ✓ Talk to your exercise professional about supporting you through Telehealth options to exercise in your home
- ✓ Reduce the time you spend sitting. For example, each time an advert comes on TV, do 5 sit to stands or an exercise of your choice
- ✓ Maximise incidental exercise such as gardening, cleaning, mowing the lawns or taking the stairs where possible
- ✓ Set yourself a daily step goal and monitor this on your smart phone or watch

### How do I make sure I'm doing my exercise safely?

The safest way to start a new exercise program is slowly. Start by doing each exercise 10 times and slowly progress to doing each one 15 times, progressing to repeating each repetition of 15, 2 times. It is important to make sure you recover well before increasing. If you experience pain with any of these exercises, just remove it from your program.

### Here are some practical tips to help you stay on track with your home program:

- ✓ Set a specific time each day for exercise to ensure you have a strict routine. Try setting an alarm on your phone as a reminder.
- ✓ Set yourself a goal – Do you want to be able to walk for 30 minutes without stopping? Do you want your legs to be stronger, so you can stand out of a chair easier? Find what will motivate YOU and write it down.
- ✓ Use your smart phone or smart watch to track your daily exercise and/or step count. This can help to keep you motivated and may even bring out your inner competitive side.
- ✓ Involve a family member or friend with your exercise goal. They can do the exercise with you or they can help keep you accountable.
- ✓ Use a diary or note pad to track your exercise. This great visual picture of your weekly/monthly exercise can be your motivation.
- ✓ Make sure you are always challenging yourself. If you perform the exact same exercise routine for 3 months you will become bored and you are unlikely to progress. Make sure you are slowly progressing and varying your program to maximise the benefits.

Your overall goal is to reach 30 minutes of exercise each day. If you are new to exercising, start with 10 minutes each day and slowly increase each week or fortnight. Find the amount that suits YOU!

### Interested in taking it further?

If you are interested in becoming a member of the Brain x Body Fitness Studio during isolation, contact Tayla on 0499 088 725.

All members receive individualised home programs that are closely monitored and have access to video content to be able to exercise with me in the comfort of their own homes.



## Feeling motivated but don't know where to start?

Tayla has put together a basic 15 minute strength session that you can do each day and slowly progress as you feel able. Please make sure you adapt the exercises to suit any injuries or pre existing conditions you may have.

### WARM UP

Before you start exercising you must perform a warm up for at least 10 minutes. This could include walking around the block, cycling on your stationary bike, walking in the backyard or high knee marching on the spot. A warm up is essential to get the blood flowing and to reduce your risk of injury.

### KNEE EXTENSION WITH BALL

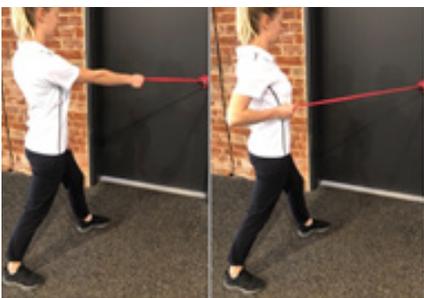
Seated on the chair with your back off the back rest. Place a ball or soft pillow between your ankles. Use your thigh muscles to raise your legs in the air until your legs are straight. Do not lean back (activate your core & postural muscles). Slowly lower feet back to the ground.



### SINGLE ARM THERABAND ROW

Tie your band to the door handle. Stand tall and hold band in one hand. Pull arm directly back by bending the elbow. Keep your arm close to your body and squeeze your shoulder blade toward the spine.

\*\* If you do not have a band, place your arms out straight in front of you at chest height. Pull elbows back and squeeze your shoulder blades together. Hold for 5 seconds then straighten arms back out in front.



### EXPLOSIVE SIT TO STAND

Sitting on a chair with your arms placed across your chest. Make sure your knees stay in line with your feet as you stand. Stand up as fast as you can and raise your arms as high and wide as possible. Slowly sit. \*\* If you are unable to stand from the chair, try stacking pillows



### STEP UP WITH BICEP CURL

Holding weights or canned food in each hand. Step up (keeping your knee in line with your foot). As you step up, curl the weights to touch your shoulders. Make sure your elbows stay touching the side of your body. As you step down, lower your arms.



### INCLINE PUSHUP

Standing with hands on a wall or bench in front of you. Keep your shoulder/hip/ankle in a straight line and avoid arching your back. Slowly bend your elbows and let your chest lower toward the bench or wall. Push back until arms are straight.



### CALF RAISE

Standing on two feet holding on to a bench or wall for support. Raise on to your toes as high as possible and slowly lower back to the floor.



### TANDEM BALANCE

Stand next to a wall or bench for safety. Stand with one foot directly in front of the other and try to hold for 30 seconds. If this becomes easy, try walking as if you were on a tight rope. Slower is better.



### HAMSTRING CURL

Laying on your stomach on your bed or on the floor. Place a soft ball or pillow just above your knee and hold it there. Without arching your back or taking your thigh off the floor, pull your heel toward your bottom and squeeze the ball/pillow as hard as possible. Slowly relax.



# QUESTION TIME AT ONKAPARINGA

## Federal Member for Kingston visits the Onkaparinga group

Amanda Rishworth recently visited and spoke to the members of the Onkaparinga Support Group and was able to answer their questions about their concerns regarding My Aged Care, Centrelink etc. There was a lot of positive feedback after the meeting with the Onkaparinga Group thankful to the Federal Member for Kingston for taking the time to visit the local Parkinson's Support Groups in Southern Adelaide.



PHOTO: Amanda Rishworth with members of the Onkaparinga Parkinson's Support Group.



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# ZOOMING...TO BE FACE TO FACE

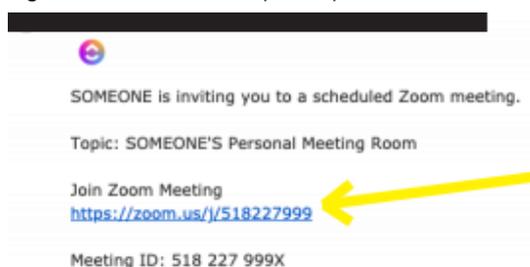
## How you can make the most of technology to keep in contact and supported by Parkinson's SA

Zoom is a web video conferencing used by many individuals, organisations and support and recreational groups worldwide. Zoom allows us to connect easily and to speak with each other even though we can't be together. While there is a paid version that we use at Parkinson's SA, the Zoom app is available to use for free with some restrictions. We are embracing Zoom during this time of social distancing because it allows us to participate in events where we can all see each other and join in the discussion together, whether we are on a desktop computer, laptop, tablet, or phone.

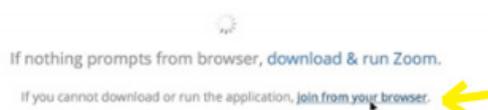
We want to connect with our wonderful groups. As we roll on with the changing times, Parkinson's SA are commencing participation in Zoom Support and Recreation Group Meetings. We have started test running the use of Zoom to run Support and Recreational Groups, and we would like to roll this out to all our groups where and when we can. We encourage all our groups to embrace these technologies, and give them the chance. We can all surprise ourselves with our abilities if we are open to it. We know there are some that will resist – but what better time than now to give it a go and learn some new cognitive skills. This is exciting, and mastering IT such as this can only give our community further confidence in remaining independent moving forward. This also means our reach into the community is greater than ever before, because our regional and remote community can Zoom with us and participate actively from their own regions.

**This guide is meant to help you get ZOOM set up.  
The good news is - it's not hard to master!**

**STEP ONE:** Click on a ZOOM Meeting Link. A ZOOM meeting link can be sent to you via email. Much like our other emails with attachments and links, you will be able to click on the link in the email, taking you to Zoom. To join the meeting, all you need to do is click on the link under "Join Zoom Meeting" and follow the prompts.



**STEP TWO:** When you click the link, a new window will appear saying that ZOOM is launching your meeting. We are going to "Join from browser" to make this much more simple. This message will pop up. Click the link "join from your browser"



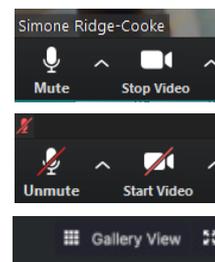
**STEP THREE:** Type in your name and click "join".



**STEP FOUR:** You're in! Joining a meeting works for any computer, tablet, or smartphone. If you have a camera, which is typically included with every device now, ZOOM will automatically use the right settings. This is what it looks like when you are in a meeting!



In the meeting, there are only a few buttons that matter. These are the microphone and video buttons. When they have a red slash, they are turned off.



You can change your view in the top right corner of the screen, between gallery view or speaker view, if you want to see all participants or just the speaker.

If you don't have the compatible devices to video chat, you can phone in so that you can listen to the meeting just like you're on the phone to family and friends. You just need to dial 08 7150 1149 and follow the voice prompts to enter the meeting ID and password from your invite to join.



# COVID-19 AND YOUR HEALTH

## A discussion on vaccinations with pharmacist and Parkinson's SA Board Member, Michael Bakker

Dear Parkinson's SA Community,

As a healthcare professional can I please extend my thanks, to all of you, for playing your part in limiting the spread and impact of COVID-19 in our state.

We have done an exceptional – world leading job and we all deserve a hearty meal at the pub when everything starts to open back up again. Although it has been rocky for many in isolation and the economic fallout will continue to go on, I firmly believe that this action has saved us an enormous loss of life. From me to you, **thank you.**

With every article about the impact of COVID-19 and the global death toll comes a mention about a vaccine. Full disclosure: I am not a virologist (one who studies viruses) or an epidemiologist (one who studies the spread of disease) but I am a frontline line health care worker who spent many years talking to people about vaccinations in community pharmacy.

Vaccines and good science take time- there is absolutely no rushing it. I don't want to try and present a comprehensive account of how a vaccine is created and get steps wrong, but I will share some information with you that I hope will be of use.

### What is a vaccine/is it harmful?

The first principle of vaccination is that you get exposed to a dead or weakened form of a virus/bacteria so that your body can rehearse its approach to dealing with the threat without having to fight the impact of the disease at the

same time. The second principle is that your body has to form a 'memory' of this interaction so that when it encounters the disease for real, it can mount a stronger defence much faster.

Here are our goal posts, we need to have a form of the virus that is specific enough that your body can recognise it and we need to have it be 'strong' enough that your body can detect it and go through the process of remembering it. Not to forget though, we don't want to cause more problems (side effects) than we solve.

All medications/therapies carry risk, the robust trials that a new treatment has to go through to be registered as a vaccine are more stringent, sophisticated and intelligent than they have ever been.

### What about the news stories saying a vaccine is being trialled now?

Here is where I need to introduce the term of 'cross-reactivity' because there isn't really another term that does this phenomena justice. 'Cross reactivity' when it comes to vaccination means the observed immune response is against a virus not specifically targeted by the vaccination. i.e. I vaccinate you for A but you become immune to B and C too.

Some of the trials going on now in Australia and the world are using vaccinations that we already have for different infections to determine if they offer some protection from coronavirus. In this scenario we are relying on there being similarities between the viruses that your body may be able to recognise both from the same stem of information.

“  
Vaccines and good science take time - there is absolutely no rushing it.  
”

Designing a vaccination specifically for corona viruses when we don't already have one for that group relies on huge amounts of trial and error. We don't want a vaccine that causes more problems than it solves and even with the sophisticated computer modelling we have now there are hundreds of steps and attempts to go through before you would be able to get to having an animal trial if you were designing it from scratch. Much of the media reporting on vaccinations for COVID-19 is around trying vaccines we have for other things to see if they improve outcomes for people infected or at risk of infection. Similar to other SARS viruses there is a chance that the mortality rate of the virus drops off and new infections drop to zero before a suitable vaccine is developed.

“ Simply put, organise an influenza vaccination if it is safe for you to do so. If you have concerns about how you have reacted in previous years discuss them with your doctor or pharmacist. ”

#### **What does this mean for flu vaccinations this year?**

Simply put, organise an influenza vaccination if it is safe for you to do so. If you have concerns about how you have reacted in previous years discuss them with your doctor or pharmacist.

Developing flu like symptoms in a very mild form is a common feature following vaccination from influenza. It means that your body is saying 'hey I have seen this before and I know what to do'. Meaning – your body acts as though it has been infected as it has rehearsed how it is meant to respond to the presence of the virus – you then see a runny nose etc. as this is one of the defence mechanisms of your body. The influenza vaccine is dead and cannot revert to living. If you have serious concerns about how you react to vaccinations, please check with your health care professional.

One of the scary things for Australia facing COVID-19 in 2020 is that it is likely to overlap the flu season. Every South Aussie knows how our hospital occupancy surges and ramping occurs with the presence in Winter even without the current crisis. Unfortunately, the lemon tree doesn't stop giving you lemons just because you have enough. If you add COVID-19 on top the flu season we could be in for a really grim year, and mortality would likely be much higher if we don't take all steps, we can to limit influenza in the community.

Ironically, social isolation may present a peculiar year with how the flu spreads as it relies on us being around one another to spread it.

**Michael Bakker Bpharm AACPA Adv PP (II) MSHPA Pharmacist**



#### **MICHAEL BAKKER Pharmacist - Aged Care, Rehabilitation and General Medicine, SA Health**

Michael has had a long term affiliation and passion for volunteering his pharmacy services to Parkinson's SA, it's clients and staff.

He has has a passion for innovation in health care and practical driven solutions to patient health. Michael has recently been involved in the establishment of the pharmacy services within the tele rehab section of SA Pharmacy.

The multi disciplinary model delivers rehabilitation services such as speech pathology, physio therapy and occupational therapy in their places of residences and out of hospital to the patient through video calls and app driven programs.

Michael is actively working towards research in pharmacy practice and Parkinson's disease and hopes that his passions for tele-health and Parkinson's Disease will lead to changes in the way we deliver information to patients of all locations. Michael was appointed to the Board of Parkinson's SA in 2017.



# 3 CHARACTERISTICS OF HIGHLY RESILIENT PEOPLE



I have been counselling for many years, most recently in the fields of critical incident and disaster response, vicarious trauma and emotional burnout, not to mention 'Post Traumatic Stress Disorder'.

I have learnt a great deal about people and their capacity to not only survive really difficult and distressing life circumstances but also how some can find a new normal in the midst of physical and emotional chaos, and actually thrive in their lives. At the risk of oversimplifying this I've noticed **3 key characteristics of resilient people do**, that allows them to live with deep emotional and physical pain, loss and grief and still build an authentic life they enjoy.

It is my hope that in sharing these, you recognise them in yourself and start celebrating them, and if not, merely thinking about how you manage your circumstances and where you are right here right now. Maybe you might like to start changing your perspective and see where it takes you.

As always these are not stand alone articles designed as a set and forget. I am available to coach and support you as you navigate change and try new strategies to build a life you are proud of and enjoy.

## 1. Resilient people understand that adversity doesn't discriminate

a. Resilient people 'get' that bad things happen to everyone, no one escapes this life without suffering and loss and we all die in the end. They haven't been singled out by "god or the universe for punishment", life is full of highs and lows of every description for us all.

b. Resilient people understand that life is not about using Facebook or Instagram posts to compare lives and relationships by. They expect life will throw everyone some curve balls and refuse to spiral around the 'Why me, this is unfair' whirlpools and riptides.

c. Resilient people show themselves the same compassion & gentleness that they show others in similar circumstances. They don't criticise, demand or judge themselves for their circumstances, it's no-one's fault; anyone in their situation would feel similar things. They are not different we are universally in the same lottery of life.

“ Resilient people show themselves the same compassion & gentleness that they show others in similar circumstances. ”

## 2. Resilient people are really good at learning to prioritise where they will focus their energy and attention

a. Resilient people recognise that we are hard-wired from birth to notice threats, weaknesses and problems. Indeed it is as though negative emotions stick to us like Velcro and positive emotions slide off like Teflon. Resilient people chose to manage this.

b. They don't diminish the loss, pain and discomfort their circumstances have caused they have just developed strategies to notice the good amongst the negative. To focus on what means the most to them in their lives- people, relationships, generosity, kindness. They are value driven rather than emotionally driven.

c. They accept with gentleness and compassion what they can't change or chose not to change and practice switching their attention to include what is still good in their lives .

d. They see this mindset as learnable - they practice gratitude and focussing on their strengths rather than their weaknesses. It is intentional, deliberate effort to focus on what they still have right here right now and enjoy it however they can while they can

## 3. They ask themselves these simple questions honestly and often

a. Resilient people examine their attitudes and actions with curiosity and not harsh judgement

- Is what I am doing right now helping me or hurting me?
- Is what I am about to do going to make tomorrow easier or harder?
- What can I do right here right now that is in line with the person I want to be?

b. When something is not giving them what they want in a situation they stop and try something else

### In conclusion

We all have moments in our lives where our life path splits and the life we had planned for is suddenly lost and we are catapulted down a path that we neither chose or recognise. It has happened to me more than once.

If you have found yourself in a situation where you say "There is no way I can come back from this" I urge you to lean into these 3 strategies.

It will not erase the grief that you are forced to manage however it will allow you to live a life you can be proud of and grieve at the same time.

# STAY CONNECTED WHILE WE ARE PHYSICALLY APART

## Wellbeing in the time of social distancing

*During the coronavirus (COVID-19) pandemic, our government are asking us to, where possible, avoid contact with people who don't live in our household.*

*The government expect that this may be hard – it's hard for all of us. But it's the right thing to do at this time.*

*We also know that feeling socially isolated can impact our mental wellbeing. It can make people feel sad, anxious, lonely and depressed. During this time, it's important to have ways to stay connected to our family, friends and community, even if we can't see them in person.*

*Together let's look at some ways we can stick together during this time, even when we're far apart.*

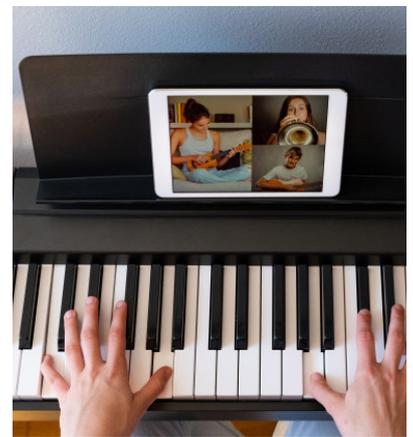
### Using technology to connect

We're lucky to live in a digitally connected world. Here are some ways you can connect with others wherever they are, using your phone or computer.



### Online groups

Staying at home doesn't mean you can't learn a new skill or have fun. As most businesses have closed their physical stores, there are now classes that have moved online. There are lots of options to suit, depending on your interests. Join in activities ranging from yoga to cooking, all from the comfort of your home. If you can't make a class time, Youtube is a good place to search for online tutorials or follow-along videos.



### Digital games

Do you enjoy getting together with others to play games? While sitting around a table with friends to play board games is a no-no right now, you can have a similar experience playing games through apps, consoles or streaming services.



### Social media

While too much social media isn't always great for your mental wellbeing, a little bit can go a long way. Checking in with others, sharing a nice photo or finding a funny video are all possible through social media platforms. Just remember that you get to decide who and what goes on your feed – if you're seeing too much news (or fake news), or negative people are getting you down, you can hide, mute or unfollow this content.

### Video calling

Most smartphones and computers can make and receive video calls, so that you can see and hear the person you're talking to.

This helpful site below can teach you how to use your devices to connect

<https://www.bbc.com/news/technology-51968122>



### It's not ALL about technology!

Not everyone wants to or can use technologies like smartphones and computers to connect with others. But there are still ways you can connect without using any digital technology at all.

### Good, old-fashioned conversation

Whether it's with someone in your household over the kitchen table, or a friend on the phone, nothing beats a good chat. We've listed all types of fancy ways to connect above, but sometimes a simple conversation feels the best.

### Participate in a bear hunt

One of the cutest stories during this social distancing time is the appearance of bears in windows. Suburb-wide bear hunts where neighbours have displayed their teddies on fences, rooves and in windows so children (and the young at heart) can play 'spot the bear' from a distance. It doesn't have to be a bear hunt, either. You could make any common object the prize of your scavenger hunt.



### Feeling over-connected?

You may decide in fact you just want some time to yourself. Taking a break from everyone else and just focusing on you is also an important part of self care. Read a book, watch a movie, meditate, go for a walk or have a bath. Whatever helps you relax and find peace in your mind is a good move right now.

### Share books or movies

Drop books or DVDs you're finished with into the letterboxes of neighbours and friends. Bonus points if you accompany them with a note saying why you enjoyed them. Encourage them to let you know what they think and pass the favour along to someone they know.



*When the pandemic is over, remember that feeling connected to other people is good for us all of the time, not just during a time of crisis.*

*When social distancing regulations are relaxed, remember what you've learned about the value of your relationships with others. Keep checking in, keep communicating, keep making the time to prioritise the relationships that make you feel great. It's good for all of us.*

# Stay On-Time!



## Medicine Reminders



## Timers



## Electronic Pill Boxes



## Vibrating Watches



## Vibrating & Talking Clocks



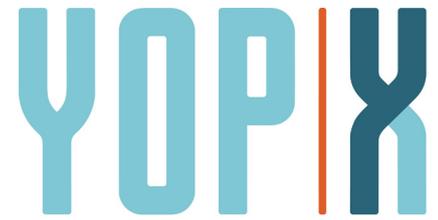
[www.TabTimer.com.au](http://www.TabTimer.com.au)

**1300 TAB TIMER**  
**(1300 822 846)**

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# PROJECT UPDATE

## The Young Onset Parkinson's eXchange (YOP-X)



Young  
Onset  
Parkinson's  
**eXchange**

The Young Onset Parkinson's Exchange (YOP-X) Project is in the development stages of creating an innovative App and other online resources to act as an information portal for those living with young onset Parkinson's. Additionally, educational tools are being developed for NDIS contracted providers and other health professionals, to assist them to meet the needs of people living with young onset Parkinson's, by raising awareness of the symptoms, issues and the treatments available that can enhance participation in family, work, social and recreational life.

Consultations are continuing with people living with young onset Parkinson's across Australia, and have highlighted key areas of focus including:

- Employment and Legal Issues
- Exercise and Wellbeing
- Mental Health
- Referral Pathways
- Relationships
- Planning
- Step-By-Step to Applying for the NDIS
- Supporting the Support People

We have launched an online platform for people with young onset Parkinson's to upload video selfies for use in the development of our educational tools, and we welcome contributions at [www.youngonsetparkinsons.org.au](http://www.youngonsetparkinsons.org.au)

Furthermore, we have developed a national survey to capture the workforce experiences of people with young onset Parkinson's, who often face a reduced capacity to work, or in some cases leave the workforce altogether. During our initial consultations, employment was highlighted as a key area to consider for the App development, specifically how it could assist people with young onset Parkinson's to stay in the workforce for longer. Research indicates that factors other than onset age and the duration of having young onset Parkinson's influence loss of employment, and therefore developing targeted strategies could support people with young onset Parkinson's to remain in employment for longer.

For this reason, it is important for us to broadly capture the workforce experiences of people with young Onset Parkinson's. To participate in our workforce survey please visit <http://ems.gs/3uUe0idcPsS>

**For more information on the Young Onset Parkinson's Exchange Project, or to find out how you can be involved, please contact Katie at [katie@parkinsonssa.org.au](mailto:katie@parkinsonssa.org.au)**

## HOW CAN WE IMPROVE AGED CARE SERVICES?

Email your response at  
[ACRCenquiries@royalcommission.gov.au](mailto:ACRCenquiries@royalcommission.gov.au)

The Royal Commission into Aged Care now wants people to tell them their ideas about how aged care could be better in the future.

Submit your feedback to the Aged Care Royal Commission by 30 June 2020.

**Write to the Royal Commission.  
They're listening.**

**Email your response today.**



[www.parkinsonssa.org.au/royalcommission](http://www.parkinsonssa.org.au/royalcommission)

"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

## 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.

Henricus Brand

Robert Fowler

Stefan Kolman

Clive Charlesworth

Donald Gilbourne

Antonio Lonardo

Pasquale Esposito

Sandra Hartley

Michele Luongo

John Feirclough

Stanley Hodson

Eleni Matsouliadis

# COMING SOON TO BBFS

Fundraisers generosity bringing Isodynamic Reviver to BBFS



Parkinson's SA would like to sincerely thank Mark and Judith Collingwood who's outstanding fundraising efforts have ensured that we will soon see the Brain x Body Fitness Studio become home to South Australia's only Isodynamic Reviver. The Collingwood's generosity will provide all BBFS members access to this innovative piece of equipment. The Isodynamic Reviver has shown promising results in improving physical outcomes in those with neuromuscular conditions such as Parkinson's.

If you would like to find out more about the Isodynamic Reviver please visit [www.isodynamics.com.au](http://www.isodynamics.com.au)

## DID YOU KNOW?

Only vehicles displaying a valid Disabled Parking Permit from the Department of Planning, Transport and Infrastructure (DPTI) are permitted to park in a disabled parking zone.

The permit entitles the driver to park for the maximum time as indicated on the signs. No extensions of time are permitted.

**In time limit zones that's not designated for disabled parking? Where no disability spaces are available or where a sign or meter shows a specific time limit, the following concessions apply for permit holders - if park has a specific time limit over 1 hour - you are permitted there for double the time. (ie 2 hour time limit - a permit holder may park for 4 hours) Great to keep this in mind next time you visit Parkinson's SA or the Brain x Body Fitness Studio.**



## BRAIN TRAINED ANSWERS

### MEMORY RECALL

1. five
2. blue
3. eleven
4. M
5. grey

### BRAIN TEASERS

Can you find the mistake?  
second 5 is missing from  
the run

### RIDDLE TIME!

1. a secret!
2. meat!

### CHOICES CHOICES

1. D. 14
2. C. Red
3. A. 26
4. C. 10