

1 MILLION REASONS TO CELEBRATE grant funding for improved outcomes for people living with Parkinson's



Parkinson's SA together with Parkinson's Australia has been awarded over \$1 million under the Morrison Government's NDIS Information, Linkages and Capacity Building (ILC) National Information Program Funding Round to improve outcomes for people with Parkinson's and other movement disorders.

The collaboration between Parkinsons Australia's and Parkinson's South Australia has enabled the creation of this hub with benefits to be delivered to all Australians affected by Parkinson's.

Evidence from people with Parkinson's under the age of 65 around Australia indicates a lack of information, education and understanding of the condition, its symptoms and progression. Greater support and understanding are needed for social, community and economic participation. This innovative project will deliver up-to-date, high quality, accessible information for People with Parkinson's and other movement disorders.

Parkinson's SA CEO Olivia Nassaris said, "At Parkinson's SA our mission is to maximise choice,

independence and well-being for people affected by Parkinson's, or another movement disorder and this project does exactly that. The *Young Onset Parkinson's Information Hub – Information and training for people living with Parkinson's and their care providers* is an innovative app and online resource that will allow NDIS contracted providers, allied health professionals, family and paid carers with up-to-date information about the condition. This will produce better outcomes for people living with Parkinson's or another

movement disorder that enables them to participate in family, work, social and recreational life."

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The Hub will remove current barriers preventing clients, health professionals, NDIA staff and contractors accessing high quality education and information. The delivery of the information through online and app-based platforms will appeal, and is suited, to how the under 65's prefer to access

information and support. The Hub will provide people living in rural and remote communities with access to quality information in easily accessible formats.



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.

PATRON

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

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from...

OLIVIA NASSARIS, CEO

Thank you to the Adelaide Hills Parkinson's *Loosen Up Art Group* for inviting me to the opening of their exhibition at The Summit Health Centre in Mount Barker.

The exhibition was officially opened by Mayor Ferguson who took the time to enjoy the works before the official opening, and wrote down her interpretation of each work. At the morning tea she addressed each of the artists with what she saw and felt – it was a very special and personal presentation that we all enjoyed. I encourage you to visit the exhibition. Congratulations to the artists for their inspiring work; Vit, their teacher that leads them on the path to creativity, and Lyn Marshall who does wonderful work coordinating the Adelaide Hills Parkinson's Group.



Whilst it might be October we have been planning the 2020 seminar series. Next year will feature all new seminar topics relevant to living with Parkinson's. This year's seminars have been filmed and will be available for members and through support groups online, on USB or DVD. We have invested in recording these seminars so that regional, rural and remote people with Parkinson's and their families will be able to access the information and education that is presented in the metro area.

Some examples in Living Well Series include *Managing apathy and increasing motivation, Embracing technology, Maximising in-home supports, Dying with dignity, Self-empowered ageing and Maintaining your sense of self and changing people's perception of you.*

We are also introducing new activities in 2020 such as a Men's Group, both for men with Parkinson's and men who are carers. A coffee club – no seminar, no facilitation – just socializing. Cognitive café for people living with Parkinson's to practice games and other activities to help stimulate the brain.

Lastly, we are happy to be in our new home. Our newly-refurbished building at 25 King William Road, and our neighbours at the Good Health Collective can't wait to welcome you at the official opening on Friday 6 December.

Olivia

MOVIE NIGHT FUNDRAISER - 29 NOV

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CONFERENCE 2019

Conference 2019



Delegates enjoyed the comfortable surroundings and hospitality of the National Wine Centre for the second annual Parkinson's SA Conference. Feedback from last year was implemented with the day finishing earlier, and there was a break between each speaker to improve the comfort level of the delegates. Thank you to our major sponsor, Life Care, for opening the Conference and taking the time to speak one-on-one to attendees about the services they offer.

This year the focus was on research and advances in care and treatments. It kicked off with Todd Murfitt, speaking from experience, his "roller coaster ride" – dealing with diagnosis, the support his family has received on the way and what it felt like to undergo Deep Brain Stimulation.

The keynote, Dr Girish Nair, spoke about the different choices offered to people living with Parkinson's who are identified for Deep Brain Stimulation. He also gave attendees an intriguing insight into the stem cell trial where he implanted millions of stems cells into 12 subjects. He told the conference that whilst the data hasn't yet been released there is evidence to show that they would like a Phase 2 trial, pending funding.



PHOTO: Todd Murfitt Guest Speaker

Dr Marc Agzarian presented on the breakthroughs in MRI's, and whilst there was a 14 year wait in any advances, the audience were excited to hear that there are now machines and methods that can show Parkinson's and some Atypical Parkinsonian Disorders which can assist in the correct diagnosis of a patient.

Dr Ann Liebert presented results from the Photobiomodulation Trial (*see article page 4*) and Dr Ashani Couchman gave a humorous, but very educational presentation regarding all things bladder related (*see article page 8*).

People with Parkinson's in South Australia will be able to participate in the trial that was presented by Dr Lyndsey Collins-Praino & Dr Irina Baetu from the University of Adelaide; endeavouring to study cognitive function in Parkinson's and what causes cognitive dysfunction – from mild cognitive impairment to dementia. They aim to recruit 300 participants for the trial. **If you are interested in participating please contact Parkinson's SA.**

Thanks to our additional sponsors of the day Abbott and UCB for prioritising client education.



PHOTO: Olivia Nassaris CEO and Dr Ashani Couchman



PHOTOBIOMODULATION THERAPY

Proof of concept trial results

The Study

Twelve people in South Australia volunteered to participate in a study on the effect of near-infrared light on people with Parkinson's disease. Dr Liebert presented the findings of a preliminary analysis of the data to the study participants, their families and members of Parkinson's South Australia on Tuesday, 9 September 2019.

Research team

The lead researcher Dr Ann Liebert, University of Sydney, and her team Dr Brian Bicknell, Australian Catholic University; Sharon Tilley, principal physiotherapist; Prof John Mitrofanis University of Sydney and Prof Liisa Laakso Griffith University. The study was supported by Parkinson's South Australia.

Study design

The participants were separated into two groups of six:

Group A – started the 12-week treatment program straight away.

Group B – had to wait 12 weeks, and then started their own 12-week program.

All participants were tested in a range of areas, using standardised testing methods and questionnaires. The testing covered:

- movement or motor symptoms
- non-movement or non-motor symptoms
- cognitive function
- a range of different laboratory tests
- handwriting.

Additionally, the partners or carers were asked for their observations over the study period.

Each person was tested before starting and then retested at different intervals. This trial has generated a great deal of data.

Each participant in each group, when treated with near-infrared light, started with a 'full dose', then over the 12 week period, the dose was gradually reduced. All had a one week washout period followed by more testing. The treatment consisted of transcranial light using the VieLight helmet, and abdominal and neck treatment with laser.

After 12 weeks of treatment, Group A continued using only the helmet at home. After retesting at 24 weeks, they were then given the helmet and laser devices to continue home treatment.

Group B have also continued with helmet and laser treatment at home.

All 12 participants will be re-tested at 6 and 12 months.

Preliminary results

Results are still being analysed and no statistical analysis has yet been done. However, some preliminary observations can be made:

1. Each person experienced some improvements in PD symptoms.
2. Each person responded in a different time frame – some people made improvements very quickly, but others were slower to notice changes.
3. Each person had a different ability to perceive changes within themselves. Improvements had been made in all participants, but a number of participants didn't notice the improvements until these gains started to disappear when the dose was dropped.

The symptoms that have seemed to improve during the trial included:

- Motor and non-motor – TUG, timed walk and balance
- Sensory – sense of smell improved (anecdotal evidence only)
- Pain – central pain improved
- Constipation/diarrhoea generally improved
- Speech – improved / loudness of voice
- Sleep – generally improved
- General mood – improved

It must be noted that that symptom changes seem highly individual. It must also be noted that there was a pronounced placebo effect being on the trial (Group B symptoms also improved during the waiting time).

Data awaiting analysis

There is still a lot of data to be analysed and is expected to be completed by later this year. This data includes:

1. The observations made by carers
2. Handwriting analysis – to assess fine motor skills
3. Laboratory test results
4. The full re-testing data
5. The use of different light sources and locations (LED lights and laser lights on head, back of neck and on the abdomen).

Sydney clinical trial

The South Australian study has given valuable input to the design of Dr Liebert's forthcoming Sydney trial, with protocol changes including:

1. There will be no reduction in the infrared light dose over the 12 week treatment period
2. The battery of tests will be expanded to include the sense of smell.
3. The use of the Well Red Coronet trans-cranial light device.

Dr Liebert's conclusions thus far

1. Use of red and near-infrared lights is showing itself to be a safe treatment.
2. Evidence from this and other studies shows that red and near-infrared light improves a range of motor and non-motor Parkinson's disease symptoms.
3. The use of red and near infrared lights should be considered an adjunct to medication and exercise programs for people with Parkinson's disease.
4. More trials are indicated.

Dr Ann Liebert will have the data fully analysed by Christmas and will present the further information to the Parkinson's SA members and interested parties in 2020. Stay tuned for details.



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CARER GATEWAY: Services Online Now

Where do Carers go to for support now?

A new Carer Gateway service rolls out across Australia in the later months of 2019. Online supports will be accessible, and in-person services will be delivered through 16 Carer Gateway service providers.

Online Community Forums

to connect you with other carers throughout Australia. You can share your stories, ask questions, exchange your knowledge and personal experiences and engage at convenient times for you.

Self-guided coaching

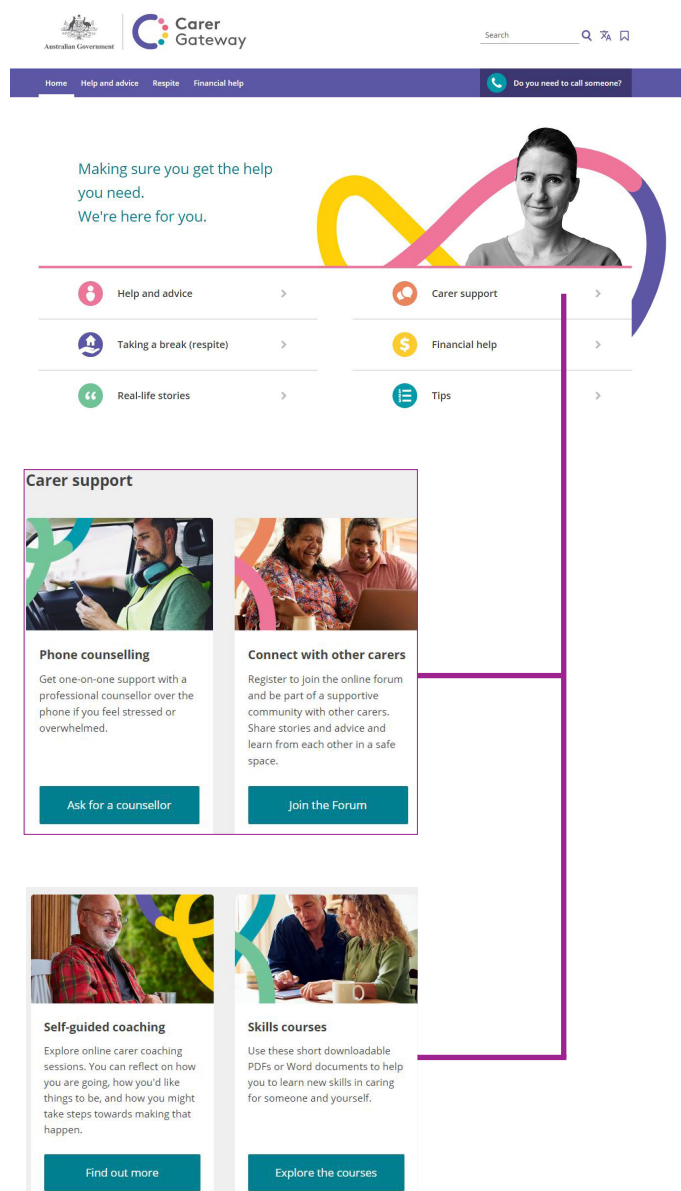
Modules that you can work through at your own pace. The modules will help carers to gain skills and knowledge about their caring situation. The modules are NOT specific to a condition, i.e. Parkinson's or a type of illness - they apply to all carers.

Phone-based counselling

To provide you with short-term support when you need it. Available Monday to Friday from 8am to 6pm on 1800 422 737.

It has been recognised that online supports won't be for everyone. However it offers you the opportunity to access supports on your own terms. For example, a carer of someone who requires intense support during the day may find value in being able to share their frustrations or concerns online in the middle of the night. Other carers may find value in having a coffee in their garden and being able to speak on the phone confidentially with a counsellor.

These supports are available now through carergateway.gov.au with counselling available by calling 1800 422 737.



Phone counselling	Online Community Forums	Online coaching	Short courses
<p>Call 1800 422 737 and select option 1 or go to carergateway.gov.au and choose "Ask for a counsellor".</p> <p>On the next page select Request a Callback (purple box on right hand side). You will then be called to arrange a counselling session.</p>	<p>Go to carergateway.gov.au and choose "Join the Forum."</p> <p>On the next page, choose "Start a discussion" in the purple box. Next, choose the option to "Register here" and you will be asked to give your name and email address.</p>	<p>Go to carergateway.gov.au and choose "Find out more."</p> <p>At the bottom of the next page, choose the option to register. You will be asked to create a username (doesn't have to be your own name), create a password and give your email address.</p> <p>You will also be asked to give some anonymous information about yourself to help future service improvement.</p>	<p>Go to carergateway.gov.au and choose "Explore the courses."</p> <p>You will be taken to a page with course options. You won't need to register.</p>



AFTER CARE

Life after Caring for your loved one

You may have been caring for your friend or family member at home for months or years. It may have been the focus of your life. When your caring role ends you may be surprised at how big an adjustment it can be.

How am I supposed to feel?

Your caring role may end due to your loved one passing or moving into higher care facilities

A typical day as a carer may have been very busy. When it finishes, it may leave a large hole in your life. You may have a mixture of emotions including feeling

- sad
- exhausted
- empty or numb
- guilty
- lacking in purpose
- resentful
- relieved
- calm.

You've experienced a major change in your life, and it can be a stressful time. It is important to give yourself time to adjust. You may have been used to a routine. It may seem strange when you don't have to do that anymore.

There is no right or wrong way to feel. There's also no timetable. You may have different feelings that come and go over months or years.

Part of you may feel relief when your caring role stops. Try not to feel guilty about this. It's a normal reaction as you may have had a great deal of responsibility for your loved one's care needs.

Reminiscing...

It may be helpful to think about your experience of caring as a whole. This may help you to get a balanced view on how it went.

When you look back, there may be some memories that make you feel happy or proud, for example:

- special times or meaningful conversations with your friend or family member
- being able to comfort them
- being able to help them live the last part of their life as well as possible
- friendships with other carers, volunteers or healthcare professionals
- kind words and thoughtful offers of help from friends and neighbours.

I still want to connect with my loved ones care facility.

It's likely that you've had regular contact with medical staff involved in your friend or family member's care. You may have built connections with some of these people and now you don't need to see them. It may seem natural to end contact. It may be a period in your life that's over and you want to move on.

But if you'd like some support, many hospices and care homes offer bereavement services for families. Some also have events or services where they remember people who stayed there. You may wish to attend these. Parkinson's SA hold bereavement groups, a time set aside twice a year, for those in the Parkinson's community who have recently lost a loved one, to come together for support and care.

**Bereavement Group
will meet on November 27
2:00pm - 3:30pm**

RSVP on 8357 8909



CONFIDENCE WITH INCONTINENCE

The bladder is an extra-ordinary organ. It serves the function of urine storage and evacuation. It has a highly complex nerve supply, (innervation). Therefore, it is no surprise that one of the first signs of impairment of innervation is demonstrated by the bladder. This can be in the form of going to the toilet frequently or not enough, leaking a lot or not leaking at all, or indeed a combination of all of these. Bladder symptoms can be predictable or variable, manageable, hidden or debilitating. We don't talk about bladder symptoms as it is socially embarrassing and in certain cases extremely isolating.

It is time we unmask this undercover rogue. Incontinence is an extremely common problem. Population surveys have demonstrated that 1 in 4 Australians over the age of 16 has a continence issue. Our stretched health dollar is further challenged by the associated costs of managing continence, and with population growth these numbers will only increase.

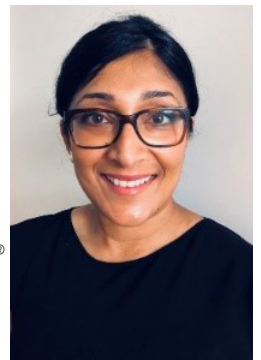
What can we do? The key here is knowing that options exist to maintain continence. Not everyone is alike, and it follows that not every person will have the same answer to their continence issue. The basics of ensuring caffeine intake moderation, adequate hydration, management of constipation in combination with maintaining a healthy weight are important. Beyond this it is important to be assessed formally. A GP, continence nurse or physiotherapist is an excellent first port of call. A trial of pelvic floor exercises and/or medication is an easy and effective first line option.

If these measures are not enough, or there is ongoing discontent about continence, further evaluation is warranted. A clear assessment of the bladder in the form of flow studies – where the strength of the urine flow is measured as well as what is left behind, urodynamic studies – where the bladder function is assessed with catheters and slow bladder fill, can assist in clarifying the mechanism of incontinence. This can then help in the consideration of further therapy and

assessing what the associated complications may be. The second line therapies may include neuromodulation (pacemaker for the bladder), botulinum toxin (botox), percutaneous stimulation (PTNS) possibly in combination with catheters. It would mean freedom. That means freedom to socialise, get out to the movies, and be an active member in the workplace and community.

Ask the question to get the ball rolling. There are so many options open to manage continence effectively, it would be a matter of seeing what option fits best. There is no shame in discussing a medical issue, and incontinence is very definitely one. Be confident with managing incontinence and get on with living your best life.

Dr Ashani Couchman
Neuro-Urologist
MBChb, FRACS(urol)



I am the lead doctor delivering the Neuro-Bladder service at The International Spine Centre®. Our highly experienced neuro-bladder team helps you regain confidence and offers you the care you need to maintain your bladder health and take control in your life.

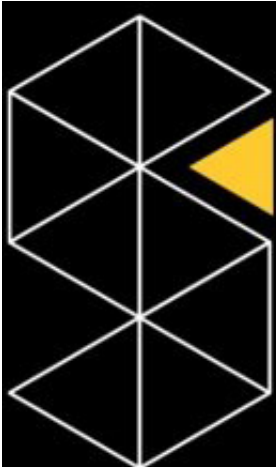
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LIFE BEYOND PAIN

IN CONTROL OF YOUR FUTURE

Catherine Follett from MSM Legal talks to PSA on how to live well and control your legal future

If you have joined the Parkinson's SA community, you are likely to have questions and perhaps even feeling apprehensive and worried about the future.

Making sure your estate planning documents are in order is one way you can take back control, leaving you one less thing to worry about. Your 'estate plan' is made up of several key documents which, when considered properly, all work together.



PHOTO: Catherine Follett - MSM Legal

The main three documents are:

- An **Advance Care Directive** giving power to another person to make medical decisions on your behalf, if you are unable to make them yourself.
- A **Power of Attorney** giving power to another person to make financial decisions on your behalf if you are unable to.
- Your **Will**, giving instructions to your Executor as to the distribution of your estate after your death. All three of these documents are quite important, and serve different roles.

While you are alive, your Power of Attorney and Advance Care Directive operate to let the trusted people you have chosen make financial and medical decisions on your behalf.

After your death, your Will operates as a set of instructions to your nominated person (called your 'Executor') so that he or she knows how to distribute your estate. Once the Supreme Court of South Australia has granted 'Probate' to your executor, your executor can then go ahead and distribute your assets according to your instructions. Probate is the formal grant of permission from the court to an executor to deal with your assets. It is the official acknowledgement of the executor's right to do so.

There is another category of assets which many people mistakenly think form part of a person's

estate. Your **superannuation** funds actually sit outside your estate.

There is a complex set of rules which govern how the trustees of a superannuation fund may distribute the benefits of your superannuation fund(s). If you have self managed superannuation funds, there are more rules again.

All of the above means that if your estate planning documents are not in order and, importantly, kept up to date with life changes, your best intentions may not end up helping your loved ones the way you intended.

The best thing you can do for your loved ones, and yourself, is to take the time to give careful consideration to how you would like your assets distributed, and ensure your estate planning documents are up to date.

BEQUESTS SEMINAR
Thurs 14th November
11:00am - 12:30pm

Join Catherine Follett from MSM Legal in an information session discussing legal wills, Power of Attorney and ensuring your wishes are upheld after your passing

RSVP essential on
8357 8909

BRAIN TRAINED

Mini mental workouts for your brain

Giving your brain new experiences can help keep it healthier. Try these interesting mini mental workout exercises to prevent memory loss and sharpen your mind.



Change up your morning activities

Brain imaging studies show that novel tasks exercise large areas of the cortex, indicating increased levels of brain activity in several distinct areas. This activity declines when the task becomes routine and automatic.

Brain exercise: Get dressed after breakfast, walk the dog on a new route or change your TV or news station. Even watching a kids' program like Sesame Street, for example, may arouse the brain to notice how much of what you take for granted is explored in depth by children.

Switch seats at the table

In most families, everyone has his or her 'own' seat, but your brain benefits from new experiences.

Brain exercise: Switch seats to change whose position you occupy, who you relate to, your view of the room and even how you reach for salt and pepper.



Scan at the supermarket

Stores are designed to have the most profitable items at eye level, and when you shop you don't really see everything there.

Brain exercise: Stop in any aisle and look at the shelves, top to bottom. If there's something you've never seen before, pick it up, read the ingredients and think about it. You don't have to buy it to benefit; you've broken your routine and experienced something new.



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A POSSIBLE NEW GAIT WAY

Spinal Cord Stimulation

Research article excerpt from www.parkinson.org

Many people with advanced Parkinson's disease (PD) suffer from gait (walking) dysfunction, freezing of gait and postural instability. These symptoms can cause falling, resulting in a multitude of injuries, a loss of personal freedom, caregiver stress and a reduction in the quality of life (*Pirker & Katzenschlager, 2017; Samotus, Parrent, & Jog, 2018*). Medications, such as levodopa, rarely helps with these specific motor symptoms, while deep brain stimulation (DBS) results are limited and unpredictable for these particular symptoms. The fact is, current PD medications, therapies or surgical procedures do not effectively address this debilitating unmet need. This lack of options might be changing, due to an intervention called spinal cord stimulation (SCS).

Surgically implanted, SCS is a device that alters nerve activity by sending a low-voltage electrical current to select areas of the spinal cord. These voltage settings are adjustable post-implantation, which allows for personalized optimization. SCS is currently used to treat people with chronic back and nerve pain, as well as for neuropathic pain, such as diabetic neuropathy, and chemotherapy or radiation induced neuropathy. Exploring its usefulness for people with PD has just begun.

Recently published in the journal of Movement Disorders, a study titled, "Spinal Cord Stimulation Therapy for Gait Dysfunction in Advanced Parkinson's Disease Patients" (*Samotus et al., 2018*), a six-month pilot study recruited five PD participants with advanced PD. Participants were an average age of 71 with average disease duration of 14 years. Participants who had a stroke (or any other neurological diseases) and moderately severe parkinsonism in the context of unstable medication treatment (*Samotus et al., 2018*) were not included in the study. All five participants underwent mid-thoracic spinal cord stimulation surgery and a dorsal spinal cord stimulator was implanted in the epidural space (near the lower back).

This study evaluated SCS efficacy by clinical evaluation and objective gait analysis before and after surgery. A 20-foot gait detection mat equipped with pressure sensors — a relatively new technology (*Muro-de-la-Herran, Garcia-Zapirain, & Mendez-Zorrilla, 2014*) — was used to measure various features of gait such as step length, stride width, stride velocity, step time, stance, swing, and percentage of time one or two feet are on the ground. To measure freezing of gait, a timed sit-to-stand test was used, as well as an automated freezing detection program that measured changes in foot pressure.

Results

Six months post-implantation, there was an average improvement of 33.5%, in the UPDRS motor score, 26.8% in the FOG questionnaire and 71.4%, in the ABC score.



PHOTO: Scientists monitor their patients' improvement

Significant improvement in all participants' confidence to complete daily activities, especially around and outside the house, occurred in week six and improvements were maintained following week 10, resulting in an average improvement of 71.4% in week 24 compared to before the SCS implantation. The number of freezing episodes captured on the gait mat dropped quickly from an average of 16 before surgery to zero six months after surgery, per study participant, on levodopa and off stimulation.

By week 24, two of the five participants were able to walk without assistance whereas they needed it before surgery, and three of the five participants reported that their activities of daily living were now only moderately affected by gait dysfunction, whereas they were severely affected before surgery. One participant reported no longer needing to use his wheelchair and was solely using a walker by the end of the study. No adverse effects were reported.

What Does This Mean?

The pilot study results are encouraging. Stride velocity improved by 42.3%, average step length improved by 38.8% and the time in seconds for a participant to stand up from a chair improved by 50.3%. Perhaps most impressive was the reporting of zero freezing episodes six months after SCS surgical implantation with no adverse effects.

Further, SCS technology proved to be personalized, as doctors were able to adjust technology after implantation in order to provide the optimal therapeutic value. Unlike most surgical procedures, SCS is reversible. Also, important to note, SCS runs on batteries — some are rechargeable, and others last up to 5 years (NIH, 2019).

Although it is a small pilot study, it nonetheless demonstrated that SCS may offer some significant therapeutic value for people with advanced PD. A larger and longer clinical study is warranted to see if these rather remarkable preliminary results can be replicated.

The formal abstract of the scientific paper reporting this research can be viewed by visiting <https://www.ncbi.nlm.nih.gov/pubmed/29442369>

WHYALLA WALKERS GROUP

in step with Parkinson's

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If you are looking for a friendly casual way to get some more exercise into your week?

Get in step with Whyalla Walkers Group

The group meets every Tuesday at 10:00am.

Everyone is welcome
Meet at the car park at the wetlands at 10am, just off Pt Lincoln Highway

After the walk the group also enjoys a coffee and cake at the Cafe.



FREAKY FUNdraising

a spooktacular walk supporting Party for Parkinson's

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Party for Parkinson's will take a spooky turn this Halloween with a Mt Lofty Fancy Dress (or normal dress) Halloween Hike hosted by Frank Tedesco. This event is a family friendly, fancy dress/normal dress event and includes walking up the waterfall Gully to Mt Lofty Summit trail with Frank leading participants from Waterfall Gully to the Mt Lofty Summit; on the way up there will be a detour onto a 600m SPOOKY path and then a return at dusk by torch light.

This fundraiser is the brainchild of Frank Tedesco who came to Parkinson's SA with his Party for Parkinson's event idea, and a goal to raise money and awareness for those living with Parkinson's and their community. Frank has watched his father-in-law battle with this disease for years and believes that awareness needs to be brought to the community as it is a disease everyone has heard of but not many people understand what or why the disease occurs, nor do they understand how debilitating it is to live with. More understanding is needed in the community, as well as in nursing homes.

Originally the idea for this Party for Parkinson's event started as a fun Halloween hike with friends and as the idea grew in popularity Frank decided that this may be the perfect opportunity to have fun and raise awareness of Parkinson's.

If you'd like to join in the freaky fun, check out Franks' Facebook event page
<https://www.facebook.com/mountloftyhalloweenhike/>

A Halloween-themed poster for the 2019 Mount Lofty Halloween Hike. The background is dark red. At the top, it says '2019 FRIDAY 1ST OF NOVEMBER AT 7PM' in yellow. Below this, 'FANCY DRESS' and 'HORROR ALLEY' are written in white. In the center is a white silhouette of a lighthouse. At the bottom, there's a row of white cartoon characters: a witch, a cat, a ghost, a vampire, a mummy, a devil, and a zombie. Below the characters is the text 'Are you afraid of the dark?'. On the right side, there's a logo of a smiling jack-o'-lantern face, followed by 'MOUNT LOFTY HALLOWEEN HIKE' in yellow. At the bottom right, there's a logo for 'parkinson's SOUTH AUSTRALIA' with the tagline 'IN THIS TOGETHER' and 'Fundraising event for Parkinson's SA'.

CYBER SAFETY

Stay scam safe during the silly season



Australians over 65 are often more vulnerable to scams and cybercrime. An overall lack of experience with technology and low digital literacy rates can mean our older generations are less equipped to interpret jargon and may be too trusting when handing over personal information,

Many of us associate scams with stealing money but giving away your personal information is equally harmful. Scammers commit identity theft to commit fraudulent activities. The emotional harm from this can be devastating. Being scam aware is straight forward and a few simple precautions can help you protect yourself.

Scammers who pretend to be government officials such as Centrelink, MyGov or the ATO have used email to advise of unpaid debts that must be paid immediately to avoid penalties. The tone of the email can be threatening and include website links or attachments. These fake files can infect your computer or device with malicious software which can steal, encrypt or delete your data.

- Stop and think whether the threat could be true
- Government agencies will NEVER ask for payment via unusual methods such as gift cards, money orders, wire transfers or bit-coins.
- Australian government email addresses will end with .gov.au and their emails will not include live links
- If an email looks unsolicited do not click on links and delete it immediately.

Scammers can use your identification and photos to steal your identity or choose you as a target. Be careful about how much of your information you share online about your life, and who you befriend or accept messages from.

Remember if it sounds too good to be true, or your instincts tell you something is wrong, it probably is!

General Tips

- ☑ Check your privacy settings
- ☑ Change your passwords regularly
- ☑ Avoid public computers and free WIFI when accessing online banking

Report any scams to acc.gov.au, the organisation or social platform in question and your bank.

Useful Websites

scamwatch.gov.au
staysmartonline.gov.au
esafety.gov.au/esafety-information

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"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.

Rhona Bird

Roderick Burgess

Joan Close

Lorna D'Souza

Armando Furlan

John Gaghan

Maria Teressa Galdies

Ralph Hayford

Rhonda Hillam

Helen Jackson

Margot James

Beryl Kakoschke

Francesca Lombardi

John Phillips

Frank Porcelli

Anastasia Spiniello

Linda Stansfield-Smith

Clifford Tischer

Janet Wilczek

John Wilson

Deane Young

SUPPORT & EDUCATION

Adelaide Hills

Contact: Lyn Marshall
0447 793 150

Brighton

Contact: Julie O'Brien
0413 618 084

Brighton Carers Group

Contact: Lorraine Flanagan
0414 424 838

Elizabeth

Contact: Northern Carers Network
8284 0388

Gawler

Contact: Helen Hoppmann
0403 295 348

Kingscote

Contact: Kerri Welden
0409 696 069

Kingston and Robe

Contact: Liz Wingard
0466 723 263

Lower North Country Carers SA

Contact: Lynn Stewart
8842 1118

Mount Gambier - Boandik Lodge

Contact: Wendy Merrett
8724 1251

Murray Bridge Resthaven

Contact: Caroline Tenny
8531 2989

North Eastern

Contact: Parkinson's SA
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: Marlene Fenwick
0418 804 124

Southern Fleurieu Resthaven

Contact: Caroline Tenny
8554 1801

Upper Sth East Comm. Health Service

Contact: Karen or Raelene
8762 8160

Western

Contact: Tracy Leaney
0413 596 080

Whyalla

Contact: Peter & Yvonne Atkinson
0488 915 740

Yorke Peninsula / Southern YP / Northern YP

Contact: Kerri Choules
8821 2444

SPECIALISED GROUPS

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: Parkinson's SA
8357 8909

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

Contact: Richard Kelly
0434 197 829 (RSVP essential)

20's - 50's Group

Contact: Parkinson's SA
8357 8909

Women with Parkinson's

Contact: Parkinson's SA
8357 8909

EXERCISE GROUPS

Adelaide Hills Health Service

Contact: Simone Krohn
8393 1833

Aldinga & Reynella Lifecare

Contact: Melissa Fielke
8168 7600

Blackwood Recreation Centre

Contact: Karyn Powell
8296 4500 or 0419 840 484

Christie Downs

Contact: Robert Lloyd
8386 2761

Eastern Region - Boxing

Contact: Jo Blaess
8366 4227

Elizabeth Northern Resthaven

Contact: Rosalind Wren
8252 6811

Glynde LHI Retirement Services

Contact: Ruth Brunt
0434 477 724

Goolwa Fleurieu Physiotherapy

Contact: Stuart Thompson
8528 7650

Greenacres North Eastern ECH

Contact: Alex Vorrasi
1300 275 324

Henley Beach Seaside ECH

Contact: Emma Hodge
1300 275 324

Hope Valley LHI Retirement Service

Contact: Ruth Brunt
0434 477 724

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 Rehab. Centre

Contact: Bob Barnard
8222 1811

North Plympton Southern Cross Care

Contact: Sally Goetz
8179 6825

Paradise Resthaven Eastern

Contact: Grant White
8337 4371

Payneham & Reynella Life Care Active

Contact: Melissa Fielke
8168 7600

Rostrevor & Salisbury ACH Group

Contact: Sarah McMullen-Roach
1300 224 477

Unley Physiotherapy

Contact: Abbey Bailey
8373 2132

Victor Harbor Seaside ECH

Contact: Caroline Crawford
or Chelsea Hastings 1300 275 324

Westbourne Park Anglicare

Contact: Lydia DeCaux
8229 6723

RECREATIONAL GROUPS

Brushlines Art Group

Contact: Parkinson's SA
8357 8909

Loosen Up Adelaide Hills Art Group

Contact: Lyn Marshall
0447 793 150

Parkinson's Pedallers' Cycling Group

Contact: Mike Hannan
8278 6069

Photography Group

Contact: Beth Manoel
0438 387 532

MARK YOUR CALENDARS

31
OCT

CARER PAMPER DAY

A chance for the wonderful carers to take some time out and enjoy some pamper and recognition for all that they do to help support their loved ones living with Parkinson's. Please see page 12 for further information.
RSVP required. Phone: 8357 8909

07
NOV

PARKINSON'S SA ANNUAL GENERAL MEETING

The Parkinson's SA Annual General Meeting will be held at 10:30am in the King Room in Parkinson's SA offices at 25 King William Road .
A guest speaker will address the group, and a morning tea will follow.
Please RSVP for catering purposes on 8357 8909

29
NOV

FROZEN 2 - FUNDRAISER MOVIE NIGHT

Movie Night @ the Capri - Goodwood Road, Goodwood
the fun commences from 5:30pm - movie starts at 6:30pm
TICKETS \$25 Adults \$15 Children
Book now at www.trybooking.com/BFYHS or ring 8357 8909

06
DEC

25KWR OFFICIAL OPENING - 5:00pm - 7:00pm

Join us for the official grand opening of 25 King William Road. Our new premises will be an open house, a tour of the new facilities of Brain and Body Fitness Studio, and to celebrate the upcoming festive season.

Are you interested in Art? Brushlines Art Group are looking for more artists to join them

Due to expansion into our new premises we now have the space to be able to host 4 new art group members.

Brushlines Art Group meet on Wednesday from 10:00am - 12noon and are \$5 per session.

Join our weekly art group, and learn and expand on your artistic abilities with a like-minded group of ladies and gentlemen.

Make your own art with our local artists throughout the year and learn new painting, drawing and other art skills taught by our expert guest teachers throughout the year.

Sessions include: Watercolour, Pen and Ink, Acrylics, Charcoals, Printmaking, Clay and Ceramics

No artistic experience necessary – all welcome!

If you have an interest in seeing if the Brushlines Art Group is for you, please give us a call on 8357 8909.



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2020/2021 Entertainment Books

We're thrilled to announce that Entertainment is going 100% digital. New Entertainment Memberships that supporters know and love, will only be available via our App from next season onward.

This means that Entertainment will no longer print the iconic Entertainment Book next year.

Stay tuned in 2020 for Parkinson's SA led training sessions on how to use the digital version of the Entertainment Book on your android or iphone devices.