

## INTO THE FUTURE

### a participant's viewpoint on the Consumer Forum

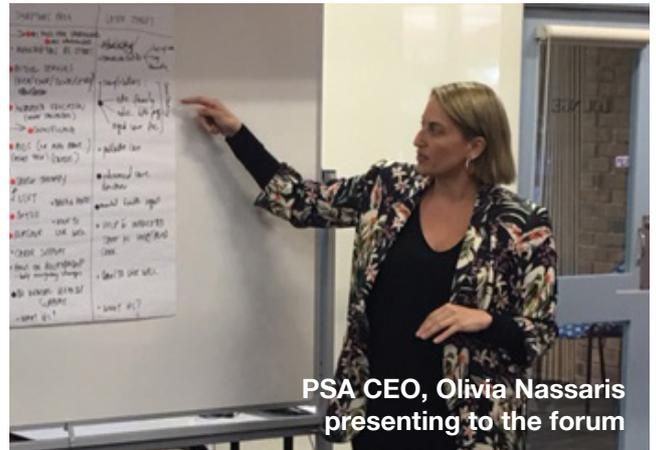
On Friday 29 September, Parkinson's SA hosted a Consumer Forum to inform clientele on the changing landscape of Government funding, in particular the impact that My Aged Care and the National Disability Insurance Scheme would have on the organisation. These changes have implication in 2018 and 2020. Participants were surprised to hear that the current PSA funding model, permitting a relatively free service, is likely to change.

The Forum was a 'conversation starter' and discussed issues relating to access to services for members and non-members, the cost and value of membership, fee for service options and affordability of priority services. Your voice is important and viewpoint valued. You are invited to share your thoughtful views with the CEO on service ideas, funding possibilities, or if you would like to be involved in a Consumer Reference Group.

This was an opportunity to review the extensive range of services specifically for PSA clientele - it revealed that different education and support services were required at diagnosis, throughout the journey and at the advanced stages of the condition. Smaller focus groups looked at each of these stages more closely, and it was clear the overall knowledge, expertise and understanding provided by Parkinson's SA throughout these stages is unique and essential for people living with Parkinson's, their carers and families.

Discussion arose around the value matched with the capacity to pay, links with other organisations, to access of services across the state with a particular concern for regional clientele; to advocacy and lobbying to raise the PSA profile as a 'peak body' requiring greater recognition.

Whilst PSA staff will summarise specific feedback from discussion groups, it was clear that the PSA maintains a clear Mission: to maximise choice, independence and wellbeing for people affected by Parkinson's or another movement disorder through support, education and advocacy. To maintain empathy, equity and transparency; and preserve values already in place – compassion, sincerity, commitment to current knowledge/information, integrity, quality of life with dignity, and confidence in a genuine support organisation.



PSA CEO, Olivia Nassaris presenting to the forum



One of the focus groups



**Share your views**  
Contact the CEO on 8357 8909  
or [olivia@parkinsonssa.org.au](mailto:olivia@parkinsonssa.org.au)



### 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

### PATRON

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

### AMBASSADOR

Amelia Mulcahy

### PRESIDENT

Assoc Prof John Power

### TREASURER

David Perrott

### BOARD MEMBERS

Gus Abimosleh  
Paul Davies  
John Doyle  
Geoff McKinnon  
Alison Perrott

### CEO

Olivia Nassaris

### VOLUNTEER EDITOR

Pat Mueller

from....

## OLIVIA NASSARIS, CEO

Thank you to the many members of our community that have congratulated me on my appointment as Chief Executive Officer of Parkinson's SA. It's my honour to work with such a talented and committed team of staff and volunteers. I am committed to ensuring the sustainability of the organisation and increasing awareness of Parkinson's and other movement disorders.



Parkinson's SA will face a few challenges over the next 18 months. Our specialised support service block funding, which makes up around 35% of our current operating budget will most likely cease in June 2020. The majority of this money is received from the Federal Government and is directly related to the output of counselling, phone-line and other face-to-face support services we provide. The introduction of Consumer Directed Care under the *National Disability Insurance Scheme* and *My Aged Care* significantly changes the environment for many support service organisations.

I strongly support both schemes and the concept of Consumer Directed Care which offers a greater sense of independence and autonomy for people. However, Parkinson's SA is concerned about people with Parkinson's, their carers and families that fall through the gaps.

Through education, support and advocacy Parkinson's SA empowers people affected by Parkinson's to maximise choice, independence and well-being. We need to ensure that these services continue and are available from the time of diagnosis, and throughout the progression of the condition.

Despite the challenges, planning has begun for the new year. The Parkinson's SA team are putting together a full calendar of seminars, groups, social events and recreational activities to encourage social activity, support and learning. The 2018 planner will be available with the first issue of *In Touch*, on our new website [www.parkinsonssa.org.au](http://www.parkinsonssa.org.au) and at the Parkinson's SA office.

If you are able, please drop into the Parkinson's SA offices from 4-6pm on Friday 1 December for our Christmas party. Please let reception staff know if you are coming by calling 8357 8909.

Olivia

# a warm welcome to the newly appointed Communications and Fundraising Coordinator

## JANE INTINI



Parkinson's SA is thrilled to welcome Jane to the team, as our new Communications and Fundraising Coordinator.

Jane comes to the organisation with a strong background in events and fundraising as well as marketing and communications.

Most recently Jane coordinated the COTA SA (Council on the Ageing SA) 'Every Generation Festival & Positive Ageing Awards', now known as Zest Fest, which is an arts and community festival that reaches more than 100,000 older South Australians across the state.

Prior to working at COTA SA, Jane was employed as the Events and Marketing Manager at Disability, Recreation and Sports SA (DRSSA) with the purpose of developing a long-term Communications and Fundraising Strategy for the organisation. During this time she worked closely with the Department of Communities and Social Inclusion (DCSI) and Disability SA.

As well as a strong community focus Jane also has a background in music, spending 3 years at Austereo first at SAFM then at Triple M – developing her media network and public speaking skills. Jane has been fortunate enough to have worked on many national tours, events and festivals including several Big Day Outs, the Adelaide International Guitar Festival, Adelaide Fringe and many individual artist tours across the country. One of Janes music-related career highlights was touring with The Rolling Stones around Australia.

Jane's length and depth of experience has culminated in the ability to translate all of her different experiences into a tangible skillset that she sees best applied in the not-for-profit sector. She is looking forward to working with Parkinson's SA, our volunteers and our community. Jane has had a personal connection to Parkinson's friends and family with the condition.

We look forward to having Jane on board, to bring in some new fundraising initiatives and continue to improve awareness about Parkinson's SA in the wider community.



**Don't forget to order your Parkinson's SA Christmas Cards. The order form is included with this issue or purchase from PSA reception.**

**For information on fundraising events/campaigns and communications**

**Contact Jane Intini  
on 08 8357 8909**



## CANCELLATION

**PLEASE NOTE** that the remembrance ceremony at The Wine Centre on Sunday 5 November has been cancelled due to the roadworks and extension of the tram that significantly limits accessibility and parking. We hope to schedule an event at The Wine Centre in 2018.

# living stories, colourful lives



Throughout September, Living Choice Fullarton Retirement Village was the perfect setting for the Parkinson's community to showcase over 140 creative works; by 20 artists, 12 creative writers and 7 photographers, all living with Parkinson's or another movement disorder.

Their talent is extraordinary, largely supported by Art and Photography groups within Parkinson's SA and a recent creative writing program funded by the City of Unley. Their writing was special and came from the heart – what they are feeling and how they express themselves giving fresh and honest insights into the experience of living with Parkinson's.

“This exhibition was truly inspirational, with uplifting poetry that put a smile on one's face” to “Thanks for this delightfully nourishing exhibition. Power to Parkies”; “Wonderful work. Thought provoking words”; “Very enjoyable time spent here”; were some of the comments left by the many visitors to the Living Stories, Colourful Lives Exhibition during the month. In the Living Stories Colourful Lives Exhibition we have people who have had rich and rewarding working lives and who continue to express themselves, some in new adventures, whilst others have tried something new.

## AN UNQUIET MIND FINDS REST

I have a lodger in my house,  
he came quite uninvited;  
he pays no rent, he costs to keep -  
his deeds have not delighted.

He doesn't always sleep at night,  
restlessly racing around my mind.  
Impatient and anxious, I want him gone;  
peace restored, life redefined.

My days are chiming to his clock,  
life on hold, each moment primed  
some days he sleeps for many hours,  
consuming my cherished plans and time.

His worst behaviours cause alarm;  
brain and body struggle and fight,  
muscles stiffen, refuse to obey;  
balance lost, hands fly out in fright.

So Mr Parkinson, I do understand  
that pride and elegance may slide away  
as I walk this uncharted road –  
seeking value in each day.

Now you must be my long-term guest -  
you may share my life, but I choose the way;  
facing each challenge, determined and strong,  
my life enriched by the joys of each day.

– Gill Gresham



To find out more about art,  
photography & creative writing

Contact Anne Heard  
on 8357 8909



# 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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# My Aged Care and the National

## My Aged Care is for people over the age of 65

### MY AGED CARE

My Aged Care is an initiative of the Commonwealth Government to keep older people over 65 (or over 50 for Aboriginal & Torres Strait Islanders) living at home independently and well for longer. It is the national gateway giving senior Australians more choice, more control and easier access to subsidized aged care services.

Your first step to check your eligibility and to access assistance is to contact My Aged Care. You can call them on 1800 200 422 (8am – 8pm weekdays, 10am – 2pm Saturdays) or go to their website [www.myagedcare.gov.au](http://www.myagedcare.gov.au) (you will need your Medicare card, and the questions they ask on the phone will take at least 10 minutes). They will let you know what services may be available to you, how much you'll pay, and what your next steps are to putting them in place.

Usually there are two options, both involving face-to-face visits to your home. If you have basic need for just a few services, you will meet with a local assessor from the My Aged Care Regional Assessment Service for a home support assessment.

If you have more complex care needs, you will meet with someone from an Aged Care Assessment Team (ACAT) for a comprehensive assessment. This will determine whether you might be eligible for a Home Care Package (and at what level) and respite care. The ACAT can also assess you for permanent care in an aged care residential facility if your care needs are greater. All of these visits and options proceed only with your consent.

Recent changes mean it's now easier for you to choose your Home Care Package provider. You now have the flexibility and freedom to change providers if you are looking for a better fit.

Once your assessment is complete, you will find out what type of supports My Aged Care will fund to help you stay in your home. These can include services like :

- home and garden maintenance
- modifications to your home (like ramps and rails)
- equipment like walking frames
- transport, personal care
- meals, nursing care
- social support

- allied health services like physiotherapy or podiatry
- domestic assistance
- regular respite care for you and your family carer to get a break.

Note: Short term and emergency respite services for family carers can be arranged by calling 1800 052 222. You do **not** need to go through My Aged Care for access to these services.

The Parkinson's SA support team present two real cases with clients, with names changed for privacy reasons.

### Case One : DAN, age 82

Dan is an 82 year old man diagnosed with Parkinson's 6 years ago. He also has some heart health issues. He lives alone and has a brother and daughters who are interstate or overseas. Since his wife died, he has started to withdraw socially, losing confidence after several falls. He also experiences greater fatigue now, having difficulty with more strenuous activities.

When his daughter visited for a holiday, she noticed that the housework seemed neglected- Dan said he was finding it harder to manage vacuuming and cleaning the bathroom. She and her dad together called My Aged Care. They registered Dan and answered a series of health and lifestyle questions over the phone. As a result, a trained assessor from the Aged Care Assessment team visited his house within a week. She did a comprehensive evaluation of Dan's situation and ability to care for himself. Dan received a letter a few weeks later stating his eligibility for a level 2 Home Care Package.

When he was informed that a level 2 HCP had become available, he chose a service provider in his area based on a list from My Aged Care. They arranged an occupational therapist to look at his home environment, removing tripping hazards and installing shower rail and grips in the bathroom.

Cleaners come once a fortnight now, and he's been connected with a men's shed group meeting weekly. They helped him to get a physiotherapist to teach him exercises to minimise falls risk. As things change (harder/easier), he knows he can call My Aged Care to review his package of care and make appropriate changes.

# Disability Insurance Scheme (NDIS)

## NDIS is for people under the age of 65

### Case Two: JULIE, age 70-ish

Julie was diagnosed with Parkinson's a year ago, but is otherwise healthy and active. Julie and Pete are in their 70s. They have a busy social life, with Julie doing volunteer work at her church and catching up regularly with friends. Julie enjoys gardening and attends a Pilates group.

Although Julie has never driven, Pete gets her to appointments and they shop together. They just need help once or twice a year maintaining their large garden where pruning, lifting and ladders were needed. My Aged Care was able to help them get a service after a visit from a regional Assessor, who also recognised that they needed someone to clean their gutters occasionally - this too was arranged quite easily.



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## NATIONAL DISABILITY INSURANCE SCHEME

The National Disability Insurance Scheme (NDIS) is a new way of providing disability support to people with a disability, their families and carers in Australia. It is a social insurance scheme which takes a lifetime approach to support.

The scheme is being rolled out progressively in SA. Since July 2017 eligible people with a disability between the ages of 18-64yrs and are currently receiving state government services have begun entering the NDIS. It is also being rolled out for people with a disability who have not received services in the past.

Once registered with an NDIS plan a representative from the National Disability Insurance Agency (NDIA) will work with you to establish a plan so you can achieve reasonable and necessary supports to achieve individualised goals including; independence, community involvement, employment and wellbeing.

The NDIS has been designed to provide choice for people who require such services. An NDIS plan provides individualised funding that you control and choose how to use. Such services may include; personal care, supports for social and community interaction and resources such as essential equipment and assisted technology.

The NDIS is not means tested and it works alongside existing government social services; health, education, housing and treatment services.

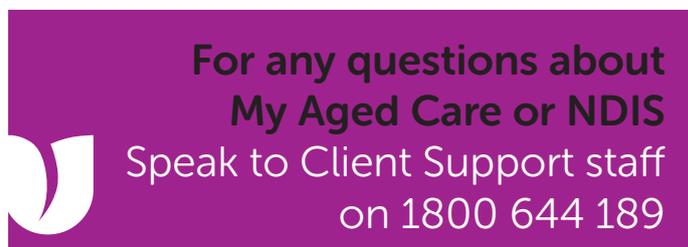
### Eligibility:

- Be under 65 when you enter the scheme
- Have a permanent disability affecting everyday activities
- Australian citizen living in Australia or have permanent residency

### Getting more information:

Parkinson's SA held a (fully subscribed) Information Session on 9 October, and is now taking further expressions of interest in another Information Session, designed to address Parkinson's specific issues.

For information detail, and to find out about timing of rollout in your area visit [www.ndis.gov.au](http://www.ndis.gov.au) or phone 1800 800 110.



**For any questions about  
My Aged Care or NDIS**  
Speak to Client Support staff  
on 1800 644 189

# GROWING BRAIN CELLS brings anticipation

Every day, 32 Australians are diagnosed with Parkinson's disease. Despite the devastating effects of this disease, current treatments are sub-optimal or non-existent. With the support of The College of Medicine and Public Health at Flinders University, Perpetual's IMPACT Philanthropy program and The Brain Foundation, research teams at the South Australian Health and Medical Research Institute (SAHMRI) will be trialling an innovative in vitro platform to study live brain cells (neurons) directly from Parkinson's patients.

Dr Cedric Bardy, the Head of the Laboratory for Human Neurophysiology and Genetics within SAHMRI's Mind and Brain theme is leading the research project to discover and validate new molecular targets to treat Parkinson's disease. This new research strategy emerged from the recent Nobel Prize discovery that revealed a method to reprogram patient skin cells into stem cells.

**FACT** There is no cure for PD. Current medication helps to mask the symptoms temporarily, but having a way to stop or slow the progression, that is the challenge for millions of people.

**ACTION** Part of the problem is that access to live neurons from patients to study the disease and screen new drugs is very limited. To overcome this challenge, Dr Bardy and his team have designed a platform to generate live human neurons, and have used this approach to analyse the biological differences between neurons from healthy subjects and Parkinson's patients.

The project will take skin biopsies from people with the disease, reprogram them into stem cells using state-of-the-art cell biology technologies, then grow them into live brain tissue in a Petri dish.

"If successful for this Parkinson's project, our approach may be extended to all kinds of brain disorders," he said. Patient-derived neuronal models have the potential to truly revolutionise the way we do medical research."

Dr Bardy said that Perpetual IMPACT and Brain Foundation support will significantly strengthen pre-clinical research efforts that are necessary to lay solid foundations for future successful clinical trials.

"We have wasted too much energy and often created false hope in rushing through clinical trials that have failed. We need to rethink our strategy, and I believe developing better and more realistic human pre-clinical models is the key to increasing

our chances of translational success," Dr Bardy said.

"This work is critical in laying the foundations for screening new therapeutics that are needed to stop the debilitating progression of Parkinson's. If successful for this Parkinson's project, our approach may be extended to all kinds of brain disorders. Patient-derived neuronal models have the potential to truly revolutionise the way we do medical research.

## PARKINSON'S SA SPOKE TO DR BARDY ABOUT HIS HOPE FOR THE FUTURE

Dr Cedric Bardy says whilst we are making exciting ways forward, and hopes for a breakthrough are



high, substantial research efforts to validate all discoveries before clinical trials and a thorough understanding of the biology of potential treatments are absolutely critical.

Our goal is to advance the understanding of Parkinson's neurobiology to at least

slow down its progression. The task is undoubtedly challenging. Like most brain disorders, Parkinson's is a complex disease. Each patient is unique, and the initial cause of the disease may result from different combinations of genetic predispositions, lifestyle, exposure to chemicals, and aging. However, despite several possible etiologies, we hypothesize that there must be a point of convergence at the molecular level before the loss of dopamine cells. In this project, we aim to identify such molecular target which may be shared by most patients. Because of significant shortcomings of animal models and human postmortem brain tissue, we took a new scientific strategy to study live human brain cells derived from the patients themselves. We use a recent technology that consists in reprogramming skin cells into stem cells, and stem cells into brain cells. We generate live human brain tissue that we can study extensively in the laboratory. We compare the brain tissue from the patients and healthy subjects, find differences, and screen compounds to correct them.

The hope is that if the treatment works on the patient cells in the lab, there will be a much higher chance of success in clinical trials.

# TO DRIVE, OR NOT TO DRIVE



## Valmai Hankel swimming in her Troopy

Deciding to no longer drive, or having a Doctor determine that you're safe driving needs serious consideration; it may be quite confronting, emotional or very distressing; Valmai Hankel had to face this scenario.

After many, many years of exploration across Australia, Valmai considered she was still a 'pretty good driver'; after all, she had traversed through the Centre, over to Broome, across to Cooktown and all parts in between, so whether it be manual or automatic she could confidently adapt. She did then feel confronted when a Doctor (not her general GP) recommended, that because of age and PD, she should have a Driver Medical Assessment. She was understandably taken aback, shocked (as was her GP) and upset, but with forms in hand she following the course of action, and thought 'she did pretty well at the practical test'. Again, another blow – she failed, but not really knowing where she went wrong, and determined that this was not going to beat her, she took up professional Driving Instruction, where she identified things she had taken for granted, and together with lots of practice, she passed.

Valmai is the first to admit, this was a steep learning curve; she realised some bad habits had crept in to her driving style, and whilst others were known, a realisation that laws have consequence - consider these identified from Valmai:

- Focussing too close on forward traffic, instead of not well in front (at least 2-3 cars);
- Turning left too fast and entering in to the far right lane, instead of the inner lane;
- Turning right too sharply (not following the marked curve) and swinging over the lines in to the left lane;
- Stopping behind the heavy white line – not on it,

or too far back (so that the road sensors are not activated);

- Roundabouts – planning ahead what lane you must be in to exit, not cutting off any traffic whilst doing so;
- Indicating when you are leaving the roundabout.

Driving Assessment – actions to make you a better driver :

- Take a Practical Driving test with a Driving Instructor prior to your test. You can correct any bad habits and ensure all your knowledge is up-to-date;
- If you fail, ask for their Feedback Sheet (don't forget to take it), it will have the faults that you then know what to correct and/or use it for professional support to make you the best driver
- Ask questions about anything you don't understand, or reasons why.

Valmai suggests, don't fear this stage but rather educate yourselves on what is available to keep yourselves on the road for longer.

*Moving Right ALONG – obligations and opportunities for older drivers* is a program that encourages safe, greener and more active travel for older South Australians by the Department of Planning, Transport and Infrastructure.

Workshops and a series of information Sheets are available on:

- maintaining the ability to drive safely and effectively for longer
- the effects of aging, medical conditions and medications have on driving
- maintaining mobility and preparing to drive less or giving up driving altogether
- helping a family member or friend face the issue of reducing or giving up driving
- fitness to drive, the Driver Medical Assessment and Practical Driving Assessment
- legal obligations of licensed drivers in South Australia
- motorised mobility scooters.

Consider your personal health, abilities and circumstances and STAY SAFE.

**Do you need a referral for driving support?**

Speak to Client Support staff  
on 1800 644 189

# hooray

## FOR THE HOLIDAYS

Like many in our community, Ann & Steve Whitehouse have been lucky enough to travel and agree that these planning tips are extremely helpful in enjoying a relaxing holiday. They are mindful that good planning is the basis of a good holiday and ensuring most of the unexpected is covered.

Their experiences have included New Zealand, Canada, Alaska, Europe River Cruises, Paris, London and Scotland and close to home Tasmania. They have made the following suggestions to the already extensive document available from Parkinson's SA.

### TIPS FOR HOLIDAY TRAVEL

#### HEALTH (PARKINSON'S SPECIFIC)

- Take a letter from both the treating Neurologist and GP to cover both sectors of your medication/condition
- Make sure your Medic Alert information is up to date before travel as this will help ensure accurate and timely care if needed
- Medications – Take adequate medication (in original packages) to cover your total time away; pack your medication in your carry-on with your letters so it doesn't get lost if your luggage does. Taking your own medications is much better than trying to fill prescriptions (particularly if language differs)
- Take preventive 'antibiotics' (in original packages) suited to your particular condition, particularly on longer trips

#### HEALTH

- Check any required vaccinations and their combination with PD medication
- Take suitable painkiller, travel sickness tablets, ear plugs and chew gum (for air pressure changes)
- During vacation always carry medication required for at least one day, follow your normal routine including diet. May need to check availability of your required foods and plan for alternatives. Remember bottled water is safest



Ann and Steve on tour, Buckingham Palace

#### GENERAL

- Check itinerary – not too many destinations, so you don't have to rush. Look for slow-paced tours, research daily time and length of activities
- Take a Blow-up headrest cushion for feet resting; it supports and makes movement easier, get up and walk around regularly
- Consider River/Ocean Cruises with less impact compared with Bus travel where leg space and access may have more rigidity
- Money: check details for payment with providers and their flexibility before travel
- Foreign Currency Cards are ideal and welcomed for smaller items (limit carrying cash for some services like public buses)
- Ideally have a secondary Credit Card with your name on it – may be needed for ID or specific travel providers eg river cruisers
- Check-in all allowable luggage and generally limit amount of necessary carry-on (except medical supplies and/or assistive devices); it will make moving down the aisle less cumbersome

- Carry identification - Name, travelling companion, names of doctor, insurance company, emergency contact, medications, list/schedule of dosage; 'I have Parkinson's card ...', Medic Alert (condition, allergies, DBS cautions, other)
- Leave plans with family, trusted friend/ neighbours in case of emergency
- Walking - use walking poles or folding walking stick
- Pack plenty of water/snacks/medications in bumbag/backpack
- Wear comfortable, loose-fitting clothing and good walking shoes, plan for weather changes

## CAR

- Try to travel with a companion, or consider organised tour
- Book accommodation suited to your needs – ground floor, near a lift, walk-in shower, disabled facilities
- Medications can cause drowsiness, avoid eating for 2-3 hours before departing, take a nap prior to driving, plan your itinerary and plan for rest periods
- Longer trips may require more stamina – don't overestimate your abilities - share the driving or break the trip into shorter bursts, be prepared to change plans if fatigued or anxious – give yourself time to enjoy and relax

## AIR

- Research service levels and book early, choosing non-stop flights where possible and advising if special needs are required; Request aisle and/or bulkhead seat for more room. Check out Qantas Carer Concession Card for carer eligibility discounts
- Advise airlines of your condition; they often offer additional services; airport shuttles, early seating, walking aids, wheelchairs (are permitted onboard), onboard toilet assistance
- Book a wheelchair, allow enough time, rushing can be strenuous, however long sitting periods are not ideal
- Book special diet meals (if required), drink plenty of water or soft non-fizzy drinks, avoid alcohol to

help lessen dehydration and jetlag

- Ask in advance about their level of disability services and any added fees, details of procedures and movement around the airport, access to facilities and public transport, and if they have a brochure so you can be sure your needs can be met

## BOAT

- Research and book disability access accommodation, top deck availability, wheelchairs or scooters, walking aids
- Check service levels: assistance managing luggage on and off, bed support, in-room services

## BUS OR TRAIN

- Choose slower paced organised tours and advise any special needs in advance, request aisle seat near exit
- Wheelchair lifts are generally available for entrances and exits or seats can be removed.



# A WALK IN THE PARK 2017 wrap-up

Overcast & brief showers did not dampen the enthusiasm on Sunday 27 August for the eighth annual fund raiser, together with Parkinson's organisations all around Australia. Amelia Mulcahy, Parkinson's SA's Ambassador, hosted a day full of many participants from all walks of life and at various stages of their journey with the condition.

Mark Mickan was the guest speaker for the day, and he focussed on the support that Parkinson's SA offered his family after his diagnosis less than one year ago and since then. It was particularly pleasing to have many community groups taking part, including the West Adelaide Football Club players, their families and Club members who thoroughly enjoyed the companionship of the day.

Cherie's lively warmup throughout a light shower brought out the sun, and the throng of walkers gathered for the healthy walk around the River Torrens. The day could not be successful though without the tremendous support of volunteers, Simon Pilley, Olivia Makrid and their team, Masters Athletics Club of SA and the City of Adelaide Lions Club – THANK YOU.

This event is about raising the profile and valuable funds for Parkinson's SA to continue to service the growing 8000+ in SA alone, with the condition. The prevalence of Parkinson's in Australia will continue to rise, particularly in South Australia where we have an ageing population. With that in mind, the need for the valuable services offered by Parkinson's SA will never diminish, nor will the cost to deliver them to the community. At Parkinson's SA a massive 64% of our operating budget is from fundraising and donations - so your participation and support in events such as A Walk in the Park really does count.

Parkinson's SA is extremely thankful to the many people who have donated; together with all the sponsorship from large and small business; resulting in a fantastic \$48,000. The Walk may now be over, but the work of Parkinson's SA continues, so we implore everyone to spread the word in supporting our organisation. All fundraising efforts, donations and bequests are appreciated; staff are always happy to answer any enquiries you may have about how you can become involved. Look forward to hearing from you.



**Lucy (pictured above, far left) with her family who raised the most amount of donations. Thank you Lucy & Team Goldies!**



**West Adelaide Football Club players, Mark Mickan, PSA Ambassador Amelia Mulcahy and PSA CEO Olivia Nassaris**



**Are you organising a fundraising event for Parkinson's SA?**  
Contact PSA  
on 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.

Christopher Babaria

Graham Robert Battersby

Ian David Brett

Christine Ann Bristow

Rosa Carnevale

Marian Bidewell Collinson

Pasquale DeVito

Gillian Edwards

Mervyn Harvey Edwards

Helen Balmain Fraser

George Harpas

Vitorija Licul

Dawn McKenzie

Peter Morgan

Mary O'Loughlin

Dario Panazzolo

Heather Jean Petherick

Donald David Schrapel

Graham Sincock

Lily Street

Francesco (Frank) Trimarchi

Ernest Raymond (Ray) Virgin

"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

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### GROUPS

#### Adelaide Hills

Contact: Pat Jennings  
0408 808 310

#### Barossa (in recess)

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

#### Lower North (no regular group)

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

#### Tumby Bay

Contact: Natasha Clark  
0438 269 502

#### Upper South East

Contact: Karen Burford/Sue Benneke  
14 8762 8160

#### Western

Contact: Tracey Leaney  
0413 596 080

#### Whyalla

Contact: Peter Atkinson  
0488 915 740

#### Yorke Peninsula

Contact: Sue Poole  
8821 2444

## EXERCISE

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### GROUPS

#### Adelaide Hills Health Service

Contact: Simone Krohn  
8393 1833

#### Aldinga Life Care

Contact: Shannon Peake  
8168 7600

#### 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

#### Glynde Lutheran Homes

Contact: Ruth Brent  
0434 477 724

#### 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

#### Victor Harbor ECH

Contact: Caroline Crawford/  
Chelsea Hastings  
1300 275 324

#### Westbourne Park Anglicare

Contact: Reception  
8229 6723

## SPECIALISED RECREATIONAL

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### GROUPS

#### Brushlines Art Group

Contact: Anne Heard  
8357 8909

#### Dance! WITH Parkinson's (various)

Contact: Anne Heard  
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

#### 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**

First Name:  Surname:

Phone (Mobile):  Phone (Home):

Email:

Address:

Suburb:  Postcode:

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

A monthly gift  \$50  \$40  \$25  \$\_\_\_\_\_

OR

A single gift  \$50  \$40  \$25  \$\_\_\_\_\_

PAYMENT DETAILS: CASH  CHEQUE  VISA  MASTERCARD  DIRECT DEBIT

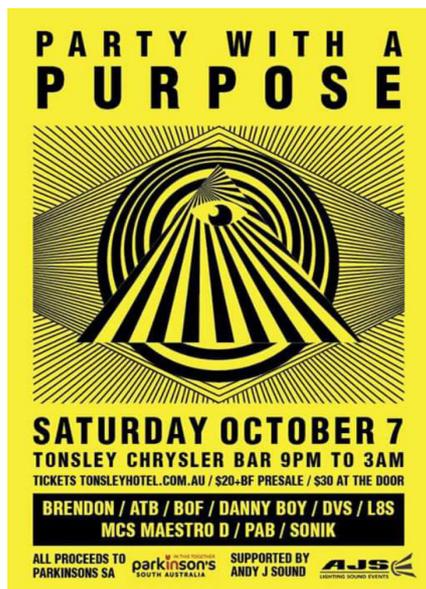
CREDIT CARD NUMBER:

EXPIRY DATE: \_\_\_ / \_\_\_ Please tick if you **DO NOT** require a receipt:

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

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

# party for PARKINSON'S



## PARTY WITH A PURPOSE

*Party With A Purpose* was held on October 7 at the Tonsley Hotel and the brainchild of event coordinators Chad and Nathan - both who have family members living with Parkinson's. They came up with the idea for the dance party to raise money for Parkinson's SA. They asked fellow DJs and performers to donate their services and used industry contacts to donate sound, lighting and the venue for the event.

An event such as this one isn't just about the money raised - this event brought awareness about the condition and Parkinson's SA to a whole new audience of young people.

Party with a Purpose raised \$1250 for Parkinson's SA. Thanks to everyone that attended, contributed and performed. Enabling organisers Chad and Nathan to raise \$1250 for Parkinson's SA.

## BRIDGE IN THE BAROSSA

*Bridge in the Barossa* holds their anniversary celebration a little differently each year. Each year a member organises many of the details for the day, including a raffle and nominates their choice of charity. This year the member chose Parkinson's SA as the lucky recipient. The 70+ members of the club and their partners were invited to join the celebration and pay an extra fee on the day to donate.

The group began the event with pink champagne and the space was decorated in the Parkinson's SA iconic purple theme. Attendees were also made aware of the many education and support services provided by the organisation, thus increasing awareness about Parkinson's SA in the Barossa region.

Thank you to Bridge in the Barossa for raising \$505 and we look forward to hearing about other Party for Parkinson's ideas and results. Work Christmas parties are a great opportunity to hold a party for charity.

Are you organising a  
Party for Parkinson's?

Contact PSA  
on 8357 8909

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