

Parkinson's Conference 2019

Returning in 2019 is the Parkinson's SA Conference being held on Tuesday 10 September at the National Wine Centre.

This information rich program will again feature national speakers from the research and support community, and will enable South Australians living with Parkinson's, caring for people living with Parkinson's, academics, and health professionals to come together to share the latest information about research.

The day begins with a Keynote address by Dr Girish Nair, Neurosurgeon from Neuroaxis and Royal Melbourne Hospital. Dr Girish Nair is the Neurosurgeon that performed 12 delicate operations as part of a group of medical researchers at The Royal Melbourne Hospital (RMH) transplanting a new revolutionary type of stem cell that is injected into the brain as part of a world-first clinical trial.

Dr Nair will be talking about the stem cell trial and new surgical techniques in Parkinson's treatments.



PHOTO: Dr Girish Nair appearing as special guest on Channel 10 The Project with Carrie Bickmore.

Delegates will also hear plenary addresses on relevant topics including;

- The use of magnetic resonance imaging (MRI) and the relatively new technique of imaging nigrosome-1
- The use of F-dopa PET scanning in Parkinson's disease and the use in diagnosis,
- Results from the Proof of Concept trial in Photobiomodulation therapy (light therapy)
- What role does a Neuro-Urologist play in the treatment of bladder issues in Parkinson's?
- Cognitive function in patients with different types of Parkinson's disease

Afternoon tea will follow the conference from 3.30pm. We encourage you to stay after the conference and enjoy some social time with other attendees.

Bookings and pre-payment are essential; please contact Parkinson's SA on 8357 8909 to register attendance and advise of any dietary requirements



\$20 for members (\$50 non-members)



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

AMBASSADORS

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Mark Mickan

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from...

OLIVIA NASSARIS, CEO

The Parkinson's SA President, Alison Perrott; Todd and Amanda Murfitt and myself were fortunate to have a lobbying meeting with the State Health Minister, Honourable Stephen Wade. He showed interest in the presented proposal to fund a Parkinson's Nurse Specialist based in the community (ie working from Parkinson's SA) which mimics the very successful WA model of care.

The Minister correctly identified at this meeting, that to enable people living with Parkinson's to live well, they need someone at the centre of a multi-disciplinary team and the Parkinson's Nurse Specialist performs this crucial coordination role. In South Australia the Minister said that "these preventative interventions would be managed through the newly formed Wellbeing SA."

The Minister was open to our proposal and would present its merits to Lyn Dean, the head of Wellbeing SA. Our proposal supports the very ethos of Wellbeing SA's primary goal of preventative interventions to keep South Australians healthy and out of the hospital system. We will keep members informed of any outcomes.

Those of you who have been to Parkinson's SA recently will have seen the hive of activity that is the building site next door. This week the keys to the new Parkinson's SA and Brain x Body Fitness Studio will be handed over. This will be the new home for our education seminars and some of our recreational and exercise programs – an advantage will be no longer having to pay for off-site venues.

The Brain x Body Fitness Studio is coming together and we are anxiously awaiting the arrival of the equipment from overseas, and finalising the operations of the centre.

Once the builders complete Parkinson's SA's new office they will start work on our current premises. Whilst Parkinson's SA will no longer be located at 23a we have established that the new tenants are Parkinson's and movement disorder specialists. Once the building has been renovated The Good Health Collective will move in. As the name suggests they are a collective of health practitioners and they all specialise in Parkinson's. The Good Health Collective will house a Neuro-physio, Podiatrist amongst other allied health professions. With these three organisations working together towards the same outcomes a Centre of Excellence is being created for people with Parkinson's and other movement disorders that will focus on improving day-to-day wellbeing, long-term outcomes through exercise and participation in research that has a positive impact on symptoms.

I have to say a massive thank you to the AFL and SANFL communities that have given Parkinson's SA so much support recently through the 'Mickan against Parkinson's' campaign. A fundraising campaign which was initiated to raise money for their friend and former teammate Mark Mickan and Parkinson's SA. They have shown an incredible amount of goodwill raising both awareness and funds during the 24 hour bike ride, held at Adelaide Oval (see page 4 & 5) and the gala held on Friday 9 August. Darren Chandler and his team at Adelaide Oval contributed many volunteer hours to both events to ensure their success, these events raising \$100k to be divided equally between Parkinson's SA and the Mickan family. Thank you to everyone that contributed to each event – the Parkinson's community is very grateful.

I hope to see many of you at the Parkinson's SA 2019 Conference at the National Wine Centre on September 10 for a day focussed on treatment and research. Pre-registration and payment is essential. To register, please call 8357 8909.



Olivia



Oh what a night!

The Parkinson's SA community held it's Annual Quiz Night on June 29. Whilst it was wild and wet outside, the party inside was fabulous with a group of 320 trivia tragics setting themselves up for first place boasting rights.

As always, the evening was a great success. Raising over \$12,000. The Parkinson's community sure know how to put together a party and have a truckload of fun.

Our Silent Auction this year included some sensational prizes from our very generous local South Australian Businesses, including a football signed by the Adelaide Crows Captain and Coach - thanks to the Adelaide Football Club.

All prizes were successfully auctioned on the night - with many happy guests taking home some special items, whilst helping raise much needed funds for the continued services of Parkinson's SA.

We humbly thank our team of wonderful volunteers including Carolyn Revell who tirelessly walks the streets every year collecting donations for our Annual Quiz Night.

This year we were again lucky enough to have Kevin & Meghan McKeever write our questions and also volunteer to be our judging panel on the night - a truly invaluable team who we wholeheartedly thank for their contribution.

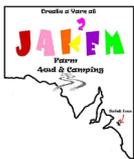
A big thanks must be reserved for the sensational Tim Noonan from Channel 7. Tim volunteered his time to us as MC & Quizmaster for the evening - and what a whole lot of fun was had with Tim in control of the mic. Jokes and joy throughout the evening - with some good old fashioned bribery.

Most of all, thank you to our wonderful Parkinson's community who once again came along en masse and made sure the night was a huge success and significant fundraiser for Parkinson's SA.

Adelaide Oval



Dandelion



MICKAN AGAINST PARKINSON'S

The fundraising campaign that has raised the Parkinson's profile like never before



South Australian football great Mark Mickan says he has been “overwhelmed” by the support he has received since he was diagnosed with Parkinson's disease three years ago.

“It's been beyond my wildest imagination because I didn't expect any of it,” the modest SA Football Hall of Fame recipient said.

Just three months after this revolutionary deep-brain stimulation surgery, and unknowingly having a host of former AFL and SANFL footballers renovate his home while he was having treatment, Mickan's friends have again rallied behind him.

24hr Ride for Parkinson's

In an Australian first, 10 teams of riders pedalled stationary bikes at the Adelaide Oval Telstra Plaza for a full 24 hour period in the lead-up to a friday night blockbuster between Adelaide and Essendon.

This event, the brainchild of Adelaide Ovals Darren Chandler, who has worked with a group of former teammates, including Crows premiership player Rod Jameson, and West Adelaide's Bernie Conlen who pulled together two events for a fundraising campaign they've coined 'Mickan Against Parkinson's.'

Riding a combined total of over 7500 kms this group of over 200 riders raised over \$50,000 to support Parkinson's SA and the Mickan Family.

Importantly the media publicity and brand awareness of this event has propelled Parkinson's and Parkinson's SA to a new audience; gaining greater recognition and better positioning in the public forum.



PHOTO: Russell Ebert, Mark Mickan, Darren Chandler and Olivia Nassaris at the trophy presentation for the inaugural Ride Against Parkinson's



PHOTO: Mark Mickan, Kevin Weeks and Olivia Nassaris



FiveAA started the event with broadcasts throughout the event, with Rowey & Bicks Breakfast broadcasting live. Strong TV presence was also seen, with Channel 7 broadcasting their weather cross overs from the event - every 10 to 15 minutes in the news hours between 4pm and 7pm.

Following the success of the 24 hour Ride for Parkinson's, it is hoped and planned for this ride to become an annual fundraiser for Parkinson's SA. Feedback already received from various clubs and codes who missed out on being able to participate in this years' ride, indicated they would love to participate in a future event and we look forward to expanding and allow even more teams to join and compete for the 'Mark Mickan Cup.'

It is with great thanks that we applaud the work and efforts of Darren Chandler, Rod Jameson, Bernie Conlen and Adelaide Oval for their dedication and efforts in planning and executing this entire event.

A highlight for the staff and volunteers of Parkinson's SA who noted never would they imagine that they would see the purple of Parkinson's SA shining bright on the grounds of Adelaide Oval.

Thanks to the wonderful sponsors



PHOTO: The stationary bikes set up ready to begin the ride

Thanks to all the teams



Mickan Against Parkinson's Gala Dinner



The William Magarey Room at Adelaide Oval played host to a fundraiser gala on August 8, in support of Parkinson's SA and the Mickan Family.

The group of nearly 400 heard from guest speakers of the football world including Neil Kerley, Mark Williams and Malcom Blight who have all had different associations with Mark Mickan over his career.

The biggest applause of the night was reserved for Dr Girish Nair who is the Neurosurgeon that completed the Deep Brain Stimulation surgery on Mark. Mark describes Dr Nair as a genius and it was a delight to the entire group to hear Dr Nair speak and share his knowledge with the audience.

Mark Soderstrom from Mix 102.3, hosted the evening, and we thank him for going out of his way to help support this event.

The key to this event was to raise funds for Parkinson's SA and the Mickan family - with silent and live auctions taking place throughout the evening; with some amazing experiences and items that went up for auction. Attendees dug deep and showed their support with approximately \$50,000 being raised.

We once again thank Darren Chandler, Rod Jameson, Bernie Conlen and Adelaide Oval for their dedication and efforts in planning and undertaking this entire event. Parkinson's SA also thanks each and every organisation who donated items for the silent and live auctions.



Wellbeing with Parkinson's SA

Welcoming a new wellness team

Client Wellbeing Officer

Christian Burden

Many of you will have met Christian at previous Parkinson's SA seminars in 2018, where he joined us as an OT student on his project advocating for rehabilitation, and healthcare needs of people with movement disorders.



Now a qualified Occupational Therapist, Christian will join the Parkinson's SA team in October as a Client Wellbeing Officer. Christian will be able to provide day to day living information, guidance and support as well as symptom management tools to live well with Parkinson's. Christian will also coordinate residential aged care facility training, ensuring education in our aged care facilities is upheld and undertaken. We encourage you to welcome Christian to our Parkinson's community, Christian will be participating in upcoming living well seminars on 27th August.

Volunteer Parkinson's Nurse Specialist Hazel O'Dea



Hazel joins us as a volunteer on fridays. Hazel is able to provide counselling via phone and pre-booked appointments. Hazel specialises in medication management. Appointments can be made to see Hazel by contacting reception on 8357 8909

Finance and Reporting Officer

Wendy McKeown

Wendy initially joined us as a volunteer earlier in 2019, and under the guidance of Judy, has taken over the accounting and financial roles since Judy's retirement. Wendy has a strong accounting and auditing background, and we look forward to ideas Wendy has on continuing to improve our reporting processes.



1800 644 189 Support Line

The Parkinson's Support Line is staffed by health professionals and is the first point of call for your questions. The Information Officers can help you gain a better understanding of Parkinson's, give advice, and point you in the right direction for services and other supports in your local area.

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BRAIN X BODY FITNESS STUDIO



The Brain x Body Fitness Studio is the first of its kind.

The welcoming space for over 50s will focus on movement, flexibility and neuroplasticity (brain fitness).

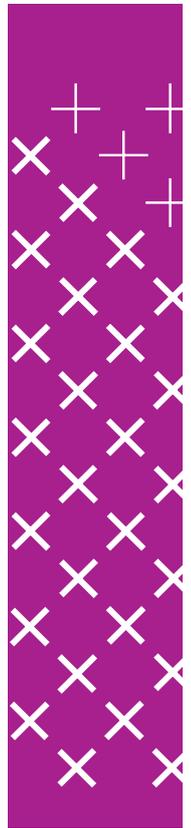
We now know that the brain is capable of great change throughout life, even in older age. We call the brain's ability to grow neuroplasticity. The brain can grow and change in response to both physical and mental activities.

The studio will be centrally located at 25 King William Rd Unley and will specialise in an active approach to ageing, it will utilise exercises backed by clinical evidence to promote a healthy brain and body.

Brain x Body Fitness Studio also has a positive social impact on the community as the profits will generate a sustainable income for Parkinson's SA to provide support services to people affected by Parkinson's or another movement disorder.

Become a foundation member, limited to 300, and you will receive two years membership to BBFS for the price of one - this is cost of approx. one dollar per day (regular membership is \$15 p/w, \$780 pa).

GO TO WWW.BBFS.COM.AU TO SIGN UP AS A FOUNDATION MEMBER



World-first study pinpoints potential cause Deakin University study paving the way for targeted treatments



PHOTO: Margot Chiverton

Margot is an accomplished soloist and principal bassoon player, playing with the Adelaide Symphony Orchestra until being diagnosed with dystonia in 2000. This disease causing neck muscles to involuntarily contract, meaning her head twists to one side.

After having to retire from the ASO,

no longer being able to play, Margot is thrilled to hear of the breakthrough study led by Deakin University that may one day see her again be able to control her neck movements, and allow her to play again.

A world-first study led by Deakin University has pinpointed the potential cause of a relatively common but largely unknown debilitating neurological disorder that shares similarities with Parkinson's disease.

Lead researcher Dr Daniel Corp, a lecturer in Deakin's School of Psychology, said the discovery of the parts of the brain that may cause cervical dystonia, an incurable movement disorder, could pave the way for a non-invasive, targeted treatment for the condition.

"Now that we have identified two specific brain regions that we believe are firing abnormally, we can begin trials to target these regions through methods such as non-invasive brain stimulation, which we hope will alleviate dystonia symptoms." While the neck is the body part most commonly affected by dystonia, Dr Corp said the insights from his latest research should hopefully translate to other variations of the disorder, which affects an estimated 5000 Australians. He is also working to adapt the method to other neurological diseases such as Parkinson's disease and essential tremor.

You can view the full media release from Deakin University by visiting

<https://www.deakin.edu.au/about-deakin/media-releases/articles/brain-mapping-study-could-pave-way-to-treat-neurological-disorder>



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MARK YOUR CALENDARS

Upcoming Events

PARKINSON'S SA CONFERENCE

10
SEPT

Featuring national speakers from the research and support community, the 2019 Parkinson's SA Conference will enable South Australians living with Parkinson's, or caring for people living with Parkinson's; academics, researchers and health professionals the opportunity to come together to share the latest information on the condition.

RSVP required. Phone: 8357 8909 Tickets: \$20 members / \$50 non members

CARER PAMPER DAY

31
OCT

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

PARKINSON'S SA ANNUAL GENERAL MEETING

07
NOV

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

25KWR OFFICIAL OPENING

06
DEC

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 celebrate the upcoming festive season



RESTHAVEN

helps 'keep you moving'

Resthaven runs groups and programs at wellness centres across metropolitan Adelaide and in regional areas to support people to do as much as they can to stay on their feet, and remain living independently,' says Resthaven Executive Manager Community Services, Sue McKechnie. 'So we were proud to sponsor the Parkinson's Walkathon in April.'

In addition, Resthaven's Short Term Restorative Care (STRC) Packages can support older people living with Parkinson's disease to meet their individual wellness goals.

Short Term Restorative Care is a limited time, early intervention program of flexible care. It aims to reverse or slow functional decline and improve wellbeing through intensive, goal-oriented, multidisciplinary and coordinated services over a short period to regain physical and emotional functional capacity. It may postpone the need for a higher level home care package or a move into residential aged care.

In 2018, Resthaven won a Commendation Award from the Australian Aged Care Quality Agency (AACQA), for the 'Restoring Older People's Lives through Short Term Restorative Care' project, led by Resthaven Marion Community Services. This project showcased how Resthaven designed and implemented a service model for the delivery of 17 new Short Term Restorative Care packages. In January, Resthaven was allocated a further twelve STRC places, based at Resthaven Northern Community Services and at Resthaven Murray Bridge, Hills and Fleurieu Community Services (six places each).

Caroline Tenny, Occupational Therapist with Resthaven Murray Bridge, Hills & Fleurieu Community Services, and facilitator of the local Parkinson's Support Groups, says, 'In Murray Bridge, we run a support group on the second Monday of each month. It is open to people with Parkinson's or similar conditions, and their carers.'

Members enjoy social time together, and a guest speaker every month, dictated by the need that the group identifies. For example, in May, two podiatrists spoke about the impact of Parkinson's on our feet and gait, and how to maintain foot health. Having healthy feet reduces the risk of falls. In July, we will enjoy a visit from Parkinson's Disease Nurse Consultant, Sue Sharrad. We work in partnership with Parkinson's SA.



PHOTO: 2018 Better Practice Commendation Award by the Australian Aged Care Quality Agency (AACQA), proudly displayed by (from left) Resthaven Senior Manager Community Services, Melanie Howard; Resthaven Marion Community Services Short Term Restorative Care Coordinator, Robyn Jones; Resthaven Marion Community Services Manager, Deb McDonald, and Resthaven Marion Community Services Occupational Therapist, Michelle Eeles.

They have an amazing support line with trained staff. Resthaven's group programs offer social engagement. We enjoyed a barbeque in April, and, in July, the Murray Bridge cinema is opening up just for us to enjoy a screening of "Rocket Man"! We run a Parkinson's exercise class on the first and third Monday on the month from 9.30-10.30am at the Resthaven Murray Bridge wellness centre at 37 Swanport Road. Facilitated by a qualified exercise instructor, the group does a range of low impact, chair based exercises tailored to participant's needs. No one ever leaves saying, "I can't do that," they all have success within their individual goals – it keeps everyone in a positive mindset. That's really important. People understand that they have Parkinson's, but they want to do as much as they can to try and manage it – and Resthaven wants to support that any way we can. Similar programs are held in the old school building at 50 North Terrace, Port Elliot, alongside Resthaven Port Elliot.

Resthaven offers the full range of aged care services, from a little support at home, level 1 - 4 home care packages, wellness centres, respite for family carers and residential aged care at twelve locations.

Established in 1935, Resthaven Incorporated is a not for profit, South Australian aged care community service associated with the Uniting Church.

To contact the closest Resthaven Community Services office call 1300 13 66 33.

To enquire about residential aged care or respite, phone 8373 9113.

Check the Resthaven website for comprehensive information, www.resthaven.asn.au.



LET YOUR HAIR DOWN

Put your feet up. Just enjoy. Carers Pamper Day

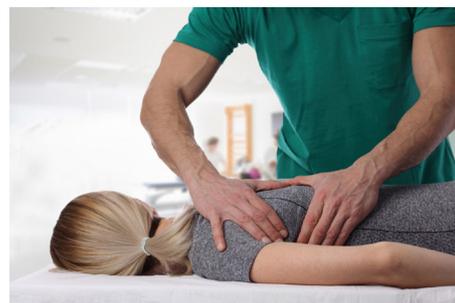
CARERS PAMPER DAY 2019

We know that carers provide such vital support in the day to day wellbeing of their loved ones living with Parkinson's, so join us for a chance to relax, reflect and pamper yourself.

WHEN:
31 October 2019

TIME:
10:30am - 2:30pm

WHERE:
Parkinson's SA
25 King William Road
UNLEY SA 5061



Activities will include:

- manicures for the ladies
- grooming for the gentlemen
- massage
- group yoga relaxation exercises
- fermentation demonstration by Masterchef contestant Mandy Hall
- and enjoy a light lunch and plenty of time to relax, socialise and have a laugh with fellow carers.

RSVP is essential

Please ring 8357 8909 to book to attend the 2019 Carer Pamper Day



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FUNDING TO PREVENT PARKINSON'S COGNITIVE DECLINE

University of Adelaide researchers will combine custom cognitive testing, cutting edge genomic analyses and computer modelling to predict who is most at risk of cognitive decline in Parkinson's disease.

Researcher Dr Lyndsey Collins-Praino from the Adelaide Medical School said "funding from the James and Diana Ramsay Foundation would result in a rich database on how decision-making is altered in Parkinson's disease (PD), how these alterations are influenced by specific genetic factors, as well as by motor subtype of the disease, and how decision-making may decline over time."

Being able to track changes in decision-making over the course of the disease is a critical first step for developing a way to predict risk and progression of cognitive decline in PD and to potentially prevent it.

"We now have the opportunity to pair a comprehensive, custom-developed cognitive testing battery with cutting-edge genetic analyses and machine learning paradigms to try to predict who is at risk for cognitive decline in Parkinson's and the rate at which such decline will happen," Dr Collins-Praino said.

"This research is foundational for developing early intervention protocols which may be able to help us slow, or even prevent, the onset of this debilitating symptom of Parkinson's."

Dr Irina Baetu, senior lecturer in the University of Adelaide's School of Psychology and co-researcher said: "Analyses will target genetic variation that is linked to changes in specific brain circuits to help researchers predict an individual's response to medication, to identify which individuals may benefit most from dopamine replacement medication, and which individuals may instead show pronounced negative cognitive side effects."

Early detection of cognitive decline could be particularly beneficial for implementing targeted interventions to slow down or even prevent cognitive and motor dysfunction not only in PD but also in healthy ageing.

Parkinson's disease affects 10 million people worldwide. In Australia, 1 in every 350 Australians suffers from the disease, with 32 new cases diagnosed each day. The prevalence of PD is expected to double by 2040.



PHOTO: University of Adelaide Research Team

Over 80% of individuals go on to develop a particular form of dementia, known as Parkinson's disease dementia (PD-D), within 20 years of diagnosis. There are currently no treatments for PD-D.

With 95% of cases of PD having no known cause, and the wait for diagnosis often meaning an already substantial loss of dopamine, it is currently often too late for treatment to be effective as brain tissue can't be restored once it is lost.

Onkaparinga Parkinson's Support Group leader Lyn Paunovic, who was diagnosed with the disease in 2012, said "the ability to predict the risk of cognitive impairment would be an important tool for neurologists."

"Parkinson's disease is not curable at this time and is a life-long condition that is progressive. The important key in treating the disease is for neurologists to set up a treatment program as early as possible so the patient's PD progress is possibly slowed down and better managed," she said.

The grant from the James and Diana Ramsay Foundation will provide \$219,000 over three years for the research which will be done in partnership with the NeuroSurgical Research Foundation and Parkinson's SA to build the cohort of 300 needed for the study.

The evolution of decision-making impairment in Parkinson's disease: Prediction and Prevention was launched at the University of Adelaide on World Parkinson's Day, 10am, Thursday, April 11, 2019.

<https://www.adelaide.edu.au/news/news106242.html>



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.

Ilias Aforozis
Stefan Avraam
Marilyn Joan Berry
Kym Douglas Bell
Lenard Alfred Boots
Elizabeth Mary (Mary) Boyce
Barbara Shirley Colman
Diann Blanche Cooper
Giovanna Dal Santo
Armando Dello Iacovo
Ida Dorothy Dingwall
Colin Dennis Doecke
Lorna Margaret D'Souza

Owen Filsell
Dorothy Mabel Frith
Lionel John Gaghan
Prof. Geoffrey Leonard Goodwin
Barbara Habner-Woodside
Henry John Briant Hodgson
Panayiotis Harpas
Malcolm Neil Johnson
Terence (Terry) Gordon Keen
Peter William Kenny
Margot Joan Marley
Leo James Meadows
Kevin Aquila Miller OAM

Noel Lindsay (Lin) Morgan
Paul Mortal
Dorothy (Dot) May Rugari
Jan Seeger
Mladenka Sgobino
Clement Vernon Sonntag
Ursula Josephine Stacey
Phyllis May Taylor
Betty Thompson
Robert (Bob) Walker
Betty Marcella Wallace
William (Bill) Wheatland

"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

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: Parkinson's SA
8357 8909 (RSVP essential)

20's - 50's Group

Contact: Parkinson's SA
8357 8909

Women with Parkinson's

Contact: Alice Langsford
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

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

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

Dance Programs (based on the Dance for Parkinson's model)

Alexandrina - Burnside - Clarence Park
Norwood - Onkaparinga - Mt Gambier
Contact: Parkinson's SA
8357 8909

Parkinson's Pedallers' Cycling Group

Contact: Mike Hannan
8278 6069

Photography Group

Contact: Beth Manoel
0438 387 532

SHOW YOUR COMMITMENT TO THE FUTURE OF PARKINSON'S SA BY DONATING MONTHLY

Whilst every one off donation counts, a commitment to donate monthly allows Parkinson's SA to be able to accurately budget and plan for the future.

This is where you can help us.

By generously donating an amount per month we can continue to provide vital services and supports for people with parkinson's in south australia.

help us future proof Parkinson's SA.

YOUR MONTHLY COMMITMENT

NAME: _____

ADDRESS: _____

SUBURB: _____

STATE: ___ POST CODE: _____ TEL: _____

EMAIL: _____

MONTHLY DONATION AMOUNT:

\$30

\$50

\$100

\$..... OTHER AMOUNT

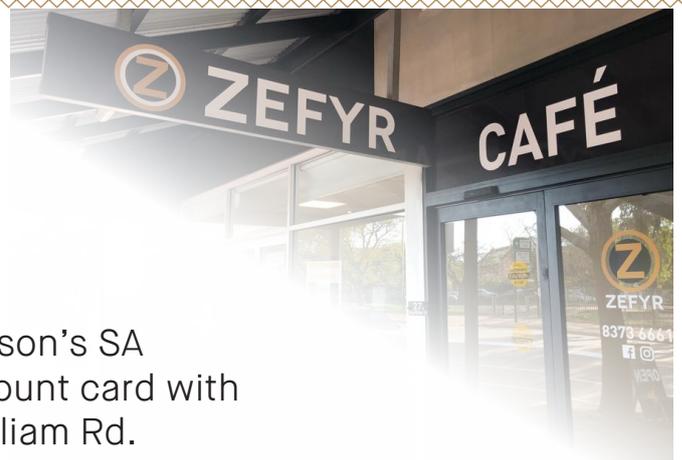
CARD NUMBER: _____ EXP DATE: ___ / ___ CCV: ___ / ___

SIGNATURE: _____

BRAIN
x BODY
FITNESS
STUDIO

parkinson's
SOUTH AUSTRALIA

MEMBER BONUS



Available to Financial Members of Parkinson's SA
a special coffee loyalty card or 10% discount card with
Zefyr Cafe (formally 27KW) at 27 King William Rd.

Take this slip into Zefyr Cafe and Mark and the gang will set you up with your choice of loyalty card - only available to financial members of Parkinson's SA and Brain x Body Fitness Studio

No better time to pop in for a cuppa and support our local community on King William Road!

