

\$1.9 million grant for Traumatic Brain Injury Research

A University of Adelaide study that will investigate the prediction of risk of long-term impairment and neurodegenerative disease development following traumatic brain injury has been awarded \$1,987,160 from the Federal Government's Medical Research Future Fund's (MRFF).

Once thought of as an acute event, it is now recognised that traumatic brain injury (TBI) leads to long-lasting disability in a subset of individuals, including persistent impairments in memory, decision making and motor function. In fact, over half of individuals still report significant impairment even at 14 years post-injury.

"The MRFF funding will allow us to shed light on the brain mechanisms that may help to determine long-term outcomes," Associate Professor Lyndsey Collins-Praino, Head of the Cognition, Ageing and Neurodegenerative Disease Laboratory (CANDL) said.

Additionally, multiple studies have found a TBI is associated with significantly elevated risk of developing neurodegenerative disease, including Alzheimer's disease, motor neurone disease, and Parkinson's disease.

Of these, the strongest risk seems to be for the development of Parkinson's disease. A recent study reported that even mild TBI increases the risk of Parkinson's disease by 56%, while moderate/severe TBI increases the risk by 83%.

Associate Professor Collins-Praino said the MRFF funding will allow critical research into the mechanisms that underlie persistent functional impairment and increased neurodegenerative disease risk.



PHOTO: University of Adelaide study team with Olivia Nassaris, and Ray Goldie (Parkinsons community member who contributed in early phase testing)

"Right now, when an individual experiences a TBI, we don't know what their long-term prognosis is. Will they recover fully or will they face lasting cognitive and motor impairment? Could they be at increased risk of developing neurodegenerative diseases, like Parkinson's or Alzheimer's?" she said.

“
The MRFF funding will allow us to shed light on the brain mechanisms that may help to determine long-term outcomes.
”

"This is significant, as we can then compare this to the same markers in both healthy individuals and those who have an established diagnosis of Parkinson's disease. This will allow us to generate a unique brain injury neural signature. Then, using machine learning, we can generate a risk prediction algorithm.

"Ultimately, this will improve our ability to predict an individual's long-term prognosis following TBI, significantly improving current clinical practice guidelines and allowing for earlier, more targeted therapeutic interventions."

Professor Anton Middelberg, Deputy Vice-Chancellor (Research) says the University of Adelaide has clearly defined industry engagement priorities in health, and a strategic commitment to tackling the grand challenge of improving health and wellbeing for the benefit of society.

"This funding will allow further critical research on understanding and mitigating the effects of traumatic brain injury," Professor Middelberg said.

OUR PURPOSE

Enhanced whole-of-life experience for people affected by Parkinson's or other neurological/movement disorders.

OUR MISSION

To maximise choice, independence, mental health and well-being for people affected by Parkinson's or other neurological/movement disorders through support, education, advocacy and research.

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from...

OLIVIA NASSARIS, EXECUTIVE DIRECTOR

As South Australia lifts more and more restrictions it feels like life is getting back to normal, however we must recognise that this is a new kind of normal and that we mustn't act complacent. As a result, we must ensure that we adhere to strict cleaning guidelines in the office and for face to face recreational, support and exercise groups. You can help by making sure that you wash your hands regularly, sanitise surfaces after they are used and practicing social distancing.

Please do not attend any recreational, education, support or exercise groups if you display any cold or flu symptoms, have travelled interstate or overseas in the last 14 days, or have come into contact with anyone with suspected or diagnosed Covid-19.

Our merger with The Hospital Research Foundation is very exciting and I thank everyone that took the time to vote. The outcome was overwhelmingly in favour with 94 votes, and only 1 against. The transition is taking place with improvements already made in finance and administration, communications and marketing. We look forward to sharing more efficiencies with you in the future.

On a less serious note, we can finally announce that we are going to have a singing group! Many people have been participating in our Louder Please speech pathology 6 week course and feedback has indicated that people would like a fun, friendly singing group to keep up vocal strength and socialising. The group will not be a serious choir, you don't need any talent and even the tone deaf can join. Singing as a group has so many benefits and positive outcomes. Singing is not a chore and is something that you can do to maintain your vocal strength. Studies have shown that Parkinson's singing groups improve mood, communication skills, relationships and self-confidence – you can try without fear of failing.

The Louder Please singing group won't be traditional. We will be singing the greatest hits from over the years – think The Beatles, Stevie Wonder, Queen and Elton John. Please call Parkinson's SA on 1800 644 189 to indicate your interest. Primary support people are very welcome to join.

Stay safe,

Olivia



IMPORTANT

Are you turning 65 soon?

Contact Parkinson's SA for assistance to access NDIS. To have an ongoing NDIS plan for your future, you need to have this in place before you turn 65.

For further information and planning contact Christian on 1800 644 189



YOUR SUPPORT TEAM

Engaging more than ever with our community.

Christian is our Parkinson's SA Occupational Therapist. Christian conducts physical assessments, workplace or home assessments. These can be charged through NDIS, My Aged Care and privately. Christian is also available for face to face or over the phone counselling, advice and referrals in the office and is responsible for the introduction of NDIS Plan Management to ensure PWP are receiving quality supports. Christian will be extending to full-time hours from 1st August.

Maggie is our Senior Clinician in Social Work. Maggie specialises in counselling, anxiety and trauma, stress, resilience and well-being. Available over the phone and face to face for counselling and coaching. Maggie will shortly be unveiling a new well-being 'toolbox' program focussed on setting foundations for well-being, goal setting, habit formations, living your values and much more. This exciting new support will involve client participation, verbal education and Q&A style sessions as well as take home resources and activities. Stay tuned for future advances as we finalise this new program.

Simone is our Client and Community Engagement Manager. Simone maintains and develops support, education and recreational groups. Simone is currently working with Group Facilitators - continuing to help facilitate online support and recreational zoom meetings and meeting with clients face to face as some groups slowly return back to face to face sessions.

Simone is currently undertaking a review of our current service offerings, and would like to gain input from our community.

Simone has set up a survey online at www.parkinsonssa.org.au/2020survey and we would welcome feedback and ideas on services we may not yet be providing, or recreational and support ideas that you think would be a great option for Parkinson's SA to look into commencing. Your information is invaluable so please take a few minutes to complete our survey so we can ensure we are continuing to stay up to date and relevant with the needs of our entire community, both metro and regionally.

NEW GROUP - EXPRESSIONS OF INTEREST REQUEST Wordsflow Writers Group. A new Parkinson's SA recreational support group recognising the value and cognitive significance of creative writing. Poetry, Rhyme, Verse, Fiction, Non Fiction and more. If you have a passion with penmanship, the Wordsflow Writers Group would welcome your attendance.

Join a group of like-minded individuals who share a passion for the written word, and share your writing with your peers. A chance to bounce ideas off each other, offer constructive critique, and practice your literary and linguistic skills as you read your poetry out loud.

The group will meet on a monthly basis, with the option of welcoming guest speakers in future sessions who will provide guidance and inspiration for your writing, and discuss ways in which Parkinson's SA can support our creative writers and enhance their skills in both written form and the expression behind the spoken word, as we encourage the group to read their works aloud. Register your interest in joining by emailing simone@parkinsonssa.org.au or phoning 8357 8909. (Dates and times will be confirmed upon interest)

 **FOR ALL UPCOMING ZOOM SESSIONS**
visit www.parkinsonssa.org.au/zoom or give Simone a call on 8357 8909

TRAINING TIME

Brain x Body Fitness Studio back in step

Members have been steadily strolling back through the doors at Brain x Body Fitness Studio, since being able to reopen post covid-19 closures.

Brain x Body Fitness studio was forced to close for a 5 week period. There was however no time for excuses for having to stop exercising.

Members were provided with online programs tailored specifically to them in which Tayla, our Brain x Body Fitness Studio Manager could track and progress. Members were also given regular exercise videos to try at home via an exclusive facebook group and vimeo page.

Since re-opening we are super excited to be back on track, with 18 new members signing up and committing to new wellness programs.

All group classes are back up and running! These include dance, boxing, yoga, seated movement, stretch and move. Boxing has been fantastic with many new boxers trying it out for the very first time.



In other exciting news, we would like to sincerely thank Alex Dubon, a member of Brain x Body Fitness Studio for generously donating a stationary boxing bag for all members to use in the studio.

Members will be soon able to utilise a new piece of equipment, the Brain x Body Fitness Studio will soon become home to South Australia's only Isodynamic Reviver. Mark and Judith Collingwood's generosity and fundraising efforts will provide all BBFS members access to this innovative piece of equipment. The Isodynamic Reviver has shown promising results in improving physical outcomes in those with neuromuscular conditions such as Parkinson's. The Isodynamic Reviver is due to arrive at the end of July and will be available for all members to try.

The orbit virtual gaming system was delayed due to Covid but will be coming soon - more information to come.

The first week of July saw Brain x Body Fitness Studio host 95 sessions! Its biggest week so far. There is still plenty of space for new members.



INTERESTED IN JOINING?

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



NEW STUDY AT SAHMRI

Genetic predispositions of Parkinson's disease revealed in patient-derived brain cells

A new study is underway at South Australia's Laboratory for Human Neurophysiology and Genetics, at the South Australian Health and Medical Research Institute (SAHMRI) headed by Dr Cedric Bardy.

The recent publicly-released study article, written by Jenne Tran, Helena Anastacio and Cedric Bardy, reflected that Parkinson's disease (PD) is the second most prevalent neurological disorder and has been the focus of intense investigations to understand its etiology and progression, but it still lacks a cure. Modeling diseases of the central nervous system in vitro with human induced pluripotent stem cells (hiPSC) is still in its infancy but has the potential to expedite the discovery and validation of new treatments.

Despite the heterogeneous nature of the disease, current iPSC models reveal converging molecular pathways underlying neurodegeneration in a range of familial and sporadic forms of Parkinson's disease. Altogether, consolidating our understanding of robust cellular phenotypes across genetic cohorts of Parkinson's patients may guide future personalised drug screens in preclinical research.

PD is increasingly described as a spectrum disorder, with patients experiencing a multitude of motor and non-motor symptoms in a unique way. Similarly, PD genetic predispositions are broad. Hundreds of gene variants increase the risk of PD, but no genetic mutation causes a complete penetrance. We estimated the prevalence of each of the most penetrant mutations (increasing risks by >5 times) to occur in <5% of the global PD population. Despite the broad representation of genetic predispositions in PD patients, our review of current studies using iPSC-derived brain cells demonstrates commonality in cellular impairment susceptibilities.

Independent reports highlight a recurring theme around dysfunction of mitochondria, proteasomal mechanisms, synapses, inflammation, and oxidative stress regulation. Constitutive and simultaneous dysregulation of multiple pathways can become overbearing, resulting in accelerated neurodegeneration.

As a result, there may be an exaggerated emphasis on pathways which may represent later stages of pathogenesis. Future work will further establish the interdependence of these cellular functions and will help to isolate the initial cause from the downstream consequence of a cellular phenotype. It is also possible that current studies are biased towards studying already known or arbitrarily chosen phenotypes, and the integration of multi-omics analysis will help address this issue.

Further optimisation of the brain tissue engineering methods will also reduce the threshold for detecting disease-related phenotypes from tissue culture artefacts, facilitating the identification of early cellular phenotypes. Future studies also will have to include the analysis of larger pools of patients including sporadic PD with genetic predispositions more representative of the epidemiology.

The rapid expansion of iPSC disease modelling studies of PD is exciting. Altogether, the current work reviewed here suggests that a neuroprotective therapy, which will stop the neurodegeneration in people living with PD, will most likely require to target multiple pathways at once.

The prospect of investigating the impact of multigenic predispositions on brain cell functions will provide information on key modulators of neurodegeneration in PD, and preclinical data for more personalised medicine.



TO READ THE FULL STUDY ARTICLE VISIT

<https://www.nature.com/articles/s41531-020-0110-8>

SLEEP, FATIGUE AND INTENTIONAL REST

Why and how for a good night's rest

We spend a third of our lives hibernating in the form of sleep, which, from a survival perspective is when we are most vulnerable to attack by our predators, so it must be pretty important if we need 6-8 hours of it in a single hit every day.

Why is sleep so important?

If you ever get a chance to listen in on someone's brain while they are sleeping you will have to get over your disbelief! The brain doesn't appear to sleep at all. Rather it is unbelievably active during "rest" with billions of neurons crackling with electrical activity

- Sleep is a restorative activity — while you sleep, your brain is cataloguing information and healing your body. It decides what's important to hold onto, and what can be let go. Your brain creates new pathways that help you navigate the day ahead. Sleeping also heals and repairs your blood vessels and heart. The importance of REM sleep, in particular, is attributed to the fact that during this phase of sleep, your brain exercises important neural connections which are key to mental and overall well-being and health.
- In short, sleep loss equals loss of physical and cognitive well-being and capacity.

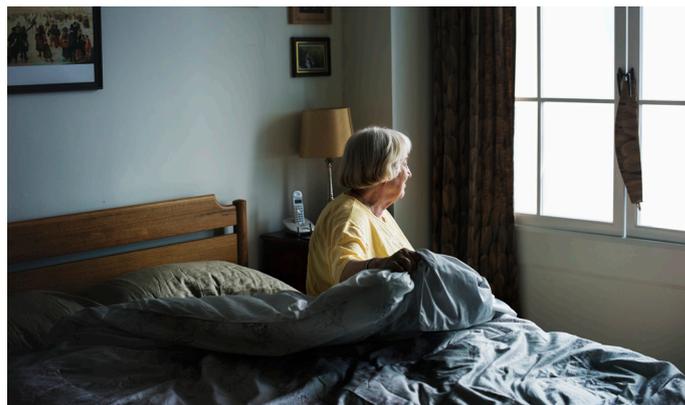
It will come as no surprise for many that Parkinson's may dramatically impact an individual's sleep. Indeed, sleep changes are challenging for both the person with Parkinson's and their sleep partner. This can lead to fatigue and impact on quality of life, mood changes and cognition as well as impact general physical health.

Sleep disturbances associated with Parkinson's include:

- Bed mobility changes
- REM sleep disorder- this occurs when a small group of cells in the brain stem, which controls REM sleep become injured or diseased, so that people do not experience the muscle paralysis associated with dreaming, a serious condition in which the afflicted experience
 - o acting out of dreams
 - o sleep talking/shouting
 - o intense sometimes violent movements
- Restless leg syndrome - causes unpleasant or uncomfortable sensations in the legs and an irresistible urge to move them
- Sleep apnoea - occurs when the airway is blocked, causing pauses in breathing and loud snoring
- Sleep fragmentation (broken sleep) Vivid dreams and nightmares
- Nocturia – frequently waking to urinate.

How much sleep do we need?

When you dig into the data on humans and sleep what you find is remarkable individuality. Some people function well on 6 hours sleep, some 7 and others insist they need 8 hours. While the American *National Sleep Foundation says the average adult needs about 7.1 hours of sleep per night for well-being, essentially research suggests that each individual needs to find out what is right for them and then avoid building up a sleep debt.



Tips for Better Sleep

Good sleep habits (sometimes referred to as "sleep hygiene") can help you get a good night's sleep. Some habits that can improve your sleep health include:

- Eat a balanced diet and drink enough water to stay hydrated
- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.
- If the Parkinson's disease is not advanced then behavioural therapies may be useful to try. Behavioural techniques may include changing attitudes about sleep, learning new sleep habits, and sticking to a regular sleep schedule
- Parkinson's patients are encouraged to spend time outdoors in the daylight every day. Light therapy may also help normalise the sleep/wake cycles of Parkinson's patients, especially those who may be unable to spend time outdoors.

What is a sleep debt?

The amount of time you sleep is like putting money in a bank account. Whenever you don't get enough, it's withdrawn and has to be repaid. When you're in chronic sleep debt, you're never able to catch up.

Chronically losing sleep has the potential to cause many health problems. It can put you at an increased risk for obesity, diabetes, a weakened immune system, and high blood pressure. You might also have higher levels of cortisol — a stress hormone. This can lead to anger, depression, and even suicidal thoughts. In addition, drowsiness increases your risk of falling asleep at inappropriate, even dangerous times. Studies have shown that going too long without sleep can impair your co-ordination, response time and cognitive ability the same way as drinking too much alcohol. (<https://www.cdc.gov> Centre for Disease Management USA). If and when you catch up for lost sleep, it takes extra time for your body to recover. According to a study from 2016**, it takes four days to fully recover from one hour of lost sleep!

How do we manage if we consistently fail to get enough satisfying sleep?

There is a whole new sphere of research and study that is exploring the benefits of short periods of intentional rest to mitigate the sleep debt you accumulate. There are several areas of intentional rest that are deemed restorative for the sleep deprived body and brain.

Physical rest - siestas and afternoon naps

Common to all scientific fact is that we all function best when we include a short midday/afternoon nap. NASA encourages all its astronauts to build in a regular 40 minute siesta that allows for 6 minutes to fall asleep and an average of 26 minutes sleep. Their research shows that an afternoon nap improves cognitive performance lasting on average 6 hours.



Sensory rest

Sensory overload is one of the most demanding environmental factors the brain is forced to manage thanks to the prevalence of digital screens, and the cultural environment of excessive lighting, movement, noise and visual signage. By dimming lights, turning off digital devices, sitting quietly in relative silence and calm for 10-15 minutes your brain is allowed to find the space to actually do some of what it has missed due to lack of sleep.

Social rest

Socialising can be exhausting so balancing draining social encounters with restorative ones supports your brain to restore emotional balance. For you, social rest might mean catching up with an old friend who knows the way you think and feel without lengthy explanations. Or perhaps it's just taking some time off from socialising and having some quality alone time.



Mental rest

Ever felt like your brain has turned to mush or that you run on “auto-pilot”? Give your brain a rest by going on a walk in nature or sit outside under the stars, read a book or listen to your favourite music by the fire. This takes the pressure off your mind. Try giving yourself a certain time during the day to concentrate on important decisions and practicalities of life then let it go until it is scheduled in tomorrow.

Parkinson's and fatigue

In Parkinson's disease, the feeling of fatigue is hard to describe and even harder to measure. Fatigue can be caused by or made worse by slow movement, muscle stiffness, depression, medications and even room temperature. There is no clear association between the severity of fatigue and the progression of the condition. Little is known about how to improve the fatigue associated to Parkinson's.

As well as doing the above it is most helpful to build your life around the fatigue. Pace yourself: plan your day so that you are active at times when you feel most energetic and have a chance to rest when you need to.

**American National Sleep Foundation
<https://www.sleepfoundation.org/>*

***Scientific American September 2015*

**OUR SUPPORT TEAM
ARE HERE FOR YOU**

If you'd like to discuss your sleep
and fatigue concerns, give our
support team a call on
1800 644 189.

SING LIKE NO ONE IS LISTENING

Join the NEW Louder Please Singing Group

This fun and therapeutic weekly group uses music and singing as a way to develop communication and social skills and facilitate positive well-being.

We are currently seeking interested individuals to join our Parkinson's Singing Group to:

- Be part of a like-minded group
- Build self-esteem and confidence
- Reduce stress and anxiety
- Have fun and make new friends
- Sing like no one's listening.

You DO NOT need to be a talented singer or have any professional training. The group will be an uplifting, supportive and social environment offering vocal exercise and the joy of group singing, social contact and peer support. Everyone is welcome, even if you've never sung before.

Singing is not a chore and is something that you can do to maintain your vocal strength. Studies have shown that Parkinson's singing groups improve mood, communication skills, relationships and self-confidence – you can try without fear of failing.

The Louder Please singing group won't be traditional. We will be singing the greatest hits from over the years – think The Beatles, Stevie Wonder, Queen and Elton John. Please call Parkinson's SA on 1800 644 189 to indicate your interest. Primary support people are very welcome to join.

This will be an ongoing weekly singing group - day and times to be confirmed. Express your interest by emailing simone@parkinsonssa.org.au or phoning 8357 8909.



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PARTICIPANTS REQUIRED

Cognitive Project Trial at Parkinson's SA

THE PROJECT

While Parkinson's disease (PD) is typically thought of as a motor disease, a significant number of individuals with PD also have a degree of cognitive impairment, ranging from mild cognitive impairment to dementia. Within 20 years of diagnosis of PD, over 80% of patients meet criteria for diagnosis of Parkinson's Disease Dementia (PD-D). PD-D represents a significant unmet clinical need. New options for the treatment and prevention of PD-D are desperately needed. One technique that may be useful is cognitive training (CT). Several studies have shown that CT may be beneficial in PD, and may improve attention, working memory and processing speed

source - <https://www.flinders.edu.au/research/orby/03-lyn-meets-orby>

“ I feel I have this responsibility, that if I can help then I should be helping. And seeing how Orby can help people, is amazingly rewarding and something that never ceases to make me smile ”
- Dr David Hobbs ”



Flinders
UNIVERSITY



THE UNIVERSITY
of ADELAIDE

THE CALL OUT

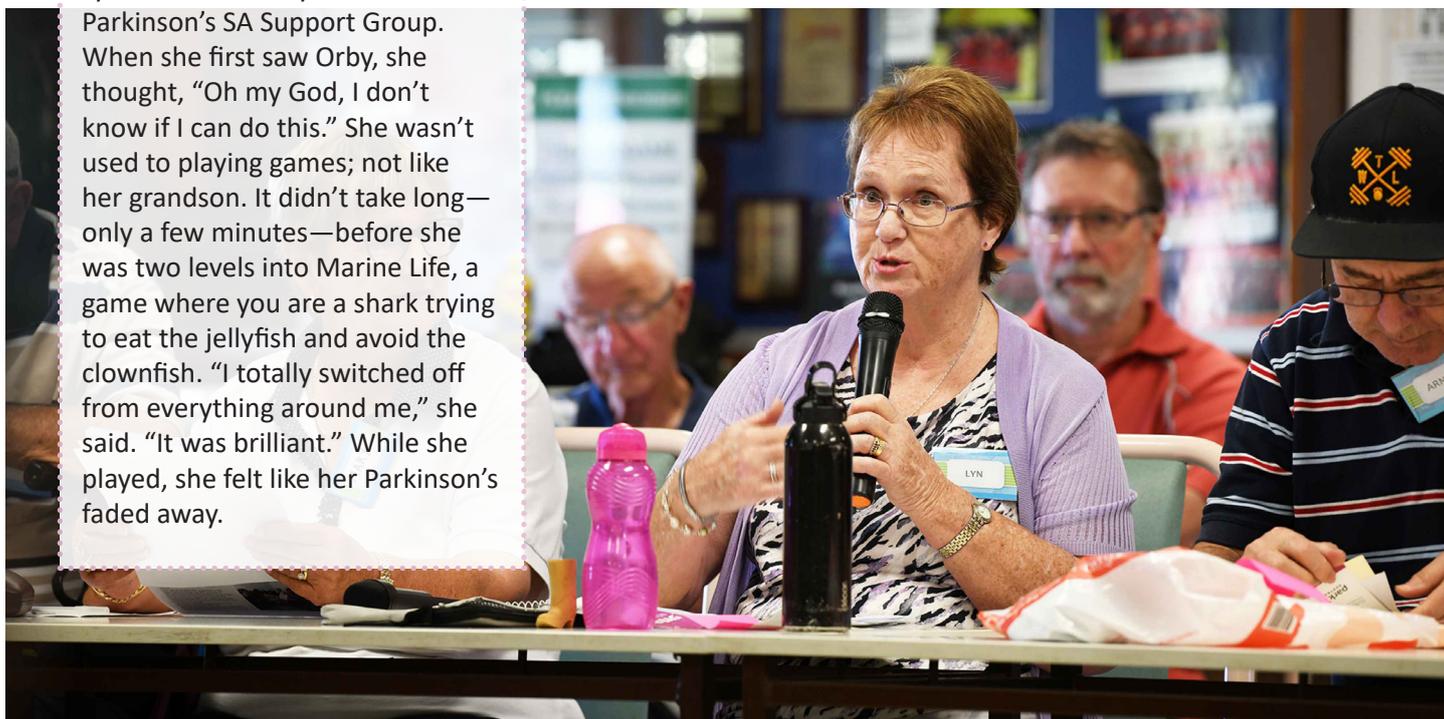
We are looking for 150 people with Parkinson's to participate in a cognitive trial in conjunction with Flinders University and The University of Adelaide.

You will need to be a person living with Parkinson's.
You will need to be able to attend the Brain x Body Fitness Studio located at 25 King William Road UNLEY.
You will need to be able to commit to 3 one-hour sessions for a 6 week trial period.

If you are interested please ring 8357 8909 or email info@parkinsonssa.org.au to register.

THE PARTICIPANTS

Lyn Paunovic was one of the first people with Parkinson's to use Orby (OrbIT gaming system). Lyn is the secretary of her local Parkinson's SA Support Group. When she first saw Orby, she thought, "Oh my God, I don't know if I can do this." She wasn't used to playing games; not like her grandson. It didn't take long—only a few minutes—before she was two levels into Marine Life, a game where you are a shark trying to eat the jellyfish and avoid the clownfish. "I totally switched off from everything around me," she said. "It was brilliant." While she played, she felt like her Parkinson's faded away.



BRAIN TRAINED

Mini mental workouts for your brain

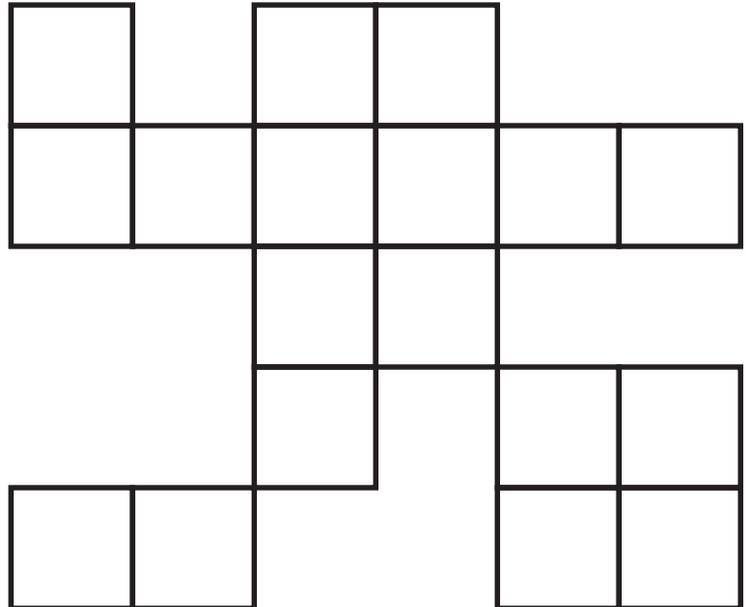
Giving your brain new experiences can help keep it healthier. Try these interesting mini mental workout exercises to prevent memory loss and sharpen your mind.

RIGHT SIDE BRAIN CHALLENGE

Count up the number of squares in the figure on the right.

How many squares are in this diagram?

Hint: Be sure to count the squares within the squares.



LEFT SIDE BRAIN CHALLENGE

Begin with the word WALL and change a letter at a time until you get the word FIRM. Each change must be a proper word.

WALL

FIRM

FINDING COLOUR

Rearrange the letters to find the four colours mixed up below.

Hint: Only one is a primary colour.

RAIGET

ENOLYL

OVGOEN

LEWRE

FINNICKY FRANK

Frank has very eccentric tastes. He's a fan of football but hates rugby; loves beer but hates ale; drives a Ferrari but wouldn't be caught dead in a Lamborghini.

Based on Frank's finicky tastes, would he prefer skiing or cycling?

WHAT ARE WE TRYING TO SAY?

Using the clues below, work out the common phrases represented. Example 1. Growing Old

1 o L D	2 J O B AN
3 M M E A L M E E A A L M E A L L	4 lang4uage



FIGHT PARKINSON'S

Not each other

Life with Parkinson's Disease presents many challenges, one of which includes the strain on relationships. For some couples, the issues that can have a heavy impact on their partnership include: isolation, lost dreams of what growing old together would look like, lack of support from adult children leading busy lives with young families, and seeing lifelong friends just drop off the radar. One or both partners may become withdrawn and distant as they struggle with complex emotions, physical pain and fatigue. Communication may increasingly revolve around all things Parkinson's and the subsequent challenges of daily life, eroding the positive foundation of your enjoyment of each other and your environment, and thereby making relationship harmony harder to experience.

How can couples navigate these changes and challenges to maintain an enjoyable and loving relationship?

Self-compassion

Get up every day and try your best. Some days are better than others and on the bad days be kind to yourself instead of judging and demanding. Remember, "hurt people hurt people".

Team-work

Recognise that the mental health and well-being of two people is important in any relationship, so consider yourself as a team.

Reset your expectations

Accept what is lost and focus on what remains as well as what you have to look forward to. Practice daily gratitude exercises to draw your mind to the positive aspects of your situation and environment.

Focus on your strengths

Look at yourself and your partner and recognise what you have always done well together as a couple. Then do more of it!

Have fun

Build activities into your relationship that make you laugh and play. Look for things that encourage casual intimacy like touching, holding hands, and kissing.

Share cherished activities

Make the effort to enjoy each other's hobbies and interests. Go to the theatre, do some gardening, invite friends to socialise, take dance lessons, get cooking, go for a walk, and so on.

Have me time

Allow for separate relaxation or activity times. You also need time to pursue your own dreams and goals, and to spend time with your own friends.

Divide responsibilities

Share the mundane tasks or bring in outside help to do those household chores that drain your energy and emotional joy.

Stay a couple in language

Use "we", "us", "together". We live with Parkinson's. We support each other. Together we overcome.

Be innovative

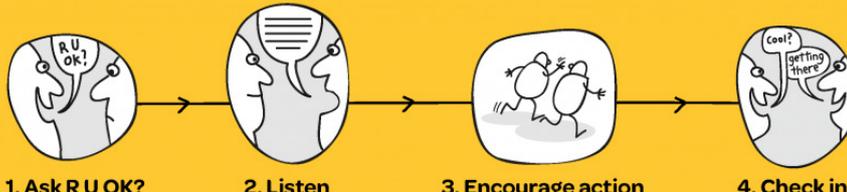
Work through your therapy together, but keep it fun. Work on the Friday crossword together, exercise by taking scenic walks or head to the gym to work out together.

Expand your support network

Ask family and friends what they are willing to do to support you. Alternatively, when people ask if they can help, give them something specific to do, like cook some meals to freeze, or help with the washing, or take the car for a service.

Stay positive

Avoid being all-consumed by Parkinson's or by the support of someone with Parkinson's. Try to engage in other priorities in your life, steer your conversations to other topics, and look for the silver lining when challenges arise.



JOIN THE CONVERSATION WITH PARKINSON'S SA ON R U OK DAY

Facilitated by our Wellbeing Officer Maggie, join us on Thursday 10th September at 10am, as we host a live Q&A on how we can effectively support each other and learn how to open up the conversation.

RSVP to info@parkinsonssa.org.au or 8357 8909 for Zoom Link to join

Photography Group Online SALA exhibition

SALA South Australian
Living Artists Festival

The Parkinson's SA Photography Group will be holding a virtual art gallery exhibition as part of the 2020 SALA Festival.

The Photographers will be showcasing their artworks, bringing 'into focus' the celebration of capturing a moment in time.

The virtual exhibition will go live at 9am on 1st August 2020. You will be able to virtually walk through the art gallery and view some beautiful photographs taken by our group and curated with the assistance of the Photography Group facilitator Geoff Thompson.

Learn a little about the background of some of our photographers with short video clips, and the opportunity to purchase their works.

Visit www.parkinsonssa.org.au/virtualexhibition2020 to register your interest in being the first to hear when the exhibition goes live.

A selection of framed works will also be hung in the offices at Parkinson's SA, so those visiting may like to take the opportunity to view these beautiful photographs in person. You can also book in with Simone, who can help guide you through the virtual exhibition on a screen setup in the Weeks Room Library. Contact Simone at simone@parkinsonssa.org.au

Through the eyes of Parkinson's
A VIRTUAL EXHIBITION

1 - 31 AUG 2020

a photographic exhibition that brings into focus and celebrates capturing a moment. The value of creative expression and the joy of a passion pursued.

“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.

Alan Turner

Audrey Benn

Barbara Habner-Woodside

Bob Hammond

Gillian Cocks

Joan McDonald

Ken Habner

Michele Luongo

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Alternatively, feel free to pop in and visit the team at National Hearing Care in Hyde Park/Unley.

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Special Satin Sheets for help with movement in bed

Poly-cotton sheeting extends under a centre satin panel for extra strength, durability and for stability of the sheet on the mattress.

The satin portion facilitates ease of movement and the top and bottom sections allow for grip when turning. Fully elasticized edges help maintain the sheet's position on the mattress. Machine washable.

 *Proudly Made in Australia*

To order or for more information call Rebecca on 0411 109 034, email info@easywearsaustralia.com.au or visit www.easywearsaustralia.com.au



BRAIN TRAINED ANSWERS

RIGHT SIDE BRAIN CHALLENGE	LEFT SIDE BRAIN CHALLENGE	FINDING COLOUR	FINNICKY FRANK	WHAT ARE WE TRYING TO SAY?
21 squares	WALL WILL FILL FILM FIRM	GREEN ORANGE VIOLET YELLOW	Skiing, since Frank only likes words that contain double letters.	1. Growing Old 2. An Inside Job 3. Square Meal 4. Foreign Language

Client Details Form

Parkinson's SA & NT is a charity of The Hospital Research Foundation Group. Members of the South Australian community are encouraged to become a Champion of Parkinson's SA & NT as part of The Hospital Research Foundation Group. Any person with Parkinson's or other neurological/movement disorder as well as their primary support person can become a Champion. Parkinson's SA & NT will confirm your registration as a Champion. If you are a couple please complete this form in the name of the person with the condition. The Championship subscription fee will cover both the person with Parkinson's or other neurological/movement disorder as well as their primary support person.

Client Details

First Name:	Preferred Name:	Last Name:
Gender Identity: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Non-Binary <input type="checkbox"/> Other.....		
Organisation (if applicable):		
Address:	Suburb:	
State:	Post Code:	Phone: Mobile:
Email:		
Country of Birth:	Cultural Identity:	Language Spoken:
Interpreter Required?: <input type="checkbox"/> Yes <input type="checkbox"/> No		
I identify as: <input type="checkbox"/> Aboriginal <input type="checkbox"/> Torres Strait Islander <input type="checkbox"/> Neither <input type="checkbox"/> Prefer not to say		

I am...

A person with: (please tick relevant box)

<input type="checkbox"/> Parkinson's disease	<input type="checkbox"/> Multiple System Atrophy (MSA)
<input type="checkbox"/> Progressive Supranuclear Palsy (PSP)	<input type="checkbox"/> Corticobasal Degeneration(CBD)
<input type="checkbox"/> Essential Tremor	<input type="checkbox"/> Lewy Body Dementia (LBD)
<input type="checkbox"/> Dystonia	<input type="checkbox"/> Other Neurological/Movement Disorder please specify

Year of diagnosis: _____ Do you have a family member or friend who supports you (Primary Support Person)? <input type="checkbox"/> Yes <input type="checkbox"/> No
Living Arrangements: <input type="checkbox"/> Live alone <input type="checkbox"/> Live with family member <input type="checkbox"/> Live with others
Accommodation: <input type="checkbox"/> Private residence (owned) <input type="checkbox"/> Private rental <input type="checkbox"/> Public rental <input type="checkbox"/> Boarding house/SRF <input type="checkbox"/> Independent living unit/Retirement Village <input type="checkbox"/> Other
Source of Income: <input type="checkbox"/> Pension - Aged <input type="checkbox"/> Disability <input type="checkbox"/> Carer Payment <input type="checkbox"/> Unemployment <input type="checkbox"/> DVA Gold <input type="checkbox"/> DVA White <input type="checkbox"/> DVA Other <input type="checkbox"/> Self funded retiree

Or...

I am a:

<input type="checkbox"/> Primary Support Person (spouse/partner/friend)	<input type="checkbox"/> Health Professional (please specify)
<input type="checkbox"/> Paid Carer	<input type="checkbox"/> Organisation Representative
<input type="checkbox"/> Supporter/Donor	

YES, I WANT TO BE A PARKINSON'S SA & NT CHAMPION **PRIVACY CONSENT**

Annual pledge (including GST): \$ 75.00

Optional tax deductible donation:

\$20 \$50 \$100 OTHER \$

Payment Method:

CASH CHEQUE VISA MASTERCARD

Credit Card Number:

Expiry Date: / CCV:

I have read and agreed to the Terms & Conditions as outlined on back page. I have been provided with Parkinson's SA & NTs Privacy Information. I understand that the information that I give on this form will be retained and used by Parkinson's SA & NT to provide services and support to me. I also understand that some of the information on this form will be used for statistical purposes by the appropriate government funding body without identifying me.

Signature:

TOTAL PAYMENT \$

Receipts are sent by email. Please tick to receive receipt by post

Date: / /

As a Champion of Parkinson's SA & NT, a charity of The Hospital Research Foundation (THRF) Group, you support our purpose to maximise choice, independence and well-being for people affected by Parkinson's or another movement disorder through support, education and advocacy. Parkinson's Champions help us advocate in a greater capacity to ensure people with Parkinson's have every opportunity to live well, now and through the progression of their journey with Parkinson's.

As a Champion you will be kept up to date with the latest in Parkinson's research and technological advances, and importantly your subscription makes sure that you are the first to hear about new supports, therapies, and trials that you may wish to participate in.

Your champion status provides benefits such as access to counselling, education seminars, support group access, recreational and specialised groups, as well as championship subscriber access to the Parkinson's SA & NT resource library to borrow books and trial adaptive technology resources. Other Champion benefits include receipt of the quarterly In Touch Newsletter, as well as savings on the costs of seminars and discount admission fees to some of the special events held throughout the year including movie nights and fundraisers.

Terms & Conditions

Payment

Upon payment, Parkinson's South Australia Incorporated (Parkinson's SA & NT) as part of THRF Group provide access to Champion benefits and services to you, the Applicant, as per these Terms & Conditions.

Champion subscriptions are for 12 months commencing 1 July each year or part thereof.

Champion's Entitlements and Benefits

The range of services current at the date of this application are set out at www.parkinsonssa.org.au and available in hard copy form at Parkinson's SA & NT via monthly calendars, quarterly In Touch Newsletters, and email event and information updates. Parkinson's SA & NT may suspend, vary or withdraw any of these services without notice.

Entitlements and benefits are extended to the Champion's Primary Support Person (spouse) or nominated individual.

Services provided by Parkinson's SA & NT are subject to our Fee for Service Schedule. However, as a Parkinson's Champion you will be entitled to:

- Unlimited attendance at any of the seminars offered (normally \$25 per session)
- Free face to face counselling (normally \$25 per counselling session)
- Free use of the Parkinson's SA & NT Resource Library and take home and try resources
- Access to Parkinson's SA Vimeo and Zoom digital networks
- Quarterly In Touch newsletter
- Constant communication about Parkinson's SA & NT as part of THRF Group research, events and news

Privacy

Please note that the information you provide on this form is "personal information" pursuant to the Privacy Act 1988 ("the Act"). This information is being collected for the purposes of processing your championship subscription, to provide you with services and to keep you informed of upcoming events. The intended recipient of this information will be Parkinson's South Australia Incorporated (Parkinson's SA & NT). Please note that the provision of this information by you is voluntary. However, if you do not provide the information requested, Parkinson's South Australia Incorporated (Parkinson's SA & NT) may be unable to process your championship subscription or provide all agreed services. You have the right of access to, and alteration of, personal information concerning yourself held by Parkinson's South Australia Incorporated (Parkinson's SA & NT) in accordance with the Act.

Champion Status

1. Championship Status is activated when we receive your completed form. A receipt for subscription will be issued upon receipt of payment.
2. Champion Status is renewable annually, with Champion Status being valid from 1 July to 30 June of the following calendar year.
3. All Champion subscriptions are due for payment as of 1 July annually, regardless of application date start date.
4. Subscriptions are due annually prior to 1 July.
5. A subscription renewal reminder will be sent to you prior to 30 June annually. Changes to the subscription amount will only be made at the time of annual renewal.
6. There is no refund of any subscription once paid.
7. Champion status is transferable to Primary Support Person in the case of member passing.
9. You must notify us of changes to your contact details as soon as practicable.
10. We reserve the right to change, from time to time, the services available to Champions.

for admin use only

Date processed:/...../.....
transaction receipt no #.....
Initial :