

MAGAZINE OF PARKINSON'S QUEENSLAND INC.

# The Quarterly

[www.parkinsons-qld.org.au](http://www.parkinsons-qld.org.au)

Summer 2009/10

**W**elcome to your latest issue of *the Quarterly* just in time for some Christmas reading.

Much has been happening since the Spring issue and you can read about most within the pages following.

One aim of Parkinson's Queensland Inc. (PQI) is the expansion of the support group network. You can read about this continuing role with three new groups onboard, and there will be more in 2010. Hopefully, this will include new Young Onset (YOPD) Support Groups, as we extend our services into the rural areas of Qld.

Reporting the success of the Qld Walk for Parkinson's has been inspirational to many with the amount raised, and the support of individuals with outstanding success in contributions for this significant occasion. Entrants and supporters ranged in age from wee youngsters to those in the 'older and wiser' age group. Some walkers even arrived by bus from Toowoomba (see photos below and page 5).

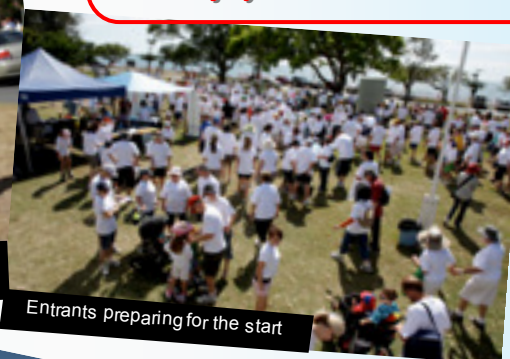
If you enjoy reading this issue, great, as I've enjoyed producing it for you. Take care over the festive season and may be the New Year WILL bring more promising advances toward better treatments and outcomes for ALL those affected by Parkinson's disease.



Kev in Robins



Deputy Premier Paul Lucas strides out in the "Qld Walk for Parkinson's" with PQI President Neil Page



Entrants preparing for the start



Walking for Parkinson's disease

## Young Onset Parkinson's Disease

### WHERE ARE YOU?

Parkinson's Queensland Inc. would like to develop **new** Young Onset Parkinson's disease (YOPD) support groups in the New Year, one northside and one southside of Brisbane.

Depending on the number of persons interested in forming a network for young onset (30-50y o) will determine the nature of these groups. It may be an early evening group, a weekend group, a café latte group or a movie group. It will be influenced by individual ideas.

There are over 40 members listed at PQI in this age group so please voice your support and ideas for these **new** groups.

Those persons interested in the YOPD groups can make initial contact to Paula at PQI office.

### THIS IS FOR YOU

**The Management Committee and Staff would like to wish you all a wonderful and enjoyable festive season**



## CHRISTMAS CLOSING DATES

The PQI office will close for the Christmas period from 12pm, Thursday 24<sup>th</sup> Dec 2009 and will reopen at 9am, Monday 4<sup>th</sup> Jan 2010.

If you have an urgent matter during that time, please contact Neil Page on 0417 403 894 or Rebecca Saunders on 0403 309 099.

We wish you all a safe, enjoyable Christmas and a happy New Year.

**Committed to Caring:****Parkinson's Qld Inc.**

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- Janelle

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- Rebecca Saunders

**Care Coordinator**

- Paula Morahan

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A special thanks to the volunteers who are so essential in keeping Parkinson's Qld Inc. going.

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**Inside this issue**

1. Editorial
  - Young Onset PD
  - Photos from the Qld Walk for Parkinson's™ event
2. Report from the President
3. Report from the Operations Subcommittee
  - Prof. Peter Silburn Seminar Mood and Anxiety in PD
  - Spotlight, Paula Morahan
  - Thermoregulatory Dysfunction
4. Support Group Reports
  - Cairns, Mareeba, Townsville Ipswich, Noosa/Tewantin and visit to Nambour
5. Summary of the Qld Walk for Parkinson's.
  - Winners and Presentations
6. Feature Article
  - Rod & Sha Anthonisz
  - Young Onset PD workshop in Victoria
  - Progressive Supranuclear Palsy (PSP)
7. Promoting Optimum Health: the Benefits of Exercise
  - Parkinson's Kitchen Recipe
8. Christmas Party - Caboolture
  - PQI Support Groups
  - Parkinson's Diseases, 300 Tips (2nd Edition)
  - Donations and In Memory

**- Deadline -**

All submissions for articles or advertising in the Autumn magazine must be received no later than

**January 31st, 2010**

**Disclaimer**

Parkinson's Queensland Inc. has endeavoured to ensure that the information in this magazine is accurate, however, we accept no responsibility for any errors, omissions or inaccuracies in respect of the information contained in the material provided by PQI. Nor is the provision of material by PQI to be construed as any representation that there is no other material or information available in relation to the information provided. Further, PQI accepts no responsibility for persons who may rely upon this information for whatever purposes.

**Report from the President**

This has been a year of extraordinary achievement for PQI. Many of the details are given in our Annual Report, copies of which are available from our web site or from the office. It has been a year of re-building, recruiting new staff and developing our membership and support group networks. Recent new staff members are Rebecca Saunders and Paula Morahan - we are delighted to have them join the PQI team. Sadly Jane Hulands has resigned - she left with our thanks and good wishes.

On a personal level, I have greatly enjoyed meeting many of you at PQI functions and Support Groups that Sue and I have been able to visit so far. It is good to learn how each group approaches its role - we hope to capitalise on all this collective wisdom in a Support Group Workshop in 2010.

Our office staff have been working hard to look after PwP, their carers, families and others. In the last 3 months they have taken over 250 phone calls, sent out over 1100 copies of *the Quarterly*, information packs tailored to individual needs, populated our new web sites AND played a key role in organising our most successful fundraising event ever: the inaugural Qld Walk for Parkinson's which raised over \$39,000 net for PD research and services. They are also increasingly involved with making presentations for information, public awareness and professional development. In all these things they are helped by a wonderful group of volunteers.

At the political level we have recently made representations to the Qld Government in support of an electric power discount scheme for people affected by *thermoregulatory dysfunction*. This follows on from the petition mentioned in our last issue of *the Quarterly*. As with a number of other illnesses, many people living with PD have this problem, often becoming distressed and sweating abnormally in warm weather.

Another exciting development has been the implementation of our new funding schemes for research into Parkinson's disease. At the time of writing a number of applications for research funding have been sent out for review by international experts.

While we have done well, our ability to maintain this activity depends on our fundraising. This financial year we still need to raise considerable funds through donations for services, fundraising and grants just to balance our budget. We need your continuing help with this.

In conclusion I would like to thank you all - our readers, staff and volunteers, for your support throughout the year. You have all contributed to the success of PQI. I would like to sincerely thank you and wish you all a Happy Christmas and a healthy 2010.

Neil Page, President

### ... from the Operations Subcommittee

After the AGM on the 12<sup>th</sup> Sept 09 we saw a new Management Committee to invigorate our organisation. We decided on a different structure for our Subcommittees. The **Operations Subcommittee** (OSC) is to oversee the daily running of the office, staff and volunteers and report back to Management Committee. This has had a slow start but soon swung into action when our Director of Services left. We were sorry to lose Jane but this has meant that the OSC is now meeting with staff weekly and all staff have a one-on-one mentor from the OSC.

The OSC and staff have become a valuable TEAM and is proving to be very effective for the running of the office; and the staff are having a good impact on our direction and efforts.

Recently, this has included:

- 16 onsite education seminars to allied health professionals and nursing staff at various locations ranging from Brighton to Coomera.
- Visit to a Greenslopes day therapy PD group.
- Participation in 3 healthy ageing expos.
- Support groups visits in the following areas: Logan, Mt Gravatt, Mitchelton, Indooroopilly, Redlands, Western Suburbs, Caboolture, Tewantin and Nambour.

We've had one seminar given by Prof. Silburn and his team and we have a second one in December. Details are outlined in the announcement below.

Joy Boyle, Chair of OSC



## Spotlight

### Paula Morahan

Hello, I'm Paula Morahan. I've recently started in the position as Care Coordinator at PQI.

My background is as a Physiotherapist and I have worked in this field since graduating in 1985. Over the last 10 years I have worked for a community organisation whose goal is to assist frail and aged people with therapy and services to help them remain as independent as possible. Part of this role has included a multidisciplinary exercise group for people with Parkinson's. Since starting with PQI, I have been busy trying to find out as much about the support groups as I can, and catch up with coordinators. It's been inspirational to see the commitment that groups have to each other many years. I still have not managed to talk to all the coordinators but I am getting there, so expect a call from me!

Part of my role is to promote awareness of PD in the community and with health professionals. I hope to use my knowledge and contacts to help put you in touch with services and resources.

I work part-time and am in the office on Tuesday and Thursday. You can call me on the 3209 1588 or email me [care@parkinsons-qld.org.au](mailto:care@parkinsons-qld.org.au)

Paula, Care Coordinator



## SEMINAR

*Parkinson's Qld Inc.*

*invite you to hear*

**PROFESSOR PETER SILBURN**  
and his team at  
**Neuroscience Queensland**  
discuss

### **Mood and Anxiety in Parkinson's Disease**

People with Parkinson's disease and their family, friends and carers are all welcome to attend this seminar.

Bookings are essential for planning purposes.  
Please phone 1800 644 189 or (07) 3209 1588

**Wednesday, 2nd December, 2009**  
**6:00 PM to 8:00 PM**

**Auditorium, Building B71 UQ Centre for Clinical  
Research Royal Brisbane and Women's Campus**

There is a car park within 50m and public transport goes to the hospital.

## Thermoregulatory Dysfunction in PD

Thermoregulatory dysfunction in patients comprises of heat intolerance and hypothermia and can significantly affect sufferers' quality of life.

Thermoregulation disturbances and increased sweating are often secondary manifestations in Parkinson's disease. A defective thermoregulatory mechanism such as an absent, reduced or excessive sweating response are prevalent in some PD patients.

Commonly, thermoregulatory dysfunction occurs in PD patients when their core temperature is raised. Patients complaining of excessive sweating often report that the face, neck, arms and back are commonly affected. However, the distribution of sweating disturbances varies between patients. Frequently, Parkinson's disease patients report whole body drenching sweats or asymmetrical sweating.

Dysfunction of thermoregulatory mechanisms can prove debilitating for PD patients and is important to provide intervention strategies to improve sufferers' quality of life.



An appropriate thermal environment improves the physical performance of Parkinson's disease patients, may reduce daily costs of PD drugs and may also decrease the occurrence of side effects and complications of Parkinson's disease therapy. Therefore, ambient temperature for PD patients requires attention and simple pragmatic measures may assist in treating abnormal thermoregulation in this population.

Extract from Thermoregulatory Function in Parkinson. Paul Black  
School of Human Movement Studies, QUT, Brisbane, Australia

## Newly Established and Support Groups Roundup

We are pleased to announce that we have some new support groups starting up in Far-North Queensland.

**Cairns** - Eddie Skitt, with the help of Stephen Smutts, has started a group which plans to meet the second Monday of each month at Brothers Leagues Club at Manunda. Their first meeting was held in October with 10 people attending and they are happily planning future get togethers.

**Mareeba** is also just getting started with a new support group. They have had some informal meetings this year and a visit from Robyn Lamont, Physiotherapy Researcher from the University of Queensland, discussing walking in the community and the benefits of regular exercise. The group meets at the Community Health Centre in Mareeba and the coordinator 'Slim' Pearsall receives great support from Tanya Barker who is a community nurse. At this stage formal meeting days have not been set but please feel free to contact 'Slim' on (07) 4092 1374 and he can keep you informed of future meeting dates.

In **Townsville**, therapists Julie Fink and Kay Edwards assist with a group that is going strong. The current format is a social outing one month followed by an education session the next month. This runs from February to November. Kay tells us the members enjoy the flexibility and morning teas!

The **Ipswich** Support Group has been started up again thanks to the support from PQI. Diane Bergman, a Physiotherapist with Home and Community Care has returned as group coordinator. The group kicked off again in November with the next meeting on Tues, 8<sup>th</sup> Dec 2009 in the Auditorium in the Health Plaza. The group sessions will have a social/interest/educational component and also a 'Falls Prevention' component. Of course the sessions in 2010 will be guided and changed depending on the group's wishes and needs. Give Di a call on 3817 2589 or mobile 0409 090 298.

**So if you live in any of these areas** and are considering joining a support group give the coordinators a ring, they will be happy to talk to you. Also if these groups are too far from you and you are interested in being involved in a support group call us at PQI so we can work on developing new support groups.

### Tewantin/Noosa Support Group

Paddy was diagnosed with Parkinson's eleven years ago. It was a terrible shock to both of us, neither of us had any experience with the disease. Shortly after this I saw an advert in the local paper about a support group in Nambour. We decided to go and have a look. We had very mixed feelings about what we might find. We spent two great years with the Nambour group and we owe them a lot, without their support we would not be where we are today.

Nine years ago we started our own group, it was slow to get going but we now have a membership of thirty-six. We are a very close group of friends. We socialise between our monthly meetings, picnic lunches, morning teas or coffee, whatever.

We are very lucky to be able to hold our meetings in the lovely Community Centre of the Laguna Retirement

Estate. We really appreciate the use of the facilities which are first class (and free) and make the meetings so much more enjoyable. We aim to have about seven speakers during the year who are especially chosen for their relevance, one way or the other, to Parkinson's. Every second year Professor Peter Silburn pays us a visit and that fills our hall, the most popular event of the year. We keep a few meetings free of speakers for our own internal discussions etc.

Last year we started a newsletter that goes out to members, especially those who can't always be with us. One of our members, Pat, took it on and has done a wonderful job. Pat has not been too well recently and in her absence Val is taking over the task, so we thank both of them.

We try to raise funds from time to time. Last year we made \$500 on a raffle and as we don't have too many expenses we are able to send a little now and then to PQI. Some groups donate small amounts but every little helps.

Over the years we have said goodbye to a number of members but I can assure you they are not forgotten. We will end our year with a Christmas lunch and start all over again in February.

Joan Murray

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Visit to **Nambour Support Group** on 25/09/09 by Sue and Neil Page

Friday morning with Nambour Support Group was a very relaxed and friendly occasion. We arrived in time for a lovely morning tea where we were able to meet and talk with many of the members. There were actually 8 new people there and we came home with applications for PQI membership from 4 of them.

We had a very lively "question and answer" session where many issues were explored. There was great interest in the Neupro patch, it not being on the PBS, and Sue's experiences with it. Neil spoke about the PBS and the role of the Pharmaceutical Benefits Advisory Committee (PBAC), and the opportunity now for public submissions in support of PBS listing.

Those present were hungry for knowledge – only about one-third used the internet, the rest relying on printed material for information. Members were particularly interested in the research that is undertaken by the Brisbane researchers and wanted to know where their donations for research were going. There was concern that money donated for research was instead being used for administration. We were able to reassure them that the money was handled separately and indeed we were into our 2009 research grant round having recently advertised for applications for research projects and research scholarships. We also reminded them of the heavy financial burden in running PQI – paying the staff, rent, postage and so on.

Our nearly 2 hours with the Nambour group was very enjoyable.

Sue Page

## The Qld Walk for Parkinson's

The inaugural 'Qld Walk for Parkinson's' (QWFP) held at the Wynnum Esplanade Foreshore on 6<sup>th</sup> September was a huge success. PQI staff played a key role in organising this outstanding fundraising event ever. The QWFP was our major fundraising event for the year, which was the keynote event concluding National Parkinson's Awareness Week. This event raised over \$39,000 net for research and support services.

Over 480 people participated on the day and its success is testament to what can be achieved by the dedication and commitment of PQI, its members and the broader community.

Deputy Premier and Minister for Health, Paul Lucas, officially opened the event and special guests included Senator for Queensland, Claire Moore, and Member for Bonner, Kerry Rae. Congratulations to Rod Anthonisz for raising the highest amount of money through sponsorship. Rod was presented his prize at a special ceremony held for the top 3 fundraisers in the PQI office on 27<sup>th</sup> October. Major sponsor, Heritage Building Society, must also be acknowledged for their substantial support, in addition to the kind donations made by other sponsors.

Camaraderie was abundant on the day and the QWFP was an inspirational start towards bonding the extended Parkinson's community in Queensland closer together than ever before. Once again, thank you all for your fantastic support of the Qld Walk for Parkinson's event. Next year promises to be even bigger and better - see you there!

Please check the link to the Qld Walk for Parkinson's survey at [www.qldwalkforparkinsons.org.au/survey](http://www.qldwalkforparkinsons.org.au/survey)



Students of the Glenrie School, Toowoomba.

**On Sunday 6<sup>th</sup> September**, a group of 53 staff and students travelled to Manly in Brisbane to participate in the inaugural 'Queensland Walk for Parkinson's'. The trip was made possible by the generosity of Stonestreet's Coaches, and we were immensely grateful to Mr Phil Stonestreet for not only providing the coach but also driving it.

The aim of the walk was to raise awareness of Parkinson's disease, as well as much needed funds for research and support services. It was a great day and a special joy to see Mr and Mrs Ian Findlay (ex-Glennie Staff), and to have Mr Findlay speak to the girls about what it means to be diagnosed with the disease.

Kate Powell (Chaplain, The Glennie School, Toowoomba)

## Presentations



**Rod Anthonisz** took out the first prize for highest funds raised by an individual.

Accompanied by his wife Sha, they accepted their prize at a recent presentation at the PQI office in Springwood.

As part of the prize, each were awarded an honorary membership to Parkinson's Qld Inc for the significant effort

in raising funds and promoting Parkinson's awareness during the lead-in to this event. Within 3 days of the walk, Rod was hospitalised for a Thalamotomy operation for his Parkinson's disease, and has recovered quite well.

Congratulation to Rod and Sha Anthonisz.

### Ian and Nicole Findlay

Nicole raised the second highest amount of sponsorship as an individual and Ian was in the top 10. In addition to the large sums of money donated sponsoring their walk, Ian and Nicole contributed greatly to the organisation of the event, among other things, by encouraging many others to participate and donating the web-site used for the walk. It was a fantastic effort.



Congratulations to Nicole and Ian.

### Jasper and Ella Hazlett

Jasper (9yo) and Ella (6yo) Hazlett with Jane Hulands, receiving their prizes as the children raising the most sponsorship for their walk.

Jasper and Ella walked for grandma Sue (Page) from whom they are learning a lot about Parkinson's disease.



Special congratulations to Jasper and Ella Hazlett.

Jasper and Ella Hazlett at the award presentation with Jane Hulands

**There should be a better way to start a day than waking up every morning**

## Feature Article -

### Rod & Sha Anthonisz



Living with PD can be challenging and even frustrating at times, but life after diagnosis doesn't always have to be an uphill struggle. Being diagnosed with a chronic disease like PD will always require some readjustments to your daily lifestyle, but once you've begun

to accept that your future path may not go quite accordingly to plan (and realistically, whose ever does?) you may in fact find yourself living more spontaneously and 'in the moment', just as Rod & Sha Anthonisz have found out for themselves. Here's Rod's story ...

**Getting to know you Rod** - I was born in Sri Lanka, 5th July 1958, and moved to Brisbane in November 1961 with two elder brothers and parents. Brought up as an Aussie and very proud of it. Everything we have (education, life style, family we married into) is due to them coming here 48 years ago and I will be eternally grateful to my parents. Sadly both passed away within 10 months of each other in August 2006. I am very family orientated and the love and support of my wife Sha, and family have been amazing, not just in dealing with my PD. Stopped work in April 2008. I walk every day, 8.5 kilometres in morning and if I go in afternoon around 3.5 kilometres (2-3 times a week)

**What puts a smile on your face?** Good comedy and being with family and extended family. I grew up with my cousins and we are still close now and when we get together we all have a great time and a good laugh. Making other people smile/laugh at my bad jokes.

**What were your first symptoms of PD and your age at diagnosis?** Tremor in left arm on 12th August 2006 and started at Brisbane Airport when going to England for 6 weeks. Also anxiety, even more than I normally would get. I was diagnosed at age 48.

**Family situation, partner, number of kids & pets, employment status.** Married, wife, one son aged 26. Three dogs and one cat. Mother-in-law living with us. She is battling cancer. Retired from Banking industry.

**What do you feel the future holds for you?** My biggest concern I have to deal with is PD. Knowing it's a progressive disease and it will get worse in time. Systems of progression already here, i.e. spreading into left leg, sore right shoulder/neck like previously, fingers in right hand started moving ever so slightly. However, I am optimistic that with more research into stem cell and DNA "one day there will be a cure" and that is the motto I am living with.

**What obstacles have you overcome recently?** Retiring from work as I could not deal with speaking to people in person/phone in view of tremor and mumbling and anxiety. I played A grade touch football until I was 45, and going into hospital (first time ever) for right Thalamotomy and recovering from the operation had been difficult. I'd hardly ever been sick before PD - didn't even take Panadol. Explaining to people that even though operation was a success it doesn't get rid of PD. They only think of the tremor they see.

**What significant benefit have you felt since your recent operation?** Tremor has eased dramatically,

I would say a 95% improvement. When anxious the tremor increases. Benefit would be around 70% improvement to previous. Still on Stalevo 4 times a day every 4 hours and medication for anxiety and sleeping.

**How would you describe your attitude on life?** Good. Live for the moment. I lost a cousin same age as me at 46 with heart attack and lost 21 year old nephew in a plane crash ten years ago. These two events radically changed my outlook on life and to live for today. I was very much affected by these two tragic losses. You expect parents to pass, but these were out of left field. We are doing all our travelling now in view of this while we are young and fit to enjoy it. There are so many people who are worse off than me, i.e. cancer, MS, heart etc. and if PD is my cross to bear then so be it.

**Mottos?**

1. "Live for today"
2. "One day we will find a cure"

Rod & Sha Anthonisz are proof that with a positive approach and a strong support network, PD doesn't have to necessarily impact negatively upon your plans for the future. Just remember to take each day as it comes and never be afraid to seek help.

After all, we are all in this together.

**Earlier this month,** Mary-Louise Lloyd and Ian Findlay travelled to Melbourne for the Young Onset PD workshop, as two representatives from PQI.

Ian reports that the weekend was very successful, with a paper on Young Onset PD being presented. Dr. Chris Fyff was the facilitator, explaining to the six represented State bodies that excess health budget funding may become available in the future. More meetings are planned for 2010.

Both Mary-Louise and Ian have thanked Parkinson's Qld Inc. for the opportunity to attend this workshop and will keep us informed of future developments.

### Progressive Supranuclear Palsy (PSP)

Progressive Supranuclear Palsy is a rare neurological condition affecting parts of the brain that control walking, eye movements, balance, speech and swallowing. Symptoms usually begin between the ages of 60 & 70.

People living with PSP now have a new information resource to help them with the management of the challenging condition. The PSP Information Kit contains a series of 16 help sheets on topics including: managing symptoms of PSP, where to go for help, planning for the future, staying independent, caring for carers & much more.

The kit has been developed by PSP Australia, in collaboration with health professionals.

The kit costs \$35 (including postage and handling) to people with PSP and community members or \$45 (including postage and handling) to professionals and organisations.

Contact Parkinson's Victoria on (03) 9551 1122 or email: [info@parkinsons-vic.org.au](mailto:info@parkinsons-vic.org.au).

A new PSP website has now also been established, please visit [www.psp-australia.org.au](http://www.psp-australia.org.au).



## Promoting an Optimum Health State: The Benefits of Exercise

By Paula Morahan

The benefits of exercise to your health and well-being are widely reported and apply just as much, if not more, to people with Parkinson's disease. In order to maintain optimal function it is really important to try and commit to a regular exercise regime and keep as fit as possible to minimise the effects that Parkinson's symptoms may have on you. There are different types of exercises to achieve different results and it is often preferable to do a combination of them all.

Flexibility exercises maintain the length of muscles and prevent stiffness in joints. Some of these exercises are commonly known as stretches, and are usually held for 10-20 seconds in order to stretch out muscle fibres. Others exercises pass the joints through all the available range of motion, for example lifting your arms above your head as far as possible, or putting your hand behind your head and then behind your back. These exercises generally don't need to be held for more than a second or two and are good to keep the joints lubricated and supple.

Strengthening exercises build up the power of muscles and help us to do activities more efficiently. Strong thigh and buttock muscles help you to stand up from a chair more easily, walk more efficiently and climb stairs.

Endurance exercises help make your cardiovascular system more efficient and include things like walking, swimming, riding an exercise bike or even dancing.

For people who have Parkinson's disease (and even those without) it is also beneficial to work on improving balance. Balance activities combine strength, flexibility, endurance and also use your brain to give feedback on how safe you are and make you adapt or change your posture if you aren't safe. Exercises that have variation rather than repetition are also great because they require your brain to work harder to do the activity.

Functional exercises are those where you exercise by performing an everyday task. People with Parkinson's disease are known to have difficulty with their ability to carry out activities that were once automatic.



For example: rolling in bed is something you would once have done without even thinking and now it may be a major task! It can be improved by breaking the activity into smaller parts, sub components. Plan in your head what you are going to do before you do it, and then think about the process of rolling over before you do it. Bend your legs up, turn your head to the side to which you are rolling to, reach your arm across your body and roll!

No matter what stage of Parkinson's disease you are at, you can benefit from an exercise program. A physiotherapist can design a program to suit your specific needs. Many community nursing organisations have physiotherapists who are experienced with treating people with PD. Public hospitals and some private practitioners will be able to help also. If you would like to see a physiotherapist and need some advice on where you could find one call Paula or any of the office staff and we will try and find out what is available in your area.

### Parkinson's Kitchen

#### Banana - Cherry Smoothie

Flax seed is an excellent source of both soluble and insoluble fibres, as well as heart-healthy fatty acids. Cherries contain anthocyanins and bioflavonoids - powerful antioxidants that may help prevent colon cancer, and reduce the inflammation and pain from arthritis and gout. You may



use a milk substitute if desired.

- 1 teaspoon flax seed
- 1 very ripe banana, peeled
- 1 cup fresh or frozen unsweetened pitted tart cherries
- 1 cup skim milk

Put flax seed into blender and grind. Add banana, frozen cherries and milk and blend til smooth. Serve immediately. If too tart, add a tablespoon of honey

*Nutrition information per serving: 354 calories,  
70g carbohydrates, 13g protein, 4g fat, 1g saturated fat,  
4mg cholesterol, 132mg sodium, 9g fibre*

*from Parkinson's Disease: Nutrition Matters*



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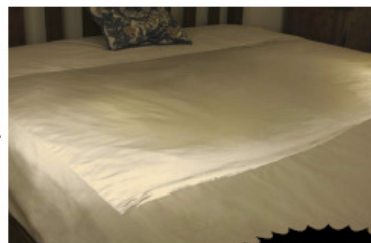
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**What would happen if I hired two private investigators to follow each other?**



### Parkinson's Qld Inc. Support Groups

Broadbeach	Kev in Robins	3807 0228
Mt Gravatt	Mavis Edwards	3341 5227
QYPP	Kev in Robins	3807 0228
Logan	Margaret Vickers	3808 6356
Carers	Phone PQI	3209 1588
Redlands	Phyllis Trost	3207 4664
Mitchelton	David Martin	3410 8054
Kedron	Pam Furner	5499 3890
DBS	Judy Rawlins	3886 1592
Indooroopilly	Ann White	3878 9433
Western Suburbs	Jocelyn Wilson	3378 1474
Ipswich	Di Bergman	3817 2589
Beaudesert	Phone PQI	3209 1588
Toowoomba	Delia Sharp	4696 8734
Warwick	Patsy Slater	4661 4566
Caboolture	Joy Boyle	5498 7333
Nambour & Districts	Jennifer Douglas	5476 1193
Tewantin/Noosa	Joan & Pat Murray	5442 4110
Maryborough	Gail Wixon	4123 3407
Bundaberg	Elaine Williams	4159 8118
Rockhampton	Jan Nolan	4928 5863
Mackay	Diane Phelan	4942 8884
Townsville	Julie Fink	4799 9500
Mareeba	Slim Pearson	4092 1374
Cairns	Eddie Skitt	4058 0171

*Please be aware that coordinators with PD may take some time to answer the phone.*

### Parkinson's Disease: 300 Tips (2<sup>nd</sup> Edition)

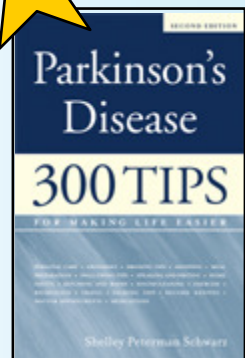
**Shelley Peterman Schwarz**

An informative book containing 300 tried-and-true practical tips, techniques, shortcuts, advice and resources to help make daily tasks easier for people with Parkinson's disease.

The simple and inexpensive hints in this book will save time and energy, lessen frustration and promote safety and independence.

The book is written by an author whom herself suffers a chronic, degenerative and incurable illness, like Parkinson's disease. This book is a must read for all Parkinson's disease sufferers and carers and is available to loan from our library.

For a complete list of other items available to loan from our library, please contact the office on 1800 644 189 or (07) 3209 1588.



### My mind works like lightning, one brilliant flash and it is gone.

Thank you to those who have generously donated to Parkinson's Qld Inc in the months from late July to November 2009. Although we cannot list all our names, your support is gratefully appreciated. Listed are those who kindly **donated \$50 or more.**

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**Donations: In memory.** We greatly appreciate all the gifts we have received in memory of loved ones. Those remembered here are:

K Budden,	K Green,	P Sims,	K Summers,
B Graham,	J Sherriff,	K Stollznaw,	E Wilfred,

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