

AUGUST 2026 NEWSLETTER



PRESIDENT'S MESSAGE

I recently heard a woman on the radio say that she felt great grief whenever her neurological disorder (not Parkinson's) robbed her of another competency.

I thought, "Yes, there are times when we need to be angry, when we rage against the storm like King Lear. But afterwards we need to take control and find a way around it to give ourselves the best quality of life possible under the circumstances. Remember, our best weapons are exercise and attitude.

Here are some of my tricks....

- Legs not working in the morning? Put on some marching band music, lift your knees and the 2/4 beat will compel you to move.
- Your voice is getting softer? Join our Choir, I am amazed to hear the big beefy sound we now make.
- Your speech is garbled? Read a favourite poem to your partner, friend or even pet. Slow it down, articulate carefully.
- Micrographia (abnormally small handwriting). Do a crossword every day. The need to stay neatly within the squares will control the shape of your letters.

*I am interested to hear
other people's tricks.*

Rose

rdparkin@yahoo.com.au





ACTIVITIES / EVENTS

Tuesdays 10.00am	Walking and Social Group (Each Tuesday)	Asquith Park, Mills Ave, Asquith
Thursdays 10.00am-11.30am	Parkinsong (Each Thursday)	Turramurra Seniors Centre Gilroy Rd, Turramurra
Fridays - August 14, 21, 28 11.30am-12.30pm	Exercise Classes (except first Friday of Month)	Mt Colah Community Centre 6X Pierre Cl, Mt Colah
Fri. 7 August 10.00am-12.00pm	Members' CONCERT - Angela Hogan from Opera Australia \$30 incl. refreshments. Bookings - 0412 346 301	Mt Colah Community Centre 6X Pierre Cl, Mt Colah
Fri. 4 September 10.00am - 12.00pm	Professor Simon Lewis (Guest Speaker) Address on the current Parkinson's Disease research	Mt Colah Community Centre 6X Pierre Cl, Mt Colah

TWO EVENTS YOU SHOULD NOT MISS - **WE ARE SO PLEASED TO BE ABLE TO PRESENT THEM TO YOU**

PROFESSOR SIMON LEWIS

*On **4 September** at Mt Colah, Professor Lewis will be updating us with the latest Parkinson's Disease research.*

The Parkinson's Disease Research clinic, led by Professor Lewis, strives to develop better patient care and family support for people living with Parkinson's Disease and related disorders.

This research investigates the causes underlying many of the problems faced by people living with these conditions.





**OPERA AUSTRALIA'S
ANGELA HOGAN TO MOUNT COLAH ON 7 AUGUST**



Designed by
Sophia Parkin

<https://www.parkypeople.org>

CONCERT!

A Morning of Fine Music

Angela Hogan is a much lauded Sydney based Mezzo Soprano, one of Australia's most diverse and powerful performers. Now she is performing for Parky People, and you have a chance to see her!

Date & Time 10am - 12pm
7th August 2026

Mt Colah Community Centre
6X Pierre Close, Mt Colah

\$30 Donation! Bring Family and Friends

RSVP
(0412) 346 301 so
we have numbers
for Devonshire tea!

TALK TO US
M: 0450 542 423
E: rdparkin@yahoo.com.au OR
hkparkypeople@gmail.com





AUCTION OF PAINTING

It has been decided that this beautiful painting titled 'Coral Trees' by Jan Cumming (the frame is not shown in this photo) will now not be auctioned at the Concert as previously advised but at a later date this year.

This decision was made because the 7 August Concert agenda is too full and we want to give people an opportunity to view and bid without a rush.

Thank you for your understanding.



MEMBERSHIP DUES ARE NOW DUE FOR 2026/2027

Thank you for your ongoing support in 2025/2026.
Please accept my apologies and ignore previous incorrect emails.

Please make a payment of \$30.00 via direct deposit or at an Association Meeting.

Please ensure you include your name and description "concert or renewal" when making the deposit.

i.e. One deposit for each so i can allocate the money correctly

**Great Southern bank
BSB 814 282
Account number 51215824
Account in the name of -
Hornsby Ku-ring-gai Parkinson's Association Inc.**

Please ensure you include your name when making the deposit.

Unfortunately, our bank no longer accepts cheque deposits, therefore, if you cannot pay by direct debit, please hand in cash to one of our Committee Members or we can take Cards if Dick or myself are available at a meeting.

Ian Madden, Treasurer



WHY WE STRENGTHEN OUR LEGS

Standing up from a chair can become one of the most challenging everyday movements for people. It isn't just about leg strength. Parkinson's can make it harder to generate enough forward movement to get your body over your feet before standing.

Although we don't spend class practising sit-to-stands, many of the exercises we do are designed to make this everyday movement easier. Squats, stepping exercises and other leg-strengthening activities all help maintain the strength and control needed to get up from a chair.

A few simple techniques can also help:

- Sit towards the front of the chair.
- Place your feet underneath your knees.
- Lean your body forwards so your weight moves over your feet. Think “nose over toes”.
- Push firmly through your feet and try to line your knees up with your middle toe.
- Stand up tall.
- Lower yourself back to the chair slowly and with control.

If you need to use your hands to stand, that's perfectly okay. The goal isn't to make the movement harder—it's to stand up as safely and efficiently as possible.

The ability to get out of a chair affects so many parts of daily life. Looking after your leg strength and practising good technique can help you stay independent for as long as possible.



Felicity Neale

Body Management Systems

Program creator & head instructor

Strength With Purpose

Evidence-informed strength balance & mobility for real life.

☎ 0400 390 591

www.bodymanagementsystems.com.au

felicity@bmsystems.au

Get weekly tips to stay strong, steady & moving well

[Instagram](#)

[Facebook](#)

[LinkedIn](#)



STRESS AND PARKINSON'S DISEASE

Stress and Parkinson's Disease come in many shapes and sizes, but we all have it.

For people with Parkinson's disease (PD), stress can bring on or worsen symptoms. It might increase tremor or bring on a freezing episode (a sudden, temporary inability to move). Here are a few tips to help lessen stress and defuse tense situations:

1. **Breathe.** Mindfulness meditation, which includes breathing and other relaxation techniques, may lower stress and boost mood. Research is limited, but preliminary work links mindfulness to decreased motor symptoms, improved quality of life and even brain changes in areas affected by PD.
2. **Recognize your stressors.** You can't find a way around your stress unless you know what's causing it. For many, work and home responsibilities are sources of stress. Try to identify what specifically is overwhelming or upsetting you. For some people, it's workload. For others, it's giving presentations or interacting with certain co-workers.
3. **Ask for help.** You don't have to shoulder stress on your own. Depending on what your stressors are, whether you have possible solutions and how comfortable you feel, you might talk directly to colleagues or family members. Or you could talk with your doctor or a therapist.
4. **Focus on the positive.** When feeling stressed, it's easy to concentrate on problems. Try to surround yourself with people who lift your spirits, and make time for hobbies you enjoy. You also may consider listening to music that inspires you.
5. **Exercise regularly.** Physical activity boosts release of brain chemicals called endorphins, which give a natural sense of well-being. Although many forms of exercise are beneficial in Parkinson's, yoga and tai chi incorporate meditation and deep breathing, and may be helpful to manage everyday stresses.
6. **Get enough sleep.** While we sleep, researchers believe we store memories and rejuvenate our bodies. Adults need seven to nine hours each night for these critical processes. Sleep problems can be a part of Parkinson's, but exercising regularly and winding down an hour before bed may help. For blogs and videos on the latest in Parkinson's research and care, visit michaeljfox.org/ask-t

Michael J Fox



WALKING GROUP AT ASQUITH PARK 10.00AM EACH TUESDAY

Do come and join us - it's fun and good healthy exercise. Bring your drink and slice because the walk will allow you this indulgence.





MEET THE MEMBER - THE OUTBACK DENTIST

I graduated with a BDS from University of Sydney in 1976 as a mature age student, after teaching Primary School for six years. I had a wife (Rose) and a baby daughter (Jane). I accepted the position of Itinerant Dental Officer Western Shires because it offered a house, car and very generous salary. I was earning more than the Chief Dental Officer of NSW Health, who laughingly said "You will earn it!"

I was responsible for covering a quarter of the State of NSW, servicing amongst others Brewarrina, Louth, Enngonia, Goodooga, Collarenebri and Lightning Ridge (see photo). My first day at Louth involved travelling on dirt roads for two hours. I was directed to an old shed to be used as my surgery. It was very dark inside, full of pigeon droppings, and it had no power. So we set up the dental chair in a paddock, borrowed the farmer's 240 volt Weldanpower, and had a busy day (photo below).

The roads were appalling, and you had to be on the lookout for kangaroos, especially when driving home at dusk. The day time temperature could reach over 50 degrees. My dental assistant offered to give me a break on the Goodooga road and took the wheel. She hit a rough patch and rolled the car. We sat down beside it and waited for help. After several hours a car pulled up, the driver said laconically, "Oh that's easy to do!" and drove off.

I was at "Bre" for nearly two years and during that time I had the honour of working with Fred Hollows at Goodooga, and Dr Kallakerinos at Collarenebri.

In November 1978 I was seconded to the Royal Flying Doctor Service at the Broken Hill Base, servicing Tibooburra, Wanaaring, Menindee, Wilcannia, White Cliffs, and Ivanhoe. We flew in a two engine "Beagle". I remember the pilot, Kevin Wiggins, an ex 707 pilot, as a gentleman.

The Western Shires never ceased to amaze me with their rich ancient history. As an ardent rock collector, I was thrilled to be shown an opalised tail of a plesiosaur embedded in the rock at White Cliffs.

I look back on this period with much fondness.

Michael Parkin



Surgery in a paddock



Michael showing the Western Shires he serviced

IF YOU'D LIKE TO SUBMIT A STORY FOR 'MEET THE MEMBER' WE'D LOVE TO HEAR FROM YOU! Please email: keithandhelenjordan@iinet.net.au



DOSE ADMINISTRATION AID (DAA) INFORMATION AND CONSENT FORM



Pharmacy Programs
Administrator

DOSE ADMINISTRATION AID (DAA) PATIENT INFORMATION AND CONSENT FORM

INFORMATION STATEMENT

This service provides you with a well-sealed, tamper-evident device that allows individual medicine doses to be organised according to the prescribed dose schedule. The Dose Administration Aids (DAA) service is designed to assist you to better manage your medicines, with the goal of improved health outcomes.

In order to receive this service you need to be a Medicare and/or Department of Veterans' Affairs (DVA) cardholder, hold a current Australian Government issued concession card, live at home in a community setting; and have trouble managing your medications because of literacy or language issues, physical disability or cognitive difficulties or because you have to take five or more prescription medicines.

Under this service, your pharmacy will:

- Assess your eligibility to receive the service and obtain informed consent from you
- Select the appropriate DAA for your needs, prepare the medicines in the DAA and monitor your progress in using the DAA
- Collect personal and sensitive information from you to enable the pharmacy to claim a payment for delivery of this service.

The Australian Government is paying a set fee per week towards the cost of your DAA. You may be charged an additional fee by your pharmacy for the DAA. This additional fee is at the discretion of each pharmacy and is not mandated by the Australian Government. **You are still required to pay the costs of the medicines that will be packed into the DAA.**

This program is funded by the Australian Government.

WHAT YOU NEED TO KNOW BEFORE YOU GIVE CONSENT

This consent form is to allow the pharmacy to provide your personal information to the Pharmacy Programs Administrator (PPA) and the Department of Health, Disability and Ageing to verify your eligibility to receive the DAA service and to enable the pharmacy to claim a payment for providing this service.

This process is similar to the clinic/GP practice providing your Medicare number to claim for you seeing a Health Worker or General Practitioner (GP). Your personal information is protected by law, including the Privacy Act 1988. The Department is unlikely to disclose your personal information to overseas recipients.

Your/the patient's personal information that will be collected by the pharmacy include:

- Personal details – Name, Address, Medicare and Concession Card number, Date of Birth
- The names of the medicines you/the patient are taking; and
- Details about the patient's authorised representative, if applicable.

If you do not provide your consent to the collection of information for this purpose, your pharmacy will not be able to assess your eligibility for the service and you will not be able to access a funded DAA service. In this event, you may be required to pay for the cost of the service to your pharmacy.

The Department has a privacy policy which you can read at: <http://www.health.gov.au/privacy>. The Department can be contacted by telephone on (02) 6289 1555 or free call 1800 020 103 or by using the online enquiries form at <http://www.health.gov.au>. The Pharmacy Programs Administrator has a Privacy Policy you can read here: <https://www.ppaonline.com.au/privacy-policy>. The Pharmacy Programs Administrator can be contacted by telephone on 1800 951 285 or email at support@ppaonline.com.au.



Pharmacy Programs
Administrator

DOSE ADMINISTRATION AID (DAA) PATIENT INFORMATION AND CONSENT FORM

PATIENT CONSENT

Consent provided by the patient:

I acknowledge I have read or had explained to me, and understand, the contents of the DAA Service Information Statement.

By signing below, I consent to receive the DAA Service and to the collection of my personal information by the Pharmacy Programs Administrator and the Australian Government Department of Health, Disability and Ageing to enable the pharmacy to claim a payment for delivery of that service and for program monitoring and evaluation purposes.

Patient Name (Given name and family name)		
Patient Signature		Date of Consent

Consent provided by a person authorised to act on behalf of the patient:

This may be filled in by the patient / individual who has the legal authority to consent and sign on the patient's behalf (for example, a guardian, a person appointed under an enduring power of attorney or a person otherwise authorised to give this consent in your State or Territory).

If you are signing on behalf of the patient, please indicate your relationship to the patient:

- ☐ Parent or guardian of child
- ☐ Enduring Guardian, recognised by a relevant state or territory law
- ☐ Enduring Power of Attorney, recognised by a relevant state or territory law
- ☐ A person who has been nominated in writing by the patient while the patient was capable of giving consent
- ☐ A person recognised by a relevant state or territory law

By signing below, I consent to the patient receiving the DAA Service and to the collection of their personal information by the Pharmacy Programs Administrator and the Australian Government Department of Health, Disability and Ageing to enable the pharmacy to claim a payment for delivery of that service and for program monitoring and evaluation purposes.

Authorised Person Signature		Date of Consent
Authorised Person Name		



MUHAMMAD ALI Parkinson's Disease Endures with Boxing Legacy

Ali battled Parkinson's Disease for over three decades, receiving his diagnosis in 1984 at age 42. Despite the progressive condition affecting his speech and motor skills, he became a global advocate, famously lighting the 1996 Olympic flame and launching the Muhammad Ali Parkinson Centre to improve patient care.



Thirty-six years after clinching an Olympic gold medal, a trembling hand lit the 1996 Summer Olympic Flame during the opening ceremony in Atlanta, Ga. The hand belonged to the greatest boxer in the world, Muhammad Ali. The significance of the moment far exceeded his title as 'The Greatest' heavyweight champion in the world who had defeated a list of boxing legends including Joe Frazier and George Foreman.

Ali had spent the last sixteen years fighting a much more dangerous adversary and lighting the flame that July evening signified yet another victory against Parkinson's Disease. In those few seconds, Ali showed the world, "I have Parkinson's disease but Parkinson's disease doesn't have me." The image alone would inspire millions and epitomize the legacy of Muhammad Ali as "The People's Champion."

The only three-time world heavyweight champion, Ali made an indisputable impact on the sport of boxing. Outside of the boxing ring, he played an influential role in the 1960s Civil Rights Movement and facilitated a culture of pride among African Americans. The last thirty years of his life were devoted to raising public awareness of the debilitating neurological disorder that affects 10 million people worldwide, Parkinson's Disease.

Parkinson's Disease is caused by the degeneration of nerve cells in the brain and affects movement and coordination throughout the body. As a disease that affects the body in a physical, mental, and emotional manner, its symptoms vary widely from patient to patient but most experience muscle tremors and limb stiffening, sleep disturbances, and mood disorders. While there is no cure for Parkinson's Disease, individualized treatments plans are utilized to alleviate symptoms and enable a better quality of life.

Muhammad Ali was diagnosed with Parkinson's Disease in 1984, three years after his retirement from boxing. He would survive the disease for another 32 years, amounting to almost half of his life. Muhammad Ali passed away from complications of Parkinson's on June 3, 2016 at the age of 74. After his diagnosis, Ali became one of the most prominent individuals with the condition.

He selflessly capitalized on his increased publicity to raise awareness of Parkinson's Disease. Dr. Michael Okun, the medical director of the National Parkinson Foundation said, "His involvement with Parkinson's disease was really transformational for the field. Before Ali, there wasn't that much known about Parkinson's disease [among the public]. People mistook it for Alzheimer's or ALS, and didn't realize that you could potentially live a long happy life with Parkinson's disease with the right cocktail of medicines, therapies and good expert care."



MUHAMMAD ALI Parkinson's Disease Endures with Boxing Legacy (Cont.)

During the 1990s, Muhammad Ali began heavily advocating for increased government funding for Parkinson's Disease research and even donated his own royalties to research dollars. He began an annual Celebrity Fight Night to raise money for research and it is estimated that his efforts contributed \$100 million in donations for the cause.

In 1997, Ali helped establish Muhammad Ali Parkinson Center at the Barrow Neurological Institute, a clinic, outreach, and research center dedicated to Parkinson's Disease. For the next ten years more than 23,000 research articles concerning Parkinson's Disease were published in scientific journals. In addition to increased awareness and research funding, Ali contributed to the current treatment regimen of Parkinson's.

As a result of his influence, it is now widely accepted that regular exercise, particularly when begun early after diagnosis, can reduce symptoms and greatly increase a patient's quality of life. Many centers, including the Muhammad Ali Parkinson Center, now integrate physical and mental exercise into the treatment of patients.

Perhaps Muhammad Ali's greatest impact can be characterized by the strength and poise by which he fought his own battle against the disease. His resilience provided a message of hope, which he spread throughout the world. He courageously faced cameras time after time in order to offer the world a glimpse into his vulnerable moments, such as the lighting of the Olympic cauldron, to continuously remind others that Parkinson's is a disease to be faced with courage, grace and humor every day.

In a video tribute sharing what Ali meant to them, a patient of the Muhammad Ali Parkinson Center declared, "He never said he can't do this, so, that has become my motto."

His life was a symbol of hope; and hope will undoubtedly remain his most lasting legacy.

Written by Katie McCallum (June 2016) who is a PhD candidate at University of Texas Health Science Center at Houston in the Microbiology and Molecular Genetics program.

(The inclusion of Articles relating to prominent people with Parkinson's is at the suggestion of Bev Dind)

Community Outreach and Wellness

The Muhammad Ali Parkinson Center's Community Outreach Program is one of the most robust in the country, working to help patients and their families navigate the everyday challenges of Parkinson's disease. What's more, we offer these services regardless of a patient's ability to pay and where they receive their care.

Barrow Neurological Institute

Evidence for primary Parkinson's diagnosis:

<https://mbi.ufl.edu/2022/10/24/neurologists-who-treated-muhammad-ali-provide-evidence-for-primary-parkinsons-diagnosis/>



COMMITTEE MEMBERS

- President, Rose Parkin
- Vice President, Michael Parkin
- Treasurer, Ian Madden
- Public Officer/Membership, Dick Babb
- Welfare Officer, Pam Beattie
- Event Co-ordinator, John Moore
- Music Co-ordinator, Peter Sidney
- Asst. Music Co-ordinator, Diana Sidney
- Secretary, Helen Jordan
- Assistant Secretary, Keith Kennedy



WELFARE CALLS

Please advise Pam Beattie, our Welfare Officer, if you know someone who would welcome a call from Pam - 0435 716 392



JOKE OF THE MONTH

A church was trying to raise money for a new building. The pastor announced to the congregation that whoever gave the most money to the building fund would be able to pick out three hymns for the Sunday service.

A week later, the pastor announced the results of the fundraising campaign. "I am happy to announce that we have raised enough money for the new building," he said. "And I want to thank the person who gave the most money, Mrs. Johnson.

Now, Mrs. Johnson, please come forward and pick out your three hymns."

Mrs. Johnson walked to the front of the church and looked out at the congregation. "I'll take him, him, and him," she said, pointing to three young men in the front row.

*Thank you Stuart Cumming
our Parky People Jokester*