

## InTouch Newsletter

December 2022

### Good reads on Parkinson's for the holidays

To help you sort your reading choices over the holidays, the team at Parkinson's NSW have studied the past year of online *InTouch*, Stand By Me and e-news content and identified the best- read articles.

[Bacteria in the nose](#) – Research explores how people living with Parkinson's tend to have high numbers of pro-inflammatory bacteria in their noses.

[Posture exercises](#) – These exercises help to correct the following Parkinson's issues: slumped shoulders, chin sticking out, and elbows and knees that tend to bend.

[Speech and Parkinson's](#) – Parkinson's affects the volume, tone, rhythm, and speed of speech. This article points towards speech therapy programs which can help.

[Seniors Health card access](#) – Practical information on how more Australians can access the Commonwealth Seniors Health Card.

[Travelling with PD](#) – Just in time for Christmas holidays! Useful tips on travelling with Parkinson's.

[Four Happy Hormones](#) – How to make the most of the four happiness chemicals in our bodies.

[Track meds on iPhone](#) – Learn about the Apple iOS 16 software update that will be valuable for many people living with Parkinson's.

[New Parkinson's Passport](#) – Carry information which will ensure you get your medications on time, every time. Download your Parkinson's Passport here.

[Sleep and PD](#) – *Did you know that 90 percent of people with Parkinson's suffer sleep disturbance? Here is advice on achieving good sleep hygiene.*

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### Marty Cobcroft to fundraise for Parkinson's NSW in 2023

When Professional musician and singer/songwriter Marty Cobcroft plans to fundraise for Parkinson's NSW with the release of his new album early in 2023.

Marty has been living with Parkinson's for the past four years. He has pledged to donate 50 percent of his earnings from sales of any single track, album stream or physical sale of his third album and eighth latest release titled *Free Bird*.

“I’m lucky in the sense that the effect of my Parkinson’s is mostly felt on my lower body through tremor, dystonia and chronic pain,” said Marty. “My voice has remained clear and strong, and I have retained fine motor movements in my hands so I can still play guitar and keyboards.”

He has been a musician since he was 15 years old and is now in his early 60’s. Marty worked steadily in the pub rock scene with various local bands then throughout the ‘90’s built a career as an in-demand session singer and voice-over artist for a number of production houses.

“I can’t stand for long periods on stage to perform live anymore, but I can work in the studio. However I make sure I take frequent breaks – mostly walks – to preserve my mobility and mental health,” said Marty.

He also maintains a rigorous weekly routine of morning exercises and physiotherapy sessions.

“The consequences of not taking care of self are too much to bear. For example when my medications are wearing off, it’s like I am falling off a cliff. It is very abrupt. So a self-management routine is very important... along with taking advice from people who know what they are talking about!”

Apart from having a generous spirit which has driven him to fundraise for Parkinson’s NSW, Marty has another creative outlet – photography.

Examples of his work can be seen on Instagram [here](#). And to sample his musical style, listen to tracks from Marty’s previous albums on his YouTube channel [here](#).

We will publish an update when Marty’s new album is released next year. It will be on sale via Marty’s [web site](#), as well as Apple Music, Spotify, and all leading streaming services.

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## **So what are your plans for the holidays?**

*We’re getting towards the end of the year, when thoughts turn to family reunions, holidays, and celebrations. In keeping with the spirit of the season we asked a cross section of Support Group participants what their plans are for the holidays.*

### **Lois and Graham, Tumbarumba Support Group**

“Our Support Group had its Christmas party a few weeks ago. It was lunch at a local hotel and it was great! Karen, our event organiser, put bon bons and chocolates on the table and everyone had a very pleasant time.

“We plan to travel to Sydney then to Kiama to visit our kids and grandkids. Plans are still to be confirmed, but likely a nice lunch together somewhere!”

### **Melissa, Castle Hill Support Group**

“I’ll be spending lots of time with my pets. I have two weeks off work so our family plans to head up to the Mid North Coast. Apart from me and my husband we’ll be taking two dogs and our three daughters.

“We will attend church on Christmas morning, then have a family Secret Santa gift-giving. We pull names out of a hat and buy the person we have selected a meaningful gift on a predetermined budget.

“Over the Christmas table with the extended family we have another Secret Santa. But these are silly, cheaper gifts and usually we end up with people swapping, stealing, throwing gifts, or tackling each other!”

### **Di, Lismore Support Group**

“We are taking a family trip to Cairns a little early for Christmas. There we will put presents for our 5- and 8-year-old grandchildren under the tree which they have already decorated. We’ll then have a special celebration with them.

“We shall return in time for our Support Group Christmas lunch and after that we are planning a quiet and relaxed Christmas. Maybe we will have a few people over for a no-fuss meal or two. It will be very low key!”

### **Kristin, Speech Pathologist, Eastern Suburbs Young Onset Support Group**

“Our Group had their Christmas get together at a local pub last week.

“My own plans are to visit extended family in Adelaide for Christmas, then depart on a holiday to Italy and Finland.”

### **Vivienne, Nepean Blue Mountains Support Group**

“Our Support Group will have a Christmas lunch on 15 December. We anticipate more than 30 will attend. The ladies usually wear something Christmassy and there will be two lucky door prizes. We are very fortunate to have a happy group which is very social and supportive.

“We will spend Christmas Eve together as a family. We have a tradition of adults doing Secret Santa while kids each receive a Santa sack under the tree that gets filled.

“The kids have a swim and play, then open presents before sitting down for a meal in the afternoon.

“All contribute to the meal: My daughter’s husband has a special potato bake recipe, which accompanies the ham, chicken, bread rolls, and salads, then fruit for dessert. My daughter also makes a trifle ‘to die for’ and there will be jelly and Freddo Frogs for the kids.”

## **Christmas deadline for ordering from Webstercare**

Medication management solutions provider Webstercare has advised people living with Parkinson's to get their Christmas orders in before 16 December.

Only orders for Webster-pak® received before this date can be fulfilled before Christmas.

Webstercare will then be closed on 26 and 27 December and 2 January for public holidays.

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## **Christmas Office Closure**

The Parkinson's NSW office will be closed from 23 December 2022 to Monday, 9 January 2023.

We have put together a list of useful contacts if needed during this period.

## **EMERGENCY CONTACTS**

FOR URGENT ASSISTANCE AND GENUINE EMERGENCIES DIAL 000

Lifeline - 131 114

Beyond Blue – 1300 224 636

SES – 132 500

Poisons Information Centre – 131 126

Keep handy the following contact details specific to you and your local area

- your GP
  - your local hospital
  - your local pharmacist
  - your local police
  - local medical centre
  - local emergency dentist
  - A local plumber and electrician working throughout the holiday season
  - roadside assistance provider
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