

# CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

Blessed are those who can laugh at themselves....

Web site: [www.heartstohands.org](http://www.heartstohands.org)

They shall never cease to be entertained

**DATE:** April 6, 2019

**TIME:** 12:00 – 4:00 PM

**Program:** 4th Annual Educational Seminar

**WHERE:** Jump Trading Simulation & Educational Center

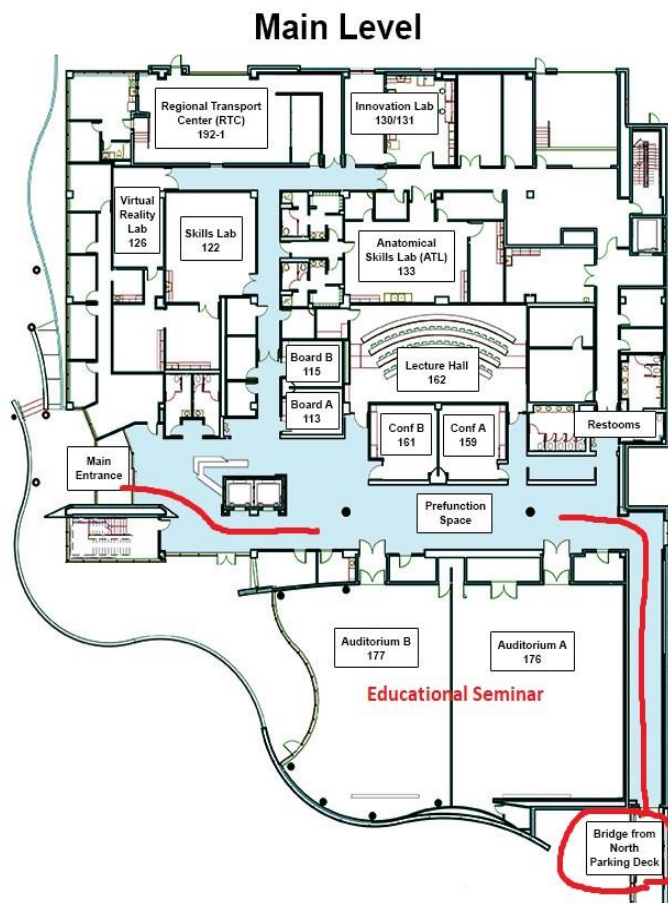
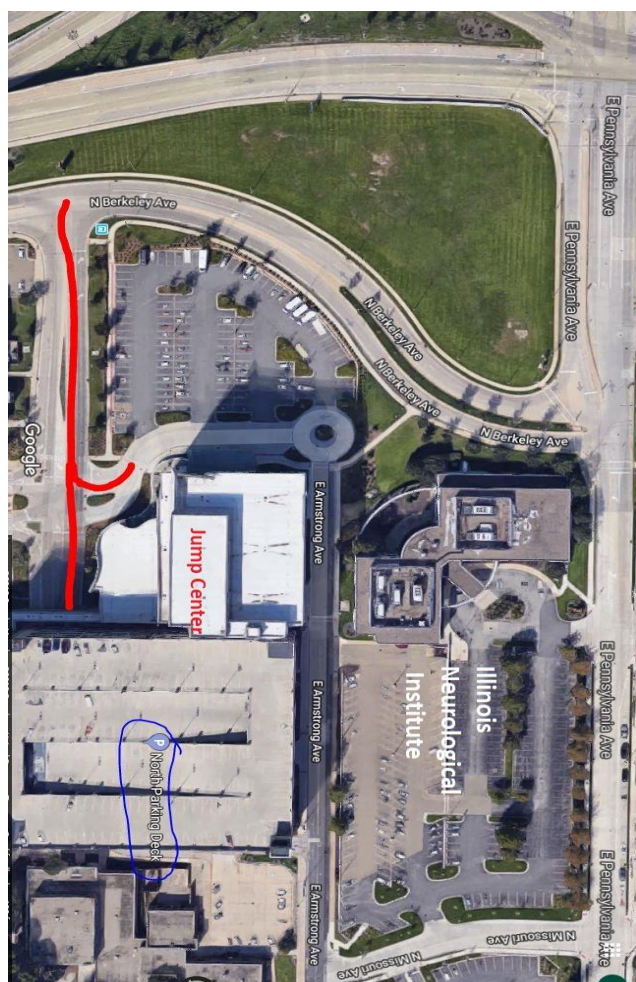
1306 Berkeley Ave.

Peoria, IL 61603

At our March meeting we viewed the film "10 Mountains 10 Years" as a Set up to our April Educational Seminar when Enzo Simone will be filming part of the Seminar for his upcoming Movie "Pilgrimage to Enlightenment" The Journey To Becoming An Advocate. This will be the final Chapter in the "10 Mountains 10 Years" Project.

Our Next meeting is April 6, 2019 4<sup>th</sup> Annual Educational Seminar co-hosted with the American Parkinson's Disease Association Midwest Chapter, please note the location and time of this event is different than our normal meeting. It will be held at the **Jump Trading Simulation & Educational Center. 1306 Berkeley Ave. Peoria, IL 61603 starting at 12:00PM**

You may park for free in the nearby North Parking Deck at OSF Saint Francis Medical Center. Free valet parking is available for all visitors at the main entrance, on the first floor of the North Parking Deck Ask them for directions To Jump Center, there is parking available in front of the building you can see the just to your left after you turn off Berkley.



# April is Parkinson's Awareness Month

April is Parkinson's Awareness Month What do you have planned to help promote Awareness in our Community? Well here are a few ideas;

Wear something related to Parkinson's every day. T-Shirts would be great, if you have several Parkinson's related shirts Wear them. If you just do laundry a little more often you can have a shirt for every day!!!

A Parkinson's pin is another option of something you can wear. We have the tulip pins for \$ 5.00 see Barb or myself at the meeting. Wear a Temple Project or Pedal for Parkinson's wrist bands we have those at no cost.

Take a picture of your self-wearing something to support Parkinson's send it to me at peoriapdgroup@comcast.net and I'll post it on our Facebook page.

Attend the APDA Midwest Chapter Seminar on April 6<sup>th</sup>, at 12:00 noon. Jump Center at OSF, this is in place of our normal meeting.

The Cities of East Peoria and Peoria have signed Proclamation designating April as Parkinson's Awareness month with those Cities. East Peoria City Council presented the Proclamation to us on Tuesday March 19<sup>th</sup> at the City Council Meeting. The City of Peoria will present their Proclamation on Tuesday March 26<sup>th</sup> at 6:00PM at the City Council Meeting. It would be nice to have a large present at the meeting, Call or email me if you are interested in attending. The Reading of the Proclamation will take place right about 6:00PM and you do not need to stay for the whole meeting.

**Let's raise some Awareness this month and show the Community that we are standing up to Parkinson's**

## PD/AP Discussion Group

- Become a part of a new Parkinson's Disease/Atypical Parkinsonism discussion group
- Third Friday of the month – next one is **04/19/2019**

Different topic each month: This group was designed with the idea that there are times when PD patients just want to be with others talking about topics they choose.

Location: 2500 N. Main, East Peoria, IL

- Time: 12:00 p.m. – 2:00 p.m.
- Questions? Call (309) 634 6357
- Join us for a lively and informative discussion!

The next meeting of the Third Friday Parkinson's Disease Discussion Group will be April 19<sup>th</sup>, 2019 at the MadDog offices, 2500 N. Main, East Peoria. The time is 12:00-2:00 p.m. This group was designed with the idea that there are times when PD patients just want to be with others talking about topics they choose. Please feel free to join us.



Meet Enzo and enjoy a great meal.

The Central Illinois Parkinson's Support Group will Welcome Enzo to town on Friday night April 5, 6:00pm.

Sky Harbor Steak House

Make your reservations with Roger 309 219-1210 or peoriapdgroup@comcast.net

## Spotlight on Parkinson's Disease: What to Do When Your Medications Stop Working

Tuesday, April 2, 2019

12:00 PM – 1:00 PM ET

Spotlight on Parkinson's Disease: What To Do When Your Medications Stop Working

Join the American Parkinson's Disease Association for, Spotlight on Parkinson's Disease: What To Do When Your Medications Stop Working Tuesday April 2<sup>nd</sup> at 11:00 AM CT.





**The Central Illinois Parkinson's Support Group  
APDA Midwest Chapter  
Presents our 4th Annual Educational Seminar  
April 6, 2019 12:00PM**



**Jump Trading Simulation & Education Center  
1306 N. Berkeley Avenue Peoria, IL 61603**



**Speakers will include;**



**OSF HEALTHCARE  
Illinois Neurological Institute**

**Bill Bucklew**

**Motivational Speaker**

**Walked across the US. Raising Awareness for Parkinson's**



**Dr. Zayas**

**What your Doctor needs from you To Treat you better  
Protein and your PD meds**



**A Light lunch**

**will be provided**

**Educational Displays,**

**Parkinson's related  
Vendors**

**Sheryl Jedlinski**

**Author and PD Patient Advocate**

**"Parkinson's? You're Kidding Me Right"**

**Question and answers OSF Illinois Neurological Institute Team**

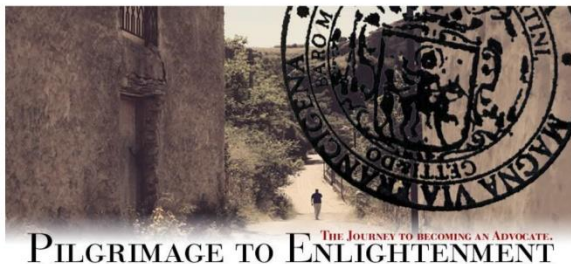
**Dr. Lamichhane, Dr. Zayas, Melissa Glass, APRN**

**Round Table Discussion**

**On Advocacy and Care Partners by some of the best Parkinson's Advocate's**

**This is a free event, but you must Register**

**<https://www.surveymonkey.com/r/APDAPeoria2019> or Call 630 933-4392**



This Event will be filmed for the upcoming Movie  
"Pilgrimage to Enlightenment" The Journey To  
Becoming An Advocate  
The epic final chapter in the "10 Mountains 10 Years"  
project.

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