

# 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 3, 2021**

**TIME: 12:00PM**

**Program: A Multi Speaker Event, please see information included in this Newsletter**

**Where: On Zoom**

<https://us02web.zoom.us/j/81916114739?pwd=S2hmV0Q4c0RIQmd30WxZaHd6VFcrQT09>

Last Month Matt Fowler, from ABBOTT spoke on Nutrition with a little bit of DBS. We do have coupons for ABBOTT Nutrition shakes and Protein bars if you would like some just send me an email with you address and I will mail some out, or they will be available at Rock Steady Boxing after the 23<sup>rd</sup>. Matt's contact information is [matthew.fowler@abbott.com](mailto:matthew.fowler@abbott.com)



Here is a Great way to help the Support Group, please share this information with your Family and friends. This link will take you directly to smile.amazon.com in support of Central Illinois Parkinson's Support Group you won't have to search for us. Use this link every time you shop Amazon. <https://smile.amazon.com/ch/83-2656727>

Looking forward in 2021, I have a tentative plan to start holding in person meeting starting with the May 1, 2021 Meeting. Let us hope that this will work out for us.

So, please get you updated information to us as soon as possible. It is extremely easy to fill out the information on the website, I do not want anyone to miss out on Our upcoming Events and Plans.



Register here for this event,

<https://www.apdaparkinson.org/events/midwest-parkinson-congress-2021/>

Thursday, April 8

10:00 am Leslie Chambers, President and CEO of APDA – Welcome

10:10 am Heather Kennedy – The Elliot and Mary Ann Stein Keynote Speaker: Presentation/Q&A

11:05 am Joel Perlmutter, MD – The Latest in PD Research: Presentation/Q&A

12:00 pm Pick one (1) breakout option

Breakout Option 1:

12:00 pm Johanna Hartlein, RN, MSN - Speak Up! How to Talk to Your Healthcare Team about PD: Presentation/Q&A

Breakout Option 2:

12:00 pm Stephanie Martinez, Esq. – Estate Planning Basics: Presentation/Q&A

12:45 pm Jenny Johnson – APDA Wrap-Up

Friday, April 9

10:00 am Cathy Krane, Executive Director, Greater St. Louis Chapter – Welcome

10:10 am Michael Mercury, MD – Depression and Anxiety in PD: Presentation/Q&A

11:05 am Kevin Klos, MD – Caregiving: Myths and Misconceptions: Presentation/Q&A

12:00 pm Pick one (1) breakout option

Breakout Option 1:

12:00 pm Lynda Nwabuobi, MD – State of Parkinson’s Disease Care in African Americans: Presentation/Q&A

Breakout Option 2:

12:00 pm Tiffany Turner, MS, CCC-SLP, BCS-S – Voice and Swallowing Muscles: Use Them or Lose Them: Presentation /Q&A

12:45 pm Roger Halleen– APDA Wrap-Up

**Join Us**

**Saturday April 3<sup>rd</sup> 12:00PM**

**For The**

**Central Illinois Parkinson's Support Group**

**Educational Symposium**

**This is a multi-Speaker Event on Zoom**

**Peoria City Councilman Sid Ruckriegel**

**Proclamation from City of Peoria**

**Dr. Kavya Moravineni,**

**INI Movement Disorder Clinic**

**Lauren Schuler, Occupational Therapy St.**

**Ambrose University's**

**Brittany Heidemann, MS CCC-SLP**

**OSF HealthCare Rehabilitation**

**More information Coming soon please visit**

**[www.heartstohands.org](http://www.heartstohands.org)**

**Join Zoom Meeting**

**<https://us02web.zoom.us/j/81916114739?pwd=S2hmV0Q4c0RIQmd3OWxZaHd6VFcrQT09>**

## **Please update your information on the website.**

Central Illinois Parkinson's Support Group Membership.

We have made the decision to suspend dues for the coming year of 2021.

We would like everyone to update their information so that we can maintain accurate membership information that will allow us to keep you updated on all the Support Group happenings.

Please visit <http://www.heartstohands.org/support.html>

and use the Membership Information form on the page to update your information. This information will be sent to the Support Group only and we do not sell or give out Our Members information. If you prefer you can Send this information to, Central Illinois Parkinson's Support Group 1744 Kingsbury Rd. Washington IL. 61571

For more information on this Newsletter or the Parkinson's Support Group Please feel free to contact Barb or Roger Halleen 309 219-1210 or [roger@cipdsupportgroup.org](mailto:roger@cipdsupportgroup.org)

## **Panera Fundraiser**

Please support the Parkinson's Support Group by visiting the East Peoria Panera's on April 11th (World Parkinson Day and James Parkinson Birthday) April 11th between 4:00PM and 8:00Pm the East Peoria Panera's will a portion of the proceeds from their sales to the Central Illinois Parkinson's Support Group. You must show them the attached flyer for your order to count.



Panera  
**FUNDRAISING**

HELP SUPPORT

# CENTRAL ILLINOIS PARKINSONS SUPPORT GROUP

**WHERE** 496 West Washington Street, East Peoria, IL 61611

**WHEN** Sun, Apr 11th

**FROM** 4:00pm - 8:00pm

Order online at [panerabread.com](http://panerabread.com) and enter code **PRFUND** at checkout.  
You can also bring this flyer or show a digital version to the cashier when ordering at the cafe to ensure your organization gets a portion of the proceeds.

## WE'RE COMMITTED TO YOUR SAFETY.

We offer a variety of ordering options so you can support the cause in whichever way you feel most comfortable. Services vary by cafe.



\*20% of total net sales from your designated fundraising event will be donated to your organization.  
Gift card, catering, kiosk and orders placed on third party delivery sites are excluded and will not count towards the event.  
Other restrictions apply. For complete details, visit: <http://fundraising.panerabread.com/terms-conditions/>

Learn more at [Fundraising.PaneraBread.com](http://Fundraising.PaneraBread.com)

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# STATE OF ILLINOIS

EXECUTIVE DEPARTMENT

SPRINGFIELD, ILLINOIS

## Proclamation

Presented this 19<sup>th</sup> day of March 2021

*WHEREAS, Parkinson's disease is a chronic, progressive disorder of the nervous system that affects movement for which there is currently no cure; and,*

*WHEREAS, one million people in the United States are currently living with Parkinson's disease with an additional 50,000-60,000 new cases diagnosed each year, making Parkinson's disease the 14<sup>th</sup> leading cause of death in the US according to the Centers for Disease Control; and,*

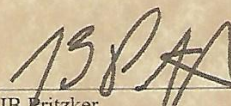
*WHEREAS, every day the American Parkinson Disease Association provides the support, education, and research that will help everyone impacted by Parkinson's disease live life to the fullest, through research, patient and family services, education and more; and,*

*WHEREAS, increased efforts and awareness are desperately needed to help expedite the research efforts into better treatments, medications and ultimately a cure, as well as enhanced programs and services to help those impacted by Parkinson's disease live life to the fullest until a cure is found; and,*

*WHEREAS, the world, the nation, and the State of Illinois observe Parkinson's Disease Awareness Month in April 2019;*

*THEREFORE, I, JB Pritzker, Governor of the State of Illinois, recognize the efforts of Central Illinois Parkinson's Support Group to raise funds and promote awareness to fight Parkinson's disease, thereby improving the quality of life for those living with the disease.*



  
JB Pritzker  
Governor, State of Illinois



# The City of East Peoria



## Proclamation

**WHEREAS**, Parkinson's disease is a chronic, progressive disorder of the nervous system that affects movement for which there is currently no cure; and

**WHEREAS**, one million people in the United States are currently living with Parkinson's disease with an additional 60,000 new cases are diagnosed each year; making Parkinson's disease the 14th leading cause of death in the US according to the Centers for Disease Control; and

**WHEREAS**, every day the American Parkinson Disease Association provides the support, education, and research that will help everyone impacted by Parkinson's disease live life to the fullest, through research, patient and family services, education and more; and

**WHEREAS**, increased efforts and awareness are desperately needed to help expedite the research efforts into better treatments, medications and ultimately a cure, as well as enhanced programs and services to help those impacted by Parkinson's disease live life to the fullest until a cure is found; and

**WHEREAS**, the world, the nation, and the State of Illinois observe Parkinson's Disease Awareness Month in April 2021; and

**WHEREAS**, the State of Illinois recognizes the efforts of Central Illinois Parkinson's Support Group to raise funds and promote awareness to fight Parkinson's disease, thereby improving the quality of life for those living with the disease; and

**NOW, THEREFORE, I, JOHN P. KAHL**, Mayor of the City of East Peoria, Illinois, in recognition of more than 60 years of indispensable services of the American Parkinson Disease Association and to the residents of East Peoria, Illinois, do hereby proclaim April 2021 as

### **PARKINSON'S DISEASE AWARENESS MONTH**

Given under my hand in these free United States in the State of Illinois, on this 16<sup>th</sup> day of March 2021 and to which I have caused the Seal of the City of to be affixed and have made this proclamation public.



*John P. Kahl*  
\_\_\_\_\_  
MAYOR  
*Morgan R. Cadwalader*  
\_\_\_\_\_  
ATTEST: CITY CLERK



*Office of the Mayor*



# Proclamation

WHEREAS, Parkinson's disease is a chronic, progressive disorder of the nervous system that affects movement for which there is currently no cure; and

WHEREAS, one million people in the United States are currently living with Parkinson's disease. An additional 50,000-60,000 new cases are diagnosed each year, making Parkinson's disease the 14<sup>th</sup> leading cause of death in the U.S., according to the Centers for Disease Control; and

WHEREAS, every day, through research, patient and family services, and education, the American Parkinson Disease Association provides the support, education, and research that help everyone impacted by Parkinson's disease to live life to the fullest; and

WHEREAS, increased efforts and awareness are desperately needed to help expedite the research efforts into better treatments, medications, and ultimately a cure, to help those impacted by Parkinson's disease live life until a cure is found; and

WHEREAS, the world, the nation, and the State of Illinois observe *Parkinson's Disease Awareness Month* in April 2021; and

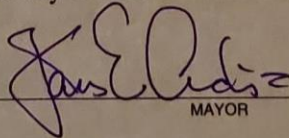
WHEREAS, the State of Illinois recognizes the efforts of the Central Illinois Parkinson's Support Group to raise funds and promote awareness to fight Parkinson's disease, thereby improving the quality of life for those living with the disease;

NOW, THEREFORE, I, Jim Ardis, Mayor of the City of Peoria, Illinois, do hereby recognize April 2021 as

## PARKINSON'S DISEASE AWARENESS MONTH

In Peoria, Illinois.

Dated this 23rd day of March 2021 A.D.

  
MAYOR