

# 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: August 3, 2019**

**TIME: 1:30 – 3:30 PM**

**Program: Care and Share with Tammy Lott LCPC. and Tonya Welch BSW.**

**WHERE: OSF Center for Health**

**5114 N. Glen Park Place**

**Peoria, IL 61614**

Back by popular demand, the program for our August meeting will be a Care and Share discussion with Tammy Lott and Tonya Welch from INI. Tammy and Tonya work for the Illinois Neurological Institute, Movement Disorder Clinic in the field of counseling and Social Work. We will have time for general discussion and time to divide into groups for discussion among the People with Parkinson's and the Care Partners'. Tammy and Tonya gave this type of program at our February meeting and everyone has been asking for a repeat.

50 people attended our picnic that was held in place of our general meeting. The food was outstanding, but the weather was HOT... Rick and his percussion provided us great entertainment and all of those in attendance had a great time. The Support Group provided the fried Chicken and everyone brought the favorite dish to pass, I don't think anyone left hungry. Thank you to Dorian, Ned and Rock Steady Boxing for the use of the facility and setting everything up.



There will be no meeting in September as Barb and I will be in Naperville for the American Parkinson's Disease Associations Optimism walk. If you would like to join about 500 other people and have a great morning walking and raising funds for the APDA please Join us; Saturday, September 7, 2017 9:30 am Naperville Riverwalk Grand Pavilion 912 Honorary Memorial Sindt Court Naperville, IL 60540

You Can join Our Support Group Team by clicking this link

<https://apdaparkinson.donordrive.com/index.cfm?fuseaction=donorDrive.team&teamID=8579>

**Please remember that the APDA support us year round**

Friday Afternoon Parkinson's Discussion Group, August 17th 12:00 - 2:00 p.m. at the Burklund Distributing building 2500 N. Main, East Peoria, IL. Use MadDog Cleaning entrance.

The October meeting will feature Troy Iaconis with AbbVie He will be talking about Duodopa and the pump unit

November will be Pedal For Parkinson's held November 2<sup>nd</sup> at the River Plex. See information on the back.

December will be our Christmas Lunch held December 7<sup>th</sup> at the Fox Pub.

For more information please feel free to contact Barb or Roger at 309 699-7394 or 309 219-1210



Larry Kellerman sent this to me it may be of interest to most of us.

Brain Support Network and Stanford University will be co-hosting another free, one-hour webinar next month on evaluating and treating urinary problems in Parkinson's Disease, multiple system atrophy, and the other atypical parkinsonism disorders (progressive supranuclear palsy, corticobasal degeneration, and Lewy body dementia).

"Evaluating and Treating Urinary Problems in PD, MSA, and the Other Atypical Parkinsonism Disorders"

When: Friday, August 23, 2019, 3-4pm Pacific Time (US and Canada)

Speaker: Dr. Ekene Enemchukwu, a urologist at Stanford Register in advance for this webinar:

<http://bit.ly/32w0Fid>



Please take a few minutes and fill out this simple Survey Help APDA by filling out this quick online survey to help us determine the best way to provide programs and support to the Parkinson's community.

Click here <https://www.apdaparkinson.org/webinar/>

This page also contains the links to the APDA Webinars I have used some of these in our Support Group Programming and there could be others that interest you.



IN A WORLD OF  
ADVOCATES THEY  
WERE EXPECTING  
SHEEP.

THEY DIDN'T REALIZE  
THAT SOME OF US  
WERE LIONS.

WORLD UP  
ENZO

Here's that Outstanding Group of Advocates the hike 120 miles in 100 – 115-degree heat across Sicily



Here are some photos from our Picnic.