

CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

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

Web site: www.heartstohands.org

They shall never cease to be entertained

DATE: August 4, 2018

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.

40 people attended our picnic that was held in place of our general meeting. The food and weather were outstanding 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.

Tri County Cab Company

We are working with Tri-County Cab Company of Peoria to help provide rides to our meetings. We realize that at some times people have a transportation problem and we hate to see you miss important meeting. While the cost of this is expensive and our funds are limited we will not be able to provide rides to every meeting but to be able to use this to help people get to meeting that they think will be helpful to them. Please talk to Roger or Barb in advance of the meeting if you need a ride, as this service must be preapproved.

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 8, 2018 9:30 am Naperville Riverwalk Grand Pavilion 912 Honorary Memorial Sindt Court Naperville, IL 60540



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.

Our October meeting Claudia Revilla an Ambassador for the Michael J Fox Foundation will be speaking.

November will be Pedal For Parkinson's held November 10th at the River Plex. See information on the back.

December will be our Christmas Lunch held December 1st at the Fox Pub.

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

PEDAL FOR PARKINSON'S

A Fundraising and Awareness Event Sponsored by
Central Illinois Parkinson's Support Group



To Support the Cause of
The Don Bohlander Parkinson's Disease FundRACERS
The American Parkinson's Disease Association Midwest Chapter



Saturday November 10, 2018
1:00 - 4:00 pm
River Plex
Recreation & Wellness Center
600 NE Water St. Peoria, IL

Questions and Answers
With
Dr. Dronacharya Lamichhane
and Melissa Glass APN CNP
A Presentation By
OSF Health Care Rehabilitation

A Presentation By
Dr Luis Zayas

Parkinson's Disease
More Than Motor Symptoms
Presented by
Lori M Guyton, MD
Neurology of Southern Illinois, Ltd.



Visit www.heartstohands.org/events for more information

Donation may also be made at; <http://www.pedalforparkinsons.myevent.com/>



PEDAL FOR PARKINSON'S

Please sponsor me for my participation in PEDAL FOR PARKINSON'S I will be riding a stationary bike for 15 minutes _____ or 30 minutes _____
Your support of the event will go a long way towards Parkinson's awareness and working towards finding a cure for this devastating disease.

Name _____

Address _____ Phone _____

	Name	Address	Phone	Amount
1				
2				
3				
4				
5				
6				
7				
8				

Make checks Payable to **APDA Midwest Chapter** or **Bohlander Fundracers**