

# 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 1, 2020**

**TIME: 1:30 PM**

**Program: No Program just come talk about what ever**

**WHERE: On Zoom <https://us02web.zoom.us/j/89411554211>**

It was decided that it was still very risky to meet in person and therefore we will postpone our Care and share meeting until a later date. Feel free to sign into Zoom at 1:30 on August 1<sup>st</sup> and we will just have time for open discussion.

Our Annual Picnic was success with all things considered, Heat and COVID-19.



We did have 12 people attend in person and 12 people attend on Zoom, it was good to get together and talk with everyone for a little bit.

John wow the gift card for having the best decorated picnic display.



**Loud Crowd Zoom Meeting.**

**Topic: Parkinson's Speech and socializing.**

**Will continue Fridays in August**

**Please use this link to attend <https://us02web.zoom.us/j/88570835043>**

If you would normally go to Loud Crowd on Wednesday or Fridays, please feel free to join us on Friday afternoons. In fact, if you would like to just join us for some Parkinson's Speech and socializing please feel free to do so.

This is NOT OSF sponsored or facilitated. There will not be any real group leader or a speech therapist to lead the meetings, but solely for you all to come together to socialize and encourage each other to keep practicing and speaking with INTENT

**Rock Steady Boxing** Ned is doing live workouts on ZOOM on Tuesday and Thursday at 10:30Am. If you are a Rock steady Boxer and have not received an email, please contact Ned at [neddeedee@yahoo.com](mailto:neddeedee@yahoo.com)



The large scale symposium that was planned for April and had to be canceled due to the COVID-19 restrictions is now part of the The Midwest Parkinson's Congress, a virtual educational symposium for people with Parkinson disease, care partners, family and health care professionals.

2020 Virtual APDA Midwest Parkinson Congress - August 13th & 14th

DATE: August 13 & August 14

TIME: 10:00am - 1:00pm

Co-hosted by the APDA Greater St. Louis Chapter and the APDA Midwest Chapter

This is a free event but you must register. <https://www.apdaparkinson.org/community/st-louis/upcoming-events-stl/2020-midwest-parkinson-congress/>

Thursday, August 13, 2020

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

10:10 am Joel Perlmutter, MD – What's New in Research

10:40 am Joel Perlmutter, MD - LIVE Q&A

10:55 am BREAK - Sponsor Content

11:05 am Aasef Shaikh, MD – Parkinson's Disease: A Balancing Act

11:35 am Aasef Shaikh, MD - LIVE Q&A

11:50 am BREAK - Sponsor Content

12:00 pm Rebecca Gilbert, MD– Sleep and Fatigue

12:30 pm Rebecca Gilbert, MD - LIVE Q&A

12:45 pm Cathy Krane – APDA Wrap-Up

Friday, August 14, 2020

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

10:10 am Jennifer Goldman, MD, MS – Cognitive and Other Non-Motor Behaviors and How to Cope with Their Manifestations

10:40 am Jennifer Goldman, MD, MS - LIVE Q&A

10:55 am BREAK – Sponsor content

11:05 am Tao Xie – DBS in PD: Optimal Patient Selection, Limitations, and New Developments

11:35 am Tao Xie Q&A

11:50 am BREAK - Sponsor Content

12:00 pm Rebecca Gilbert, MD – Medical Marijuana and Parkinson Disease

12:30 pm Rebecca Gilbert, MD - LIVE Q&A

12:45 pm Roger Halleen – APDA Conclusion



**Will you please join our Team, I have created a Support Group Team page for the American Parkinson Disease Association, Virtual! Midwest Optimism Walk.**



**APDA OPTIMISM WALK  
GOES VIRTUAL!**  
**SATURDAY, SEPTEMBER 12, 2020**



There's two ways you can help us out, the first and by far the best is to join our team and build your support, raising your own donations for the APDA, then get out and walk on the 12th of September. You won't have to travel anywhere just get out and walk up and down your street.

The second way is the easiest just make a donation to either Barb or myself on the walk page and you will be helping out greatly.

Here is the link to the Walk page.

<https://apdaparkinson.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=947>

**Here are some webinar programs that might benefit you also.**



INBRIJA™ is used to treat OFF periods in adults taking carbidopa/levodopa.

Do not use INBRIJA if you have taken a nonselective monoamine oxidase inhibitor (eg, phenelzine or tranylcypromine) within the last 2 weeks.

Please see Additional Important Safety Information below.

**31  
JUL**

**LIVE WEBINAR**

**REGISTER NOW**

or call 1-833-INBRIJA

**Recognizing OFF Periods in Parkinson's**

Click here for more information, [https://www.learninbrija.com/register?event\\_id=2020-ACO-US-SB-0005875#RegisterForm?utm\\_source=inbconreg&utm\\_medium=email&utm\\_campaign=EMINB8211INV&utm\\_content=Register](https://www.learninbrija.com/register?event_id=2020-ACO-US-SB-0005875#RegisterForm?utm_source=inbconreg&utm_medium=email&utm_campaign=EMINB8211INV&utm_content=Register)

## LOOKING AHEAD...



### Dr. Gilbert Hosts...

Join us for a series of informative Q&A sessions hosted by Dr. Rebecca Gilbert (via Zoom). Each session features a discussion with an expert, along with questions from attendees. All sessions are recorded and are available for you to view any time.

**Monday, August 10th @ 12pm ET**

**[Registration Required!](#)**

**Topic: *Intentional Optimism - A Conversation with Bill Rasmussen, Founder of ESPN***

This program is supported by a grant from Genentech.



**Monday, September 10th @ 12pm ET**

**[Registration Required!](#)**

**Topic: *Gene Therapy and Parkinson's Disease with Dr. Timothy Greenamyre***

Register here,

[https://apdaparkinson.zoom.us/webinar/register/WN\\_abEv098uRQyl9EYA\\_E5T1g](https://apdaparkinson.zoom.us/webinar/register/WN_abEv098uRQyl9EYA_E5T1g)

### Yoga for PD: Virtual Yoga with Elizabeth Durnin, Certified Yoga Therapist

**Thursday, July 30 @ 12 Noon ET**

This program is supported by a grant from New York Foundation for Eldercare.



Register here,

<https://apdaparkinson.zoom.us/meeting/register/tZYuduqtpjsh9Wdn7-gh98UkMdpjGLshekU>

### APDA Partners with Dance for PD

**Every Tuesday from 11 am to 12 Noon ET**

People living with Parkinson's and their families are invited to explore elements of different dance styles from the safety of home with energizing and inspiring music as a guide.

This program is generously supported by the New York Fund for Eldercare.



More information is here,

<https://danceforparkinsons.org/resources/dance-at-home/dance-for-pd-at-home-tuesdays>