

# 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: December 2, 2017**

**TIME: 12:00 Noon (Note Change in Time)**

**Program: Christmas Lunch [Ugly Sweater Contest]**

**WHERE: 7800 N Sommer St #302,  
Peoria, IL 61615 (Note change in Location)**

Pedal For Parkinson's was a fantastic event that was attended by about 60 people. I want to thank everyone that attended for making this event successful. A big Thank you goes out to Dr. Lamichhane, Melissa Glass APN. CNP. and Dr. Zallek for taking time out of their Saturday afternoon to be part of the program and deliver some very good information.

If you still wish to make a donation please talk to me at the Christmas lunch, or visit; <http://www.pedalforparkinsons.myevent.com/>

## CIPSG & RSBOXING CHRISTMAS LUNCH

WHERE: FOX PUB Location: 7800 Sommer St Peoria 61615 Phone 692-3693  
WHEN: Saturday, December 2, 2017  
MEAL CHOICES: Fish and Chips, Charbroiled Chicken Salad or Bangers and Mash  
PRICE : \$15 per person. Includes: meal, soft drink, tax and tip.  
TIME: 12:00 Noon

Dues for 2018 are \$7.00 per person. You can pay for lunch and dues at the same time Make checks payable to CIPSG You can mail checks to me (6901 N Galena Rd apt 302 Peoria.61614, see me at Rock Steady Boxing (Mondays, Wednesdays or Saturdays, or at Pedal for Parkinson's. Importantly let me know what you want to eat

RSVP By Thanksgiving  
[brucecolley4@hotmail.com](mailto:brucecolley4@hotmail.com)  
309-689-2265 H 309-361-4158 C  
Bruce (Tequila) Colley



The December meeting will be our annual Christmas Lunch to be held at the Fox Pub 7800 Sommer St. Peoria 61615. You will have the choice of Fish and Chips, Charbroiled Chicken Salad or Bangers and Mash. The cost is \$15.00 and includes a soft drink, tax and tip. Please notify Bruce of your choice either by phone, 689-2265, or e-mail [brucecolley1@gmail.com](mailto:brucecolley1@gmail.com) before **November 24<sup>th</sup>**.

Adult beverages will be available but **not included** in the cost of the meal. Let's change things up a bit this year and have an Ugly Sweater Contest. Prizes will be awarded!

Journal Star Christmas Fund, as in the past we will also be taking up a collection for our annual donation to this Fund.

Bruce is also collecting dues for 2018 at the meeting. They are \$7.00 per person.

Next year's meetings will be as follows;

January 6, February 3, March 3, April 7, May 5, June 2 July 7, August 4, September 8, October 6 November 10, and December 1. Some highlights of next year's meeting will be the APDA Educational Seminar on April 7<sup>th</sup>, Our Picnic Lunch on July 7<sup>th</sup>, and Pedal For Parkinson's on November 10, 2018

To plan a Holiday Parkinista's coffee please contact Barb at (309) 712-3770 or (309) 699-7394 or email her at [barbiefish@comcast.net](mailto:barbiefish@comcast.net).

**I Human Dynamics and Controls Lab**  
DEPARTMENT OF MECHANICAL SCIENCE AND ENGINEERING

**Test Participants with Spasticity or Rigidity Needed**


**✓ Eligibility**

- 18-80 years old with spasticity or rigidity about the elbow joint
- Need to be in a stable neurological condition that causes spasticity or rigidity
- No other significant neurological disorders
- No history of muscular or skeletal disorder about the elbow joint

**🕒 Time & Benefit** – Testing will take 20 ~ 30 minutes. Participants will receive a \$25 gift card

**📋 Procedure** – A couple of sensors will be attached onto the participant's arm via elastic straps or medical-grade adhesive. This experimental prototype device will record arm position and muscle force while a clinician performs a standard clinical passive stretch test of the elbow (i.e., flexes and extends the elbow). All testing is non-invasive.

**🏠 Location** – OSF Healthcare Illinois Neurological Institute, Peoria IL  
**Contact** – Leo Song | ph: (765) 543-4141 | [ssong47@illinois.edu](mailto:ssong47@illinois.edu)



Leo Song, a graduate student at University of Illinois at Urbana-Champaign, is conducting a Rigidity Clinical study

I just want to give you a quick introduction of our project. We are developing a wearable and portable device (called PVRM) strapped around the user's upper and lower arm in order to accurately assess the rigidity (tight muscles) of the users' arm. PD patients can develop rigidity, and right now the clinicians are relying on their personal interpretation to assess rigidity. So we developed this device to accurately and objectively measure rigidity. Now, we are currently performing clinical trials on patients with rigidity.

For those who are interested in this study, please contact Leo (Seung Yun), Song (765) 543 4141 or [77bisko@gmail.com](mailto:77bisko@gmail.com)

Peoria Heights Helping Hands Resale Shop donates to the Central Illinois Parkinson's Support Group. Helping Hands Resale Shop located at 1003 East War Memorial Dr. recently made a donation to the Parkinson's Support group in the amount of \$200.00. Please stop in the shop and thank them for their generous support. Thanks to Heidi Bauer for working with them to arrange this donation.

ADVERTISEMENT

**Peoria Heights Helping Hands Resale Shares Proceeds from July**

Helping Hands Resale Shoppe in Peoria Heights has already shared **\$4,795** with local organizations from the proceeds after expenses raised during our first four months in Peoria Heights.



Pictured from left to right are: Store Manager Toni Craig-Troxel; Barb Halleen, Rodger Halleen & Heidi Bauer accepting donation for Rock Steady Boxing for Parkinson; Paige Dodson accepting donation for Girls on the Run; Jessie Eberle & Raylee Brown accepting donation for First English Lutheran Church Youth Group Mission Trip; Sheree Lyles accepting donation for The Heartland; Carolyn & Ben Dodge accepting donation for Congregational Church Food Pantry

Thanks for all of the great support and donations! Please stop in and talk to our manager about how you can get involved.

We are located at the corner of War Memorial Drive and Monroe Avenue – 1003 East War Memorial Drive.

Check us out on Facebook – Peoria Heights Helping Hands Resale Shoppe