

# 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: January 9, 2021**

**TIME: 1:30PM**

**Program: Best wishes to Melissa Glass, Melissa will be retiring at the end of December and we will use this time to Thank her and wish her the best in retirement.**

**This will Be on Zoom please follow this link.**

**Topic: Central Illinois Support Group**

**Time: Jan 9, 2021 01:30 PM Central Time (US and Canada)**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/81718484245?pwd=RnAraXVsWUFqSUIcZVpVa0Voa1RYZz09>

**Meeting ID: 817 1848 4245**

**Passcode: 740768**

**One tap mobile**

**+13126266799,81718484245#,,,,,0#,,740768# US (Chicago)**

**Get your Favorite drink or snack and join us in Thanking Melissa Glass for all of her work with the Parkinson's Patients and wish her the best in retirement.**

I would like to thank Supernus, makers of Apokyn and Xadago, for sponsoring Dr. Salima Brillman. Thank you to Dr. Brillman for taking time out of her Saturday afternoon to talk to us about managing off times. I hope everyone was able to pick up some helpful information. The program was recorded and is available on a flash drive if you missed it or would like to see it again.

**Support  
Central Illinois Parkinsons  
Support Group.**

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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>

I have been receiving a number of questions about the COVID -19 Vaccine and while my standard answer is always please discuss this with your Doctor, I do want to share this from Doctor Benoit. Please remember she is talking about herself and the general public. Please before you get the COVID-19 Vaccine have the discussion it with your Doctor.

I've been getting a lot of questions about the Covid vaccine. Here is my two cents.

Q1: Are you going to get it or wait?

A1: As a frontline worker, I have the opportunity to be one of the first to get the vaccine. And YES, I'm getting it. I have colleagues that were in the trials. They are FINE.

Alternatively, Covid sucks. It just does. I don't care if you believe me or not. I don't want it. Ever. I've been grateful to not have gotten infected thus far.

Q2: Can you get Covid from the vaccine?

A2: NO!! It is NOT live attenuated virus, nor does it contain any part of the virus. It is a very cool science that involves messenger RNA that is delivered into your cells. Your cells in turn take up the mRNA (which is a totally normal process) and tells our cells to make a spike protein on their surface that triggers an immune response. This spike protein is found on the surface of the coronavirus. That immune response produces antibodies which protect us from getting the virus when we are exposed in the future. The mRNA is degraded by usual cellular processes.

Q3: What about side effects?

A3: Yes, it is quite possible you will feel like crap for a day or so while your immune system is responding and doing what it is supposed to do. And yes, it will happen twice if you get the Pfizer vaccine that requires two injections. And no, I am not worried. I want to have a reaction. Then I know my immune system is kicking ass and taking names.

Q4: Is it effective?

A4: In trials the Pfizer and Moderna vaccines demonstrated at least 90-95% efficacy meaning that if 10 vaccinated people are exposed to Covid, 1 or less may get the virus. In medicine, this is considered a "great" effect. Nothing is 100%. As with any vaccine, people with suppressed immune systems may have less of a response and therefore it may be less effective. They are addressing the latter...stay tuned.

In summary: Vaccine or risk getting or giving Covid? Vaccine all the way.

A good article from CDC. And YES, I still trust the CDC.

<https://www.cdc.gov/.../vacc.../different-vaccines/mrna.html>

An even cooler scientific article about mRNA vaccines (not specific to covid):

<https://www.nature.com/articles/nrd.2017.243>

Hope this helps! Ensure that you celebrate safely so your loved ones will be around next year

### Central Illinois Parkinson's Support Group Membership.

We have made the decision to suspend dues for the coming year of 2021. It has been unfortunate that we have not been able to meet in person or hold the events that we had planned. We are however hopeful that we will be able to have in person meetings and events early next year.

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

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

and use the Membership Information form on the page to update your information. If you prefer you can Send this information to

First Name		Last Name	
Care Partner		Relationship	
email		Phone	
Date of Diagnoses <i>Month/Year</i>			
Personal Comment			

Central Illinois Parkinson's Support Group 1744 Kingsbury Rd. Washington IL. 61571

If you have any questions about the information in this Newsletter or on the Support Group in general, please feel free to contact us at Email: [roger@cipdsupportgroup.org](mailto:roger@cipdsupportgroup.org) or 309 699-7394



**Navigating Holiday Emotions:** Sometimes it is tricky to feel festive and hopeful during the holidays, but there are some things you can do that can help make things feel a bit brighter.

- Keep moving. Exercise and movement can help you feel better
- Take time for yourself. It's not always easy to carve out time for yourself, but it is important to take care of yourself – whether it's to squeeze in your own doctor appointments, to catch-up with friends/family, to get some exercise, or just have some quiet alone time to read a book.
- Sometimes it takes a village. And that's ok. If friends or family offer help, say 'yes' and give them something specific to do (i.e., pick up groceries, or visit with your person with PD for an hour or two so you can run to the beauty salon, or maybe just lend an ear so you can vent if you're having a tough day.)
- Find support. You don't have to go it alone. Find a care partner support group near you, or join an online community
- Check out an online program about care giving; A Conversation with a Care Partner: In this episode of Dr. Gilbert Hosts , we talk with Lianna Marie, a trained nurse, PD care partner, PD advocate, and author, for an insightful and personal conversation about navigating care for people with PD. Click here, [A Conversation with a Care Partner](#)

With the Holiday's upon us there is very little going on with the online programing but here are a couple on Deep Brain Stimulation;  
Advances in DBS for Parkinson's Disease

January 6, 2021 – 11am-12pm ET/8am-9am PT  
Presenter: Dr. Chen Wu, Functional Neurosurgeon  
Click [HERE](#) to register

Is DBS right for me?  
January 13, 2021 - 2pm-3pm ET/11am-12pm PT  
Presenter: Dr. Michelle Dagostine, Movement Disorder Neurologist  
Click [HERE](#) to register

Remember that Rock Steady Boxing is available please contact Ned [Peoria@RSBaffiliate.com](mailto:Peoria@RSBaffiliate.com)

Brittany is doing Loud Crowd Speech every Friday at 3:45 please contact  
[brittany.n.heidemann@osfhealthcare.org](mailto:brittany.n.heidemann@osfhealthcare.org)

**Please Stay safe, Stay Health and we hope we can get together soon.**