

# 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: July 7, 2018**

**TIME: 12:00 – 2:00 PM**

**Program: We will have our annual Picnic Starting at 12:00.**

**WHERE: CrossFit 309 Rock Steady Boxing.**

**5629 N Galena Rd,**

**Peoria Heights, IL 61616**

**Note Time and location change for this meeting**

The Support Group is going to provide Fried Chicken, Lemonade and water. We ask that if possible you bring your favorite dish to pass. We will have the picnic outside, weather permitting. Please contact Roger or Barb at 309 699-7394 or by e-mail [peoriapdgroup@comcast.net](mailto:peoriapdgroup@comcast.net) by Thursday July 5<sup>th</sup>, if you plan on attending, so that we can order the right amount of Chicken. Let us know if you will be bringing a dessert or a side dish. Feel free to give us a call if you have a question. Please bring your own table service, and chairs if you have them.

Our June Program was given by Hilary Shirven. She has been suffering with Lyme Disease and Depression for over 30 years and talked about dealing with these disease in a positive way. Handouts for her talk will be a valuable at the meeting or talk to Barb or me.

I Have So Many Questions

By Dronacharya Lamichhane, MD

Knowledge is a very strong weapon to fight against Parkinson's disease. As a physician, it is one of my goals to educate every Parkinson patient as much as possible. However, as you might have experienced, you cannot spend enough time in doctor's office to discuss everything all the time. So, you are dependent on the other sources for much of the information you need. In this era of 'fake news', it can be difficult to tease out good from bad information. My aim in this brief article is to discuss how you can equip yourself with resources you can depend on to obtain knowledge necessary in your care.

1. Ask your provider when you go to see him or her. It is very easy for them to forget to give out information amidst several issues that need to be discussed in the short clinic visit.
2. If you use internet, most of the same information can be obtained online. This is where you might have difficulty to filter out reliable sources from misleading ones. If you are on the webpages of well-known institution/universities, non-profit organization, patient advocacy group/foundation, you are usually on the right page.

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Here are some of the common such sources:

- a. Michael J. Fox Foundation for Parkinson's Research: You can find pretty much everything about Parkinson's disease a patient or caregiver should know. They are particularly well-known have upto date information on research happening in Parkinson's disease.  
<https://www.michaeljfox.org/>
  - b. American Parkinson Disease Association: They also have a lot of information on Parkinson's disease, all explained in very easy to understand terms. This website is better to navigate in my opinion. <https://www.apdaparkinson.org/>
  - c. Parkinson's Foundation: <http://parkinson.org/>. You can sign up online, and you will be sent a periodic brochure to your address.
3. Support groups: We have a very active support group in Central Illinois. Be involved in this. This will also give you opportunity to get to know each other with Parkinson's disease, share your feelings, know you are not alone fighting this alone, get ideas etc. As you go through these resources, you will find that answers to many of the problems you were wanting to ask your doctors is already there. I know you all want to fight this disease very hard, and you need power for that. Knowledge is power.

Dronacharya Lamichhane, MD  
Movement Disorders Specialist  
OSF HealthCare-Illinois Neurological Institute  
Peoria, IL



Meet Doctor Zayas; INI New Movement Disorder Doctor.

Medical Education: UNIBE Universidad Iberoamericana (Dominican Republic)

Internship(s): St. Barnabas Hospital (Bronx, NY; 2006-2007)

Residency: Neurology - Cooper University Hospital (Camden, NJ; 2009-2012),

Internal Medicine - St. Barnabas Hospital (Bronx, NY; 2007-2009)

Fellowship(s): Movement Disorders - University of Nebraska Medical Center (Omaha,

NE; 2016-2017), Neuro-Critical Care - Cleveland Clinic (Cleveland, OH; 2012-2013)

Board Certification(s): Epilepsy - American Board of Psychiatry & Neurology, Neurology - American Board of Psychiatry & Neurology, Internal Medicine - American Board of Internal Medicine.

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Areas of Expertise: Ataxia (Incoordination), Atypical Parkinsonism, Botox Injections (for Cervical Dystonia/Torticollis, Musician's Dystonia, Focal Dystonia in the Limbs, Blepharospasm/Abnormal Eyelid Twitching, Drooling, Hemifacial Spasms, and Spasticity/Muscle Stiffness), Chorea, Dementia with Lewy Bodies, Dystonia, Epilepsy, Myoclonus (Jerks), Parkinson's Disease, Restless Legs Syndrome, Tics, Tremors  
Professional Memberships: American Academy of Neurology, Movement Disorders Society

Dr. Zayas grew up in La Gloria, Trujillo Alto, a small town in the Puerto Rican countryside.

After completing his bachelor's degree in physical therapy, Dr. Zayas got his medical degree so he could have even more mental tools to positively impact people's quality of life.

Dr. Zayas pursued movement disorders as a subspecialty because he was drawn to a type of medicine that relied so heavily on visual observation to reach potential diagnoses. Dealing with Parkinson's disease and other movement disorders allows him to combine his medical training with his physical therapy background to provide holistic care.

"The complexity of the human body's movements, along with their pathology, is the most fascinating field in medicine and I see myself devoted to the field the rest of my life," he said.

Dr. Zayas believes a good physician communicates effectively with patients and their families. He genuinely believes in the importance of making eye contact, listening to patients' concerns and providing them with support and attention.

"It's important to me that my patients feel that I deeply care for them and their family," he said. "I will always put myself in the place of my patients' point of view and treat them as if I'm treating one of my own family members."

He is married, with two children and four dogs. His favorite activity is spending time with his family. He also likes to read and run 5K races. His goal is to run a 5K race in under 20 minutes before he turns 50.

You have asked for it and there coming back, Our August Program will be 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'.

Claudia Revilla is hosting a Support Group every Thursday of the month at 10:30am until 12:00 Noon at The Hult Center for Healthy Living.

Get ready as you will not want to miss this event. "Pedal for Parkinson's" has grown every year and promises to be bigger and better this year. Watch for more speakers and more information to be added soon.

# 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**

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



Visit [www.heartstohands.org/events](http://www.heartstohands.org/events) for more information