

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: July 11, 2020

TIME: 12:00 PM

Program: Our Annual Picnic and A Zoom Virtual Picnic

WHERE: Cross Fit 309 / Rock Steady Boxing or from the comfort of your Own Home.

In case of rain please join us though Zoom.

Please RSVP to this email picnic@cipdsupportgroup.org



We will have a Bring your own Picnic, please read carefully. This Picnic will be held outside weather permitting. We will be social distancing.

In case of rain we will have a 100% Zoom Picnic.

Please bring everything you need I have listed this out in the form of a check list.

- Blanket to sit on or small table and chairs
- Table Service, plates, napkins, forks, spoons,
- Your own food this includes your main

dish and anything else you would like to eat. We will not be providing food or sharing dishes. Your own Drink. Your best festive picnic decoration, please feel free to decorate your space. We will have prizes to award.

If you would prefer to join us from the comfort of your own home, please feel free to set up your picnic at your house inside or outside the same as above, so that you will be eligible for the prizes too.

Then join us though Zoom.

Please use this Link to attend the Picnic

<https://us02web.zoom.us/j/87849156156?pwd=eWJmR1BkcmNtcVMxVm5rMjZuL3BCQT09>

Martin Feith has 3 boxes of Inbrija. Two partials and one that has not been opened, He is willing to give it to someone if they can use it. If you are interested, please contact me and I will put you in contact with Martin.

Comfort Keepers Dave and Julie gave us a remarkably interesting program on the services they offer. They also explained how they are dealing with providing these services while dealing with COVID-19. Here is a link to the book that they highly recommended. **Is It Time?: 3 Steps to a Successful Journey With Aging Loved Ones**

https://www.amazon.com/Time-Steps-Successful-Journey-Aging/dp/1946533734/ref=sr_1_1?dchild=1&keywords=Is+it+time+Lezlie+Snoozy&qid=1591894675&sr=8-1

Is It Time? 3 Steps to a Successful Journey with Aging Loved Ones provides a flexible, three-part plan to help families and individuals make positive choices during the eldercare journey.

Loud Crowd Zoom Meeting.

Topic: Parkinson's Speech and socializing.

Will continue on Fridays in July

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

Share Your Story, Every story can make a difference.

Whether you are living with Parkinson's or caring for someone who is, add your voice to the growing community of people living with hope and optimism! Visit this New Feature on the APDA Website - Share your Story! <https://lookcloser.apdaparkinson.org/#/share-your-story>

APDA TAKE CONTROL SERIES

A monthly educational program giving those impacted by Parkinson's disease greater knowledge on a variety of subjects. Click here for more information

<https://www.apdaparkinson.org/events/take-control2020/>

Thursday, July 9: 1:30 - 2:30 pm ET The Gut Biome & PD

Friday, July 10: 1:30 - 2:30 pm ET Unlock the Healing Power of Food

Dr. Gilbert Hosts Series:

Join us online! Monday, July 13 @ 12pm ET

Registration Required!

https://apdaparkinson.zoom.us/webinar/register/WN_ex95ZxSgSXY3Awynx5_1Aw

Topic: Stem Cells & Parkinson's Disease with Dr. Evan Snyder



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

I would like to thank everyone that showed up and hike to Honor Enzo Simone, at forest Park Nature Center. You can still make a donation to the Michael J Fox Foundation if you would like [Click here](#)

The World has lost a Great Advocate for Parkinson's and Alzheimer's. Vincent Roland Simone spent his life fighting to raise awareness. He built a powerful "Army of Change" a group of over 500 Advocate's to help defeat Parkinson's and Alzheimer's

In his Name we will carry on until a Cure is found.

On June 20th I will Hike, as will many of the team members with whom I traveled the Magna via Francigena last June. June 20th will be the 1-year anniversary of the start of that hike, and it is The longest day Fundraiser for the Alzheimer's.

Please Join me at Forest Park in Peoria Heights Illinois at 10:00 am for a short hike in his name.

Five million people worldwide are living with Parkinson's disease — a chronic, degenerative neurological disorder. In the United States, 60,000 new cases will be diagnosed this year alone.

There is no known cure for Parkinson's disease. But through your support of Team Fox, you can help change this.

Team Fox is the grassroots community fundraising program at The Michael J. Fox Foundation for Parkinson's Research (MJFF). MJFF accelerates high-impact science through smart risk taking and problem solving with a commitment to urgency and efficiency. I'm one of thousands of people around the globe who are turning their passions into Team Fox fundraisers to help them speed a cure for Parkinson's. When you give today, 100 percent of Team Fox proceeds go straight to MJFF research programs.

Best - Roger

