

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: June 6, 2020

TIME: 1:30PM

Program: A Zoom Virtual Meeting

Comfort Keepers of Central Illinois presented by Dave Reams

WHERE: From the comfort of your Own Home.

Please use this Link to attend the meeting;

<https://us02web.zoom.us/j/86995634138>

More information on joining by phone is at the end of this Newsletter

Comfort Keepers are family owned and operated. My wife Julie Carnegie Reams and father-in-law Paul Carnegie started Comfort Keepers of Central IL in September of 2001. They cared for their family members as they aged so understood how assistance can be so helpful. This understanding led to the passion to help individuals remain safe and independent at home for as long as possible.

Our services include:

- Caregivers - hourly one-on-one assistance including transportation
- Private duty nursing - hourly or drop-in visits for an additional level of medical support
- Care management - whole person oversight for support in all phases of life
- Personal response systems and medication dispensers - to support independence
- Video calls - fun and engaging part of our proactive care to identify issues before they become crisis problems

Loud Crowd Zoom Meeting.

Topic: Parkinson's Speech and socializing.

May 22, 2020 01:00 PM

May 29, 2020 01:00 PM

Please use this link to attend the meeting; <https://us02web.zoom.us/j/77157721157>

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

We all need some activity to keep us going during our time of limited activity, While I know some of this information is a repeat if you have not had a chance to check so of it out please do so.

First of all it doesn't all have to be Parkinson's here is a link to an article that contains links the webcams of several Zoo's and Aquariums. Check out the Live webcams at the Following Zoo's and Aquarium's I'm positive there are other out there too just do a search for webcams at Zoo's

Live Streams to check out: [Zoos and aquariums online](#)

Michael J. Fox Foundation Third Thursdays Webinar

I've Got Parkinson's... Now What? Navigating a New Parkinson's Diagnosis Thursday, May 21, 2020, 11 a.m. to 12 p.m. CT

[Register here.](#)

APDA Connecticut

2020 VIRTUAL Educational Symposium Series

Daily sessions at 10:00 am CT

[Register Here.](#)

Thursday, May 21 10:00 am CT

Exploring Medical Marijuana for Parkinson's Disease: Science and Politics

Friday, May 22 10:00 am CT

A Holistic Approach to Living with PD

* Topics and Speakers Subject to Change

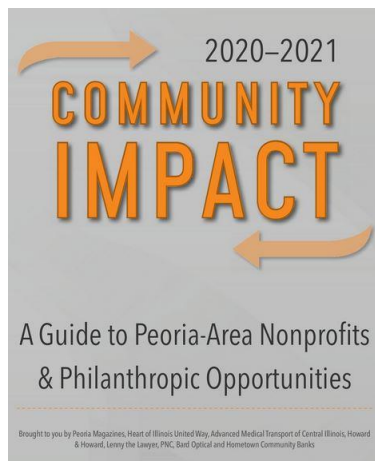
APDA Let's Keep Moving Fitness Series

Short fitness-focused topics followed by Q&A with attendees.

Wednesday, May 27th @ 1pm ET

TOPIC: Exercise Intensity: How Hard to Work and Why it Matters

[Register Here.](#)



Please check out this year's copy of Community Impact. The Support group has a full page add on page 30

Click here for our page

<https://www.peoriamagazines.com/ci/2020/central-illinois-parkinsons-support-group>

Click here for the full magazine

<https://www.peoriamagazines.com/community-impact>

These suggestions come from Comfort Keepers They will be our Speakers at the June Meeting. I hope we can get back to regular meeting by then. Then there is Information from Right at Home one of our Speakers last year. Please Remember that the APDA Midwest has The Patient Aid Scholarship Program – Relief for People living with Parkinson’s in Midwest Illinois Please Call 630-933-4392 for more information.

Comfort Keepers can be reached at 309 685-7777

This isolation can take a toll a senior’s mental and physical health, and it’s important to remember that there are things we can all do to foster connection, hope, purpose, and support for seniors during this difficult time



- Connecting with others whenever possible. Spending time with loved ones doesn’t have to happen in-person to be meaningful. Video calls, Facetime, texts, and emails can help seniors stay in touch with loved ones when they can’t be together. Get the whole family in on connecting with loved ones
- Get some exercise. It’s important for seniors to continue movement and motion through exercise, even during a period of isolation. Ensuring a senior’s range of motion is still intact through daily stretching or yoga is a great way to keep moving. Keep moving by getting steps in when you can or turn up the tunes and have a dance party in the living room! Lifting light weights at home can help keep muscles strong when getting out of the house may not be an option.

- Maintain a healthy diet. When we spend a lot time at home it’s often easy to grab a bite anytime we pass the kitchen. It’s important to keep in mind

healthy options when snacking – avoid too many salty or sweet snacks. And, when meal prepping remember the food pyramid – fruit, veggies, calcium, grain, and proteins.

- It’s a great time for spring cleaning! Not only is disinfecting surfaces in the home a recommended step to avoiding Coronavirus, it’s also a good time to consider a larger spring-cleaning project. And, a spring refresh doesn’t have to be a chore – seniors can make housework fun by playing upbeat music or using the time to look at photos and mementos with loved ones

Full Zoom Meeting information.

Roger Halleen is inviting you to a scheduled Zoom meeting.

Topic: Parkinson's Support Group

Time: Jun 6, 2020 01:30 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/86995634138>

Meeting ID: 869 9563 4138

One tap mobile

+13126266799,,86995634138# US (Chicago)

Dial by your location

+1 312 626 6799 US (Chicago)

Meeting ID: 869 9563 4138