

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: March 2, 2019

TIME: 1:30 – 3:30 PM

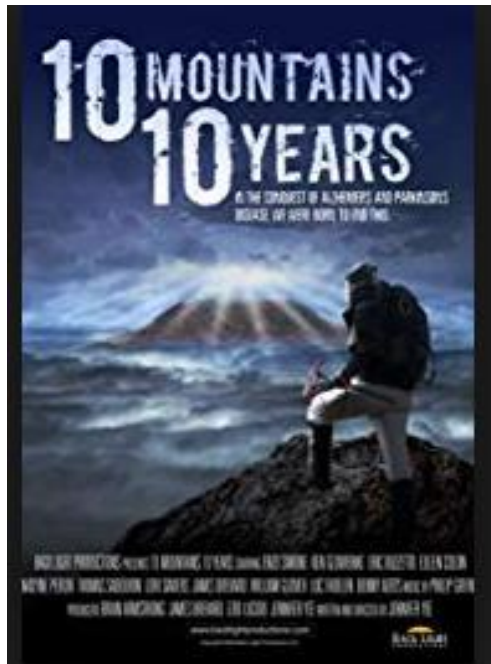
Program: The Movie, “10 Mountains 10 Years”

WHERE: OSF Center for Health

5114 N. Glen Park Place

Peoria, IL 61614

Our February was Care and Share, a discussion with Tammy Lott and Tonya Welch from INI. There was some outstanding discussion in the two groups, and I believe that everyone took something new away from the discussions.



March meeting is Saturday the 2nd, at 1:30 pm We will view the film “10 Mountains 10 Years” as a Set up to our April Educational Seminar when Enzo Simone will be filming part of the Seminar for his upcoming Movie "Pilgrimage to Enlightenment" The Journey To Becoming An Advocate. This is a story of hope and of common everyday people coming together to change this world and leave something better behind. A collaboration with the Leeza Gibbons Memory Foundation and the Focus On a Cure Foundation for Parkinson's,

This quote from Enzo sums up the project. “The “10 Mountains 10 Years” project has resonated very successfully with people in many nations and has collectively earned a following of up to 50,000 people globally. Regardless of the many differences between people around the world, I believe the success of the “10 Mountains 10 Years” project is routed in a simple common hope & desire held by people everywhere. The hope to see the day come when both Alzheimer’s and Parkinson’s Disease no longer exist, and the desire to personally take part in making this day a reality.”

Well the Temple Project and the film "Pilgrimage to Enlightenment" The Journey To Becoming An Advocate. Will bring an end to the “10 Mountains 10 Years” project for Enzo and his Amy of Change, it will in no way bring an end to the dedication that the advocates put forth in their quest to conquer Alzheimer’s & Parkinson’s Disease.

PD/AP Discussion Group

- Become a part of a new Parkinson's Disease/Atypical Parkinsonism discussion group
- Third Friday of the month – next one is **03/15/2019**

Different topic each month: this month's topic, putting together a patient packet for newly diagnosed patients.

Location: 2500 N. Main, East Peoria, IL

- Time: 12:00 p.m. – 2:00 p.m.
- Questions? Call (309) 634 6357
- Join us for a lively and informative discussion!

The next meeting of the Third Friday Parkinson’s Disease Discussion Group will be March 15th, 2019 at the MadDog offices, 2500 N. Main, East Peoria. The time is 12:00-2:00 p.m. This group was designed with the idea was there are times when PD patients just want to be with others talking about topics they choose. The current topic is putting together a patient packet for newly diagnosed patients and for primary care physicians. Please feel free to join us.



THE FDA APPROVE THEIR FIRST INHALED L-DOPA

The FDA have approved INBRIJA, which is the first and only FDA approved L-dopa inhaler for intermittent treatment of OFF episodes in people with Parkinson's Disease taking carbidopa/levodopa. It is expected to be available in the first quarter of 2019. It is based on ARCUS® Technology Platform for Inhaled Drug Delivery.

The SPAN-PD trial of INBRIJA showed a statistically significant improvement in motor function after three months as measured by a reduction in Unified Parkinson's Disease Rating Scale (UPDRS) Part III score at 30 minutes. Onset of action was seen as early as 10 minutes. The most common adverse reactions with INBRIJA during the pivotal trial were cough (15% v 2% with a placebo), upper respiratory tract infection (6% v 3% with a placebo), nausea (5% v 3% with a placebo), and sputum discolored (5% v 0% with a placebo).

INBRIJA is not to be used by patients that have taken a nonselective monoamine oxidase inhibitors such as phenelzine or tranylcypromine within the last two weeks. Given the quickness of its effect, which at less than 10 minutes, is far quicker than is presently possible, L-dopa inhalers are likely to become standard issue for nearly all people with Parkinson's Disease.

<http://www.viartis.net/parkinsons.disease/news/311218.pdf>



FAMILY CAREGIVING:

COMMUNICATING WITH AGING LOVED ONES

Given advances in medicine, the need to care for our aging loved ones is an increasing priority. Our presenter, **Dr. Barry Jacobs**, will speak to the challenges of family caregiving, as well as emotional support strategies for the caregiver. Communication approaches within the family will be highlighted, including the role of advance directives in clarifying the wishes of aging loved ones and sensitive information about the appropriate use of hospice.

THURSDAY, MARCH 28, 2019

1:00-2:30 pm

Students and community members.

7:00-8:30 pm

Individual caregivers and professionals working with families.

The public is welcome at either presentation.

Light refreshments will be served.

No cost to attend; please RSVP to rspsenc4@ilstu.edu.

The ISU Alumni Center

Rm 118, 1101 N. Main St; Normal, IL.

Program Sponsored by:

Illinois State University

Mennonite College of Nursing

The Benjamin and Mary Evelyn

Moore Foundation

Drake Zimmerman and Associates

In April 6, 2019 is the 4th Annual Educational Seminar co-hosted with the American Parkinson's Disease Association Midwest Chapter, please note the location of this event is the **Jump Trading Simulation & Educational Seminar. 1306 Berkeley Ave.**

There is a very impressive line-up of speakers, educational displays and lunch will be provided. You might even have a chance to be in a movie as Vincent Simone (Enzo) will be in Town to film part of this program for the Documentary film, "Pilgrimage to Enlightenment" The Journey To Becoming An Advocate.

The Jump center has seating for over 200 and I would like to fill the venue, so please spread the word. Last year this turned out to be our biggest event of the year so you will not want to miss it this year.

Please make your reservation at <https://www.surveymonkey.com/r/APDAPeoria2019> or Call 630 933-4392



**The Central Illinois Parkinson's Support Group
APDA Midwest Chapter
Presents our 4th Annual Educational Seminar
April 6, 2019 12:00PM**



**Jump Trading Simulation & Education Center
1306 N. Berkeley Avenue Peoria, IL 61603**



**Speakers will include;
Bill Bucklew**



**OSF HealthCare
Illinois Neurological Institute**

**Motivational Speaker
Walked across the US. Raising Awareness for Parkinson's**



Dr. Zayas



**What your Doctor needs from you To Treat you better
Protein and your PD meds**

**A Light lunch
will be provided**

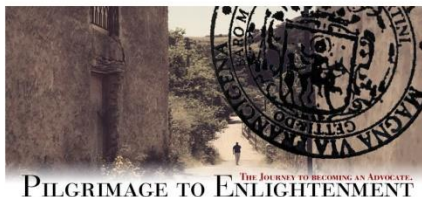
**Sheryl Jedlinski
Author and PD Patient Advocate
"Parkinson's? You're Kidding Me Right"**

**Educational Displays,
Parkinson's related
Vendors**

**Question and answers OSF Illinois Neurological Institute Team
Dr. Lamichhane, Dr. Zayas, Melissa Glass, APRN**

**Round Table Discussion
On Advocacy and Care Partners by some of the best Parkinson's Advocate's**

**This is a free event, but you must Register
<https://www.surveymonkey.com/r/APDAPeoria2019> or Call 630 933-4392**



This Event will be filmed for the upcoming Movie
"Pilgrimage to Enlightenment" The Journey To
Becoming An Advocate
The epic final chapter in the "10 Mountains 10 Years"
project.

Meet Enzo and enjoy a great meal.

The Central Illinois Parkinson's Support Group will Welcome Enzo to town on Friday night April 5, 6:00pm.

Sky Harbor Steak House

Make you reservations with Roger 309 219-1210 or peoriapdgroup@comcast.net