

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 7, 2020

TIME: 1:30 – 3:30 PM

Program: Care and Share with Tammy Lott LCPC. and Sarah Neuhaus.

WHERE: OSF Center for Health

5114 N. Glen Park Place

Peoria, IL 61614

The meeting will be a Care and Share discussion with Tammy Lott from INI and Sarah Neuhaus. 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'. Tammy has been with us before for this type of Program and Sarah has studied Psychology at Illinois State and is Currently studying at Bradley University. Please Join us for some good discussions.

Last Month Julie Boothman Clinical Specialist for Boston Scientific. Talked to us about "What's new with DBS" She did a good job of helping people understand what Deep Brain Stimulation is and what you need to know if you are thinking about this type of Treatment. Should any one have a question for her she can be contacted at Julie.boothman@bsci.com

March and April are packed with events and programs related to Parkinson's Education, please take advantage of As Many of these opportunities to lean as you can.

2020 Midwest Educational Symposium, Friday March 20th 9:00AM NIU Conference Center 1120 E Diehl Rd, Naperville, IL 60563 Speakers will include; Dr. Xie is a physician in the University of Chicago Center for Parkinson's Disease and Movement Disorders. Dedicated as an Information and Referral Center by the American Parkinson Disease Association

Rebecca Gilbert, MD, PhD Vice President, Chief Scientific Officer for the American Parkinson Disease Association To Register and For more information; <https://www.apdaparkinson.org/community/midwest/>

Third Friday Discussion Group

Friday March 20th 12:00PM 2500 North Main St East Peoria, IL 61611

Contact Larry 309 634-6357 or Roger 309 219-1210

Atypical Parkinson's Support Group Friday March 27th 2 - 4:00pm 2500 North Main St East Peoria, IL 61611 Program; Music with Chris Stevens Contact Larry 309 634-6357

City Of East Peoria Proclamation, March 3rd Join us at East Peoria City Council Chambers as the City Proclaims April Parkinson's Awareness Moth In East Peoria. Arrive at City Council Chambers about 5:45pm. 401 West Washington Street, East Peoria, IL 61611

City Of Peoria Proclamation, March 24th, Join us at Peoria City Council Chambers as the City Proclaims April Parkinson's Awareness Moth In Peoria. Arrive at City Council Chambers about 5:30pm You will have to go through Security 419 Fulton St, Peoria, IL 61602 on the 4th Floor.

Central Illinois Parkinson's Support Group, OSF/INI, APDA Midwest Chapter Annual Educational Seminar
Saturday April 4th 12:00PM Jump Trading Simulation & Education Center 1306 N Berkeley Ave, Peoria, IL 61603
Register here <https://www.apdaparkinson.org/community/midwest/> or call Phone: 630-933-4392
Speakers will include; Dr. Maldonado, Functional Neurosurgeon with OSF Illinois Neurological Institute Team.
OSF Illinois Neurological Institute Team Dr. Lamichhane, Dr. Zayas, Melissa Glass, APRN, Brittany Heidemann,
MS CCC-SLP. To Register and For more information; <https://www.apdaparkinson.org/community/midwest/>

Saturday, 11th World Parkinson's Disease Day 2020

This is your Day if you don't do anything for the Parkinson's Awareness Month take a Stand on this day and help build Awareness.

Make sure your voice is heard. There are many ways to do this talk to m if you need Ideas.

Third Friday Discussion Group

Friday 17th 12:00PM 2500 North Main St East Peoria, IL 61611

Contact Larry 309 634-6357

Community Days Northwoods Mall

April 25th 10:00Am

Central Illinois Parkinson's Support Group will have a display.

There will be more events added so make sure you keep track of us on Facebook.

[@centralillinoisparkinsonssupportgroup](https://www.facebook.com/centralillinoisparkinsonssupportgroup)

Some Webinars that are worth watching:

Parkinson Voice Project, "Parkinson's: Change the Course!" SATURDAY, MARCH 14, 2020 10:00 am.

Speaker: Jimmy Choi was diagnosed with Young Onset Parkinson's Disease at the age of 27. He is an athlete who also competed on "American Ninja Warrior" to show the world that Parkinson's will not stop him from achieving his goals.

Topic: Attend this presentation to learn how you, too, can take control and change the course of Parkinson's!

<https://www.parkinsonvoiceproject.org/ShowContent.aspx?i=2406>

These webinars are archived and available at any time.

Spotlight on Dyskinesia and Off: Feeling Good Everyday Speaker Rebecca Gilbert, MD, PhD Vice President, Chief Scientific Officer American Parkinson Disease Association. Please join us for expert perspectives to help you better understand dyskinesia and off for Parkinson's disease (PD). This program is designed to help people with PD, family members, and care partners. <https://www.apdaparkinson.org/webinar/>

Sex, Love and Parkinson's, The Michael J. Fox Foundation. Our experts discuss sexual changes in men and women with Parkinson's, how the disease and its impact affects intimate relationships, and what strategies and treatments can help. Register to watch on demand anytime. <https://www.michaeljfox.org/webinars>

Pain and Parkinson's (Ask the MD Podcast), Rachel Dolhun is a fellowship-trained movement disorder specialist, board-certified neurologist and vice president of medical communications at The Michael J. Fox Foundation. <https://www.michaeljfox.org/ask-md>

You're Invited

Parkinson's
IQ+YOU
Education for Empowerment

Dear Friend,

As a valued friend of The Michael J. Fox Foundation, you're one of the first to receive a special invitation to **Parkinson's IQ + You, Chicago**, our free educational event in Schaumburg, Illinois on Saturday, May 2.

Parkinson's IQ + You, Chicago

Saturday, May 2

9 a.m. to 2:45 p.m.

Registration opens at 8 a.m.

Renaissance Schaumburg Convention Center Hotel

1551 N. Thoreau Drive, Schaumburg, IL 60173

[REGISTER NOW >](#)

Designed for people with Parkinson's, their families and care partners, the one-day event features sessions on understanding Parkinson's, managing care and learning about research participation. In addition, you'll get information on treatment options and local resources at the Partner Expo.

Space is limited, but we want to ensure you and your loved ones are there. Register today and secure your seat before we open it up to the broader community. For more information, please [visit our website](#).

Click here to Register https://www.michaeljfox.org/form/parkinsons-iq-you-chicago-registration?em_cid=mc-a1b1R000008uJ8P&et_cid=1512336&et_rid=407733901&et_lid=https%3a%2f%2fwww.michaeljfox.org%2fform%2fparkinsons-iq-you-chicago-registration%3fem_cid%3dmc-a1b1R000008uJ8P&em_cid=

If you are interested in Service dogs here is a group interested in you, "Paws Giving Independence" They are looking for families willing to house a service dog-in-training in their homes! Don't worry if you don't have extensive dog training experience, because PGI will be there every step of the way to answer your questions. We are looking to hold a class on Being a Volunteer Please Contact Roger at 309 2191210 if you are interested.



**Paws Giving
Independence**
'saving a life to change a life'

Paws Giving Independence provides highly-trained service and companion dogs for children and adults with disabilities.

For more information on our Support group or events listed here Please Contact Barb or Roger Halleen
309 699-7394 309 219-1210
peoriapdgroup@comcast.net.

VOLUNTEER

Foster a dog:

We are looking for individuals willing to train a service dog in their homes! Don't worry if you do not have dog training experience, PGI will be there every step of the way to answer your questions. The individual usually fosters the dog for 1 year to 1.5 years.

Volunteer for training class:

Help with service dog training classes, public outings, and demonstrations.

Dog-sit a service dog:

We also look for dog sitter foster homes to dog sit our service dogs in training for a few weeks.

For more information or to fill out an application please visit our website.

**The Central Illinois Parkinson's Support Group
OSF/INI, APDA Midwest Chapter
Presents "A New Decade of Optimism for Living with PD".
Annual Educational Seminar
April 4, 2020 11:00AM.**

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

**New Programs at the American Parkinson Disease Association
Roger Halleen**

**Parkinson Voice Project and loud crowd
Brittany Heidemann, MS CCC-SLP**

**A Light lunch
will be provided**

**Parkinson's and Deep Brain
Stimulation**

**Dr. Maldonado
Functional Neurosurgeon
with OSF Illinois Neurological Institute Team**

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

Exercise Break

Provided by OSF HealthCare/River Plex Parkinson's Class

**Your Questions answered
OSF Illinois Neurological Institute Team
Dr. Lamichhane, Dr. Zayas, Melissa Glass, APRN**

This is a free event, but you must Register

<https://www.apdaparkinson.org/community/midwest/>

or Call 630 933-4392