## **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: May 1, 2021 TIME: 1:30 – 3:30 PM Program: APDA Midwest Congress Keynote Speaker Heather Kennedy We will have time for open discussion also. WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614

We are Back in person. Starting with May meeting we will be back to in person Support Group Meeting Face mask will be required and the room will be set up for Social distancing. You will have to go through the current normal screening process upon entering the building, Mask will be required, and the room will be set up for social distancing, but it is going to be great to see everyone again. I will also try to set this meeting up on Zoom for those of you who prefer not to attend in person, however with limited service in the meeting room I am not sure if it will work. Here is the zoom link Join Zoom Meeting

https://us02web.zoom.us/j/82920136038?pwd=OWJFUkhvTjFaUTJBWUI3MElwaEZEZz09

The program will be a replay of the Keynote speaker from the APDA Midwest Congress Heather Kennedy, the founder of Kathleen Kiddo, an advocacy site offering resources and connection through social media. An entertaining speaker known for her unique talks and film presentations about living with Parkinson's. Talk was truly inspirational.

We will Also have time for an open discussion so bring you question and ideas.

A big thank you to everyone that participated in last month Educational events I was able to record it and I hope to have it available to loan out soon.

## A Conversation with Michael J. Fox: On Testing the Limits of Optimism



Michael J. Fox sits down with Foundation Co-Founder Debi Brooks to discuss his latest memoir, "No Time Like the Future: An Optimist Considers Mortality." Join us for this special conversation during Parkinson's Awareness Month as Michael answers the question: Are there limits to optimism?

This webinar was live on April 20<sup>th,</sup> but it is still available online. Please register here. <u>https://www.michaeljfox.org/webinar/conversation-</u> <u>michael-j-fox-testing-limits-optimism</u>

## Don't miss the next episode of Dr. Gilbert Hosts with special guest Dr. Walter Koroshetz



DR. GILBERT HOSTS Parkinson's Disease Research at the NIH



with special guest **DR. WALTER KOROSHETZ** 

May 7 @ 12p ET / 9a PT

dr-walter-koroshetz/

May 7, 2021 at 11pm CT

Join us for the next episode of Dr. Gilbert Hosts when we speak with Dr. Walter Koroshetz, M.D., Director of the National Institute of Neurological Disorders and Stroke (NINDS) for a discussion about Parkinson's disease research at the NIH. Register Today!

https://www.apdaparkinson.org/events/dr-gilberthosts-parkinsons-disease-research-at-the-nih-with-



As most of you know my wife Barb was diagnosed with Parkinson's over 14 years ago, while she has her daily challenges, she takes everything in stride and never complains.

It is for this reason that I am participating in The Michael J. Fox Foundation's (MJFF) Spring Virtual 5K/10K/Half Marathon.

Yes, you saw that right 5K/10K/Half Marathon, over a 3-day weekend. I realize that it will be a challenge but with your support I will meet this challenge. Will you please consider donating, a donation of any amount will go a long way in helping us find improved treatments and possibly a cure. Thank in advance. Please follow this link to donate <a href="https://foxtrot.michaeljfox.org/spring/roger?tab=Dashboard">https://foxtrot.michaeljfox.org/spring/roger?tab=Dashboard</a>

MJFF is dedicated to finding a cure for Parkinson's disease through an aggressively funded research agenda and to ensuring the development of improved therapies for those living with Parkinson's today.

Your gift will make a real difference: 100 percent of the Spring Virtual 5K/10K/Half Marathon proceeds will go directly to The Michael J. Fox Foundation's high-impact research programs.