

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: November 4, 2017

TIME: 1:00 – 4:00 PM

Program: “Pedal For Parkinson’s”

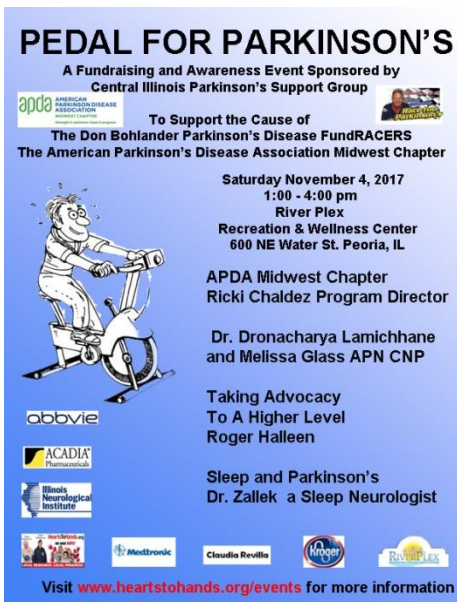
WHERE: River Plex Recreational Center (Note change in Location)

600 Water Street

Peoria, IL

28 people attended our October meeting. The web based seminar from the American Parkinson’s Disease Association “Living Well Everyday” gave a lot of very good insight into what you can do every day to help make your life a little better. If you missed it here’s a link to it on the web;

<https://www.apdaparkinson.org/webinar/spotlight-parkinsons-disease-living-well-everyday/>



PEDAL FOR PARKINSON'S
A Fundraising and Awareness Event Sponsored by
Central Illinois Parkinson's Support Group

To Support the Cause of
The Don Bohlander Parkinson's Disease FundRACERS
The American Parkinson's Disease Association Midwest Chapter

Saturday November 4, 2017
1:00 - 4:00 pm
River Plex
Recreation & Wellness Center
600 NE Water St. Peoria, IL

APDA Midwest Chapter
Ricki Chaldez Program Director

Dr. Dronacharya Lamichhane
and Melissa Glass APN CNP

Taking Advocacy
To A Higher Level
Roger Halleen

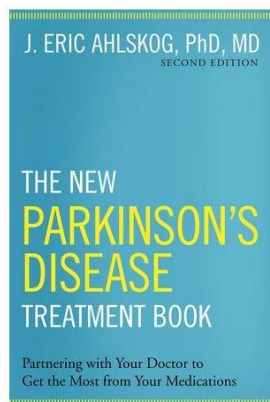
Sleep and Parkinson's
Dr. Zallek a Sleep Neurologist

Visit www.heartstohands.org/events for more information

Logos: abbvie, ACADIA Pharmaceuticals, Illinois Neurological Institute, Medtronic, Claudio Revillo, Kroger, River Plex

Our Meeting on November 4th is Pedal for Parkinson’s at the River Plex in Peoria. This year’s event will raise funds for two local Charities The Don Bohlander Parkinson’s Disease Fundracers and the American Parkinson’s Disease Association Midwest Chapter. The Don Bohlander Parkinson’s Disease Fundracers has donated over \$100,000.00 to Parkinson’s research being done by Dr. Craig Cady at Bradley University. They also provide support to Central Illinois Parkinson’s Support Group and continue to work on increasing Parkinson’s Awareness locally. American Parkinson’s Disease Association Midwest Chapter has provided support to the local Parkinson’s community through their Respite program for Caregivers, providing funding to Caregivers for that needed “Time Off” break. They also provide Support Group Leadership Workshops and a Support Group Grant Program that puts money back in the hands of local support groups. This event will combine an afternoon of Parkinson’s awareness and education with a fundraising event. There will be a great lineup of speakers, a full array of educational displays and some lite snacks all to

help create Awareness and benefit the Parkinson’s Community.



J. ERIC AHLKOG, PhD, MD
SECOND EDITION

THE NEW
**PARKINSON'S
DISEASE**
TREATMENT BOOK

Partnering with Your Doctor to
Get the Most from Your Medications

Bruce had a book at the October meeting that a lot of People were interested in; here is the name and author of it. It comes highly recommended by those that have read it.

“The New Parkinson’s Disease Treatment Book” by J. Eric Ahlskog, PhD, MD

The book is available online at Amazon and on EBay.



November 12th, the Fundracers will host a breakfast at the Pekin Moose Lodge, 2605 Broadway St. Pekin. The breakfast is from 8-11, the buffet includes scrambled eggs, toasts, biscuits, gravy, sausage, bacon, pancakes, tater tots, coffee, juice and milk. Omelets and special eggs can be made to order and are included in the \$8.00 adult and \$4.00 child price.

CIPSG & RSBOXING CHRISTMAS LUNCH

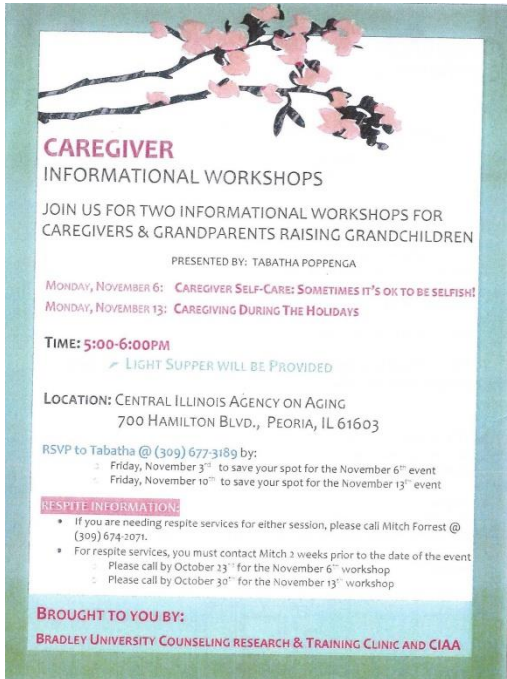
WHERE: FOX PUB Location: 7800 Sommer St Peoria 61615 Phone 692-3693
 WHEN: Saturday, December 2, 2017
 MEAL CHOICES: Fish and Chips, Charbroiled Chicken Salad or Bangers and Mash
 PRICE : \$15 per person. Includes: meal, soft drink, tax and tip.
 TIME: 12:00 Noon

Dues for 2018 are \$7.00 per person. You can pay for lunch and dues at the same time Make checks payable to CIPSG You can mail checks to me (6901 N Galena Rd apt 302 Peoria.61614, see me at Rock Steady Boxing (Mondays, Wednesdays or Saturdays, or at Pedal for Parkinson's. Importantly let me know what you want to eat

RSVP By Thanksgiving
brucecolley4@hotmail.com
 309-689-2265 H 309-361-4158 C
 Bruce (Tequila) Colley



The December meeting will be our annual Christmas Lunch to be held at the Fox Pub 7800 Sommer St. Peoria 61615. You will have the choice of Fish and Chips, Charbroiled Chicken Salad or Bangers and Mash. The cost is \$15.00 and includes a soft drink, tax and tip. Please notify Bruce of your choice either by phone, 689-2265, or e-mail brucecolley1@gmail.com before **November 24th**. Journal Star Christmas Fund, as in the past we will also be taking up a collection for our annual donation to this Fund. Bruce will also start collecting dues for 2018 at the meeting. They are \$7.00 per person.



November is Caregiver's Awareness Month so with that in mind here is a definition of Care Partner/Caregiver from the Davis Phinney Foundation. A care partner is an essential, active participant with the person with Parkinson's in their care. While most care partners are spouses, children, siblings, parents and even friends can all be considered care partners. As your loved one living with Parkinson's becomes less independent and more reliant on your care, your role as a care partner transitions to caregiver. As a care partner, you are an essential member of the care team supporting the person in your life living with Parkinson's.

Let's look at some Programs for the Caregiver, Bradley University though their Counseling Research & Training Clinic Department has a Caregivers Support group program. They have two programs coming up that may be of interest to you. Monday November 6th Caregivers-Self Care: Sometimes it's ok to be selfish. Monday November 13th Caregiving Though the Holidays. Both programs are held at the Central Illinois Agency on Aging, Inc. 700 Hamilton Boulevard Peoria, IL 61603.

Please contact Tabatha at 309 677-3189 for more information.



Ned had the fantastic opportunity to be on the 2 MIKES RADIO SHOW and talk about Rock Steady Boxing and the Pilot PD Camp. Here's a link:

https://www.mixcloud.com/radioparkieswebradio/live-broadcast-dj-michael-dj-mike-in-english-usa-on-21-10-2017/?utm_campaign=notification_new_upload&utm_medium=email&utm_source=notification&utm_content=html

Our Line-up of speakers will include;

APDA Midwest Chapter

Ricki Chaldez Program Director

Dr. Dronacharya Lamichhane

And Melissa Glass APN. CNP.

Taking Advocacy

To A Higher Level

Roger Halleen

Sleep and Parkinson's

Dr. Zallek; A Sleep Neurologist at
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abbvie



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Please see the lineup of speakers on the back

Donation may also be made at: <http://www.pedalforparkinsons.myevent.com/>



PEDAL FOR PARKINSON'S

Please sponsor me for my participation in PEDAL FOR PARKINSON'S. I will be riding a stationary bike for 15 minutes _____ or 30 minutes _____
Your support of the event will go a long way towards Parkinson's awareness and working towards finding a cure for this devastating disease.

Name.....

Address..... Phone.....

	Name	Address	Phone	Amount
1				
2				
3				
4				
5				
6				
7				
8				

Make checks Payable to APDA Midwest Chapter or Bohlander Fundracers