

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

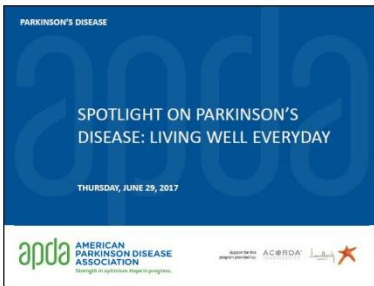
DATE: October 7, 2017

TIME: 1:30 – 3:30 pm.

Program: American Parkinson's Disease Association Spotlight on Parkinson's Disease: Living Well Everyday



We missed seeing everyone last month but the APDA Midwest Chapter 2017 Optimism Walk in Naperville was fantastic with around 400 people in attendance and over \$70,000.00 raised.



This month I will show a web based seminar from the “APDA Living Well Everyday” This program will cover a wide area from Communication to Diet and a few other helpful hits tossed in. the Presenters: Lisa Sommers, MA, CCC-SLP has been a speech-language pathologist in clinical practice for 30 years. Her particular area of clinical interest and expertise is the evaluation and treatment of

adults with neurogenic communication and swallowing disorders, particularly in the area of Parkinson's Disease. Stacey A. Zawacki, DrPH, RD is the Director of the Boston University Sargent Choice Nutrition Center (SCNC) and a Clinical Assistant Professor in the Health Sciences department at Boston University's College of Health & Rehabilitation Sciences



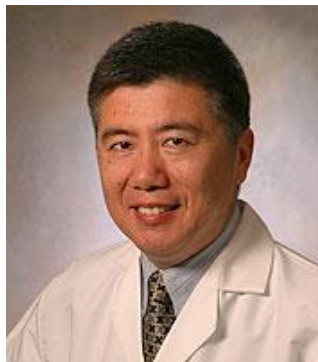
Helping build Awareness, if you would be interested in helping with some Parkinson's Awareness there are two outstanding opportunities coming up. Wednesday October 11 from 10:00am - 2:00pm we will have a display table at Taz Fest that will be held at Fon du Lac Park District 201 Veterans Drive East Peoria, IL 61611.

The second one is on Saturday October 28 from 10:00am to 5:00pm at Northwoods Mall Community Resource Day. Please feel free to come out to either event for a while and help man our table and talk to people or just stop by and say Hi.

Correction; In last month Newsletter I had an article “CANNABIS USE IN PARKINSON'S DISEASE”, Dr. Lamichhane questioned the accuracy of some of the information in that article. I would like to bring that to your attention and thank him for doing so. Please remember that before changing any of your medication or treatment plan you should have a discussion with your Doctor.

2017 Chicago Symposium
University of Chicago Duchossis Center for Advanced Medicine (DCAM)
5841 S. Maryland Avenue Chicago, IL 60637

Special Guest: Dr. Tao Xie MD PhD Board Certified Neurologist and Movement Disorder



Specialist along with several other speaker's

Saturday, October 28th, 2017 9:30 am-2:00 pm 9 am

Registration/Check In

Lunch and discounted parking provided.

Please RSVP by 10/21/2017 Phone 630-933-4392 or online:

<https://www.surveymonkey.com/r/APDAChicago2017>

Next month our meeting will be held at the River Plex in conjunction with “Pedal For Parkinson’s” please see sheet to get your sponsors signed up. This year our fundraising efforts will benefit the American Parkinson’s Disease Association and the Don Bohlander Parkinson’s Disease FundRACERS. Both organizations are committed to providing support to the local community. The Midwest Chapter provides support to the local Support Groups by providing training for Leaders and Grants to help fund programing. The Bohlander group provides funding to Bradley University to support the Parkinson’s research done there by Dr. Craig Cady, along with providing support to the local Support Group. This is an educational event, please plan on attending even if you prefer not to participate in the fundraising as we have a great line up of speaker’s.

Our Line-up of speakers will include;

APDA Midwest Chapter

Ricki Chaldez Program Director

Dr. Dronacharya Lamichhane

Taking Advocacy

To A Higher Level

Roger Halleen

Sleep and Parkinson's

Dr. Verma; Director of Sleep

Medicine at INL.

Dr. Zallek; Is a Sleep Neurologist
at INL.

PEDAL FOR PARKINSON'S

A Fundraising and Awareness Event Sponsored by
Central Illinois Parkinson's Support Group



The Don Bohlander Parkinson's Disease FundRACERS
The American Parkinson's Disease Association Midwest Chapter



To Support the Cause of

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

Taking Advocacy

To A Higher Level

Roger Halleen



abbvie



Sleep and Parkinson's
Dr. Verma the Director
of Sleep Medicine
Dr. Zallek a Sleep Neurologist



Visit www.heartstohands.org/events for more information

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