

# CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

Blessed are those who can laugh at themselves....

Web site: [www.heartstohands.org](http://www.heartstohands.org)

They shall never cease to be entertained

**DATE: 12, 2020**

**TIME: 1:00 PM**

**Program: Speaker provided by AMNEAL (More information as soon as I have it)**

**WHERE: On Zoom**

<https://us02web.zoom.us/j/83108906751?pwd=UW8ybGZjbEV0RU0zUFRuSWdTampzZz09>

The Program this month will once again be on ZOOM please see the information for Logging on above or if you need to call in using your phone the complete invite is at the end of this Newsletter. AMNEAL will be providing at least one speaker for this meeting, I'll send out an update s soon as I have it.

I am also working on a speaker from INI more than likely it will be Tammy Lott for a Date in September.

AMNEAL is also working on a talk by a second Doctor on October 3<sup>rd</sup>. So, stay tuned for more information.



If you missed the Midwest Parkinson's Congress and its fantastic programs, they are now available online. While these videos are over 3 hours long you are able to skip through and just watch the speakers that you want.

**Day 1**

<https://www.youtube.com/watch?v=W8WA1CQutkM&t=7763s>

**Day 2**

<https://www.youtube.com/watch?v=MWTF1JqurSY&t=4535s>

**Loud Crowd Zoom Meeting.**

**Topic: Parkinson's Speech and socializing.**

**Will continue Fridays in August**

**Please use this link to attend <https://us02web.zoom.us/j/88570835043>**

If you would normally go to Loud Crowd on Wednesday or Fridays, please feel free to join us on Friday afternoons. In fact, if you would like to just join us for some Parkinson's Speech and socializing please feel free to do so.

This is NOT OSF sponsored or facilitated. There will not be any real group leader or a speech therapist to lead the meetings, but solely for you all to come together to socialize and encourage each other to keep practicing and speaking with INTENT

**Rock Steady Boxing** Ned is doing live workouts on ZOOM on Tuesday and Thursday at 10:30Am. If you are a Rock steady Boxer and have not received an email, please contact Ned at [neddeede@yahoo.com](mailto:neddeede@yahoo.com)



**OPTIMISM WALK** AMERICAN PARKINSON DISEASE ASSOCIATION  
**APDA OPTIMISM WALK GOES VIRTUAL!**  
SATURDAY, SEPTEMBER 12, 2020



There's two ways you can help us out, the first and by far the best is to join our team and build your support, raising your own donations for the APDA, then get out and walk on the 12th of September. You won't have to travel anywhere just get out and walk up and down your street.

The second way is the easiest just make a donation to either Barb or myself on the walk page and you will be helping out greatly.

Here is the link to the Walk page.

<https://apdaparkinson.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=947>

We all Need a good laugh now and then and now more than ever. I copied this from my Neighbors Facebook page, and I think it fits in just perfectly.

Everyone PLEASE be careful because people are going crazy from being locked down at home!

I was just talking about this with the microwave and the toaster while drinking my coffee, and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!! Certainly, couldn't share with the fridge, cause he's been acting cold and distant!

In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out!

The vacuum, however, was very unsympathetic...told me to just suck it up buttercup! But the fan was VERY optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!! You can just about guess what the curtains told me: they told me to "pull myself together!"

We will survive!!

Here is some interesting reading from *Brain & Life*® They publish the latest news and resources on specific neurologic disorders and brain health. Since you have expressed interest in learning more about Parkinson's disease in the past, we hope you will value the below stories and more on [BrainandLife.org](http://BrainandLife.org).

### **Beverly Ribaldo Uses Humor to Manage Parkinson's**

Beverly Ribaldo finds a like-minded audience for her sense of humor: people with Parkinson's disease.

[Read more](#)

### **How I Found the Fun in Exercising with Parkinson's**

A self-professed couch potato says Parkinson's-specific exercise classes and variety helped him fall in love with physical activity.

[Read more](#)

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## **APDA Partners with Dance for PD**



### **Every Tuesday at 10 am CT**

People living with Parkinson's and their families are invited to explore elements of different dance styles from the safety of home with energizing and inspiring music as a guide.

This program is generously supported by the New York Fund for Eldercare.

<https://danceforparkinsons.org/resources/dance-at-home/dance-for-pd-at-home-tuesdays>



### **Dr. Gilbert Hosts...**

Join us for a series of informative Q&A sessions hosted by Dr. Rebecca Gilbert (via Zoom). Each session features a discussion with an expert, along with questions from attendees. All sessions are recorded and are available for you to view any time.

This series is supported by a grant from Genentec and Medtronic.

**Thursday, September 10th @ 11:00 am CT**

**[Registration Required!](#)**

**Topic: Gene Therapy and Parkinson's Disease with Dr. Timothy Greenamyre**

**[LEARN MORE](#)**



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To Register

[https://apdaparkinson.zoom.us/webinar/register/WN\\_1obTMMegTT2Eaz7lpyrRbA](https://apdaparkinson.zoom.us/webinar/register/WN_1obTMMegTT2Eaz7lpyrRbA)