

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: September

TIME:

Program: No Meeting

WHERE:

Our Care and Share discussion with Tammy Lott and Tonya Welch from INI. Was A huge success as I think everyone got a chance to talk about a little about some of the things that bother them. Tammy is a Counselor with OSF INI and Tonya is a Social worker with OSF INI, both of them are very experienced in dealing with issues those in the Parkinson's Community may have and they can be reached by calling (309) 624-4000.

Jennifer Pearce gave us some great information as to what services are available here in Central Illinois for helping those with Parkinson's and the Care Partner Jennifer can be reached at Right at Home (309) 327-0808.



There will be no meeting in September as Barb and I will be in Naperville for the American Parkinson's Disease Associations (APDA) Optimism walk. If you would like to join about 500 other people and have a great morning walking and raising funds for the APDA please Join us; Saturday, September 7, 2019 9:30 am Naperville Riverwalk Grand Pavilion 912 Honorary Memorial Sindt Court Naperville, IL 60540

You Can join Our Support Group Team by clicking this link

<https://apdaparkinson.donordrive.com/index.cfm?fuseaction=donorDrive.team&teamID=8579>

Please remember that the APDA support us year round

Friday Afternoon Parkinson's Discussion Group, September 20th 12:00 - 2:00 p.m. at the Burkland Distributing building 2500 N. Main, East Peoria, IL. Use MadDog Cleaning entrance. The discussion then will center on Insurance and finances

The October meeting will feature Troy Iaconis with AbbVie He will be talking about Duodopa and the pump unit

November will be "Pedal For Parkinson's" held November 2nd at the River Plex. See information on the back.

December will be our Christmas Lunch held December 7th at the Fox Pub @ 12:00PM

For more information please feel free to contact Barb or Roger at 309 699-7394 or 309 219-1210

PEDAL FOR PARKINSON'S

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

To Support the Cause of
The American Parkinson's Disease Association Midwest Chapter
Central Illinois Parkinson's Support Group

Saturday November 2, 2019

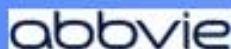
1:00 - 4:30 pm

River Plex

Recreation & Wellness Center
600 NE Water St. Peoria, IL



The 2018 Pedal For Parkinson's
was a huge success
Thanks to everyone that Donated
Thank to All of Our Sponsors
that made the Great Event Possible



Visit www.heartstohands.org/events for more information



Please take a few minutes and fill out this simple Survey Help APDA by filling out this quick online survey to help us determine the best way to provide programs and support to the Parkinson's community.

Click here <https://www.apdaparkinson.org/webinar/>

This page also contains the links to the APDA Webinars I have used some of these in our Support Group Programming and there could be others that interest you.

Ned Neuhaus has come up with a very intriguing fundraiser please talk to Ned about all the details but here is your basic information.

RACE AT PARKINSON'S PACE

YOUR RACE, YOUR RULES!

Event

This event will take place throughout the month of **SEPTEMBER**. Because it is **YOUR RACE, YOUR RULES**, we want to give everyone the flexibility to schedule their own walk/runs. There is no scheduled event location or time ... you do your race, using your schedule and your goals.

You choose the distance (e.g., marathon, ½ marathon, 10k, 5k, etc) and the pace you'd like to complete it at (e.g the whole month, two weeks, 5 days etc.). Maybe you choose to do a marathon in a week (3.75 miles a day). Get creative, its part of the fun! (for example, do multiple small walks every day) Remember, it is **YOUR RACE, YOUR RULES** ... don't let conforming to traditional thoughts get in the way!

Registration

You must register **BY SEPTEMBER 15, 2019**. We encourage you to register as early as possible and begin your **RACE AT PARKINSON'S PACE**. This date will ensure Tshirts arrive around the end of September.

Step 1 – Order your T-shirt for \$25. This order will act as your registration fee. All profits from the shirts / registration fees go directly to Team Fox.

<https://customink.com/fundraising/race-at-pd-pace-your-race-your-rules>

Step 2 – Sign up for your personal page at Team Fox. This is the page your friends and family will use to donate directly to Team Fox to help find a cure for Parkinson's.

<https://fundraise.michaelifox.org/tf-2019/Account/Register/raceatparkinsonspace> Fill out your name, email address, etc. You will then be able to Choose a registration option. Select "Join a Team" Search for the team "RACE AT PARKINSON'S PACE" and select.

Set your Personal fundraising goal. This goal is for your individual contribution to the team.

Your page at Team Fox will provide you with tools to reach out to others and will track your progress toward your fundraising goal. We recommend that each participant challenge themselves to raise a minimum of \$50.

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