

# 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: May 4, 2013

TIME: 1:30 – 3:30 pm

Program: Will be a webcast from The Parkinson's Disease Foundation "How to Take Care of the Caregiver". We will also have other information for the Caregiver. Plus we will have time for Care and Share, so bring your questions.

WHERE: Methodist Hospital Morrion Room

Robin Albright gave us a very good talk on maintaining our motivation at the April meeting. I hope everyone picked up a few little things that they can do to help you make it through the day when you need that little extra boost.

We had 30 members attend the April meeting including new members, Ray and Jan Pierce, Connie Stachewicz and Barb Magarity were guest.

Wow, did we have a busy April. I hope everyone had great success with the 30 day challenge and in finding something Parkinson's related to wear for everyday in April.

There was a nice group of people from our support group that attended the APDA Midwest Chapter's symposium. The program was outstanding. The speakers touched on everything from skin and dental problems related to Parkinson's disease to updates on some new medications and treatments. The afternoon part of the program was a outstanding One-man show titled "Side Effects May Include" boy was he right on with some of the side effects. If you ever get a chance to see this play doesn't let it pass you by.

Eat at Chili's, for the month of April and May. You can help build Parkinson's Awareness and raise a little money for Parkinson's Action Network by eating at Chili's. A set of coupons is attached. Please make sure all of your family, Friends and Co-Workers have these. Please see Roger for more details

We will once again be having a group outing to a Peoria Chief's Baseball game. It will be June 8<sup>th</sup>. The June game will be a ton of fun. Bob Gibson will be in attendance, and there will be fireworks and dueling pianos, plus a lot of other stuff going on. Tickets are \$9.00. We need to sell 100 of them so please tell your family and friends.

If you are interested in reading one of the books that are available in the library please give us a call we will bring it to the next meeting.

Our June 1<sup>st</sup> meeting Bryan Rudolph, District Legislative Aid for Congressman Aaron Schock, will be speaking on ways that the Congressman's office can assist you with the federal government.

For questions call Roger or Barb at (309) 699-7394 or (309) 219 – 1210.