



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

Volume II Issue II

March 2014

DATE: March 1, 2014

TIME: 1:30 pm 3:30 pm

Program: Dr. Dyeveke Pratt Neurologist and Movement Disorder Specialist with Illinois Neurological Institute will be speaking.

will be speaking.

WHERE: OSF PromtCare

5114 N. Glen Park Place

Peoria, IL 61614

Please note the new location of our meeting. This is a permanent change for our group.

Well unfortunately the weather got the better of us on February 1st and we had to cancel the meeting. Our speaker for the February meeting Jonathan Hamm from P.T.S. is being moved to the May meeting.

Get ready, we have a busy few months coming up and you won't want to miss a thing.

Wednesday, February 26, 2014 Join Parkinson's Action Network and the rest of the Parkinson's Community for the Parkinson's Day of Action. Parkinson's advocacy leaders from across the country will be on Capitol Hill meeting with their Members of Congress and talking about the importance of supporting Parkinson's research and services. Voice your support by calling your Members of Congress on February 26 between 8:00 a.m. – 4:00 p.m. CST.

The months of March, April and May eat at Chili's and 10% of your bill will be donated to Parkinson's Action Network. Vouchers for this coming soon.

Watch for a fundraising event coming to the Dairy Queen in Washington soon.

Saturday March 1, 2014 is Pulled Pork for Parkinson's, This event is hosted by the Don Bohlander Parkinson's Disease Fundracers and will be held at the Pekin Moose Lodge. The event starts at 4:00 pm with a pulled pork dinner, a Live Auction, Silent Auction, Raffle Items, 50/50 Raffle and great fun will continue though out the evening. Get your tickets in advance for \$ 8.00 adult, \$ 5.00 Child. Tickets will be \$ 9.00 and \$6.00 at the door. Ticket price does not include a drink but there will be a cash bar. At 8:00 pm the band "Loose Shoes" will play so be sure to stay around and listen to them. To purchase tickets call Roger at 309 219-1210 or Val at 309 241-5905

March 9, 2014 8:00am to 11:00am The Don Bohlander Parkinson's FundRACERS Breakfast at the Pekin Moose Lodge. This is a buffet breakfast featuring scrambled eggs, bacon, sausage, biscuits, gravy, pancakes, toast, coffee, milk and orange juice. Omelets and eggs any style will be prepared to order.

Continued on back

March 29, 2014 Firehouse Pizza in East Peoria, come see the cars and meet the drivers to kickoff the 2014 racing season at Peoria Speedway! Stop in Firehouse Pizza for some great food and help support the Don Bohlander Parkinson's FundRACERS! 10% of your order will be donated to help Parkinson's disease research right here in Peoria! Many local businesses have donated items for raffle, with all proceeds going to Parkinson's research. Bring the kids to see the cars, and then come out to Peoria Speedway for great stock car racing action EVERY Saturday night starting on April 5th at the Peoria Speedway!

April 5, 2014 8:00 am – 3:00 pm

APDA Midwest Chapters

Symposium 2014 to be held at The Meadows Club in Rolling Meadows , Illinois

The cost is \$35.00 for members with advanced registration \$40.00 non-members and all purchasers at the door.

Includes coffee and rolls, Lunch and valet parking. Speaking at the event will be Dr. David Standaert, MD, PhD. He is Professor and Chair of the Department of Neurology at the University of Alabama – Birmingham, Dr. Michael Rezak MD, PhD he is a neurologist and movement disorder specialist with Central DuPage Hospital. Mia Boelen PT specializing in the treatment of people with Parkinson's. Pamela Hart, MS OTR/L she is an Occupational Therapist in the Outpatient Neurological Rehabilitation program at North-Shore Glenbrook. Sue Laux, who has taken part in more than 20 clinical trials in the pursuit of improved treatment and a cure for Parkinson's disease.

To register go to www.apdamidwest.org or call the Midwest chapter at 630 933 4392. Please talk to Roger if you want more information.

April 12, 2014 Don Bohlander Tribute race at the Peoria Speedway. More information later.

The month of April is Parkinson's awareness month watch for a lot to happen during the month I will have information on what you can do to help promote Parkinson's awareness month starting at the February meeting.

How does the APDA Information and Referral Center assist care givers/partners?

By Jess Stielow, Director

Illinois/Northwest Indiana I & R Center

The dictionary defines a care giver as “an unpaid person who is responsible for attending to the needs of a child or dependent adult.” The care giving journey is a partnership between the person giving care and the one receiving it. As Parkinson's progresses, the role of care partner grows more challenging. To help them better cope care partners are frequently given well-intended advice: •Take time for yourself. •Get enough rest. •Take mental health breaks. •Tend to your own needs. You're no good to anyone else if you do not take care of yourself. •Ask other people for help. Don't try to do everything yourself.

These are wise suggestions, but what happens when they clash with reality? How do you “get enough rest” when your partner has been in and out of bed all night? How do you squeeze in “dinner and a movie with a friend” when your partner is depends on you 24/7? How do you take “mental health breaks” when your loved one is battling depression? To bridge the disparity between helpful suggestions and the day-to-day reality of life for a care partner, the I & R Center offers:

Telephone Support and Problem-Solving call1-800-223-9776.

Respite Care /“Time-Out” Program Available by application through the APDA Midwest Chapter, call 630-933-4392

Parkinson's Day of Action

Wednesday, February 26, 2014

**Join Us! Help Fight for a Cure for
Parkinson's Disease.**



On **Wednesday, February 26, between 9:00 a.m. – 5:00 p.m. ET**, Parkinson's leaders from Illinois and from across the country will be on Capitol Hill. Voice your support for Parkinson's research and services by calling Congress on **February 26!**

Join us by dialing:

202-224-2152 to call Senator Durbin

202-224-2854 to call Senator Kirk

202-225-3121 to be connected to your Representative

It's easy! Here's what to say:

1. My name is [YOUR NAME]. I live in [CITY, IL] and I have/my loved one has Parkinson's disease.
2. The Parkinson's community asks you to support a full repeal of the Medicare Therapy Caps and to increase funding for the National Institutes of Health, the Department of Defense Parkinson's research program, and the Food and Drug Administration.
3. I look forward to hearing from you concerning your support. Thank you.



www.parkinsonsaction.org

To learn more, visit www.ParkinsonsAction.org/dayofaction or call 800-850-4726.

Facebook.com/ParkinsonsAction | Twitter: @pantweets

PULLED PORK FOR PARKINSON'S



Don Bohlander Parkinson's Disease FundRACERS



Please Join Us for a pulled pork dinner, live auction, 50/50's, raffles and FUN!

To raise funds for Parkinson's Disease research, outreach and education



*Adults, \$8.00 in advance, \$9.00 at the door.
Children under 6, \$5.00 in advance, \$6.00 at the door.*

Saturday, March 1st @ 4:00 PM



*Moose Lodge 916
2605 Broadway, Pekin IL*