



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 III

April 2014

DATE: April 5, 2014

TIME: 1:30 pm 3:30 pm

Program: Heidi Bauer RKT, from OSF at the River Plex will be speaking on Exercise for people with Parkinson's.

WHERE: OSF PromtCare

5114 N. Glen Park Place

Peoria, IL 61614

Dr. Dyeveke Pratt packed the house for our March meeting. I'm sure everyone learned something new and took away something that they can use to help them in their everyday life with Parkinson's. We had 55 people in attendance. Our new member is Judy. Samuel, Becky, Jana, Alan, Laura, Neva, Mike, and Anne joined us as guests last month and we hope to see you back soon.

Get ready, April is Parkinson's Awareness Month. Here are some events:

Governor Quinn Proclaims April as Parkinson's Awareness Month in Illinois read the proclamation here.

<http://www.heartstohands.org/headlines.html>

Remember to wear a Parkinson's T-Shirt or something Parkinson's related every day, everywhere you go. Have fun with this and be creative. Send me a photo if you want and I'll post it on our Facebook Page.

Parkinistas, Join us for coffee Tuesday April 1st 10:00 am at The Blend 1130 Peoria St, Washington, IL Call Barb for more information 309 699-7394



Fundraiser March thru May. Eat at Chili's and 15% of your bill will be donated to Parkinson's Action Network. Vouchers for this are attached to this newsletter and are available at <http://www.heartstohands.org/events.html> You must have the voucher with you at Chili's. Please distribute these to as many people as possible, friends, neighbors, Schools and Churches.



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



April 12, 2014 The Don Bohlander Tribute race at the Peoria Speedway. Join us for a great night of dirt track racing and fundraising for the Don Bohlander Parkinson's Disease FundRACER'S. There will be commemorative T-shirts and racing souvenirs for sale. We are still in need of race lap sponsors please call Val if you are interested 309 347-6929.



April 13, 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. This is the last one until September.



April 5, 2014 8:00 am – 3:00 pm APDA Midwest Chapters Symposium 2014. Will 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.



Advocacy Victory: Proposal Limiting Anti-Depressant Access Pulled Yesterday. Center for Medicare and Medicaid Services (CMS) announced it would not pursue a controversial proposal to remove antidepressants as a "protected class" under Medicare Part D at this time. Since the proposal was first announced in January 2014, PAN, along with other disease groups and stakeholders, has worked with Congress and CMS to raise awareness of the negative impact that this change in policy would have on people living with complex diseases. CMS' announcement shows, once again, the value and power of the collective patient advocacy voice!

As a significant amount of people with Parkinson's rely on antidepressants, removing these drugs from the protected classes would have limited access to the medications needed to treat a common co-morbidity of Parkinson's disease. PAN applauds CMS on its decision and looks forward to continuing to work with CMS to protect access to necessary medications and care for people living with Parkinson's disease.



MRI ACCURATELY DIAGNOSES PARKINSON'S DISEASE

Parkinson's Disease has been diagnosed with almost complete accuracy using a scanning method called Magnetic Resonance Imaging (MRI). Magnetic resonance imaging (MRI) is a type of scan that uses strong magnetic fields and radio waves to produce detailed images of the inside of the body. An MRI scanner is a large tube that contains powerful magnets.

The patient lays inside the tube during the scan and is moved into the scanner either head or feet first. The MRI scanner is operated by a radiographer who controls the scanner using a computer.

An evaluation was carried out of the substantia nigra (SN) of people who did and who did not have Parkinson's Disease. The substantia nigra (SN) is the area of the brain most affected by Parkinson's Disease. Deviations from the normal appearance of the substantia nigra were described and indicated as abnormal. The abnormal architecture of the substantia nigra allowed a discrimination between people who did and who did not have Parkinson's Disease with a sensitivity and specificity of 100% and 96% respectively.

<http://www.viartis.net/parkinsons.disease/news.htm>



Chili's Give Back Program

Bring this voucher when you visit (Dine In or To Go) the **Chili's** location identified below and 15% of your purchase (excluding taxes) will benefit:

PARKINSON ACTION NETWORK

Group/Charity

3/1/14 – 5/31/14

Event/Exp. Date

One coupon per person, per visit at participating Chili's restaurants only. Cannot be combined with any other offer. Offer ends per expiration date above.

PEORIA & EAST PEORIA

Chili's Locations

#99999000004507



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