



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: August 2, 2014

TIME: 1:30 pm - 3:30 pm

Program: Movie, "The Astronaut's Secret"

WHERE: OSF PromptCare

5114 N. Glen Park Place

Peoria, IL 61614

Our Program this month will be "The Astronaut's Secret" In 1996, during NASA's Space Shuttle Mission, STS-76, Michael 'Rich' Clifford performed the first American spacewalk while docked to the Russian Mir Space Station. It was a flawless performance that paved the way for future spacewalks. Fifteen years later Rich Clifford reveals that he had Parkinson's disease while performing that spacewalk and with NASA's knowledge of his ailment. His story shows that with passion, dedication, and determination one can overcome seemingly insurmountable obstacles and reach for the stars.

We had 22 in attendance at our Picnic at Rose and Bob Franks house. The food was great, the friendship was great and I think everyone had a great time. A big Thank You to Bob and Rose for hosting it.

SNOWFLAKES IN JULY a Parkinson's disease fundraiser, will be held July 27 at the Itoo Hall 4700 Farmington Rd. from 4 -7 pm. Please contact Brenda Broyles at (309) 303-6573 or clutterbugbrenda@yahoo.com for more information. There is a flier for this event attached. On July 29th the Pizza Hut in Bartonville and Morton will donate 20% of your pre-tax dining checks to the fundraiser. On July 30 Logan's Roadhouse will donate 15% of your pre-tax dining checks to the fundraiser. Fliers are attached for the Pizza Hut and Logan's fundraiser nights.

Chili's Bar and Grill is once again supporting the Parkinson's Action Network by donation 15% of your pe-tax dinning checks. Please see the attached flier. Please pass this flier out to as many people as you can, Schools, churches and other organizations. If you would like, I would be willing to mail copies to them just provide me with the name and address of the organization.

THE WORLDWIDE PREVALENCE OF PARKINSON'S DISEASE

Movement Disorders [2014] Jun 28 [Epub ahead of print] (T.Pringsheim, N.Jette, A.Frolkis, T.D.Steeves) Complete abstract : <http://www.ncbi.nlm.nih.gov/pubmed/24976103>

Researchers sought to synthesize studies on the prevalence of Parkinson's Disease to obtain an overall view of how the prevalence varies by age, gender, and geographic location.

Geographic location was stratified by the following groups : Asia, Africa, South America, Europe/North America/Australia. Data were analyzed by age group, geographic location, and gender.

Analysis of worldwide data showed a rising prevalence of Parkinson's Disease with age, with (per 100,000) : 41 in 40 to 49 year olds, 107 in 50 to 59 year olds, 173 in 55 to 64 year olds, 428 in 60 to 69 year olds, 1087 in 70 to 79 year olds, and 1903 in those aged older than 80.

A significant difference was seen in prevalence geographically only for people who were 70 to (continued on back)

79 years old, with a prevalence of 1601 (per100,000) in people in North America, Europe, and Australia, compared to only 646 (per100,000) in people from Asia. Differences in prevalence according to gender was found only for people who were 50 to 59 years old, with a prevalence of 41 in females and 134 in males. Parkinson's Disease prevalence worldwide increases steadily with age. Some differences in prevalence according to geographic location and gender can be detected.

β-ASARONE INCREASES L-DOPA IN PARKINSON'S DISEASE

Clinical and Experimental Pharmacology and Physiology [2014] Jun 7 (L.Huang, M.Deng, S.Zhang, Y.Fang, L.Li)
Complete abstract : <http://www.ncbi.nlm.nih.gov/pubmed/24910244>

In order to increase the effect of L-dopa it is usually administered in combination with a dopa decarboxylase inhibitor. In Sinemet, L-dopa is combined with carbidopa. In Madopar, L-dopa is combined with benserazide. The co-administration of β-asarone and Levodopa is being developed as a means of improving the effect of L-dopa even further.β-asarone is found in the flowering plant acorus and also in asarum, which is known as wild ginger.

In animal studies the use of L-dopa in combination with β-asarone was compared to the use of existing methods of treating Parkinson's Disease. Dopamine levels were found to increase in the brain (in the striatum) and in blood plasma in response to β-asarone. The co-administration of β-asarone and L-dopa could also increase the levels in blood plasma of tyrosine hydroxylase, which is the enzyme responsible for the formation of L-dopa. Altogether, β-asarone was found to have an effect on converting L-dopa into dopamine by modulating the activity of dopamine metabolism.

The mechanism of co-administration of β-asarone and L-dopa is different from that of Sinemet and Madopar in the treatment of Parkinson's Disease. So the co-administration of β-asarone and L-dopa may be more beneficial to Parkinson's Disease treatment than the existing methods and so could eventually replace them.

Please consider becoming a member of the APDA Midwest Chapter. Membership benefits include being eligible to qualify for the Chapter's respite program for care partners who need "time out" from providing full time in-home care for a family member with Parkinson's disease. Each qualified member family may receive up to \$500 per 12-month period to pay for a substitute caregiver. Talk to Roger at the meeting or visit <http://www.apdamidwest.org>

If you are a member of a church or civic group, is your club or group looking for a speaker? I would enjoy being able to give them a Parkinson's Awareness program. Please feel free to give them my name and phone number, Roger Halleen 309 219-1210

Upcoming meetings September 6, Tonya Welch, BSW from Illinois Neurological Institute will be speaking. She will also be bringing her "black binder" that is full of resources for patients. October 4, Amy Becker and other Therapists from Illinois Neurological Institute, will be giving a presentation on the Lee Silverman Voice Training/LSVT (BIG and LOUD).

Save the Date, November 1, Pedal For Parkinson's. This is an afternoon of awareness and education with a fundraising event will take place on the day of our regular support group meeting, but will be held at the River Plex Recreational and Wellness Center. Start getting your sponsor's today.

SNOWFLAKES IN JULY

(Parkinson's Disease Fundraiser)



I am Bud Broyles and I am living with Parkinson's Disease. We are like snowflakes. None of us are alike. My body often freezes.

- * Silent Auction
- * Raffle
- * Handmade Items
- * Baked Goods
- * Door Prizes
- * Small Flea Market



Balloon Artist
4:30-6:30pm

JULY 27

Location: ITOO Hall
4700 W. Farmington Rd.
Time: 4-7pm



Face Painting
4:30-6:30pm

I am Don Bolander. It is very hard to keep my balance.



Craig Cady, Ph.D
Associate Professor
Bradley University
(Speaking 5:00pm
Parkinson's Research)



Antique Car Show
4:00-7:00pm

For More Information Contact:

Brenda Broyles (309) 303-6573
Email: clutterbugbrenda@yahoo.com



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:

PARKINSONS ACTION NETWORK

Group/Charity

6/20/14 – 9/20/14

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.

**4825 N. UNIVERSITY STREET, PEORIA
309-692-0468**

Chili's Locations

#99999000004781



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:

PARKINSONS ACTION NETWORK

Group/Charity

6/20/14 – 9/20/14

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.

**4825 N. UNIVERSITY STREET, PEORIA
309-692-0468**

Chili's Locations

#99999000004781



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:

PARKINSONS ACTION NETWORK

Group/Charity

6/20/14 – 9/20/14

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.

**4825 N. UNIVERSITY STREET, PEORIA
309-692-0468**

Chili's Locations

#99999000004781



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:

PARKINSONS ACTION NETWORK

Group/Charity

6/20/14 – 9/20/14

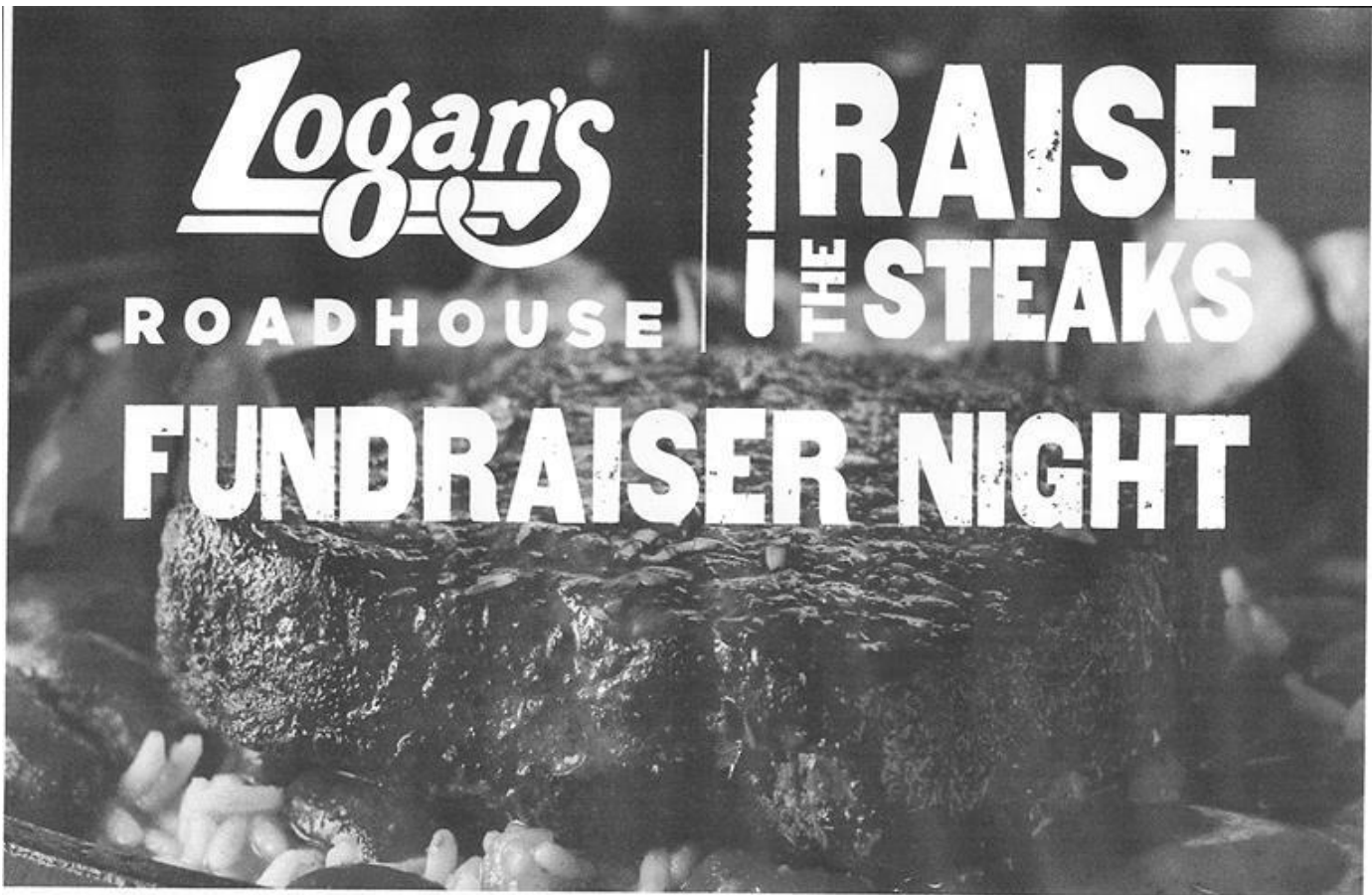
Event/Exp. Date

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.

**4825 N. UNIVERSITY STREET, PEORIA
309-692-0468**

Chili's Locations

#99999000004781



Snowflakes in July

Present this ticket to your server on the day and time listed below and Logan's Roadhouse will donate up to a sizzling 20%* of all pre-tax sales to your nonprofit group.

Wednesday, July 30, 2014

4-Close

Logan's Roadhouse

240 Conference Center Dr, E. Peoria, IL 61611

*Logan's Roadhouse will donate 15% of your group's pre-tax dining checks back to your organization. If your group orders exceed 50 adult entrées, we will donate 20% of your group's pre-tax dining checks.



PIZZA HUT WILL GIVE



20% OF THEIR SALES



WHEN: Tuesday July 29th
WHERE: Pizza Hut in Morton Bartonville
Time 4pm - 8pm



Pizza Hut will donate 20% of what we spend on our Pizza Fund Day. All you have to do is bring in the token provided, show it to your server, and everything on your bill will be counted toward the 20% (alcoholic beverages excluded). You pay nothing extra. You can come at lunch or dinner, in large groups or individually. Carry-out orders are also counted. So, if you spend \$20.00 at the participating location on our day with the token, our organization will receive \$4.00. There is no risk and virtually no work at all. Give tokens to your friends, business associates, and family. The more people coming in with a token on our day, the more we will make.

ONE IMPORTANT RULE: NO TOKENS CAN BE GIVEN TO OTHERS AT PIZZA HUT! THE TOKENS MUST BE DISTRIBUTED BEFOREHAND. THIS IS ONLY FAIR TO PIZZA HUT. IF ANYONE IS CAUGHT BREAKING THESE RULES, OUR DONATION ARRANGEMENT WITH PIZZA HUT IS NULL AND VOID.

GROUP: Snowflakes in July
DATE: July 29th 4pm-8pm
LOCATION: Pizza Hut in Morton Bartonville
 YOU MUST RECEIVE THIS TOKEN PRIOR TO YOUR EVENT. DISTRIBUTION ON PIZZA HUT PROPERTY WILL DISQUALIFY YOUR ORGANIZATION.

GROUP: Snowflakes in July
DATE: July 29th 4pm-8pm
LOCATION: Pizza Hut-Morton Bartonville
 YOU MUST RECEIVE THIS TOKEN PRIOR TO YOUR EVENT. DISTRIBUTION ON PIZZA HUT PROPERTY WILL DISQUALIFY YOUR ORGANIZATION.

GROUP: Snowflakes in July
DATE: July 29 4-8p
LOCATION: Pizza Hut-Morton Bartonville
 YOU MUST RECEIVE THIS TOKEN PRIOR TO YOUR EVENT. DISTRIBUTION ON PIZZA HUT PROPERTY WILL DISQUALIFY YOUR ORGANIZATION.

GROUP: Snowflakes in July
DATE: July 29 4-8p
LOCATION: Pizza Hut Morton Bartonville
 YOU MUST RECEIVE THIS TOKEN PRIOR TO YOUR EVENT. DISTRIBUTION ON PIZZA HUT PROPERTY WILL DISQUALIFY YOUR ORGANIZATION.