



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: October 4, 2014

TIME: 1:30 pm - 3:30 pm

Program: Amy Becker, MS, CCC/SLP

WHERE: OSF PromptCare

5114 N. Glen Park Place

Peoria, IL 61614

Amy Becker and other Therapist from INI Outpatient Rehabilitation will be giving their presentation on the Lee Silverman Voice Training/LSVT (BIG and LOUD).

We had 25 in attendance at our September meeting meeting. Barb and I are sorry that we missed it but I hear that Tonya Welch, Dr. Pratt and her APN, Ashley gave an outstanding program.

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>

Congress is Back: Talk to Your Members About the Importance of Medical Research

Although Congress has passed a short-term measure to keep the government funded through mid-December, the long-term future of agencies and programs important to our community, including the [National Institutes of Health \(NIH\)](#), the [Department of Defense \(DoD\) Parkinson's research program](#), and the [Food and Drug Administration \(FDA\)](#), remains uncertain.

The landscape for federal spending remains complicated and arbitrary spending caps add uncertainty to critical projects and prevent meaningful growth in medical research and innovation. We must demand more from our elected officials - and hold them accountable for making medical research a priority.

Contact your Members of Congress today and urge them to complete work on Fiscal Year (FY) 2015 spending during the lame duck session that preserves and protects medical research funding and provides greater certainty for agencies and programs important to the Parkinson's community.

<http://www.congressweb.com/Parkinsons/26>

Join the Parkinistas for coffee on 10:00 am. October 15th at the Panera's in Peoria by Westlake shopping center
Call Barb at 699-7394 for more information.

Migraines with Aura in Middle Age Linked to Parkinson's Disease

People who suffer from migraines with aura during middle age have double the risk of developing Parkinson's disease or other movement disorders later in life than those who do not, according to a study published in the Journal of Neurology.

Migraines are the most common brain disorder in both men and women, according to the World Health Organization, and one of the top 10 most debilitating conditions.

Aura is the term used to describe the feelings and symptoms that happen shortly before and during a migraine.

"Roughly one-third of affected individuals can predict the onset of a migraine because it is preceded by an 'aura,' visual disturbances that appear as flashing lights, zig-zag lines or a temporary loss of vision," according to the National Institutes of Health.

Researchers followed more than 5,000 people between the ages of 33 and 65 for 25 years, who were originally enrolled in a clinical trial designed to study heart disease in Iceland. The participants were interviewed about migraine symptoms in middle age and then, about 25 years later, asked about Parkinson's disease symptoms. They were also asked about symptoms for a related disorder called Restless Legs Syndrome.

The results were based on the study participants' self-reported diagnoses, though in the majority of the cases researchers confirmed the diagnoses by looking at medical records and the participants' medication use.

**Pedal for Parkinson's
Saturday November 1, 2014
1:00 – 4:00 p.m.
River Plex Recreational Center
600 Northeast Water Street
Peoria, IL 61603**

A great afternoon of Parkinson's Disease Awareness will take place on Saturday November 1st. Pedal for Parkinson's will combine an afternoon of awareness and education with a fundraising event. Attendees will get sponsors for riding a stationary bike for either 15 or 30 minutes. The funds raised will go to Parkinson's Action Network, the unified voice of the Parkinson's community. Included with this event will be a fantastic line up of speakers and a number of Parkinson's related displays. Darrel King will open up the afternoon with some comedy. Our lineup of speakers will include Dr. Sunil Chauhan MD., Dr. Dyveke Pratt MD. The Therapist group from INI will be offering Parkinson's related screenings. We will also have several Parkinson's related displays and a light snack. Once again we hope to build on last year's success and I hope that you can join us for this outstanding event. Should you wish to make a donation I have enclosed a self-addressed envelope or you may donate online at: <http://www.pedalforparkinsons.myevent.com/3/donate.htm>

This event is really starting to take shape. We have a panel from the World Parkinson's Quilt that will be on display. We have some items coming in for are raffle, if you would like to donate please call me 309 219-1210. We have a fantastic line up of speakers and there will be a number of Parkinson's related displays. It doesn't matter if you have Parkinson's, you're a caregiver, a family member or just have an interest in Parkinson's this is the place to be On Saturday November 1st. Please tell your family and friends about this share it with your church and school groups, let's have a huge turn out and make this a great success.