

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: December 6, 2014

TIME: 12:00 noon

Program: Christmas Lunch

WHERE: Sazani's Steak and Pasta House
7327 N. Galena Road. Peoria, IL

December 6, 2014 will be our Christmas luncheon, at Sazani's Steak and Pasta House 7327 N. Galena Road Peoria, IL. We have 3 choices to pick from; Lasagna Alla Antonio, Seafood Linguine, and Chicken Sazani. The cost will be \$ 11.00. This will include your drink and salad. You may purchase alcoholic drinks also if you wish. To sign up call Roger or Barb at 309 699-7394 or 309 219-1210 please RSVP by December 2, 2014

At our Christmas lunch we will take up a collection for the Peoria Journal Star Red Stocking Fund.

Dues are \$7.00 per person and are now due. You may pay at the next meeting.

Pedal for Parkinson's, was held on November 1st I would like to thank everyone that contributed to the success of this event, and I look forward to seeing you at next year's event. Saturday November 7, 2015. Should you still wish to contribute to this year's event you may do so at, <http://www.pedalforparkinsons.myevent.com/3/donate.htm>

We have added a few new books to the library. 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. A complete list of books can be found at <http://www.heartstohands.org/support.html> click on Book List.

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

The next "Parkinistas" coffee group outing is Monday Nov. 24th at 10am at Panera in Westlake. Please call Barb at 309 699-7394 or 309 712-3770.

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

Looking for that unique Christmas gift, here is a great one give the gift of a APDA Midwest Chapter Membership. The cost is only \$25.00 and here is just some of your benefits. Be 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. Funds are limited and distributed on a first come, first serve basis. Receive our Chapter newsletter at no charge. Receive reduced price tickets for you and your guests to our annual educational symposium, featuring nationally renowned speakers addressing topics important to the PD community. Be eligible to vote in Chapter Board elections, and to serve on the Board. More information here. http://www.apdamidwest.org/APDA_Midwest/Join_Us_Get_Involved.html

Why advocate for Parkinson's Disease? Ok you or someone you love has PD. You can do one of two things you can sit back and go about your normal routine only worrying about yourself. Or you can stand up and say, let's make a difference. Let's change things. Let's be heard and change the future not only for myself but for others too. No I'm not saying we can save the world but there is a lot that needs to be brought to the forefront so others will understand Parkinson's Disease and we can move close to better treatments and a cure.

So let's take a look at what an advocate is. Advocate, someone who takes action. To do something in order to make something else happen. To speak, write or stand up for something you believe in. Advocates raise the level of awareness regarding certain causes and issues at either the local, state, or federal levels. Begin an Advocate is not hard and there are many different ways that you can advocate. Writing letters, sending e-mails, speaking to local groups or meeting with our elected officials.

So again you ask why should I advocate? In general most people say they advocate because it gives them a sense of pride and is rewarding to be part of something that will make a difference in their life and in the life of others. There are others that say they are doing it to pay it forward in hopes of helping those that will be diagnosed later. Still others advocate because they have hope that research, new medications, and education can make changes and provide a higher quality of life not only for them but also for others that have Parkinson's or other chronic and progressive neurological diseases.

So what do you think is advocating for you? If it is then Parkinson's Action Network is for you. Parkinson's Action Network (PAN) is the unified voice of the Parkinson's community advocating for better treatments and a cure. In partnership with other Parkinson's organizations and our powerful grassroots network, we educate the public and government leaders on better policies for research and an improved quality of life for people living with Parkinson's. For more information visit our website, <http://www.parkinsonsaction.org/>

So by becoming an advocate each and every member of the Parkinson's community can make a difference. Thank you for taking a stand.

Clinical trials in the midwest currently recruiting volunteers, both healthy control volunteers and PD patients: STEADY PD III - Isradipine to slow or stop progression of PD, at Northwestern - Clinician: Karen Williams, Dr. Tanya Simuni conducts this trial. BIOFIND - Currently enrolling both healthy control volunteers and PD patients for trial search of Biomarkers of Parkinson's Disease.

For more information please contact Claudia Revilla at claudia.revilla@hotmail.com

May you and your family have Great Holiday season.

