

# CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

Blessed are those who can laugh at themselves....

Web site: [www.heartstohands.org](http://www.heartstohands.org)

They shall never cease to be entertained

**DATE: April 18, 2015**

**TIME: 1:30 – 3:30 PM**

**Program: Claudia Garrido-Revilla**

**WHERE: OSF PromtCare**

**5114 N. Glen Park Place**

**Peoria, IL 61614**

32 members attended the March meeting. Paulette Hartmann, Lutheran Social Services of Illinois spoke about Services that they offer. Benjamin Rediger, Managing Director for CBD Education and Medical Cannabis, told us how Medical Cannabis can help those suffering with Parkinson's.

This month our program will be, Claudia Garrido-Revilla a representative with Michael J Fox Foundation. She will be speaking on Clinical Trials and other things that they have going. **Please note date change.**

**April 18<sup>th</sup>**

## **April is Parkinson's Awareness;**

Here are some things you can do to help promote Awareness in our Community.

Wear something related to Parkinson's every day. T-Shirts would be great if you have several Parkinson's related shirts, you can just do laundry a little more often and have a shirt for every day! Or a Parkinson's pin is another option of something you can wear. We have the tulip pins for \$ 5.00 and Parkinson's Action Network badges at no cost. Take a picture of your self-wearing something to support Parkinson's send it to me and I'll post it on our Facebook page.

Attend the Don Bohlander Tribute Race at the Peoria Speedway 3520 W Farmington Rd on April 11, 2015  
Eat at Chili's please use the attached voucher and eat at Chili's

There is still time to register for;

APDA Midwest Chapters Symposium

April 11, 2015 8:00 am – 3:00 pm

To be held at The Meadows Club 2950 West Golf Rd. Rolling Meadows, Illinois

The cost is \$35.00 for members with advanced registration \$40.00 non-members and all purchasers at the door. The theme of this year's event will be "Everyday Solutions for Parkinson Disease Problems".

To register call the Midwest Chapter at 630 933-4392.

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

## President Barack Obama signs a Letter for Parkinson's Awareness Month

THE WHITE HOUSE  
WASHINGTON

March 17, 2015

I send greetings to all those observing Parkinson's Awareness Month.

Across our country, it is estimated that more than 500,000 Americans live with Parkinson's disease (PD), a chronic, progressive movement disorder. PD targets the central nervous system and its symptoms worsen over time—and its effects are seen not only in people battling the disease, but also in the lives of their loved ones.

As a Nation, we must support people living with PD and work to protect their health and wellbeing. Researchers are still searching for a cure, but by raising awareness and providing quality treatment, we can improve the lives of all those affected by PD. If we advance research and promote medical innovation, we can continue to unlock the mysteries of the brain and reach for a day when no one has to watch a loved one disappear behind the mask of Parkinson's.

As you recognize Parkinson's Awareness Month, let us recommit to reducing the impact of this disease and pledge our support to those touched by it, their families, and the medical professionals working to defeat it.



## Illinois Governor Bruce Rauner signs Proclamation for Parkinson's Awareness Month.



To View larger image visit <http://www.heartstohands.org/headlines.html>



### 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

**3/1/15 – 5/31/15**

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 & NORMAL**

Chili's Locations

**#99999000005460**



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## EFFECT OF RESISTANCE TRAINING ON PARKINSON'S DISEASE

Resistance training is any exercise that causes the muscles to contract against an external resistance with the expectation of increases in strength, tone, mass, and/or endurance. The external resistance can be weights, dumbbells, your own body weight, or any other objects that are heavy enough to cause the muscles to contract.

Seven electronic databases were systematically searched for studies from 1946 to 2014 for the effect of resistance training on Parkinson's Disease. Seven studies, comprising of 401 participants with early to advanced Parkinson's Disease were included.

The analyses demonstrated significant effects (from a possible range of effect from -1.00 to +1.00) in favour of resistance training compared to non-resistance training or no training at all for : muscle strength (+0.61), parkinsonian motor symptoms (+0.48), and balance (+0.36). There was no significant effect on : gait, balance confidence and quality of life.

This review demonstrated that moderate intensity progressive resistance training, 2 to 3 times per week over 8 to 10 weeks, can result in significant strength, balance and motor symptom gains in people with early to moderate Parkinson's Disease.