

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: September, 2015 **No Meeting**

TIME: No Meeting

Program:

WHERE:

At Our August meeting Rich Glavin gave us a great talk about Veteran benefits. If you are or if you know a veteran Rich may be able to help you get some of the benefits you deserve. Rich's contact information is; 309 682-1113, ext. 2149 or email him at rglavin@goodwillpeo.org We also watched some video from our pilot program of Rock Steady Boxing.

Barb and I will be attending the APDA River walk on September 12th so there will be no meeting in the month of September. We will see everyone in October.

September 18 at 10:00 am is the Parkinista's coffee at the Panera's Bread location in Westlake shopping Center, 2515 W Lake Ave, Peoria, IL. For more information contact Barb at 309 699-7394.

Upcoming Events; The APDA Midwest Chapter's 25th Silver Anniversary Optimism Annual Walk is on **Saturday, September 12, 2015** at Riverwalk Grand Pavilion (west end) in Naperville, Illinois. Watch for more information about join this walk through a Satellite walk



Pekin Marigold Festival is **September 12 -13 2015** once again we will be serving an all you can eat breakfast on Sunday Morning from 8 – 11 am at the Pekin Moose Lodge The Don Bohlander Parkinson's FundRACERS buffet breakfast is held at the Pekin Moose, on the second Sunday of every month, from 8:00-11:00, starting in September. The buffet includes scrambled eggs, biscuits, gravy, pancakes, sausage, bacon, toast, coffee, juice and milk. You can order omelets, and special eggs at no additional cost. As always, 100% of our profit is donated to Parkinson's Disease research. Hope to see you there!

We will also have a booth in the Civic Collage area of the Festival on Saturday and Sunday please stop by and see us.

Saturday November 7, 2015 at the River Plex in Peoria, **“Pedal for Parkinson’s”** this will be held in conjunction with our regular support group meeting. This event continues to grow so mark in on your calendar now, and start lining up your sponsors.



MORRIS K. UDALL AWARDS DINNER



The Parkinson's Action Network (PAN) is pleased to announce that Roger Halleen, PAN's Illinois State Director, is the recipient of the 2015 Milly Kondracke Award for Outstanding Advocacy.

Roger has been active with PAN since 2008 when his wife, Barbara, was diagnosed with Parkinson's disease. Since then, he has been a strong advocate for people with Parkinson's and has been committed to raising awareness of the disease in his local community and throughout the state of

Illinois.

"Roger Halleen embodies so much of what we love to see in a Parkinson's advocate," said Ted Thompson, J.D., chief executive officer of PAN. "He is dedicated, driven, and always a team player. PAN and the entire Parkinson's community is lucky to have him in our corner."

In addition to being a strong advocate for the community on policy issues, Roger has also been committed to fundraising for PAN and other Parkinson's causes. Over the years he has hosted Pedal for Parkinson's, a fundraiser and health education event at his local health club, which has raised funds that allows PAN to continue its advocacy work. In 2012, he also received PAN's Murray Charters Award for Outstanding Service to the Parkinson's Community. He's also active with his local Parkinson's support groups.

Like many in the Parkinson's community, Roger's role as his wife's primary caregiver has given him a unique and important perspective when raising awareness and advocating for issues that matter to the Parkinson's community.

"It is an unexpected honor to be given this award," said Roger Halleen. "I am grateful for the Parkinson's Action Network for allowing me to have the resources and support necessary to be a strong advocate for my wife and the millions of other Americans affected by Parkinson's disease. I look forward to continuing to lend my voice in advocating for the Parkinson's community."

In recognition of his work as Illinois State Director and Grassroots Advisory Board Member, as well as his incredible contributions to the Parkinson's community, PAN is offering an opportunity to donate in Roger's honor to benefit the Milly Fund and the 2016 Forum.


We are offering a wonderful way to celebrate his hard work and efforts. Anyone who [gives \\$25 or more](#) will have his/her name listed in a special page of the Udall Awards Dinner Program Book.

Please take a moment - right now - to honor Roger AND support PAN's grassroots efforts by making a gift of [\\$25, \\$50, \\$75, \\$100, \\$250, \\$500, \\$1,000 or more](#). Please make your contribution by September 8.


Many thanks.

Ted Thompson

PEDAL FOR PARKINSON'S



**A Fundraising and Awareness Event Sponsored by
Central Illinois Parkinson's Support Group &
Parkinson's Action Network**



**Saturday November 7, 2015
1:00 - 4:00 pm
River Plex
Recreation & Wellness Center
600 NE Water St. Peoria, IL**






Speakers

Robert Lyman Baittie
Author
Tremors In The Universe

Rock Steady Boxing
Demonstration

Dr. Dronacharya Lamichhane
Duodopa a new Parkinson's Treatment

Roger Halleen
Why we need Parkinson's Action Network

Visit www.heartstohands.org/events for more information



PEDAL FOR PARKINSON'S



Please sponsor me for my participation in PEDAL FOR PARKINSON'S I will be riding a stationary bike for 15 minutes _____ or 30 minutes _____
Your support of the event will go a long way towards Parkinson's awareness and working towards finding a cure for this devastating disease.

Name _____

Address _____ Phone _____

	Name	Address	Phone	Amount
1				
2				
3				
4				
5				
6				
7				
8				

Please make checks payable to **Parkinson's Action Network**. Parkinson's Action Network is a 501c3 organization.

PD boxing coming to Central Illinois.

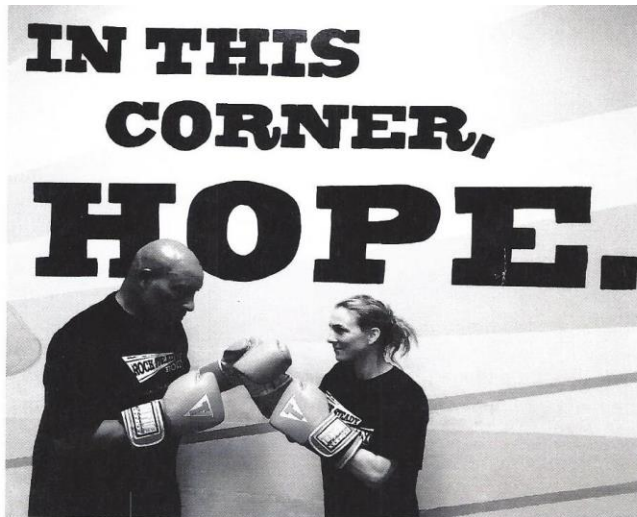
August 24th – October 14th , 2015.

Crossfit 309.

704 E. War Memorial Drive

(behind Leonardos pizza- across the street from Alwans Meat Store).

It will be held on Mondays and Wednesdays from 10:30p-11:30pm.



BOXING FOR PARKINSON'S

Monday & Wednesday 10:30 am - 11:30 am

August 24 – October 14, 2015

October 26 – December 16, 2015

\$135 per Session / \$10 Drop-In Class Fee



BOXING IS AN
EVIDENCED BASED
EXERCISE TO
IMPROVE PD
SYMPTOMS

TRAINING CLASSES
ACCOMMODATE
VARYING DEGREES
OF PARKINSON'S
FITNESS

BOXING CAN
IMPROVE BALANCE,
ENDURANCE,
REACTION TIME,
AND FLEXIBILITY

PHYSICIAN RELEASE
REQUIRED FOR
PARTICIPATION

CROSSFIT 309

704 E. War Memorial
Peoria Heights, IL
61616

309.682.9348

Dorian Mosack, BS
& Heidi Bauer, RKT