

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 1, 2015

TIME: 1:30 – 3:30 PM

Program: Jason Schultz from the OSF River Plex Parkinson's Exercise Program, will talk to us about exercise and their program.

We will also have time for some questions and answers so bring a question or two and we will see if we can get answers.

**WHERE: OSF Prompt Care
5114 N. Glen Park Place
Peoria, IL 61614**

Our July meeting was our annual picnic that was attended by 16 people. The support group provided Chicken from Schnucks and everyone brought a dish to pass. There was some great food and everyone had more than enough to eat. It was unfortunate that due to some mist communication we were unable to have our Rock Steady Boxing demonstration but the video we watched on Rock Steady Boxing was inspiring. If you missed the meeting the video is available on the Facebook page.

PD boxing coming to Central Illinois.

July 20- August 12, 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 2:30p-3:30pm.

The cost for the session is \$65 or drop in class is \$10.

The purpose of the pilot program is to obtain the interest in Central Illinois area prior to purchasing the bulk of equipment and receiving certification/ affiliation with Rock Steady Boxing. If there are any questions, please contact **Heidi Bauer at 309.750-7388.**

Rock Steady is a non-contact, boxing-inspired fitness program moving the body in all planes of motion. Each session challenges the boxer to continuously progress and have fun at the same time! RSB works to lessen symptoms and improve quality of life for all levels of Parkinson's.

<https://www.rocksteadyboxing.org/>

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

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.

We have added a few new books to the library. If you are interested in reading a book that is 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. I have corrected the problem with the list and it should load properly now.

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 Parkinista’s coffee is Monday July 27th at the Panera’s in Westlake @ 10:00 am. Anyone with an interest in Parkinson’s is invited to attend.

DRY POWDER INHALER FOR PARKINSON'S DISEASE

A dry powder inhaler has been found to be a viable means of administering L-dopa. Because of its rapid onset of action, pulmonary administration of L-dopa is a possible alternative to the oral administration of L-dopa in Parkinson's Disease patients in an off period. Its means of administration could enable a very quick therapeutic effect. Researchers studied the ability of people with Parkinson's Disease to operate a dry powder inhaler

(DPI) correctly during an off period. They used an instrumented test inhaler with three different resistances to air flow. The volumes inhaled varied from 1.2 liters to 3.5 liters. Total inhalation time and the time to peak inspiratory flow rate both decreased with decreasing inhaler resistance. Nearly all of the patients could hold their breath for at least five seconds after inhalation and most of them could extend this time to ten seconds. The data from this study indicate that patients with Parkinson's disease will be able to use a dry powder inhaler during an off period and they provide an adequate starting point for the development of an L-dopa powder inhaler. An L-dopa inhaler using L-dopa in liquid form instead of a dry form, that takes only 10 minutes to start having effect, is already undergoing clinical trials in Parkinson's Disease.