

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 3, 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**

Coming events

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.

The next Parkinista's coffee is Friday October at 16, 2:30 pm at the Panera's in Westlake in Peoria. Anyone with an interest in Parkinson's is invited to attend. There will also be a discussion on the creation of a Young Onset Parkinson's Group. Call Barb @ 699-7394 or 309 712-3770 if you want more information.



The Support Group has had a U-Step Walker, the Support Group will make this walker available to any member of the support group that needs this type of device and is unable to afford one. The walker will be made available free of charge, but will remain the property of the Support Group. Please contact Barb or Roger for more information.

The U-Step 2 increases your independence. The secret is in our patented U-shaped base. Its ultra-stable foundation braces you in every direction.

It is not like pushing a typical walker. Instead, the U-Step 2 surrounds you and moves with you. You will feel as stable as you would feel holding onto another person's arm.

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



PEDAL FOR PARKINSON'S "2015"



Pedal for Parkinson's
Saturday November 7, 2015
1:00 – 4:00 p.m.
River Plex Recreational Center
600 Northeast Water Street
Peoria, IL 61603



I would first like to start off by thanking you for your support in the past. Your support as made the past year a year to be remembered at the Parkinson's Action Network. In the past year through our advocacies we have been able to maintain funding levels for the National Institute of Health and the Food and Drug Administration. We have had a major impact on several legislative issues; ending Medicare's Improvement Standard, ensuring access to Medicare therapy services, working with the Drug Enforcement Administration (DEA) to maintain the DaTscan as a viable diagnostic tool, and playing a very active role in the passage of 21st Century Cures Act (H.R. 6).

Once again this year I will be pedaling along with scores of other others at Pedal for Parkinson's 2015. I can assure you it will be a fantastic event, not only raising needed funds for Advocating and increased Awareness but also providing education information to the Parkinson's Community of Central Illinois.

A great afternoon of Parkinson's Disease Awareness will take place on Saturday November 7th. 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 Rock Steady Boxing Demonstration, Dr. Dronacharya Lamichhane, Duodopa a new Parkinson's Treatment, and others. 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>

For more information please visit www.heartstohands.org

Contact:

Roger Halleen
301 Baylor St. East Peoria, IL 61611
Peoriapdgroup@comcast.net
309 219-1210 or 309 699-7394
Thank you.



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.