

# 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: November 7, 2015**

**TIME: 1:00 – 4:00 PM**

**WHERE: River Plex Recreation & Wellness Center  
600 NE Water Street  
Peoria, IL 61603**

**Program: Pedal For Parkinson's, please see other parts of the newsletter for complete program details.**

There were 28 members in attendance at our October meeting. Jason Schultz from the OSF River Plex Parkinson's Exercise Program gave us an excellent program on the benefits of exercise and how he incorporates that into his program at the River Plex. Thank You Jason.

The next Parkinista's coffee is November 18<sup>th</sup> 3:30 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

**Please ask your family and friends to sponsor you in this year's Pedal For Parkinson's**

Donations may be made online at <http://www.pedalforparkinsons.myevent.com/3/donate.htm>



# 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 7<sup>th</sup>. 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](http://www.heartstohands.org)

Contact:

Roger Halleen  
301 Baylor St. East Peoria, IL 61611  
[Peoriapdgroup@comcast.net](mailto: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](http://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.