

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: January 9, 2016

TIME: 1:30 – 3:30 PM

Program: Care and Share, Planning for next year.

WHERE: OSF PromtCare

5114 N. Glen Park Place

Peoria, IL 61614

January 9, will be our next meeting. Please note that we are meeting on the second Saturday of the month due to the New Year Day Holiday. We will have a Care and Share program, so please bring some of your questions and or concerns. We will also have some discussion on what you would like for programs during the upcoming year, so bring your ideas.

20 people attend our Christmas lunch, we played a little Parky Trivia (Parky is the 2016 WPC Mascot). We ate some good food from Sazani's Steak and Pasta House and we had a little time to sit back relax and enjoy some fellowship before the busy Holiday season.

Dues are \$7.00 per person and are now due. I have enclosed a self-addressed envelope or you may pay at the next meeting.

I would like to thank The Damien Foundation for a very generous donation of \$1,000.00 to our support group. The Damien Foundation 3235 W. St. Charles Place Peoria, Illinois 61615.

THE DAMIEN FOUNDATION
3235 W. St. Charles Place
Peoria, Illinois, 61615



The next Parkinista's / Young Onset coffee is January 20th 3:30 at the Panera's in Westlake in Peoria. Call Barb @ 699-7394 or 309 712-3770 if you want more information.

The Don Bohlander Parkinson's FUNDRacers next big event will be the Pulled Pork Dinner on March 5, 2016. Please mark this event on your calendars. You and your family will not want to miss it. The event is an evening packed full of activity, the auction is outstanding event, plus there is a silent auction, raffles, and T-Shirt sales. During the event The Don Bohlander Parkinson's FUNDRacers will present Dr. Craig Cady with donation, that is the results of their fundraising efforts for 2014; you will not want to miss it. We are however in need of auction items and volunteer help please contact Val Bohlander 309 241-5905 or Roger 309 219-210 for more information.



Looking forward to the coming year our meetings will be as follows;

February 6, Lyle Gibson Author of "A Lifetime in Motion: Lessons Learned from a Student of the Game(s)" The book has been as high as 229 on Amazon's list and is listed with the Michael J. Fox Foundation website as a resource.

March 5, MATT WOLFF, MA, LCSW, Patient Advocate with above. He has great insight and wonderful resources to help people living with Parkinson's improve their everyday life.

April 2 will be a Symposium held in conjunction with the American Parkinson's Disease Association. Speakers will include Dr. Lamichhane, Dr. Pratt, and Rock Steady Boxing Demonstration. There will also be food and valet parking available for this event.

May 7 Dr. Carla Couri will be speaking your Teeth and Parkinson's.

On June 26th we are looking at join with the Huntington Disease group from Peoria for a walk. They have had several outstanding walks the last several years and we would be honored to walk with them.

Jumping ahead a little November 5th will be Pedal For Parkinson's "2016"

So mark those dates down on your calendar.

Steve Rising has a "Theracycle". The regular use of a "Theracycle" has said to have been of help to those with Parkinson's. Steve has made an offer of allowing support group people to try the "Theracycle" in his home. If you would like to try the "Theracycle" please contact Roger or Barb and we will forward your contact information to Steve.

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.

Barb and I would like to thank you for your continued support over the past year and we look forward to having a great 2016 with you. Should you have questions or concerns please feel free to contact us at; Home 309 699-7394 Roger 309 219-1210 Barb 309 309 712-3770.

