

# 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: February 6 , 2016**

**TIME: 1:30 – 3:30 PM**

**Program: Author Lyle Gibson**

**WHERE: OSF Center for Health  
5114 N. Glen Park Place  
Peoria, IL 61614**

Our January 9<sup>th</sup>, meeting was attended by only a hand full of people but we had the snow and weather to blame for that. We did have good discussion on what people would like to see in the way of Programs for the coming year and also talked a lot about Rocksteady Boxing.

This month program will be given by Author Lyle Gibson. He has recently written a new book, "A Lifetime in Motion: Lessons Learned from a Student of the Game(s)". It has recently been listed on the Michael J. Fox Foundation website as a resource book. He was a baseball national champion, a tennis professional, a Boston marathoner and a high school baseball and tennis coach. "Being in motion has been a very important part of my life." Not long before I was finished with the book, I was diagnosed with Parkinson's.

Dues are \$7.00 per person and are now due. You may pay at the next meeting, or mail them to Central Illinois Parkinson's Support Group 301 Baylor St East Peoria, IL 61611

The next Parkinista's / Young Onset coffee is February 17<sup>th</sup> 3:30 at the Panera's in Westlake in Peoria. Call Barb @ 699-7394 or 309 712-3770 if you want more information.

**PULLED PORK FOR PARKINSON'S**

Don Bohlander Parkinson's Disease FundRACERS

Please Join Us for a pulled pork dinner, live auction, 50/50's, raffles and FUN!  
To raise funds for Parkinson's Disease research, outreach and education

Adults, \$8.00 in advance, \$9.00 at the door.  
Children under 6, \$5.00 in advance, \$6.00 at the door.

Saturday, March 5th @ 4:00 PM

Moose Lodge 916  
2605 Broadway, Pekin IL

The Don Bohlander Parkinson's FUNDRacers next big event will be the Pulled Pork Dinner on March 5, 2016 at 4:00 pm Moose Lodge 916 2605 Broadway Pekin, IL. 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, live and silent auctions, raffles, and T-Shirt sales. The meal will include pulled pork, coleslaw and chips, the cost is \$8 in advance \$9 at the door. There will be a bake sale where you will be able to purchase items for dessert. During the event The Don Bohlander Parkinson's FUNDRacers will present Dr. Craig Cady with a donation, that is the results of their fundraising efforts for 2015. We are however in need of auction items and volunteers. This is a great opportunity to get your family and friends involved. Items are also needed for the auction and raffle, please talk with the business that you patronize regularly and see if they will be willing to donate. Small items like gift cards are great as we can add them to a basket. Please contact Val Bohlander 309 241-5905 or Roger 309 219-210 for more information.



There is a Conference for Women with Parkinson's coming up in March.

March 10 -12, 2016

Cambria hotel & suites Noblesville - Indianapolis

Early registration fee is \$40.00 until February 1<sup>st</sup> You may print a [registration forum here](#). Please contact Barb at 309 699-7394 or 309 712-3770 if you are interested.

**Topics include:**

- Self esteem
- Hormonal issues
- Managing depression and anxiety
- Your relationship in the transition of your spouse to care giver
- How to legally protect your family
- How to live a positive life

**Speakers include:**

- Stephanie Combs-Miller, PT, PhD, NCS
- Shereen D. Farber, PhD, OTR, FAOTA, BFLT, WFLT
- Joy Gordon, PT
- Nancy Grenda, MA SLP-CCC
- Courtney Johnson, PhD, HSPP
- Lucy A. Khairy
- Debra Knapp, CPT, ACE, AFAA
- Angela Ockerman, PhD
- Lindsey Weaver, OT

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

March 5, MATT WOLFF, MA, LCSW, Patient Advocate with Abbvie. 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.



What a fantastic opportunity Barb and I have, it is called the PAN Forum. This conference held in Washington, DC, brings together Parkinson's advocates from across the nation for 3 days of learning the new developments in the treatment of Parkinson's Disease, advocacy training, and most importantly a chance to meet with our Senators and Congressional Representatives. We get the chance not only to tell our story about how Parkinson's has affected us, but also how it has an effect on the whole Parkinson's Community. How Government policy can and will improve the life's of those living with Parkinson's.

Parkinson's Action Network tries as hard as it can to provide scholarships and financial assistance to as many Advocates as possible. The more Advocates we have on Capitol Hill the more of an impact we make. That is why I'm asking you to make a small donation to help send us to D.C.

Your donation will not only help Barb and I get to the Forum, but will also help in sending others from Illinois to the Forum. It would be great to see a strong Illinois delegation knocking on our Senators and Congressional Representative's doors. If you would like to donate please follow this link [Barb and Roger DC page](#), or mail to:

Donations may also be sent to:

Parkinson's Action Network  
 1025 Vermont Ave. NW Suite 1120  
 Washington DC 20005

Please include a small note that it is for "Barb and Rogers Send me to DC"

Thank you so much for your continued support with our Parkinson's Advocacy.