

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: February 4 , 2017

TIME: 1:30 – 3:30 PM

Program: Neurogenic Orthostatic Hypotension

WHERE: OSF Center for Health

5114 N. Glen Park Place

Peoria, IL 61614

Our January 7th, meeting was well attended and included several New Members and guest. We had a good discussion on what people would like to see in the way of Programs for the coming year. We talked a little bit about a new name for the Support Group, possibly Parkinson's Community of Central Illinois.

The Program for our February meeting will be on Neurogenic Orthostatic Hypotension, this is a power point program that Barb and I picked up while attending the World Parkinson's Congress last September. Val Bohlander will also be telling us about the Pulled Pork For Parkinson's, and other events that they have coming up.



This month we continue our series of highlighting the specialist at the Illinois Neurological Institute Movement Disorder Clinic. Dronacharay Lamichhane, MD

Dr. Lamichhane specializes in caring for patients with Parkinson's Disease and other movement disorders. He earned his medical degree from Manipal College of Medical Sciences at Kathmandu University in Nepal. He completed his residency in Neurology at University of Iowa Hospitals and Clinics and a movement disorder fellowship at University of Maryland Medical Center in Baltimore, Maryland. His interests also include pediatric movement disorders.



The Don Bohlander Parkinson's FUNDRacers next big event will be the Pulled Pork Dinner on March 4, 2017 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 2016. 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.

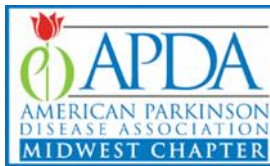
On Sunday February 11th, the Fundracers will host a breakfast at the Pekin Moose Lodge, 2605 Broadway St. Pekin. The breakfast is from 8-11. The buffet is all you can eat, \$8.00 adult and \$4.00 child.



SQUALAMINE, FOR ALPHA-SYNUCLEIN IN PARKINSON'S DISEASE
 Accumulation of alpha-synuclein is associated with Parkinson's Disease and related syndromes. Squalamine was discovered in the tissues of the dogfish shark. Squalamine, which is a natural product with known anticancer and antiviral activity, has been found to dramatically affect the aggregation of alpha-synuclein. Researchers assessed the mechanism of action of squalamine by investigating its interaction with lipid vesicles, and found that squalamine displaces alpha-synuclein from the surfaces of lipid vesicles, thereby blocking the first steps in its aggregation.

Squalamine almost completely suppresses the toxicity of alpha-synuclein by inhibiting their interactions with lipid membranes. Researchers suggest that squalamine could therefore be a means of treating Parkinson's Disease, which is associated with alpha-synuclein. When L-dopa is formed insufficiently, iron accumulation can occur. Iron accumulation increases the aggregation of alpha-synuclein. Superoxide anion can also be produced. Superoxide anion is broken down to hydrogen peroxide, which can also increase the aggregation of alpha-synuclein. So it is Parkinson's Disease, due to insufficient formation of L-dopa, that causes the aggregation of alpha-synuclein, not alpha-synuclein that causes Parkinson's Disease.

<http://www.viartis.net/parkinsons.disease/news.htm>



March meeting is Saturday the 4th , at 1:30 pm Lindsay Tarmann - Safe Haven Hospice will be our speaker.

In April we will once again host one of the American Parkinson's Disease Association Educational Seminars. Last year this turned out to be our biggest event of the year so you will not want to miss it this year.

Fundraiser for
Multiple System Atrophy

Date: April 1, 2017 - Final Four Saturday
 Time: 4:00 p.m. - 10:00 p.m.
 Location: Holiday Inn and Suites
 (at Schnapps @ Grand Prairie)
 7601 N. Orange Prairie Road, Peoria, IL
 Contact Info: (309) 683-3399
 chilly@petersenhoteles.com

Let's not forget about the fundraiser Larry Kellerman is hosting for Multiple system Atrophy (MSA) also on April 1st. It will be held at Holiday Inn and Suites 7601 N. Orange Prairie Road, Starting at 4:00 pm and going to 10:00 pm.



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

I would like to end this month's Newsletter with a photo a good friend of mine posted on his Instagram page. Thank You Enzo Simone.

THE RIDDLE OF PAIN

OF COURSE YOU CAN SOLVE IT
 BY QUITTING OR DYING. BUT THE
 REAL CHALLENGE IS TO FIND YOUR
 GREATNESS IN SOLVING IT BY
 LIVING.

NO MATTER HOW HARD IT FEELS
 IN THE MOMENT, PAIN IS ALWAYS
 TEMPORARY.

PUSH THROUGH IT.

WORLD UP:
 ENZO