

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: March 4, 2017

TIME: 1:30 – 3:30 PM

Program: Movie; 10 Mountains 10 Years

WHERE: OSF Center for Health

5114 N. Glen Park Place

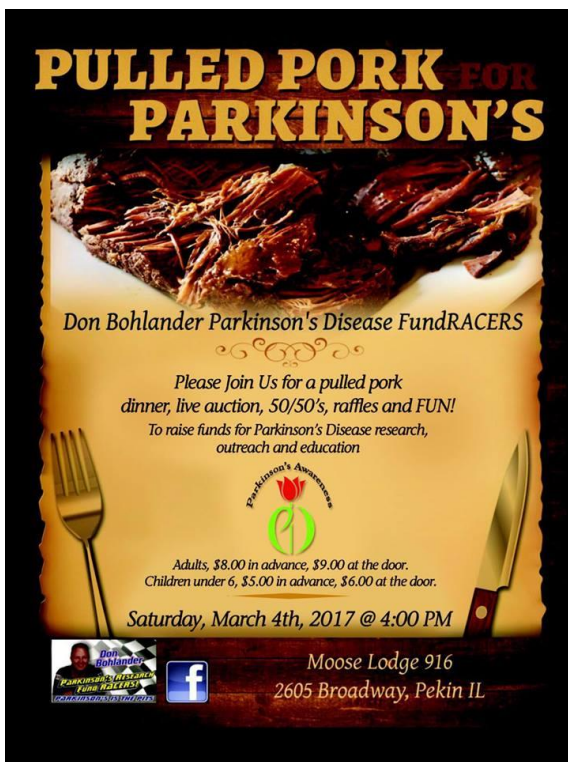
Peoria, IL 61614



Taking Advocacy to A Higher Level.
Mountain Peak Sponsor.

Our February meeting on Neurogenic Orthostatic Hypotension was attended by 27 members. It generated some good discussion on the topic and hopefully shed some light on the problem.

Our Program on March 4th will be a Documentary 10 Mountains 10 Years. Chronicling the worldwide epic created by mountain climber Enzo Simone. 10 Mountains 10 Years follows his international team of mountain climbers as they scale 10 of the greatest peaks in the world to raise awareness and funds for Alzheimer's and Parkinson's Disease. Focusing on Mt. Kilimanjaro, the film tracks happenings in the medical community alongside the team's endurance at altitude. This is a story of hope and of common everyday people coming together to change this world and leave something better behind. A collaboration with the Leeza Gibbons Memory Foundation and Focus On a Cure Foundation for Parkinson's



The Don Bohlander Parkinson's FUNDRacers next big event will be the Pulled Pork Dinner on Saturday 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 - 1210 for more information.

On Sunday March 12th, 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.

L-DOPA INHALER IMPROVES PARKINSON'S DISEASE



The L-dopa inhaler CVT-301 significantly improved Parkinson's Disease symptoms in clinical trials. CVT-301 utilizes ARCUS® for inhaled therapeutics. CVT-301 is designed to deliver a precise dose of a dry powder formulation of L-dopa. Inhaled treatments enter the body through the lungs and then reach the brain far more quickly, by bypassing the digestive system. For more information go to : <http://www.acorda.com/products/arcus-technology>. A Phase 3 clinical trial of patients who received CVT-301 in addition to their oral carbidopa/levodopa showed a significant improvement in motor function in people with Parkinson's Disease experiencing OFF periods. Two doses

of CVT-301 were assessed - 84 mg and 60 mg (equivalent to 50 mg and 35 mg fine-particle doses). Out of 339 patients, only six patients taking 60mg, and two patients taking 84mg reported serious adverse effects. The safety profile of CVT-301 was consistent with that observed in the Phase IIb trial. In a previous study the effect of the L-dopa inhaler was around 10 minutes, which is far quicker than the effect of L-dopa when it is taken orally. This would enable the widespread additional use of the L-dopa inhaler for when a quicker effect is required. Acorda said it will file an NDA with the FDA (the U.S. medicines authority) by the end of the second quarter, and a marketing authorization application with the European Medicines Agency by the end of 2017, pending additional data analyses.

VIRTUAL REALITY AIDS PARKINSON'S DISEASE



Virtual reality (VR) technology has been proposed as a new means of rehabilitating people with Parkinson's Disease that has added value over that of physiotherapy. It potentially optimizes motor learning in a safe environment, and by replicating real-life scenarios could help improve functional activities of daily living.

Virtual reality (VR) means experiencing things through computers that don't really exist. It is a believable, and interactive 3D computer-created world that you can explore so that you feel you really are there, both mentally and physically. For more information go to :

<http://www.explainthatstuff.com/virtualreality.html>

Most of the studies intended to improve motor function using commercially available devices were compared with the use of physiotherapy. The interventions lasted for between 4 and 12 weeks. In

comparison to physiotherapy, Virtual Reality may lead to a moderate improvement in step and stride length.

Virtual

Reality and physiotherapy may have similar effects on gait, balance, and quality of life. However, the authors concluded that there was low-quality evidence of a positive effect of short-term Virtual Reality exercise on step and stride length.



ROCK STEADY BOXING FOR PEOPLE WITH PARKINSON'S OPEN HOUSE

Saturday, March 18 from 11:00 AM to 1:00 PM

Located at CrossFit 309, 5629 N. Galena Rd, Peoria Heights

For more information, call (309) 682-9348

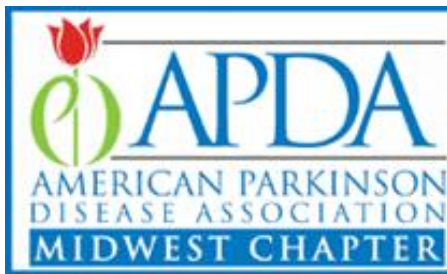
Rock Steady Boxing is a unique exercise program, based on training used by boxing pros and adapted to people with Parkinson's disease.

It serves both men and women with Parkinson's of all ages and levels of ability.



Anyone interested in learning more about the program, participating in the program or volunteering during classes is encouraged to attend.

Come to our Open House from 11-1 on Saturday March 18 at CrossFit 309 located at 5629 N Galena Rd, Peoria Heights. Anyone with Parkinson's interested in participating in Rock Steady, looking to volunteer, or just wanting to learn more about the program should attend. Come see our new space, complete with professional boxing ring.



In April we will once again host one of the American Parkinson's Disease Association Educational Seminars. **April 1, 2017 at 12:00 PM** Last year this turned out to be our biggest event of the year so you will not want to miss it this year. The program will consist of presentations by Dr. Lamichhane and or Melissa Glass, LSV Big and Loud, and others. There will also be Parkinson's related display and information. Illinois Neurological Institute is helping sponsor this event by providing lunch.



HELP PUT A FULL COURT PRESS
ON MULTIPLE SYSTEM ATROPHY (MSA)
April 1, 2017 • 4pm-10pm
Holiday Inn & Suites, Peoria @ Grand Prairie,
7601 N. Orange Prairie Rd., Peoria, IL 61615
(Food, drinks & entertainment included in ticket price, w/ a cash bar available)

LIVE PRESENTATION
Sharing current research efforts into MSA from a leading researcher in Innsbruck, Austria and one in Boston, MA

ALSO ENJOY

<p>Final Four basketball games on 40 foot screens</p> <p>Silent Auction w/ college basketball memorabilia and blues music collectibles</p> <p>Food prepared by Chef Seth w/ support from Chef Scott Simon of Chuck's - a Kerry Simon Kitchen (CKP)</p>	<p>The Smokers Blues Band, Winner of Central Illinois' 2014 "Road to Memphis Challenge" will provide some Great Blues & Steve Germain, drummer of The Black Crowes and Trigger Hippy, brother of MSA patient Jim Germain, will close out the event w/ fellow blues musicians</p>
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IMACE

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.

Silent auction.

Live blues music and the two Final Four games on the big screens.

Two of the leading researchers in the field will be sharing an hour of their time, one from Innsbruck Austria.

Great food a la Chef Seth, Chef Scott Simon and the other great kitchen staff members at the Holiday Inn & Suites.

The chance to make a difference – this should be the best reason of all.