

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: April 1, 2017

TIME: 12:00 – 3:00 PM

**Program: APDA Educational Seminar
(See Flier for information)**

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



Taking Advocacy to A Higher Level.
Mountain Peak Sponsor.

Our March meeting was the Documentary "10 Mountains 10 Years" movie, attended by 26 members. The movie chronicled 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.

Our Program on April 1st will be an Educational Seminar Presented by The American Parkinson's Disease Association. Please see the flier included with this Newsletter for more information. INI will be providing lunch for this event so please register at www.surveymonkey.com/r/peoria2017 Or call 630-933-4392 by March 27th if at possible, so we have a count for lunch.

The Don Bohlander Parkinson's FUNDRacers, Pulled Pork Dinner was a huge success. Thank you to everyone that helped out in some way or attended the event, please mark March 3, 2018 on your calendar for next years Pulled Pork Dinner.

On Sunday April 9th, 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

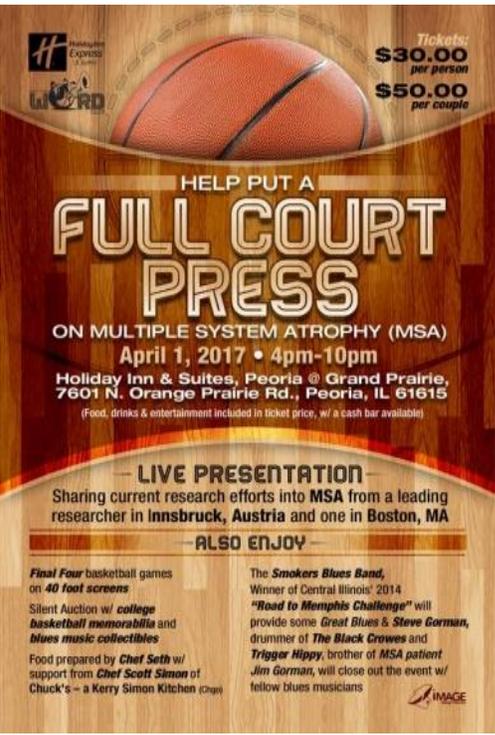
VIRTUAL REALITY AIDS PARKINSON'S DISEASE



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.



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.

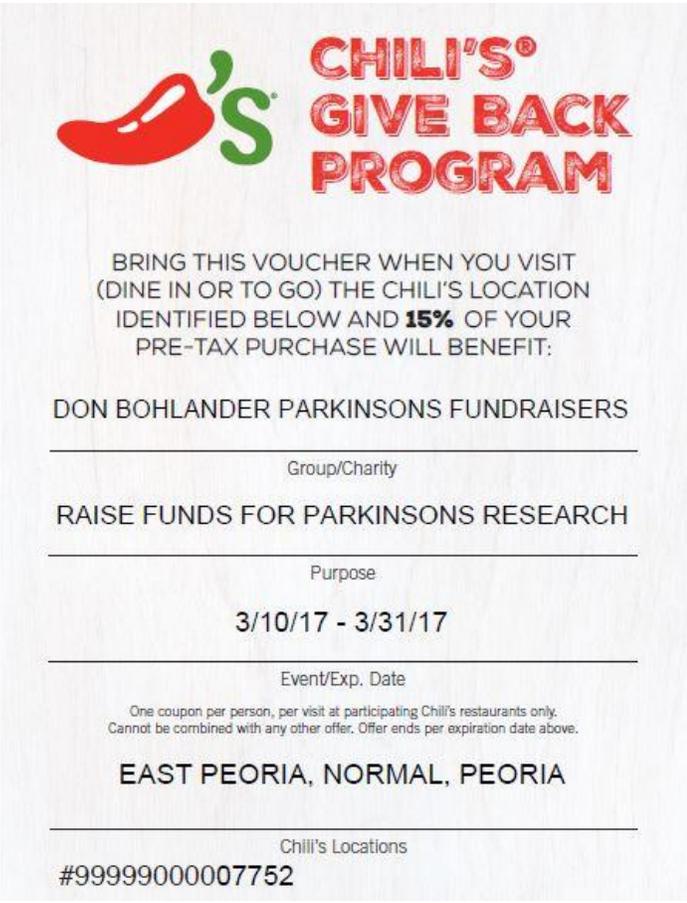
Silent auction.

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.



Please use this voucher before March 31st to help raise funds for the Don Bohlander Parkinson's Disease FundRACERS. Good at East Peoria, Peoria and Normal Chili's restaurants.

abbvie



Parkinson's Educational Seminar

Join Us

Saturday April 1, 2017

12:00 – 3:00 pm

OSF Center for Health

5114 N. Glen Park Place

Peoria, IL 61614



**Central Illinois
Parkinson's
Support Group**



Meets First Saturday
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Providing Parkinson's Disease
Education and Awareness
to the Central Illinois Area

www.heartstohands.org

Program Highlights

Ricki Chaidez, APDA Midwest Chapter

Melissa Glass APN, Illinois Neurological Institute

LSVT Big LSVT, Loud Program

Councilman Sid Ruckriegel, Parkinson's Proclamation

Lunch, Provide by Illinois Neurological Institute

Informational Displays

Valet parking well be available

Please Register at;

www.surveymonkey.com/r/peoria2017

Or call

630-933-4392



**AMERICAN
PARKINSON DISEASE
ASSOCIATION**
MIDWEST CHAPTER
Strength In optimism. Hope In progress.



April is Parkinson's Awareness Month What do you have planned to help promote Awareness in our Community? Well here are a few ideas;



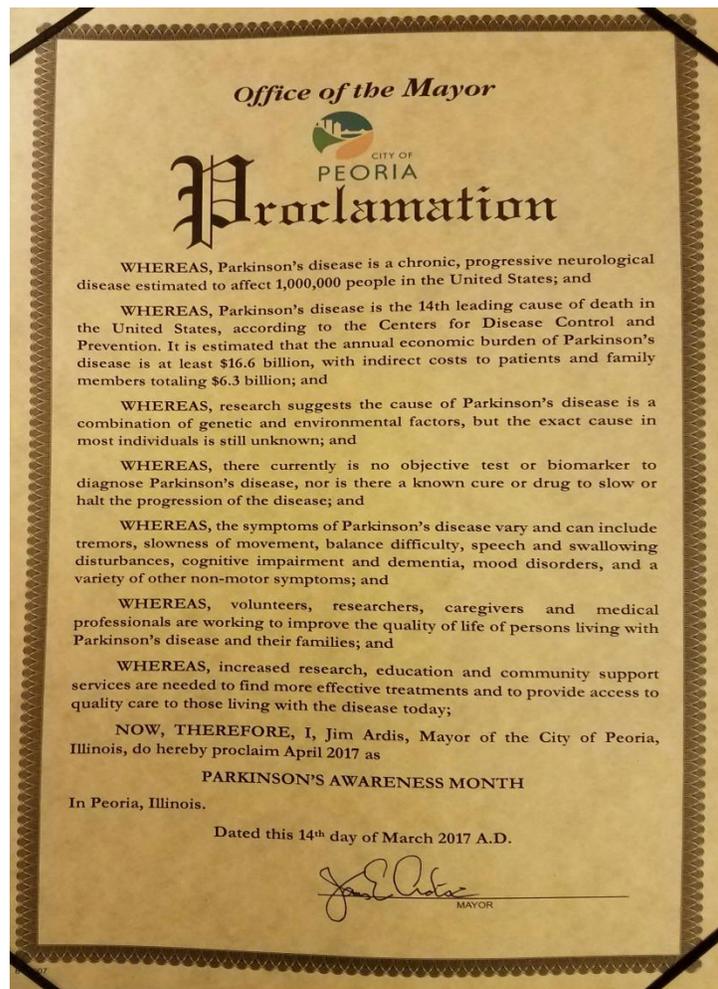
Wear something related to Parkinson's every day. T-Shirts would be great if you have several Parkinson's related shirts, you can just do laundry a little more often and have a shirt for every day!

A Parkinson's pin is another option of something you can wear. We have the tulip pins for \$ 5.00 and Pedal for Parkinson's wrist bands at no cost.

Take a picture of your self-wearing something to support Parkinson's send it to me at peoriapdgroup@comcast.net and I'll post it on our Facebook page.

Attend the APDA Midwest Chapter Seminar on April 1, at 12:00 noon.

Eat at Chili's please use the attached voucher and eat at Chili's 15% of your bill will be donated to the Don Bohlander Parkinson's Disease FUNDRacers.



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