

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: November 3, 2012

TIME: 1:30 – 3:30 pm

Program: Barb Campbell,
Slips, Trips and Stumbles, Preventing falls at home.

WHERE: Morron Room at Methodist Hospital

Julie Beltramea, Retirement Community Director from Snyder Village, gave a very good program last month. She was also able to explain the ins and Outs of moving into a retirement center.

We had 12 members at the October meeting and Steve Rising was a visitor.

December 1, 2012 will be our Christmas luncheon, at Sazani's Steak and Pasta House 7327 N. Galena Road Peoria, IL We have 3 choices to pick from; lasagna Alla Antonio, Seafood Linguine and Chicken Sazani. The cost will be \$ 10.00. You will be able to sign up at the November meeting. If you would like more information on the meals please feel free to call Bruce at; 309 689-2265

Pedal for Parkinson's, is on November 4th 1 – 4 pm. so please mark it on your calendar, you won't want to miss this one. Pedal for Parkinson's combines a fund raiser with a list of great speakers all packed into 3 hours on a Sunday afternoon. Please see the attached information or visit our web site for all the details and a sponsor form <http://www.heartstohands.org/events.html>. While it would be great if everyone participated in the bike riding you may come just for the speakers, see whose speaking on the back of the enclosed information.

This month's newsletter also includes information on what happens if sequestration goes into effect. There is a one page sheet that explains how you can contact your Senators or Member of Congress. Please take a few minutes to read it over and make the phone call. The second is a 2 page sheet that shows the facility's that get money from the National Institutes of Health. A 60.8 million dollar loss in funding would be devastating to Illinois economy not to mention the years that some research would be set back if you would like to discuss this more please feel free to call Roger 309 219-1210

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.

The Don Bohlander Parkinson's FundRACERS and Home Health Care Plus are looking for an individual to help though Dreams for Seniors. We would like this person to have Parkinson's or some other neurological disease, so if you know of someone that could use help from the Dreams for Senior Program please talk to Roger or Val Bohlander.

If you are a member of a church or civic group, is your club or group looking for a speaker? I would enjoy being able to give them a Parkinson's Awareness program. Please feel free to give them my name and phone number, Roger Halleen 309 219-1210

For questions call Roger or Barb at (309) 699-7394 or (309) 219 - 1210