

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: December 1, 2012

TIME: 12:00 noon

Program: Christmas Lunch

WHERE: Sazani's Steak and Pasta House
7327 N. Galena Road. Peoria, IL

Barb Campbell gave us a very interesting talk on Slips, Trips and Stumbles, Preventing falls at home. Along with a few other pointers.

We had 15 members at the November meeting and Sue Ardis 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. To sign up call Bruce at; 309 689-2265 Please RSVP by November 26th

At our Christmas lunch we will once again be collecting for the Journal Star Christmas fund.

Dues are \$7.00 per person and are now due. I have enclosed a self addressed envelope for your convenience, or you may pay at the next meeting.

I have included a survey with this newsletter Please look it over and gives us some ideas as to how we can improve the support group.

Pedal for Parkinson's, was held on November 4th I would like to thank everyone that contributed to the success of this event, and I look forward to seeing you at next year's event. Saturday November 2, 2013.

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

National Call in Day was a huge success; Congressional offices reported that they were overwhelmed with phone calls. That's why I encourage you to keep up your communications on sequestration. If you did not call Wednesday, please do so now. Follow this address, <http://capwiz.com/pan/callalert/index.tt?alertid=62125266> It's not too late. If you did call Wednesday, send a follow-up email and remind your Members of Congress that biomedical research needs to be a priority.

We are beginning to plan our meetings and agendas for the coming year and we would like to get your input on what you would like to see.

1. Do you have any ideas for a program? Please give as much detail as possible. _____

2. Do you know someone that would be willing to give a program? Please give name and phone number.

3. Would you be interested in going out to eat after our meetings? Yes _____

4. Where would you like to go? _____

5. What else could the support group do to help you or other people that have Parkinson's?

6. Would you be willing to help with fund raising efforts? Yes _____ No _____

Name and Phone Number
