



# CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

Blessed are those who can laugh at themselves....

Web site: [www.heartstohands.org](http://www.heartstohands.org)

They shall never cease to be entertained

Volume I Issue I

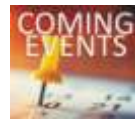
January 2013

**Next Meeting** January 12, 2013 1:30pm – 3:30pm  
Methodist Hospital in the Morrison Room. Our Program will be a Video from the Davis Phinney Foundation. It will include "Sleep Disorder in Parkinson's Disease" by Gary Leo, "Exercising for the Rest of My life" by Lee Dibble and Nutrition and Parkinson's "Can food have an Impact" by Sarah Zangerte.



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.

Starting with our January meeting we will use the last half of the meeting for Care and Share time.



The Don Bohlander Parkinson's FundRACERS and the Goss-McNeely team will be serving breakfast at the Pekin Moose Lodge 916 2605 Broadway Rd. Pekin, IL On the second Sunday of every month from 8-11:00 The Buffet includes, scrambled eggs, bacon, sausage, biscuits, gravy, hash browns, toast and made to order eggs and burittos.



Christmas Luncheon 17 people enjoyed a great meal for our Christmas luncheon on December 1<sup>st</sup> at Sazani's Steak and Pasta House. The food and fellowship was outstanding. A special thanks to Bob and Rose Franks for donating a book for one of our door prizes.



Central Illinois Parkinson's Support Group Newsletter is changing. This month is first of the new format. We will be using this format for a quarterly Newsletter, coming to you in January, April, July and October. We will continue with our regular newsletter on the other months. If you have an article or information that you would like included in the Newsletter please e-mail it to me at [peoriapdgroup@comcast.net](mailto:peoriapdgroup@comcast.net) or give it to me at a meeting.

Pulled Pork for Parkinson's  
March 2, 2013 Starting at 4.00 pm.  
Pekin Moose Lodge 916  
2605 Broadway Road  
Pekin, IL

Join us for a fantastic evening of fun and fund raising. All funds raised at the event go towards Parkinson's research being done by Dr. Cady at Bradley University. Events will include a Pulled Pork Dinner, Live Auction, Silent Auction, Raffle Items, 50/50 Raffle, and chances on a large Flat screen T.V. Everything gets started 4:00 pm. Get your tickets in advance for \$ 7.00 adult, \$ 4.00 Child. Tickets will be \$ 8.00 and 5.00 at the door. Ticket price does not include a drink but there will be a cash Bar.



Dues are \$7.00 per person and are now due. You may pay at the January meeting or mail them to Roger at 301 Baylor St. East Peoria, IL 61611



If you are interested in reading one of the Groups books that are available in the library please give us a call. We will bring it to the next meeting. The list of books is available on our [web site](http://www.heartstohands.org) or call Barb at 309 699-7394.



We have the Parkinson's tulip awareness pin available, The cost is \$ 5.00 Please see Barb at the information table at the meeting.



Dear Parkinson's Community,

As you all know from the news media, Congress is not expected to act on the end-of-year 'fiscal cliff' issues until after Christmas, at the earliest. This makes the PAN staff concerned that an agreement to avoid the draconian impacts of sequestration will not be reached before the arbitrary cuts take effect on January 2, 2013. Just to recap, if an agreement is not reached, we will see:

- A cut of \$2.5 billion to the budget for the National Institutes of Health, translating to about 33,000 jobs across the country;
- A cut of \$318 million to the Food and Drug Administration program that reviews and approves new therapies; and
- An across-the-board cut of 2% to Medicare providers.

In addition to these cutbacks, there will be other repercussions of this irresponsible governmental inaction for the PD community. Routinely, Congress acts in December to raise two Medicare reimbursement limits that are important to our community, but that has not happened this year. Unless this is rectified, on January 1:

- A harmful cap on Medicare-reimbursed therapy will apply to our community. Because 25% of Medicare beneficiaries with Parkinson's exceed this benefit cap, people with Parkinson's and other conditions are normally granted eligibility for an exception
- Physicians and hospitals will face a 26.5% cut in pay for treating Medicare patients. This would be on top of the 2% cut that Medicare payments are already facing under sequestration. Congress traditionally raises the payment rate annually.

It is unrealistic to think that people with Parkinson's will not be impacted by both of these Medicare payment changes, yet this seems to be the road that we are about to go down.

PAN is not asking you to take any action today; Congress and the Administration have essentially closed up shop until next week. But, we will be watching the discussions carefully and will reach out to you after they return with a request for communication to your

Members of Congress. I hope that you will respond. This is too important to not keep trying.

In the meantime, I wish all of you and your families a happy and safe holiday season.

Amy Comstock Rick



Neuroscience Letters [2102] Oct 2 (Kaasinen V, Jokinen P, Joutsa J, Eskola O, Rinne JO)

The formation of dopamine, the substance whose deficiency causes Parkinson's Disease, has been found to vary according to the season of the year, and the season in which somebody is born. This means that the likelihood of Parkinson's Disease symptoms are likely to change according to the season of the year, and in which season somebody was born.

The capacity to produce dopamine was found to be higher in people with Parkinson's Disease during the autumn (fall) and the winter. The potential was 15% higher during autumn (fall) and winter than it was during spring and summer. Dopamine levels were also affected by which season people were born in. People born during winter and spring were found to have a clearly higher capacity to produce dopamine compared to people born during the summer and autumn (fall). Therefore, the season in which somebody is born could cause Parkinson's Disease to be more or less likely. There was also evidence of season of birth effects in several neuropsychiatric disorders.



THE PREVALENCE OF NON-MOTOR SYMPTOMS IN PARKINSON'S DISEASE Clinical Neurology and Neurosurgery [2012] Aug 16 (E.M.Khedr, N.A.El Fetoh, H.Khalifa, M.A.Ahmed, K.M.El Beh)

The primary symptom of Parkinson's Disease is excessive muscle contraction. (Continued on Next Page)



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That leads to the characteristic symptoms such as rigidity, tremor, and bradykinesia (slowness of movement). However, muscles are involved in physiological functions throughout the body. The dopamine deficiency that causes Parkinson's Disease also directly affects the emotions. Consequently, non-motor symptoms of Parkinson's Disease are very common. The non-motor symptoms that were found to most prevalent in Parkinson's Disease were : disturbance of mood and cognition (87%), sleep disturbance and fatigue (78%), gastrointestinal (76%), urinary (76%), sexual dysfunction (73%), cardiovascular (70%).

Perceptual problems and hallucinations are infrequent (10%) and are usually due to Parkinson's Disease drugs, especially dopamine agonists, rather than Parkinson's Disease itself. Dementia, which was found to be mostly mild, occurred in around 22% of people with Parkinson's Disease. Although dementia often eventually occurs in Parkinson's Disease, it has an entirely different biochemistry from Parkinson's Disease. It is therefore not actually a Parkinson's Disease symptom or inevitable in Parkinson's Disease.

Side Effects May Include, is described as “a roller-coaster ride through an escalating mountain of pills, fidelity, secrets, questions of manhood and womanhood, age, and desire.” It explores “how sometimes its not the disease that changes you, but the side effects...”

Date: Saturday, April 13 Your invitation will arrive in February.

Time: 8:30 a.m. - 3 p.m.

Place: Meadows Club, Rolling Meadows, IL

Cost: \$40 per person includes: continental breakfast, symposium, lunch, play, complimentary valet parking.

Tentative symposium presenters:

Leslie Chambers, new President/CEO of national APDA.

Chapter Medical Director Dr. Michael Rezak

Dr. Michael George Mercury, PhD, neuropsychologist, NorthShore University HealthSystem, will discuss how PD may affect relationships.

A panel of experts will help you identify and manage non-motor PD symptoms to maintain optimal quality of life.



Looking for that special holiday gift? Treat friends, family to lunch, show

Are you looking for a special holiday gift for friends and family members? Treat them to a catered lunch followed by a one man comedy show -- written by former Seinfeld writer Marc Jaffe -- chronicling his family's journey with early onset PD. The show fills the afternoon portion of the Midwest Chapter's 2013 educational symposium, Healthy Bodies, Healthy Minds.

