

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 5, 2020

TIME: 1:30PM

Program: Dr Salima Brillman - a fellowship trained movement disorder neurologist and founder of the Parkinson's Disease and Movement Disorder Center of Silicon Valley.

This will Be On Zoom please follow this link.

Topic: Central Illinois Support Group

Time: December 5, 2020 1:30 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84171180230?pwd=Mm5iVDZDK2s1ZmdZdHZveTjydDJsZz09>

Meeting ID: 841 7118 0230

Passcode: 834566

One tap mobile

+13126266799,,84171180230#,,,,,0#,,834566# US (Chicago)

Dr. Salima Brillman is a board-certified neurologist with a fellowship in movement disorders, which includes Parkinson's Disease, Atypical Parkinsonism, Drug Induced Parkinsonism, Essential Tremor, Dystonia, Lewy Body Dementia and other Neurodegenerative disorders.

Recognizing the need for comprehensive and continuous care for people with movement disorders, Dr. Brillman became one of the first concierge movement disorder neurologists in the Bay Area, seeing patients in her office, in their homes or via telemedicine. Dr. Brillman has extensive experience in diagnosing and treating all forms of movement disorders and is proficient in DBS, Duopa and Neurotoxin therapies. She is not only interested in the motor aspects of movement disorders, but the vast non-motor elements that accompany each disease state and recognizes the importance of following those as well.



Dr. Salima Brillman is Sponsored by Supernus, makers of Apokyn and Xadago.

A huge Thank You goes to our Speakers for last month. Brittany Heidemann, MS CCC-SLP spoke on swallowing issues for people with Parkinson's. She discussed the issues with swallowing and gave tips on how to avoid choking and other problems.

Dr. Danny Bega from Northwestern Spoke on how to deal with Off-Time and treatments that are available for helping you navigate though it and get your movement back.

Lora Mock, Ambassador, Parkinson's Foundation Aware in Care Initiative, for her talk on the Aware and Care Kit available from Parkinson Foundation.

The hand-outs that Brittany and Lora had are available at

<http://www.heartstohands.org/support.html>

If you would still like to make a donation to "Pedal for Parkinson's" please visit

<https://pedalforparkinsons.myevent.com/3/donate.htm>

or mail a check to Pedal for Parkinson's 301 Baylor St East Peoria, 61611

100% of the donations stay with the Central Illinois Parkinson's Support Group.

Central Illinois Parkinson's Support Group Membership.

We have made the decision to suspend dues for the coming year of 2021. It has been unfortunate that we have not been able to meet in person or hold the events that we had planed. We are however hopeful that we will be able to have in person meetings and events early next year.

We would like everyone to update their information so that can maintain accurate membership information and keep you updated on all the Support Group happenings.

Pease visit <http://www.heartstohands.org/support.html> and use the Membership Information form on the page to update your information. If you prefer you can Send this information to Central Illinois Parkinson's Support Group 1744 Kingsbury Rd. Washington IL. 61571

(please Note The Form on the website will not be active until Wednesday November 25th)

First Name		Last Name	
Care Partner		Relationship	
email		Phone	
Date of Diagnoses <i>Month/Year</i>			
Personal Comment			

If you have any questions about the information in this Newsletter or on the Support Group, please feel free to contact us at Email us at: roger@cipdsupportgroup.org or 309 699-7394



Here is a Great way to help out the Support Group, Please share this information with your Family and friends.

This link will take you directly to smile.amazon.com in support of Central Illinois Parkinson's Support Group you won't have to search for us. Use this link every time you shop Amazon.

<https://smile.amazon.com/ch/83-2656727>

Here are some upcoming webinars that you may be interested in.

Calling All Care Partners: Managing Disease and Burnout in 2020.



Webinar Details

Date:

Thursday, December 17, 2020

Duration: 1 hr. Time: 12:00 pm ET

Register here <https://www.michaeljfox.org/webinar/calling-all-care-partners-managing-disease-and-burnout-2020>



A conversation about Parkinson's disease and the African American community.

Dr. Chantale Branson

Wednesday, December 9, 2020

11:00 AM – 12:00 PM CT

Register here <https://beaconlive.cwebcast.com/ses/48cFzmVIWYLx2unY7ivNzw~~>

Spotlight on Parkinson's Disease: Keeping Your Mind and Body Healthy.

Thursday, December 10, 2020 at 12 pm EST.

David Kreitzman, MD

Director, Parkinson's Disease and Movement Disorders Center of Long Island

Medical Director

Cristina Colón-Semenza, PT, MPT, PhD

Assistant Professor, Doctor of Physical Therapy Program, University of Connecticut

Storrs, CT

Register here <http://www.aoic.net/APDADec102020>

APDA SYMPTOM TRACKER

New & improved! An easier way to track your symptoms and manage your care. Now available in Spanish!

Download the free APDA Symptom Tracker mobile app today.

GET IT ON Google Play

Download on the App Store

The **APDA Symptom Tracker App 2.0** guides users through a simple set of questions that allows them to rate how certain motor (such as tremor, rigidity, balance) and non-motor symptoms (hallucinations, delusions, fatigue, anxiety, depression and others) are affecting them. It then creates a graph to indicate which symptoms are most impacting their quality of life. This graph/report is saved in the “My Library” section of the App, can be printed and/or emailed to their health care team. The APDA Symptom Tracker 2.0 also has a “Questions for the Doctor” feature that generates a list of suggested follow-up items for people to review with their doctor about symptoms and concerns they are experiencing. These functions allow users to compare results to see if certain symptoms are getting worse and determine which symptoms need to be addressed.

The improved **APDA Symptom Tracker App 2.0** has the following new features:

- An **interactive medication tracker** where you can enter the specific medications/doses and the time of day you take them (opportunity for better symptom management)
- Helpful **notifications and reminders** including:
 - Reminders to enter symptom data into the App
 - Push notifications about helpful education programs and updates on treatments
 - Reminders to share information with the clinician prior to appointments
- A **Spanish language** version that has been created for and by Spanish speaking people (not simply translating the English version).

If you have any questions about the information in this Newsletter or on the Support Group, please feel free to contact us at Email us at: roger@cipdsupportgroup.org or 309 699-7394

PATIENT AID Scholarship Program

APDA Patient Aid is a scholarship program providing financial assistance to people with Parkinson's disease who are struggling to make ends meet.

Who is eligible? People with a diagnosis of Parkinson's disease or Parkinsonism residing in the chapter servicing area and in need of financial assistance for expenses such as:



Exercise/Wellness



Transportation



Medication



Homecare, Respite
or Adult Day Health



Assistance at Home



Adaptive
Equipment

Approved applicants will be granted up to \$500 once per calendar year (January – December). Funds are limited and will be awarded on a first come basis.

Instructions:

1. Complete Patient Aid Scholarship Program Application
To request an Application Please Email apdamidwest@apdaparkinson.org
or call 630-933-4392
2. Mail or email the completed application along with required documentation:
3. APDA Midwest Chapter
1800 North Main Street
Suite 215
Wheaton, Illinois 60187