

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: February 6, 2021

TIME: 1:30PM

Program: Tammy Lott LCPC INI Neurology, Will be talking about Depression and taking some questions.

This meeting will be n Zoom here is the information.

Join Zoom Meeting

<https://us02web.zoom.us/j/88308598104?pwd=eUN5Ti8rK2xtU1QvSXU5TE9KV2YwQT09>

Meeting ID: 883 0859 8104

Passcode: 547698

One tap mobile

+13126266799,,88308598104#,,,,*547698# US (Chicago)

Last Month we had a chance to say farewell and best wishes to Melissa Glass. Melissa has retired to spend more time with her Grandchildren. Melissa has agreed to help us out at PD Camp and possibly with other events. We wish you the best Melissa.

According to our By-Laws we must approve a Board of Director's each year, the Board is set up on a rotating basis. I will be asking for a voice vote of approve at the February meeting for the following officers;

Roger Halleen – President (2022)

Barbara Halleen – Vice President (2021)

Barbara King – Secretary (2023)

David King – Treasurer (2022)

Ned Neuhaus – Board Member (2021)

We would like to add several new Board members, If you would like more information on being on the Board please talk to one of the Board Members

**Support
Central Illinois Parkinsons
Support Group.**

When you shop at smile.amazon.com,
Amazon donates.

[Go to smile.amazon.com](https://smile.amazon.com)

amazonsmile

Here is a Great way to help 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>

Central Illinois Parkinson's Support Group Membership.

We have made the decision to suspend dues for the coming year of 2021.. We would like everyone to update their information so that we can maintain accurate membership information that will allow us to 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. This information will be sent to the Support Group only and we do not sell or give out Our Members information. If you prefer you can Send this information to, Central Illinois Parkinson's Support Group 1744 Kingsbury Rd. Washington IL. 61571

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

Looking forward in 2021 I have a tentative plan to start holding in person meeting starting with the May 1, 2021 Meeting. Let us hope that this will work out for us.

So, please get you updated information to us as soon as possible. It is extremely easy to fill out the information on the website, I do not want anyone to miss out on Our up coming Events and Plans.

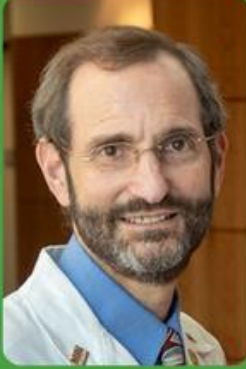
Join us on this Wednesday, January 27th at 10:00am to hear Dr. Joel Perlmutter



Parkinson Education Program

COVID 19 Vaccine & PD: Dr. Joel Perlmutter Answers Your Questions

Wednesday, January 27, 2021
11:00 am ET (10 am CT)



Joel Perlmutter, MD
Movement Disorders Neurologist
Washington University

answer your most pressing questions regarding the Covid-19 vaccine. The approval of the COVID-19 vaccine was good news to wrap up 2020,

but for people with Parkinson's, questions and concerns regarding the shots' safety, efficacy, and logistics abound. To help demystify the vaccine, APDA Greater St. Louis Chapter Medical Director and Head of the Movement Disorders Clinic at Washington University, Dr. Perlmutter, will answer questions related to the coronavirus vaccine and Parkinson's disease. Register here

https://www.apdaparkinson.org/community/missouri-illinois-parkinsons-parkinson-disease/upcoming-events-stl/pep-meetings/pep-covid-19-vaccine-pd-dr-joel-perlmutter-answers-your-questions/?fbclid=IwAR2J2dmKMxh20WrZlPsg-S_c1hHJm-CbH1FKoyt0WYTa_GkHZBNDTDgvDZQ



YOU'RE INVITED
GOOD Morning Workshop

Thursday, February 4 • 2:00 pm ET

REGISTER AT: [GOODMorningWorkshop.com/Florida](https://www.GOODMorningWorkshop.com/Florida)

WORKSHOP AGENDA:

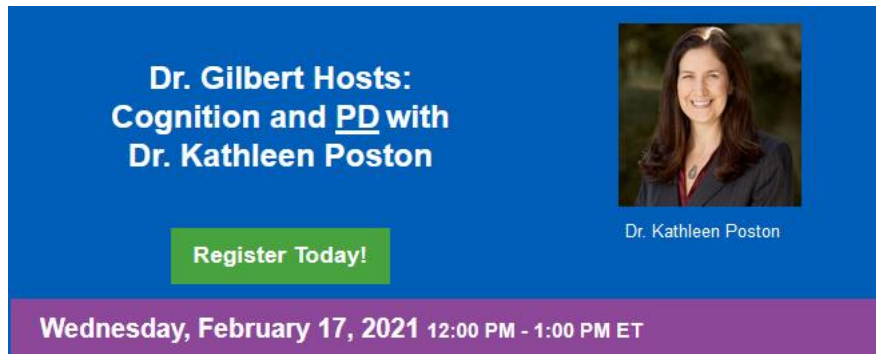
- Welcome and Introduction
- Roundtable Discussion: What is a Good Morning?
- A Presentation on OFF Times and a Discussion: The Search for OFF Times in Parkinson's Disease
 - Learn from a Parkinson's disease specialist, and hear firsthand from a patient currently taking this medication
- Roundtable Discussion: Create Your Plan for a Good Morning
- Reflection and Closing Remarks

UNABLE TO MAKE THIS PROGRAM? JOIN ANOTHER ONE!
To view all programs and participate in this workshop series, please visit [GOODMorningWorkshop.com](https://www.GOODMorningWorkshop.com)



There is a webinar coming up on February 4th at 2:00pm CT please note the attached information is listed as Eastern time. On Kynmobi, Kynmobi is a new treatment for off times during Parkinson's, This is a program sponsored by the manufacture Sunovion Pharmaceuticals. More information and other times the program will be available can be found here. <https://www.pmdalliance.org/good-morning-workshop/>

Dr. Gilbert Hosts: Cognition and PD with Dr. Kathleen Poston



Dr. Gilbert Hosts:
Cognition and PD with
Dr. Kathleen Poston

Register Today!

Wednesday, February 17, 2021 12:00 PM - 1:00 PM ET



Dr. Kathleen Poston

Wednesday, February 17, 2021
11:00 AM – 12:00 PM CT
In the continuation of the Dr. Gilbert Hosts series, APDA's Chief Scientific Officer, Dr. Rebecca Gilbert will speak with special guest Dr. Kathleen Poston for a conversation about

the cognitive effects of Parkinson's disease

On the third Thursday of every month at 11 a.m. CT, join our free live webinars to learn about various aspects of living with Parkinson's disease

New to Parkinson's? Steps to Take Today



February 18, 2021 11:00am CT

Our panelists will discuss practical tips for navigating a new Parkinson's diagnosis. We'll cover how to build your care team, ways to connect with the community and opportunities to participate in research. Bring your questions for our experts!

Webinar Details

Date: Thursday, February 18, 2021

For more information on this Newsletter or the Parkinson's Support Group Please feel free to contact Barb or Roger Halleen 309 219-1210 or roger@cipdsupportgroup.org



UC San Diego
Parkinson's Support Group Network
About Parkinson's • For Parkinson's • By Parkinson's

YOU'RE INVITED

GOOD Morning Workshop

Thursday, February 11 • 3:00 PM PT



REGISTER AT: GOODMorningWorkshop.com/Southwest

WORKSHOP AGENDA:

- Welcome and Introductions
- Roundtable Discussion: What Is a Good Morning?
- A Presentation on OFF Times and a Short-term Treatment for OFF Times in Parkinson's Disease
 - Learn from a Parkinson's disease specialist, and hear firsthand from a patient currently taking this medication



Abigail Lawler, MD
The Neurology Center of Southern California

The speaker is a paid consultant of Sunovion Pharmaceuticals Inc.

- Roundtable Discussion: Create Your Plan for a Good Morning
- Reflection and Closing Remarks

UNABLE TO MAKE THIS PROGRAM? JOIN ANOTHER ONE!

To view all programs and participate in this workshop series, please visit:
GOODMorningWorkshop.com



PMD Alliance
Parkinson & Movement Disorder Alliance

