

# 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

**DATE: July 13, 2019**

**TIME: 12:00PM**

**Program: Picnic**

**WHERE: Rock Steady Boxing Peoria**

**CrossFit 309**

**5629 N Galena Rd,**

**Peoria Heights, IL 61616**



The July Meeting will be our annual picnic we will have this at Rock Steady Boxing/Crossfit 309, 5629 N Galena Rd, Peoria Heights, IL 61616, On July 13, at 12:00PM. The Support Group is going to provide Fried Chicken, Lemonade and water. We ask that if possible, you bring your favorite dish to pass. We will have the picnic outside, weather permitting. Please

contact Roger or Barb at 309 699-7394 or by e-mail [peoriapdgroup@comcast.net](mailto:peoriapdgroup@comcast.net) by Thursday July 10th, if you plan on attending, so that we can order the right amount of Chicken. Let us know if you will be bringing a dessert or a side dish. Feel free to give us a call if you have a question. Please bring your own table service, and chairs if you have them.

We will also have Rick Neuhaus leading us in some great rhythm activities. Those of you that have heard Rick before know how much fun this is, plus maybe a special surprise so you will not want miss this Picnic.

Last month's program a webinar from the Davis Phinney Foundation. This webinar for people with Parkinson's and their care partners will focused on; Learning how to nurture qualities that build resilience.

## PD/AP Discussion Group

- Become a part of a new Parkinson's Disease/Atypical Parkinsonism discussion group
- Third Friday of the month – next meeting is **06/21/2019**

Different topic each month. This month's topic: "The role motivation and support play in a Parkinson's patient life."

The discussion will include information from our last meeting at the Jump Trading Simulation & Education Center, and ideas we share regarding these very important topics.

Location: MadDog Cleaning, 2500 N. Main, East Peoria, IL

For information call or contact Larry at (309) 634 6357 or [rickh1@yahoo.com](mailto:rickh1@yahoo.com)

Become a part of a new Parkinson's Disease/Atypical Parkinsonism discussion group

Third Friday of the month – next one is 06/21/2019.

Different topic each month. Location: 2500 N. Main, East Peoria, IL Please enter at the Mad Dog Cleaning.

Time: 12:00 p.m. – 2:00 p.m. Questions? Call (309) 634 6357 Join us, The discussion will include information from our last meeting at the Jump Trading Simulation & Education Center, and ideas we share regarding these very important topics.

For more information on the Support Group or any of our events feel free to contact Barb or Roger at 309 699-7394 or [peoriapdgroup@comcast.net](mailto:peoriapdgroup@comcast.net)

Our August Meeting on August 3rd will be a Care and Share discussion with Tammy Lott and Tonya Welch from INI. Tammy and Tonya work for the Illinois Neurological Institute, Movement Disorder Clinic in the field of counseling and Social Work. We will have time for general discussion and time to divide into groups for discussion among the People with Parkinson's and the Care Partners'. Tammy and Tonya gave this type of program at our February meeting and everyone has been asking for a repeat.



**Midwest Optimism Walk**  
Saturday, September 7, 2019  
Naperville VFW Hall  
American Legion Judd Kendall Post 3873  
Naperville, IL  
Arrive: 8:30 am • Walk: 10:00 am  
Register online today!  
[apdaparkinson.org/midwest](http://apdaparkinson.org/midwest)  
Strength in optimism. Hope in progress.

### APDA Midwest Optimism Walk!

Saturday, September 7, 2019 Naperville VFW Hall - American Legion Judd Kendall Post 3873 608 Jackson Avenue Naperville, IL 60540 Walk begins: 10:00 am (Online registration is strongly encouraged)

An important (and fun-filled) fundraising event that offers a short non-competitive walk and other family-friendly activities, prizes and more! Walking the full distance is not mandatory! Participants can walk as much or as little as they choose. Each Optimism Walk is part of a nationwide movement to mobilize and inspire people to set up and help put an end to Parkinson's disease. Be a part of it!

Because every nine minutes someone is diagnosed with Parkinson's disease.

The more funds we raise, the more people we can help. Raise \$100 or more and get a free Optimism Walk t-shirt. Raise \$500 or more and earn an Optimism Walk hat! Raise \$1,000+ and become a Circle of Optimism Member! Receive a special medal during Opening Ceremony and additional recognition on our website and social media!

Funds raised enable APDA to continue providing local education and support to those touched by PD in your community and fund scientific research into the causes, prevention, treatments and ultimately the cure.



### Victory Summit® Indianapolis

On Saturday, July 27th, 2019, join the Davis Phinney Foundation and our regional partners, Parkinson's Awareness Association of Central Indiana, Rock Steady Boxing and Indiana Parkinson Foundation, for The Victory Summit® Parkinson's symposium in Indianapolis. This national educational event is a...  
Indianapolis Marriott East  
7202 E 21st St  
Indianapolis, IN 46219

Join us for a discussion on Parkinson's Disease Presented by Amneal the makers of Rytary. There will be a presentation by a Doctor and by a Patient that is currently using Rytary as their Parkinson's Medication. There will be light refreshment. You must sign up for this event by using the website [www.TakingonPD.com](http://www.TakingonPD.com) or by calling 1-844-947-4211. You can not sign up though the Support Group. Remember Space is Limited.



Join Us for  
Taking “ON” Parkinson’s Disease  
A Live Educational Event

When it comes to living with Parkinson's disease, knowledge really is power. Attending an event—either in person or online—is a great way to learn more about how you can take on Parkinson's (while making some friends along the way).

At this event, you'll:

-   
**Learn** about Parkinson's disease and how to manage it from a leading healthcare provider
-   
**Explore** a treatment option for Parkinson's
-   
**Hear** an inspiring story from a person affected by Parkinson's
-   
**Get** resources and tools for talking to your doctor
-   
**Connect** with others in the Parkinson's community
-   
**Find** answers to your questions

Who is invited?	When is it?	Where will it be?	Who will present?
People living with Parkinson's disease and their care partners	Jul 09, 2019 06:00 PM CST*  *Please plan to arrive 15 minutes early	Two 25 225 NE Adams Street Peoria, IL 61602  Venue accessible for people with disabilities Light refreshments will be served.	Martha McGraw, MD

Sign up now!  
Visit [TakingonPD.com](http://TakingonPD.com) or  
Call 1-844-947-4211  
Space is limited and advanced registration is recommended.

We look forward to your participation!

