

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: July 10, 2021

TIME: 12:00 PM

Program: Annual Picnic

WHERE: Cross Fit 309 / Rock Steady Boxing

5629 N Galena Rd, Peoria Heights, IL 61616

Please RSVP to this email picnic@cipdsupportgroup.org

The Support Group will provide Chicken, we ask that you bring whatever else you would like to eat for yourself. We will not be sharing or passing dishes out of an overabundance of caution.

Please bring your own chairs and table service so that we can spread out a little and maintain a safe distance.

Last month's program was sponsored by ACORDA, Dr. Danny Bega Assistant Professor of Neurology at Northwestern University Feinberg School of Medicine, Division of Movement Disorders in Chicago, Illinois. The program while focusing on The Inhaler as a treatment for off symptoms in Parkinson's Dr. Bega present a good program on Parkinson's and had time for question.

Some Equipment that is available.

There are several pieces of equipment that Have become available should you be in need of one of these assistant devices.

A Lift Chair, a Up Walker, Electric Wheelchair, and a Portable Hoyer lift. If you are interested in any of these please contact me 309 219 1210

Registration is now open for PD Camp.

PD Camp is a great weekend of educational programing, Exercising and best of all relaxation.

Camp is limited in the number of people that can attend so please contact me if you are interested.

There is a informational sheet included in this newsletter.



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Central Illinois Parkinsons
Support Group.**

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Please remember if you shop on Amazon use Amazon Smile and help support the support group. It is really very easy just go to smile.amazon.com/ch/83-2656727

It cost you nothing and the Support group gets a little bit of money from every purchase you make, so spread the word and have fun shopping.



You're invited!

Please join us for PD Camp, as a past camp attendee we would like to Invite you to register in advance for this year's PD Camp. You can reserve your spot by returning your application and \$100.00 (\$50.00 per person) by May 1, 2021.

Payment will be due at the Time of registration. Should the need arise for you to cancel you may do so with a full refund before August 1st.

Please send payment and registration to;

Roger Halleen

301 Baylor St

East Peoria, IL 61611

Email peoriapdgroup@comcast.net

Please make your checks Payable to Central Illinois Parkinson's Support Group.

Registration is limited and as a past attendee we want you to have first choice. Spots will be filled on a first come, first served basis. after May 1st we will open Camp registration up to others that may be interested. We anticipate that Camp will be full this year, please make sure that you are registered to save your spot. Once Camp fills up, we will create a waiting list.

What do we do at PD camp?

A Combination of Educational and recreational activities including but not limited to the ever-popular rhythm session with Rick. Campfires, games

The program also includes, talks from INI Movement Disorders Team, breakout sessions to cover both emotional and physical aspects of coping with Parkinson's, well as physical and occupational therapists will participate.

When is it?

September 17th – 19th at Salvation Army Eagle Crest Camp in Washburn, IL

The program will run from approximately 12:00PM on Friday through noon on Sunday.

12:00PM Friday will be a Picnic at the American Legion Spring Bay, 500 Legion Ln, Spring Bay, IL

What is the cost?

The cost is \$50.00 per person for the entire weekend There are also a limited number of scholarships available though the Central Illinois Parkinson's Support Group, should you feel the cost is prohibitive for you.

Participants will be provided with a camp t-shirt, dinner on Friday, three meals on Saturday, breakfast on Sunday as well as sleeping accommodations, towels and bedding, you well need to bring your own bath soap and shampoo, a hair dryer if needed.

The Support Group has taken out an advertisement in the 2021 Community Impact Guide this guide is published with the May issues of the Peoria Magazine. Our highlights our Support Group and the major events that will be

Central Illinois Parkinson's Support Group



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Facebook:
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Twitter: @PdPeoria

Roger Halleen, President
Barbara Halleen, Vice President
Barbara King, Secretary
David King, Treasurer
Ned Neuhaus, Board Member

Mission

To educate, coordinate and provide activities for persons diagnosed with Parkinson's disease, their caregivers, and others working with Parkinson's and Parkinson's-like diseases.

Vision

An improved life for those living with Parkinson's and Parkinson's-like diseases.

Upcoming Events

PD Camp 2021
September 17-19, 2021
Eagle Crest Camp, Washburn

Pedal for Parkinson's 2021
November 6, 2021
RiverPlex Recreational Center, Peoria

Annual Educational Seminar
April 2, 2022
Jump Trading Simulation & Education Center, Peoria

For information on any of these events, email roger@cipdsupportgroup.org.

How to Help

If you would like to help support our programs and events, please contact Roger at roger@cipdsupportgroup.org or (309) 699-7394.

The Central Illinois Parkinson's Support Group is involved with and supports functions throughout the community that help improve the lives of people living with Parkinson's and Parkinson's-like diseases. The group meets on the first Saturday of the month from 1:30-3pm at OSF Prompt Care Galena Park. Check with Roger Halleen for current times.

THIRD FRIDAY DISCUSSION GROUP

An open discussion group will focus on a different Parkinson's-related topic each month. Meets the third Friday of each month from 12 to 2pm. Due to COVID-19, please contact Larry at (309) 634-6357 for updated information.

ATYPICAL PARKINSON'S SUPPORT GROUP

Provides support and information to people diagnosed with Atypical Parkinsonism, Multiple System Atrophy (MSA), Progressive Supranuclear Palsy (PSP) and others. Due to COVID-19, please contact Larry at (309) 634-6357 for updated information.

PARTNERSHIPS

The Central Illinois Parkinson's Support Group also partners with community organizations

that serve people living with Parkinson's by providing information and resources to promote education and attendance.

- **Rock Steady Boxing**—5629 N. Galena Road, Peoria Heights, IL 61616, (309) 682-9348. Gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum. Please check with the facility as to availability of classes. COVID-19 social distancing protocol is in place.
- **Parkinson's Exercise Class**—RiverPlex Recreation and Wellness Center, 600 NE Water Street, Peoria, IL 61603, (309) 282-1617. A group-based exercise program for Parkinson's patients led by an OSF physical therapist. Please check with the facility as to availability of classes.
- **SPEAK OUT! and Loud Crowd**—OSF HealthCare Outpatient Rehabilitation, 6501 N. Sheridan Road, Peoria, IL 61614, (309) 621-4111. Parkinson Voice Project has developed an effective program that combines education, individual speech therapy (SPEAK OUT!) and ongoing group sessions (The LOUD Crowd). Check for COVID restrictions.



coming up this year. I have enclosed a copy of our advertisement with this Newsletter and here is a link to the complete Guide Issue <https://www.peoriamagazines.com/community-impact>

Remember The Michael J. Fox Foundation has as Third Thursday Webinar on the third Thursday of every month at 11:00AM. You can Register for them or see past webinars by following this link <https://www.michaeljfox.org/webinars>



Life with PD: Coming Back from the COVID Lockdown

Friday, June 25, 2021, at 11:00 am ET

Dr. Rebecca Gilbert, APDA Chief Scientific Officer facilitates a Q&A Session with Dr. Joel Perlmutter, APDA Scientific Advisory Board Member, and Greater St. Louis Chapter Medical Director about post-COVID life and what that means for people with Parkinson's.



Register Today!

Here are some upcoming programs from the American Parkinson Disease Association.

Life with PD: Coming Back from the COVID Lockdown Date; Friday, June 25, 2021
Central Time 10:00am to 11:30am
Location, Virtual Register here, <https://www.apdaparkinson.org/community-st-louis/upcoming-events-stl/pep-meetings/> About, You

are invited to a Q&A session with Joel Perlmutter, MD, APDA Medical Director, facilitated by Rebecca Gilbert, MD, APDA Chief Scientific Officer on June 25th at 10:00am CST. Dr. Perlmutter will be sharing information and answering your questions about easing into post-COVID lockdown life and what that means for people with

Parkinson's.



Driving Wellness for People with Parkinson's Disease

Part of the APDA Massachusetts Virtual Education Series:
Bringing Information to You at Home

TUESDAY, JULY 13, 2021 | 1-2 PM ET

Join the American Parkinson Disease Association MA for the virtual educational program "Driving Wellness for Parkinson's Disease." This program will be presented by Jaclyn Davin, OTR, CDI, CDRS, an Occupational Therapist at Spaulding Rehabilitation Hospital, Cape Cod.

Parkinson's disease and Parkinsonism can lead to changes in vision, physical movement, and thinking skills which can impact driving safety over the course of the

disease. This presentation will heighten awareness of how to continue to drive safe now, what changes to watch for in the progression of the disease, and how to address those changes in the future.

Date & Time: Tuesday, July 13, 2021; 12:00 – 2:00 PM CT

Location: Home Computer – register here, <https://apdama.salsalabs.org/DrivingandParkinsons/index.html>

Get Ready "Pedal For Parkinson's 2021" is coming November 6, 2021 12PM at the River Plex in Peoria. This is a Multiple Speaker Fundraising event that you will not want to miss.

Have Happy July 4th

