

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: June 1, 2019

TIME: 1:30 – 3:30 PM

**Program: *How to Build Resilience While Living with Parkinson's*
(This is a Davis Phinney Foundation webinar)**

**WHERE: OSF Center for Health
5114 N. Glen Park Place
Peoria, IL 61614**

This month's program will be a webinar from the Davis Phinney Foundation. This webinar for people with Parkinson's and their care partners will focus on; Learning how to nurture qualities that build resilience. Explore strategies to strengthen your resilience that you can use every day. Show simple practices you can do to ease emotional pain and meet difficult emotions. Discover actions you can take to live well with Parkinson's that will truly make a difference in your life. The Webinar will be presented by Judy Long, a palliative care chaplain with UCSF's Parkinson's Disease Supportive Care Clinic and UCSF's Symptom Management Service. She provides interfaith spiritual care with a deep commitment to care for caregivers, both family members and clinicians, that grew out of her experience as a hospital and hospice chaplain and facilitating grief and family caregiver support groups. As a chaplain and educator, she provides evidence-based training in compassion and mindful resilience to make caregiving sustainable and reduce burnout.

APDA and ICE ID have partnered to raise funds and help people with Parkinson's stay safe and get the best care in the event of an emergency, thanks to a customized bracelet.



What is an ICE ID bracelet?

The ICE ID is a custom, laser-engraved medical identification bracelet that easily, simply communicates vital health and "in case of emergency" (ICE) contact information and allows first-responders to act quickly in the event of an injury or other emergency situation.

You can order yours here, www.theiceid.com/discount/APDA



The free APDA Symptom Tracker App guides people through a simple set of questions that has them rate how certain motor symptoms (such as tremor, rigidity, balance) and non-motor symptoms (fatigue, anxiety, depression, and others) are affecting them. It then creates a simple graph to indicate which symptoms are most impacting their quality of life in which can be saved in the "My Library" section of the app, and can also be emailed directly to members of their health care team, right from the app. Over time, people can compare the results to see if certain symptoms are getting worse, and determine which symptoms need to be addressed more urgently than others.

You can find the App at the Apple App Store or the Google Play Store



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 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.

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.

PD/AP Discussion Group

- 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: this month's topic; Resources for Caregiver

Location: 2500 N. Main, East Peoria, IL

- Time: 12:00 p.m. – 2:00 p.m.
- Questions? Call (309) 634 6357
- Join us for a lively and informative discussion!

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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

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.

Contact Barb or Roger at 309 699-7394 or peoriapdgroup@comcast.net for more information.