

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: October 5, 2019

TIME: 1:30PM

Program: DUOPA: A DIFFERENT WAY

To treat motor symptoms in advanced Parkinson's

WHERE: OSF Center for Health

5114 N. Glen Park Place

Peoria, IL 61614

The October meeting will feature Troy Iaconis with AbbVie. He will be talking DUOPA: A DIFFERENT WAY To treat motor symptoms in advanced Parkinson's. Troy and AbbVie has been a huge supporter of the Support Group for a long time. He would like to talk to as a group and be able to answer our questions.



The APDA Naperville walk was a fantastic event. We had over 350 walkers and outstanding weather. It was great to see this type of turnout and support for the APDA and the Parkinson's Community. The money raised from this walk stay with the Parkinson's community here in Illinois. Mark September 12th of 2020 on your calendar for next year.

Upcoming meetings.

November will be "Pedal For Parkinson's" held November 2nd at the River Plex. I would like to tell you about an exciting event the Central Illinois Parkinson's Support Group is putting together, PEDAL FOR PARKINSON'S. This event will combine an afternoon of Parkinson's awareness and education with a fundraising event. There will be a great lineup of speakers, a full array of educational displays and some lite snacks all while raising funds to help create Awareness and benefit the Parkinson's Community of Central Illinois.

Now is the time to start getting your friends and neighbors signed up to support you there is a sign-up sheet included with this Newsletter and you can pick up additional ones at the meeting. For complete information or to make a donation online please visit, <https://pedalforparkinsons.myevent.com/>

December will be our Christmas Lunch held December 7th at the Fox Pub @ 12:00PM

For more information please feel free to contact Barb or Roger at 309 699-7394 or 309 219-1210



Please take a few minutes and fill out this simple Survey Help APDA by filling out this quick online survey to help us determine the best way to provide programs and support to the Parkinson's community. Click here <https://www.apdaparkinson.org/webinar/> This page also contains the links to the APDA Webinars I have used some of these in our Support Group Programing and there could be others that interest you.

Ned Neuhaus has come up with a very intriguing fundraiser please talk to Ned about all the details but here is your basic information.

RACE AT PARKINSON'S PACE

YOUR RACE, YOUR RULES!

Event

This event will take place throughout the month of **SEPTEMBER**. Because it is **YOUR RACE, YOUR RULES**, we want to give everyone the flexibility to schedule their own walk/runs. There is no scheduled event location or time ... you do your race, using your schedule and your goals.

You choose the distance (e.g., marathon, ½ marathon, 10k, 5k, etc) and the pace you'd like to complete it at (e.g the whole month, two weeks, 5 days etc.). Maybe you choose to do a marathon in a week (3.75 miles a day). Get creative, its part of the fun! (for example, do multiple small walks every day) Remember, it is **YOUR RACE, YOUR RULES** ... don't let conforming to traditional thoughts get in the way!

A number of our Support Group members are participating in this Fundraiser. Please follow this link to make a donation to the Team or one of the individuals <https://fundraise.michaelifox.org/tf-2019/RaceatParkinsonsPace>

An Outstanding Weekend for PD Camp, 32 people participated in PD Camp 2019 over the weekend of September 13 – 15, 2019. They enjoyed Parkinson's related exercise and educational programs and time to share some tips and tricks for dealing with Parkinson's or the Care Partner aspects. Not to mention great fellowship, good food and the chance to just relax and socialize. Mark the weekend of September 18 – 20, 2020 on your calendar so that you don't get left out.



PEDAL FOR PARKINSON'S

**A Fundraising and Awareness Event Sponsored by
Central Illinois Parkinson's Support Group**

**To Support the Cause of
The American Parkinson's Disease Association Midwest Chapter
Central Illinois Parkinson's Support Group**

Saturday November 2, 2019

1:00 - 4:30 pm

River Plex

Recreation & Wellness Center

600 NE Water St. Peoria, IL

What's New at The APDA

Roger Halleen

Pilgrimage to Enlightenment

Roger Halleen

Caregiver Program

Bradley University

Speech Therapy

Loud Crowd Demonstration

Brittany Heidemann, MS CCC-SLP

Surgical Treatments for Parkinson's

Dr. Andres Mardonado



Visit www.heartstohands.org/events for more information

Donation may also be made at; <http://www.pedalforparkinsons.myevent.com/>



PEDAL FOR PARKINSON'S

Please sponsor me for my participation in PEDAL FOR PARKINSON'S I will be riding a stationary bike for 15 minutes _____ or 30 minutes _____
Your support of the event will go a long way towards Parkinson's awareness and working towards finding a cure for this devastating disease.

Name.....

Address..... Phone.....

	Name	Address	Phone	Amount
1				
2				
3				
4				
5				
6				
7				
8				

Make checks Payable to

APDA Midwest Chapter or Central Illinois Parkinson's Support Group