

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: March 5, 2022

TIME: 1:30 PM

PROGRAM: Tammy Lott LCPC

Stress management - especially as related to COVID

WHERE: OSF Center for Health

5114 N. Glen Park Place

Peoria, IL 61614

OSF Glen Park place has given us permission to meet in -person. This meeting will also be set up on zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/88150530091?pwd=QTN6TnQ0VjhQREdueDFPZENHSi9wdz09>

Lammy Lott LCPC from INI will present a Program on Stress Management - especially as related to COVID.

Last month our program sponsored by AMNEAL, Dr. McGraw gave us a great program on controlling your Parkinson's Systems. Early that day Abbott sponsored a program by Dr. Maldonado's also gave us a great program on DBS.

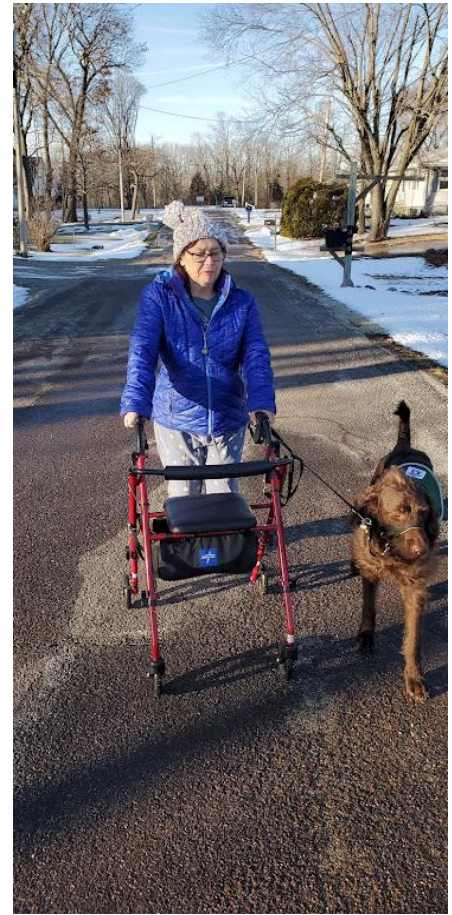
April is Parkinson's Awareness Month let make a statement! Try wearing something Parkinson's related every day, you might just be surprised what will popup in conversations when people see what you are wearing. It's a great time to show that you have Parkinson's ... Parkinson's does not have you.

Also watch for some other exciting things happening that will help spread the Awareness.






Meet Ollie, Ollie is a 26-month-old Labradoodle that has been training with Paws Giving Independence for about 2 years Barb and I started working with him in November, during the month of February he has had 2 home passes with us and is working out great. He walks great at Barb's pace, and it is making it easier for her to walk with him and a cane and use the walker less. Ollie comes to Barb stands in front of her and then Braces and helps her out of or into a chair. Ollie is great at retrieving just about anything you ask him to. He opens and closes doors, helps her get her coat on, takes and places items in the trash along with many other things.



I bring this up here for one reason Paws Giving Independence is looking for people that a Mobility Dog could help. They currently have several that have been in training for a while and will be ready to start training with people that need them soon. I would encourage anyone that thinks a Mobility trained dog could assist them to call Donna. They can give me a call if they have questions 309-839-2754.



Paws Giving Independence
'saving a life to change a life'
POBox 9572, Peoria IL 61612

.....
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309-839-2754
<http://givingindependence.org>

If you have question concerning this Newsletter or the Parkinson's Support Group please feel free to Contact us at 309 219-1210 or roger@cipdsupportgroup.org



When: April 5th at 11:00A.M.

Where: Zoom

Registration: Please call Nicole at 1-773-834-1688 or email at: Nicole.reidy@uchospitals.edu

Theme: SPRING into Optimism and Resilience: Parkinson's Disease Awareness Month

APDA Virtual Connecting Through Art

Connecting Through Art is a creative arts program that offers people with PD the space and ability to express feelings, emotions, and daily concerns through the activity of drawing and painting. This program encourages participants to socialize virtually as they participate and share in this painting art activity. For people with Parkinson's, participating in an art activity can help improve some of the symptoms of PD.

It is open to any adult who has been diagnosed with Parkinson's disease and their care partners.

The virtual Connecting Through Art program was filmed in collaboration with the Parrish Art Museum in Southampton, NY. Museum Art Educator, Wendy Gottlieb, will guide participants through a step-by-step watercolor painting activity with a special lesson about Fairfield Porter, a figurative painter who created interior and exterior landscapes and people in and around his home in Southampton, NY and Maine.

The program is free, but registration is required.

To register or for additional information, including ADA accommodations, please contact:

apdaparkinson.org

Program Sponsor



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**AMERICAN
PARKINSON DISEASE
ASSOCIATION**

Strength in optimism. Hope in progress.

Midwest Chapter

Financial

Support

Program



About the Program

This program provides financial assistance to people with Parkinson's disease (PD) or Parkinsonism living in the state of Illinois. Approved applicants will be eligible to receive up to \$500.00 once per calendar year (January-December). Funds may be used for programs, services and/or activities designed to improve quality of life.

Visit our website to apply online or contact our office for an application.

APDA Midwest Chapter

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