

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: May 7, 2022

TIME: 1:30 PM

PROGRAM: Maria Cristina Ospina, MD, Will Be speaking on RYTARY and is it right for you. There will also be an Ambassador from Amneal there, and we will have an open discussion on dealing with your Parkinson's symptoms.

A lite meal will be catered for us also.

Please let us know that you will be joining us. Please Visit:

<https://www.rytaryprograms.com/Events/Results?programNumber=1740>

Or call, 1 844 947 4211 and mention program number 1740

WHERE: OSF Center for Health

5114 N. Glen Park Place

Peoria, IL 61614



Maria Cristina Ospina, MD, is a movement disorder neurologist in private practice. During her medical career, Dr. Ospina has been active in medical research, participating in several NIH and pharmaceutical sponsored clinical trials. She has served as an investigator in the Parkinson Study Group as well as an invited speaker on a variety of topics related to movement disorders. She is trained in both the administration of botulinum toxin for dystonia, and the use of Deep Brain Stimulation. She believes in utilizing complementary modalities in Parkinson care and is an advocate for exercise to improve gait, flexibility and mood.

The Pampered Chef APDA Fundraiser, that was run for the APDA Midwest Chapter was a success Thank you to everyone that placed an order and supported the Parkinson's Community.

Portillo's Fundraiser, this will take place April 28th from 4:00PM to 8:00PM at the Peoria Portillo's. You will need a voucher for the Support Group to get credit, the voucher also explains how to order if you are using the drive-up or ordering online. The money from this fundraiser stays right here with our Support group. There is a voucher attached to this Newsletter or available at <http://www.heartstohands.org/support.html>

PD 2022 Camp

Power to be the best me.

PD Camp 2022 is coming get ready now! PD Camp 2022 will run September 16 – 18, 2022 at Salvation Army Eagle Crest Camp in Washburn, IL

PD Camp is 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.

Information on PD Camp will be available at the May Meeting.

Third Thursdays Webinar



New to Parkinson's? Steps to Take Today



Thursday, April 21



12 to 1 p.m. ET

REGISTER NOW

Our panelists discuss practical tips for managing the early years of Parkinson's. We cover how to build your care team, ways to connect with the community and opportunities to participate in research. Please click on the photo to register for this webinar.

 **AMERICAN PARKINSON DISEASE ASSOCIATION**
MIDWEST CHAPTER
Strength in optimism. Hope in progress.

connecting through
art 

Program Sponsor:



April 25, 2022
at 11:00 AM CST
Via Zoom

This virtual program is free but you must register.

Contact Nicole at:
773-834-1688
or nicole.reidy@uchospitals.edu

Do you like to Paint or create Art sign up for the APDA connecting through Art Program? Please sign up in advance as they will email you a list of supplies that you will need, if this is your first time. Please Contact Nicole to register. Contact Nicole at: 773-834-1688 or nicole.reidy@uchospitals.edu

You're invited to a
Portillo's
FUNDRAISER



Eat Portillo's and give back.

Come join us!

Keep 20% of the Proceeds

Join us at Portillo's for a fundraiser to support:

Central Illinois Parkinson's Support Group

When:

April 28, 2022

4:00 PM - 8:00 PM

at the Portillo's located at:

4412 N. Rockwood Drive

Peoria, IL

20% of sales will benefit your organization. Order online or in app for pickup using code **PORTILLOS55** before checkout in the "Apply Offer" field, or show this flyer or a digital version to cashier when ordering at the restaurant. Valid on drive thru, pickup, curbside, and in restaurant orders.

Portillo's
FOR GOOD

portillos.com/community

For online/app orders to qualify for the fundraiser, orders must be placed for pickup only, from the participating restaurant, on the fundraiser date and during the listed fundraiser hours. Gift card purchases, delivery orders, and orders placed on the third party websites are excluded from the fundraiser. Online ordering subject to availability. \$200 minimum fundraising sales required for the organization to receive donation. Cannot be combined with other offer codes.

WE'RE HIRING! APPLY AT PORTILLOS.COM/CAREERS



COME JOIN US!

Moving ON With RYTARY

A Community-Based Conversation

Join us for an interactive conversation between a Stories in Parkinson's (SPARK) Ambassador and a healthcare provider! Together, they will share insights about living well with Parkinson's, managing symptoms, and how RYTARY might be able to help. But that's not all. At this event, you will:



Hear firsthand from a SPARK Ambassador about their experience with Parkinson's and where they find inspiration



Explore an exciting Parkinson's treatment option and resources for talking to your healthcare provider



Connect with others in the Parkinson's community and find answers to your questions

Who is invited?

People living with Parkinson's disease and their care partners

When is it?

May 07, 2022 01:30 PM CST*

*Please plan to arrive 15 minutes early.

Where will it be?

OSF center for health
5114 N. Glen place
Peoria, IL 61614

Who will present?

Maria Cristina Ospina, MD
accompanied by a SPARK
Ambassador

SIGN UP NOW!

Visit takingonpd.com or Call **1-844-947-4211**
Program Number: 1740

*Thank you for your interest!
We look forward to welcoming you at our program!
Sponsored by Amneal*