

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: No Meeting this Month

TIME:

Program:

WHERE:

Anita, a Nurse with TRINITY COMPASSIONATE CARE CENTER, gave a very informative program on the use of Medical Marijuana and CBD at last months meeting I have included her contact information and the links to information on the web in this Newsletter.

anitab@trinitymmj.com or call (309) 839-8870



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. We are down to the point where we must know if you are coming to Camp. We still have opening and we would love to have you join the fun. If you have questions, concerns or may need financial help please talk to us. 309 219-1210 or email peoriapdgroup@comcast.net

**Support
Central Illinois Parkinsons
Support Group.**

When you shop at smile.amazon.com,
Amazon donates.

[Go to smile.amazon.com](http://smile.amazon.com)

amazonsmile

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.

Available Equipment the wife of one of our members who has passed way has an up walker available please contact me if you are interested



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.



Congress has introduced legislation to offer a nonrefundable tax credit for working family caregivers. In this webinar, our expert

panelists will discuss what this means and how you can play a role in getting this legislation passed. We'll cover the latest in Congress and tips on how to engage your lawmakers while they are home over the summer.

Here is the link for more information and to register.

<https://www.michaeljfox.org/webinar/caregivers-matter-tell-congress>

**Join Parkinson Voice Project's
2021 Global Virtual Choir!**

Let your family and friends know it is
time to **sing with INTENT!**

We will be singing:
"Sweet Caroline" & "We Find Our Voice"

It is time for the Parkinson Voice Project's Virtual Choir, and we would love to see some of those shining faces be from our Support Group. You can do this on your own or as a group. Register to be in our 2021 Global Virtual Choir! The fee is \$30 for the first performer and \$10 for each additional performer. Each performer will receive a SING WITH INTENT t-shirt.

Deadline is Monday, September 13th!

Please Note: All performers registered together must be recording their video(s) together. If family or friends record videos from different locations, they need to register separately. All the information you need is here

<https://www.parkinsonvoiceproject.org/2021GlobalVirtualChoir>

You May contact Brittany Heidemann, MS CCC-SLP (309) 621-4111 for more information also.

Here is the information that Anita supplied at our last meeting

Scientists Discover Inflammation Is Controlled Differently in Brain and Other Tissues

https://www.scripps.edu/newsandviews/e_20111024/cravatt.html

What the Science Says

https://www.safeaccessnow.org/medical_cannabis_research_what_does_the_evidence_say

Marijuana can reverse cognitive decline...as long as it's not laced with toxic pesticides.

<https://www.worldhealth.net/news/marijuana-may-boost-brain-performance/>

Ex-Cop with Parkinson's Uses Medical Marijuana (Video)

<https://www.opposingviews.com/health/man-parkinsons-uses-medical-marijuana-video>

Can Cannabis Prevent Dyskinesia in Long-Term Treatment of Parkinson's Disease?

<https://psychedelictimes.com/can-cannabis-prevent-dyskinesia-in-long-term-treatment-of-parkinsons-disease/>

Cannabinoids May Treat Oxidative Stress-Related Neurodegenerative Disorders, Says New

Study <https://thejointblog.com/cannabinoids-may-treat-oxidative-stress-related-neurodegenerative-disorders-says-new-study/>

Join us at Five Points in Washington for a concert to benefit the Parkinson's Support Group.

Power of the Concerto

Saturday, October 23, 2021

7:30 PM 9:30 PM

Five Points Washington

360 North Wilmor Road Washington, IL, 61571 United States

heartland festival orchestra
ARTISTIC DIRECTOR / CONDUCTOR DAVID COMMANDAY



Power of the Concerto

Saturday, October 23, 2021

7:30 PM - 9:30 PM

Five Points Washington

360 North Wilmor Road, Washington, IL,
61571, United States (map)

Google Calendar · ICS

Ji-MYUNG KIM, VIOLIN,
AND VICTOR CAYRES, PIANO

Our soloists bring superb musicality, flawless technique, and international creds to three masterpieces. In the concerto form, soloists and the orchestra "contend, compete, or do musical battle". It's a musical dialogue with a happy outcome - everyone wins!

J.S. Bach

Piano Concerto in D Minor, BWV 1052

L. v. Beethoven

Romance in F for Violin & Orchestra

Mendelssohn

Double Concerto for Violin and Piano

Concert benefits Central Illinois Parkinson's Support Group

If you purchase tickets and enter this code in the coupon box when ordering online we will share 20% of those ticket sales with you. If you prefer to call the office to purchase a ticket you just need to let us know they are supporting your organization.

This link below has all kinds of information; concert description, info and a link for purchasing tickets.

<https://www.heartlandfestivalorchestra.org/concerts-and-events/2021/10/23/power-of-the-concerto>

The Heartland Festival Orchestra is making a \$500.00 donation to our Support Group plus we will have a table to display information about our group, a handout will be given to those in attendance that evening along with a brief on stag presents before the show. Please show them some support and order your tickets.

Mark this Date on your Calendars, you will not want to miss this Event “Pedal for Parkinson’s 2021”



Our Keynote speaker will be Danielle Bechta from The Michael J. Fox Foundation. She joined the Foundation in January 2019. Danielle supports the Foundation's efforts to engage the broader community in our mission to speed a cure, attending meetings and events with individuals and families living with Parkinson's disease, caregivers, donors, and other Foundation constituents and stakeholders.

Daniella, will provide an introduction to the Foundation and a research update. The presentation will provide you with a deeper understanding of Parkinson’s disease in general, exciting research updates, and describe ways how you can get involved.

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 6, 2021
1:00 - 4:30 pm
River Plex
Recreation & Wellness Center
600 NE Water St. Peoria, IL

Benefits of Support Groups
Roger Halleen

Presentation By
Dr. Chisholm

Presentation By
Danielle Bechta

Paws Giving Independence

ACADIA Pharmaceuticals
sunovion
apda AMERICAN PARKINSON DISEASE ASSOCIATION MIDWEST CHAPTER
ROCK STEADY PEORIA
The MSA Coalition
FOX
OSF HEALTHCARE
Paws Giving Independence

Visit www.heartstohands.org/events for more information

Here is the rest of the information for “Pedal for Parkinson’s 2021”

You can keep up to date with everything that is happening with the event and or any changes that may take place at <https://pedalforparkinsons.myevent.com/> Start talking to friends and neighbors about sponsoring you now.

For more information on our Support Group or information in this Newsletter please contact me at roger@cipdsupportgroup.org

A huge thank you goes out to Mark Lunini, of MD HANDYMAN who designed, laid out and constructed a 30ft by 16ft Handicap ramp for my wife. The outstanding crew that he had helping him deserve a huge thank you too, Ned, Rich, Mike, and Rick. They work for about 8 hours a day for 6 days in full sun with the heat index over 99 degrees each day. Just as a side note 3 of these helpers have Parkinson and one is undergoing radiation treatment for cancer. However, the dedication to the project and quality of labor was outstanding. From the bottom of our Hearts Barb and I Thank you! If you need a project completed please talk to Mark!!



MD HANDYMAN
Mark Lunini
Handyman/General Contrator
309-241-8198
mdhandyman231@gmail.com

