

# CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

Blessed are those who can laugh at themselves....

Web site: [www.heartstohands.org](http://www.heartstohands.org)

They shall never cease to be entertained

DATE:

## CHRISTMAS LUNCH

TIME:

Program:

**Where: Avanti's: located at 8517 N. Knoxville Avenue, Peoria Illinois 61615**

WHERE:

**When: Saturday December 4, 2021**

This month is our Annual Christmas Lunch. Please see the information elsewhere in this Newsletter If you have not signed up yet please do so Now by emailing [lunch@cipdsupportgroup.org](mailto:lunch@cipdsupportgroup.org) or calling 309 481-5175 and leave a message if no answer. There will be entertainment and a great chance to socialize, we will be ordering off the menu

I want to start out thanking everyone participated in Pedal For Parkinson's 2021 in one way or another. We had some great speakers and educational displays and the fundraising aspect of it was good for our Support Group. If you are interested in information about donating to the event, please visit <https://pedalforparkinsons.myevent.com/> as this page is open year-round for donations. Once again thank you and mark November 5, 2022, on your calendar for next years Pedal For Parkinson's 2022. Here is a link to a short video from Pedal [https://youtu.be/1bf\\_WYpa-8](https://youtu.be/1bf_WYpa-8)



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](https://smile.amazon.com/ch/83-2656727)

## 3RD FRIDAY PD/AP DISCUSSION GROUP

DATE: November 19, 2021

TIME: 1:00 PM

WHERE: OSF Center for Health

5114 N. Glen Park Place

Peoria, IL 61614

At the return of our Third Friday Discussion Group the focus of the discussion was new staffing at OSF HealthCare Illinois Neurological Institute. Future topics will center on your patient/doctor relationship and What techniques work for you dealing with PD?

Join us for our annual Christmas Lunch Saturday December 4, at 12:00PM all the information is below. We will need to know who is coming by November 20<sup>th</sup> so please RSVP as soon as



## **CHRISTMAS LUNCH**

**Where: Avanti's:** located at 8517 N. Knoxville Avenue, Peoria Illinois 61615

**When: Saturday December 4, 2021**

### **Meal Choices:**

**We will be ordering off their Menu**

**Time: 12:00 Noon**

**RSVP by Noon, Nov.20th 2021**

[lunch@cipdsupportgroup.org](mailto:lunch@cipdsupportgroup.org)

**309-481-5175**

**(Please leave a message if there is no answer)**

**Please Contact Barb and Dave King at 1744 Kingsbury Rd.  
Washington, IL 61571,**

**Barb "The King" and "Diver Dave"**



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possible. [lunch@cipdsupportgroup.org](mailto:lunch@cipdsupportgroup.org) For Additional information on the Parkinson's Support

For Additional information on the Parkinson's Support Group or information in this Newsletter contact Roger at 309 2191210 or [roger@cipdsupportgroup.org](mailto:roger@cipdsupportgroup.org)

The Michael J Fox Foundation offers extensive webinars please visit their webinar page for past webinars. Remember knowledge is power and People with Parkinson's need Power.



<https://www.michaeljfox.org/webinars>

National Family Caregivers Month is a time to recognize and honor family care partners across the country. Care partners are integral to each Parkinson's disease journey and while they should be celebrated year-round, it is a great opportunity to give them the special focus they deserve.



Common Care Partner Questions: Care partners are often the ones to notice when a symptom has changed, to cajole their partners to improve their lifestyles, to encourage their partners to follow doctor's orders, to investigate the newest treatments – in short, to act as another set of eyes and ears along the PD journey. Here are some of the most common questions we receive from care partners. Here's the link <https://www.apdaparkinson.org/article/common-questions-from-caregivers/>

Finding support. You don't have to go it alone. Find a care partner support group near you or join an online community like Smart Patients – a discussion forum for people with PD and their loved ones where you can share help, advice, and information. Here is the link, <https://www.apdaparkinson.org/resources-support/smart-patients/>