

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: June 5, 2021

TIME: 1:30 – 3:30 PM

Program: Dr. Danny Bega is an Assistant Professor of Neurology at Northwestern University Feinberg School of Medicine, Division of Movement Disorders in Chicago, Illinois. He will present his program though Zoom.

**WHERE: OSF Center for Health
5114 N. Glen Park Place
Peoria, IL 61614**

We are Back in person. Starting with May meeting we will be back to in person Support Group Meeting Face mask will be required and the room will be set up for Social distancing. You will have to go through the current normal screening process upon entering the building, Mask will be required, and the room will be set up for social distancing, but it is going to be great to see everyone again. I will also try to set this meeting up on Zoom for those of you who prefer not to attend in person, however with limited service in the meeting room I am not sure if it will work. Here is the zoom link Join Zoom Meeting. Join Zoom Meeting
<https://us02web.zoom.us/j/82195385807?pwd=SW9NWEQyYIR2NENVYXRxNy8zTEp6Zz09>

The months program is sponsored by ACORDA, Dr. Danny Bega is an Assistant Professor of Neurology at Northwestern University Feinberg School of Medicine, Division of Movement Disorders in Chicago, Illinois. Even though this is a sponsored speaker His program will be informing, he will be available to take questions and it is always good to hear from different Movement Disorder Doctors.

The program last month was replay of the Keynote speaker from the APDA Midwest Congress Heather Kennedy, the founder of Kathleen Kiddo, an advocacy site offering resources and connection through social media. Her outlook and optimism is outstanding.



The May 20th Michael J Fox third Thursday webinar was “You’re Not Alone: Tips for Building Connections in the Parkinson’s Community” Our very own Ned Neuhaus was one of the panelists. If you missed it you can watch it here.

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



Thank You to all that supported me on my 5k/10k/1/2 marathon. It was truly an enjoyable challenge even the on a off rain Sunday while doing the ½ marathon. It was because of the outstanding support from all of you that I had to raise my goal several times. My final total will be just over \$2,000.00

Some Equipment that is available.

There are several pieces of equipment that have become available should you be in need of one of these assistive devices.

A Lift Chair, a Up Walker, Electric Wheelchair, and a Portable Hoyer lift. If you are interested in any of these please contact me 309 219 1210



DR. GILBERT HOSTS
Parkinson's Disease
and the Environment

with special guest
DR. CARLIE TANNER

Join us on June 16 @ 12p ET / 9a PT

Live Broadcast: Thursday, June 16
11 am CT

Join us for the next episode of Dr. Gilbert Hosts when we speak with Dr. Carlie Tanner who will share her expertise on the effects of the environment on the risk of developing Parkinson's disease

Register here

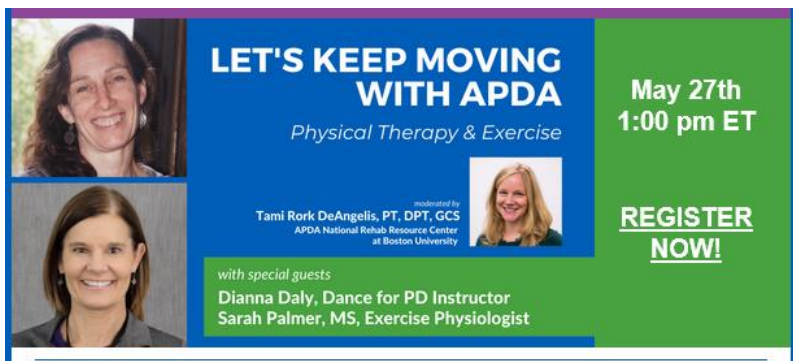
<https://www.apdaparkinson.org/events/dr-gilbert-hosts-parkinsons-disease-the-environment-with-dr-carlie-tanner/>



Registration is now open for PD Camp.

PD Camp is a great weekend of Educational programming, 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



LET'S KEEP MOVING WITH APDA
Physical Therapy & Exercise

May 27th
1:00 pm ET

REGISTER NOW!

moderated by
Tami Rork DeAngelis, PT, DPT, GCS
APDA National Rehab Resource Center
at Boston University

with special guests
Dianna Daly, Dance for PD Instructor
Sarah Palmer, MS, Exercise Physiologist

This latest edition of our special series hosted by physical therapists at APDA's National Rehabilitation Resource Center at Boston University focuses on the connection between physical therapy and other forms of movement. Hear from experts in the fields of physical therapy, dance, and fitness, specific to people with PD, about how various forms of exercise and movement can work together with physical therapy to improve your balance,

gait, fitness level, and more. Get your questions answered live during the program!

Thursday, May 27, 2021 at 12:00 CT

Register here <https://www.apdaparkinson.org/events/lets-keep-moving-with-apda-physical-therapy-exercise/>

Thank You, everyone in the
Central Illinois Parkinson's Support Group for the
Outstand Floral Arrangement and all your Kind
Thoughts Words and Prayers.

With the Passing of My Sister Jennifer.

Roger & Carl





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 will need to bring your own bath soap and shampoo, a hair dryer if needed.