

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: October 2, 2021

TIME: 1:30 PM

Program: A fun Relaxed meeting.

Dave King will share photos and video from his scuba diving trips

We will Talk about what you would like to see for upcoming program

We will be open to discuss whatever you would like

WHERE: OSF Center for Health

5114 N. Glen Park Place

Peoria, IL 61614

This month will be a little different as far as a program goes Dave King has done a lot of Snorkeling and Diving and he will share some photos and videos with us. We will also use this meeting to plan for the upcoming year and have some time for open discussion. Please join us for a little different style meeting.

Last month's program was Anita from Trinity Compassionate Care talking about Medical Marijuana She was able to offer some insight as to using Marijuana for Medical use.

PD Camp was a huge success as 25 campers had a relaxing and educational weekend with both old and new friends. If you missed it this year keeping watching for information on next years camp.



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

Third Friday Discussion Group is Back!

DATE: October 15, 2021

TIME: 1:00 PM

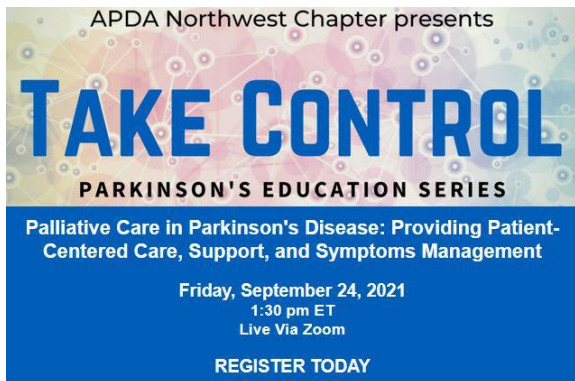
WHERE: OSF Center for Health

5114 N. Glen Park Place

Peoria, IL 61614

With hope that COVID can be kept under control and that Parkinson's patients want to have time to discuss topics outside of a support group, we will start anew the 3rd Friday Discussion Group. The goal is to bring people together who have PD and start a ninety-minute discussion. The last time one of the discussion threads led to a pamphlet now available to patients. Other discussion threads led to new learning about the disease, about care and about life in general.

This is not a support group. Our goal is to address the isolation many Parkinson's Disease patients will encounter through discussions - sometimes with closure and sometimes without. Ninety minutes - 1:00 - 2:30 pm on the third Friday of every month. Join us and let's see what we can learn together."



September 2021 APDA Take Control

Location; On Zoom - Link will be sent to you

Date: September 24, 2021

Time: 10:30am pt

Palliative Care in Parkinson's disease: Providing Patient Centered Care, Support, and Symptom Management
Palliative care is specialized medical care for people living with a serious illness. This type of care is focused on providing relief from the symptoms and stress of the illness. The goal is to improve quality of life for both the

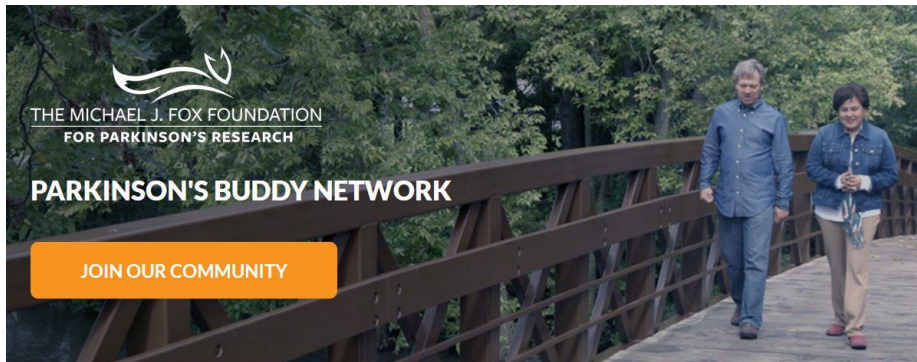
patient and the family. Please join us to hear about how palliative care can help in the care of people living with Parkinson Disease (PD). We will explore how palliative care teams can assist with: Providing a diagnosis and prognosis with compassion. Discussion goals of care. Managing complex physical symptoms. Providing caregiver support. Addressing social, emotional, and spiritual well-being. Register here; <https://www.apdaparkinson.org/events/julytakecontrol/>



I don't have the information at this time for the October webinar but here is the information for the webinar page. There is also a lot of past webinars that you can watch. On the third

Thursday of every month at 12 p.m. ET, join our free live webinars to learn about various aspects of living with Parkinson's disease and our work to speed medical breakthroughs. Log on, listen to the expert discussion and submit your own questions to our panelists.

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



Please Consider Join the Michael J Fox Buddy Network. It is a great way to chat with people that share similar issues with Parkinson's Here is the link for it;

<https://parkinsonsbuddynetwork.michaeljfox.org/>

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



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 **helpinghands** in the coupon box when ordering online, they 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 them 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.

A blue event poster for "Pedal for Parkinson's 2021". At the top, it says "PEDAL FOR PARKINSON'S" in large black letters. Below that, it says "A Fundraising and Awareness Event Sponsored by Central Illinois Parkinson's Support Group". The purpose is "To Support the Cause of The American Parkinson's Disease Association Midwest Chapter Central Illinois Parkinson's Support Group". The event is on "Saturday November 6, 2021" from "1:00 - 4:30 pm" at "River Plex Recreation & Wellness Center, 600 NE Water St. Peoria, IL". It lists speakers: "Benifits of Support Groups" by Roger Halleen, "Presentation By" Dr. Chisholm, and "Presentation By" Danielle Bechta. It also mentions "Paws Giving Independence". On the left is a cartoon illustration of a man on a stationary bike. At the bottom are logos for ACADIA Pharmaceuticals, sunovion, apda, ROCK STRAID PEORIA, The MSA Coalition, FOX, OSF HEALTHCARE, and Paws Giving Independence. At the very bottom, it says "Visit www.heartstohands.org/events for more information".

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

Benifits of Support Groups
Roger Halleen

Presentation By
Dr. Chisholm

Presentation By
Danielle Bechta

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