

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: January 8, 2022

TIME: 1:30 PM

Program: We Will Play Parkinson's Bingo, with Prizes

We Will Talk about Our Upcoming year and what you would like to see as Programs

WHERE: OSF Center for Health

5114 N. Glen Park Place

Peoria, IL 61614

Please Note that with the increase in COVID activity we will be asking you to keep your 🧐 Mask on during the meeting. Sorry for any inconvenience this may cause.

There will be a zoom option but I'm not sure yet how Bingo will work out for the Zoom Option, however I'll work on it. Log into Zoom here.

<https://us02web.zoom.us/j/85411237941?pwd=TS9Cd01oektmcUkyMFBqTTI1MVRQdz09>

Our Christmas Party Lunch was outstandingly fantastic we had over 50 people in attendance. The food was super, and the entertainment was great. Thank you, Barb and Dave King, for putting this together.



Entertainment at Our Christmas Lunch was provided by Eve Yoder, Jacob White, and Daniel Duran from the Peoria Area Performing Arts. Directed by Bryan Blanks. Thank you!

Third Friday Discussion Group

DATE: January 21, 2022

TIME: 1:00 PM

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

Please Note that with the increase in COVID activity we will be asking you to keep your Mask 🤒 on during the meeting. Sorry for any inconvenience this may cause.

There will be a zoom option, log in here

<https://us02web.zoom.us/j/84739826113?pwd=UzZDYitQbnpYbHNvbHRWOTIKVkJMZZ09>

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." The last couple meetings have focused on what we expect out of our Movement Disorder Team and how we can work with them to improve the quality of care.

PARKINSON'S DISEASE AND CHEWING GUM

Please take our survey!

Requires 5 minutes of your time
All submissions are confidential
Use the QR code or link below to
access!



http://bradley.az1.qualtrics.com/jfe/form/SV_cNiimqDA23BCCOy

THIS STUDY IS PRESENTED BY THE BRADLEY
UNIVERSITY DEPARTMENT OF PHYSICAL
THERAPY AND HEALTH SCIENCES

EMAIL US WITH QUESTIONS!
PDURR@FSMAIL.BRADLEY.EDU
MRHAAS@MAIL.BRADLEY.EDU,
AGMCCLAIN@MAIL.BRADEY.EDU
MDALY@MAIL.BRADLEY.EDU
ASCOTTI@MAIL.BRADLEY.EDU

Pamela Durr, DPT Assistant Professor Bradley University, Department of Physical Therapy and Health Science.

Pam is also a coach with the local Rock Steady Boxing program. Sent me the following information concerning a research study they are conducting.

Please take five minutes of your time and help them with the study. The more participants they get the more accurate and meaningful the study becomes.

PPMI: The Study that Could Change Everything

The Michael J. Fox Foundation launched PPMI in 2010 to better understand Parkinson's and advance new treatments. Since then, the study has changed how research is done and what scientists know about the brain. It is a cornerstone of our understanding of disease and has heavily influenced clinical trials.

PPMI follows people — with and without Parkinson's — over time to learn more about how disease starts and changes. That information may lead to insights and tools that can help better diagnose, treat and even prevent brain disease. The study shares its data set — the most robust in Parkinson's research — with scientists to speed breakthroughs.

This landmark initiative is only possible through partnerships. Leaders across the field and nearly 40 funding partners have helped shape PPMI. Most importantly, more than 1,400 participants enrolled in PPMI over its first decade. Many of those people continue in the study.

Today, with more therapies in testing, PPMI is expanding. The study has added an online platform to gather data from more than 100,000 people. It is following volunteers at more sites in more countries. More data can help advance us closer to better treatments and prevention.

Join the study that could change everything. <https://bit.ly/32T2n1Q>

Claudia sent me the following letter to pass on to the support group

Dear fellow members of the Central Illinois Parkinson's Support Group:

As you all know me, I am a PD patient and advocate for patient engagement and participation in Parkinson's disease research through The Michael J. Fox Foundation, and as such I would like to share with you the opportunity to effect change in the course of Parkinson's by participating in The Parkinson's Progression Markers Initiative - PPMI.

PPMI is the study that can change everything. The study is open to anyone over 18 - with or without Parkinson's. Parents, brothers and sisters, and adult children of people with Parkinson's aged 60 and up are especially needed. PPMI is on a mission to find better ways to measure, treat and potentially prevent Parkinson's.

Join @michaeljfoxorg as we advance #Parkinsons research through a new way to participate in the landmark Parkinson's Progression Markers Initiative, now online.

<https://bit.ly/32T2n1Q>

Thank you!

Claudia Revilla



AT THE FOREFRONT
UChicago
Medicine

apda AMERICAN
PARKINSON DISEASE
ASSOCIATION
Strength in optimism. Hope in progress.

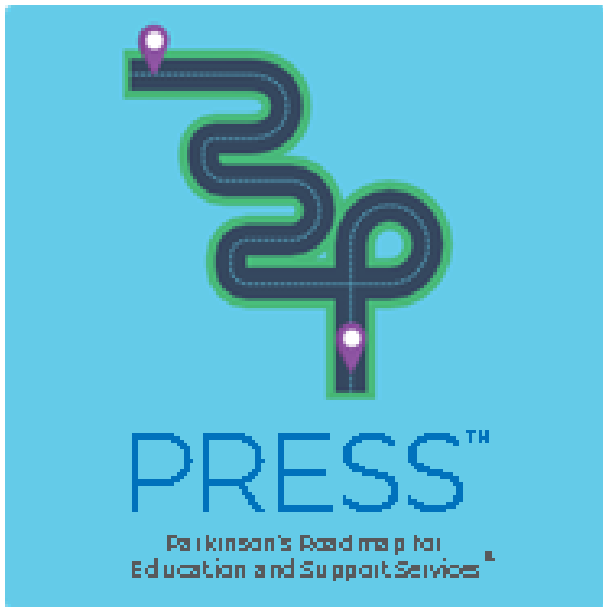
APDA Virtual Parkinson's Roadmap for Education and Support Services™ (PRESS™)

Free program, space is limited, and registration is required.

Program Presented Virtually via Zoom

Date: Every Thursday, February 4th – March 25th 2022

Time: 10:00A.M. – 11:30 AM



What's Next After Diagnosis

Medication Management of Parkinson's

Importance of Exercise in PD

Dealing with Physical Symptoms of PD

Impact of Parkinson's on Daily Coping and Relationships

Tips for Daily Living

Caring for Others, Caring for Yourself

Building Your Healthcare Team

The group is open to any adult who has been diagnosed with Parkinson's disease within the last 5 years, their care partners and adult family members.

To register or for additional information please contact

Nicole.reidy@uchospitals.edu at: 1-773-834-1688

www.apdaparkinson.org

Calendar of Events for 2022 please email roger@cipdsupportgroup.org to check on events

<p>DATE: January 8, 2022 Support Group TIME: 1:30 PM Program: Bingo and 2022 planning WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p> <p>DATE: January 21, 2022 Third Friday Discussion Group TIME: 1:00 PM WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p>	<p>DATE: February 5, 2022 Support Group TIME: 1:30 PM Program: TBD WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p> <p>DATE: February 18, 2022 Third Friday Discussion Group TIME: 1:00 PM WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p>	<p>DATE: March 5, 2022 Support Group TIME: 1:30 PM Program: Care and Share WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p> <p>DATE: March 18, 2022 Third Friday Discussion Group TIME: 1:00 PM WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p>
<p>DATE: April 2, 2022 TIME: 12:00 PM Program: Educational Seminar WHERE: OSF Jump Center 1306 N Berkeley Ave, Peoria, IL 61603</p> <p>DATE: April 15, 2022 Third Friday Discussion Group TIME: 1:00 PM WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p>	<p>DATE: May 7, 2022 Support Group TIME: 1:30 PM Program: TBA WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p> <p>DATE: May 20, 2022 Third Friday Discussion Group TIME: 1:00 PM WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p>	<p>DATE: June 4, 2022 Support Group TIME: 1:30 PM Program: WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p> <p>DATE: June 17, 2022 Third Friday Discussion Group TIME: 1:00 PM WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p>
<p>DATE: July 9, 2022 Picnic TIME: 12:00 PM Program: Picnic WHERE: CrossFit 309 RSB. 5629 N Galena Rd, Peoria Heights, IL 61616</p> <p>DATE: July 15, 2022 Third Friday Discussion TIME: 1:00 PM WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p>	<p>DATE: August 6, 2022 Support Group TIME: 1:30 PM Program: Care and Share WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p> <p>DATE: August 19, 2022 Third Friday Discussion Group TIME: 1:00 PM WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p>	<p>DATE: September 10, 2022 Support Group TIME: 1:30 PM Program: TBA WHERE: OSF Center for Health</p> <p>DATE: December 16, 2022 Third Friday Discussion Group TIME: 1:00 PM WHERE: OSF Center for Health</p> <p>Date: September 16 – 18, 2022 PD Camp A Weekend of Fun 823 Columbia Rd, Washburn, IL 61570</p>
<p>DATE: October 1, 2022 Support Group TIME: 1:30 PM Program: TBA WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p> <p>DATE: October 21, 2022 Third Friday Discussion Group TIME: 1:00 PM WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p>	<p>DATE: November 5, 2022 TIME: 1:30 PM Program: Pedal For Parkinson's WHERE: River Plex 600 Northeast Water Street, Peoria, IL 61603</p> <p>DATE: November 18, 2022 Third Friday Discussion Group TIME: 1:00 PM WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p>	<p>DATE: December 3, Christmas Lunch TIME: 12:00 PM Program: Christmas Lunch WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p> <p>DATE: December 16, 2022 Third Friday Discussion Group is Back! TIME: 1:00 PM WHERE: OSF Center for Health 5114 N. Glen Park Place Peoria, IL 61614</p>

Membership Information

The Support Group has made the decision to not charge dues for the coming year of 2021. Please update your membership information using this link.

<http://www.heartstohands.org/memberform.html>

Shop Amazon Smile and Help out the Parkinson's Community



**Support
Central Illinois Parkinsons
Support Group.**

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

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

amazonsmile

Here is a Great way to help out the Support Group, Please share this information with your Family and friends. This link will take you directly to smile.amazon.com in support of Central Illinois Parkinson's Support Group you won't have to search for us. Use this link every time you shop Amazon.

<https://smile.amazon.com/ch/83-2656727>

