

# 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: December 3, 2022**

**TIME: 12:00PM**

**Program: Christmas Lunch**

**WHERE: Avanti's Ristorante - N. Knoxville**

**8517 Knoxville Ave, Peoria, IL 61615**

**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 Visit [https://www.cipdsupportgroup.org/?page\\_id=884](https://www.cipdsupportgroup.org/?page_id=884)**

**There will be entertainment and Door Prizes along with 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 202 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://www.paypal.com/donate/?hosted\\_button\\_id=JQFRM49YXU8DC](https://www.paypal.com/donate/?hosted_button_id=JQFRM49YXU8DC) as this page is open year-round for donations. Once again thank you and mark November 4, 2023, on your calendar for next years Pedal For Parkinson's 2023.**



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)

If you need more information on the Central Illinois Parkinson's Support Group or any information in this Newsletter, please Contact us at [roger@cipdsupportgroup.org](mailto:roger@cipdsupportgroup.org) Call at 309 219 1210. You may also visit us on the web at [www.cipdsupportgroup.org](http://www.cipdsupportgroup.org) or find us on Facebook [www.facebook.com/centralillinoisparkinsonssupportgroup](https://www.facebook.com/centralillinoisparkinsonssupportgroup)

Join us for our annual Christmas Lunch on Saturday December 5, at 12:00PM all the information is below. We will need to know who is coming by November 28<sup>th</sup> plus we are limited to 50 people so please RSVP as soon as possible to [lunch@cipdsupportgroup.org](mailto:lunch@cipdsupportgroup.org)

# CHRISTMAS LUNCH

12:00PM

DECEMBER 3, 2022

AVANTT'S RISTORANTE

N. KNOXVILLE

8517 KNOXVILLE AVE, PEORIA, IL

61615

RSVP

[HTTPS://WWW.CIPDSUPPORTGROUP.ORG/?PAGE\\_ID=884](https://www.cipdsupportgroup.org/?page_id=884)

BY NOVEMBER 28, 2022

GAMES, PRIZES, SURPRISES

ORDERING WILL BE OFF THE MENU

EVENT WILL BE LIMITED TO THE FIRST 50 TO RSVP

# Caregiver Support Group and Book Club

**Program Presented:** virtually via Zoom



**Date:** Every Thursday, January 5th – February 23rd 2023

**Time:** 10:00A.M. – 11:30 AM CT

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

## Explanation of group:

This caregiver support group is an eight-week group in which we will be reading a book specifically designated for adult caregivers who are caring for a loved one with Parkinson Disease or Parkinsonism. Each week we will be reading and processing a chapter specific to ambiguous loss. Ambiguous loss is defined as a loss without certainty, without clarity, and we do not get all of our questions answered. Education will also be provided on ways to cope with multiple losses, adjusting to these losses, and working on strengthening resilience. Please reach out if you are interested or would like to register.



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**To register or for additional information please email:**  
**Nicole.reidy@uchospitals.edu or call: 1-773-834-1688**

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# GIVING TUESDAY

Tuesday November 28<sup>th</sup> is Giving Tuesday join me in supporting a good cause? We're raising money for Central Illinois Parkinson's Support Group and your contribution will make have an impact, whether you donate \$5 or \$500. Every little bit helps. This fundraiser is on Facebook so follow this link

<https://www.facebook.com/donate/852143126137803/>

Facebook takes care of the donation processing with no fees. It is because of the generous support from people like you that allows our Support Group to do the things that we do. Thank you for your support.

Our website is Changing, we are transitioning to a new hosting site and a new web address, this site will provide us with far more capabilities then we currently have and will be a lot more mobile friendly. The address will be [www.cipdsupportgroup.org](http://www.cipdsupportgroup.org) right now it will still take you to the old site but please change your bookmarks to reflect the new site. Thank You Dave King for you hours and hours of work on this project



## Coming Dates for Central Illinois Parkinson's Support Group

January 7, 2023	1:30Pm	Glen Park Place	Open discussion/Games
February 4, 2023	1:30PM	Glen Park Place	Medication dyskinesia GoCovri