

CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

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

Web site: www.cipdsupportgroup.org

They shall never cease to be entertained.

DATE: March 2, 2024

TIME: 1:30PM

Program: Care and Share with Tammy Lott LCPC. and Tonya Welch BSW.

WHERE: OSF Glen Park Place

5114 N Glen Park Place Rd

Peoria, IL 61614

Our March meeting will feature Tammy Lott and Tonya Welch for a care and share, The Parkinson's people will stay in the room and the care partners will go to another room, please bring your questions and we'll look forward to having some good discussions.

Our February meeting had Dr. McGraw from Northwestern Medicine Central DuPage Hospital Speaking on GoCovri and taking our questions Thanks to Dr. McGraw for spending her Saturday with us and to Monica of Supernus for providing the speaker and food. Michelle Lane was the patient advocate and has been a great friend of mine for years.

You will not want to miss our April meeting as we kick off Parkinson's Awareness month. April 1st 1:30PM I'm sure you won't want to miss this meeting. Maria Ospina, MD will be speaking on behalf of AMNEAL The will be a light meal provided. We are asking that you sign up in advance for this meeting. To sign up and for all the information, visit our website <https://www.cipdsupportgroup.org/events/>

April is Parkinson's Awareness month, to help the community build a better awareness of Parkinson's Disease and the Central Illinois Parkinson's Support Group we are asking you to consider working with your local Government to obtain a Proclamation for April as Parkinson's Awareness Month. Please Click the link and it will open a sample letter and Template that you can use, simply fill in the highlighted areas with your local information and mail it to them, it would then be a good Idea to follow up with a phone call in about a week. If you would like my help with this, please feel free to ask. Let's see how many we can get.



<https://www.cipdsupportgroup.org/wp-content/uploads/2023/01/Proclamation-letter-and-template-PD-Awareness-Month-2023.docx>

contact@cipdsupportgroup.org or call Roger at 309 219 1210



Financial Planning for Families

Guest Speaker, Timothy Kirk, Elder Law Attorney presents

"Tips for Long Term Care"

Saturday, March 30

1:30 pm to 3:30 pm

Saxony Court Fellowship Hall

500 Centennial Drive

East Peoria, IL 61611

Sponsored by
Caring
Connection
& The Central
Illinois Agency
on Aging

BRING YOUR FAMILY MEMBERS:

On site respite care with several options available including a game, a movie or therapy provided by Bradley Students in

The Saxony Court Therapy Gym (2nd Floor)

Just reserve this FREE service when you RSVP!

FREE
Open to the
Community

FOR INQUIRIES / RSVP by 3/22/24
309-694-0022



Ollie's Parkinson's Awareness

Join us in raising awareness for Parkinson's this April

by Paws Giving Independence Nfp

COLOR



STYLE \$27.49



SIZE



Help Ollie build Parkinson's Awareness and help all his friends at Paws Giving Independence, at the same time. Order you Awareness T Shirt from this link [Ollie's Awareness](#). Paws Giving Independence is run completely on public donations. We are unique because our service dogs are placed free of charge, and we currently have no paid staff. That is why we need your help to keep our program running. Many of our dogs are rescued from shelters, but we need your support to pay for the vet bills and everyday care.

OPTIMISM WALK AMERICAN PARKINSON DISEASE ASSOCIATION

Illinois

June 24, 2023
Naperville Riverwalk Grand Pavilion

apdaparkinson.org/IL

Register Today

SCAN ME

Join us in raising money for the APDA Illinois Chapter Two ways to help out join our team or donate to a current team member. <https://secure.ggiv.com/event/24apdailywalk/>



Strength in optimism. Hope in progress.



Presents

PD Progression & Lowering Frustration

In-Person Thursday, March 14, 2024

10:00 am to 12:00 pm

Advocate Good Samaritan Health and Wellness Center

3551 Highland Ave.

Downers Grove, IL 60515

Are you curious about what you might experience with Parkinson’s disease as it progresses? While PD is different for each person, it can affect your body movement and also other parts of your body, such as swallowing and speech, cognition, gut health and other areas which may affect of your life. Not knowing what is going to happen can be frustrating. This program is designed to answer your questions about the progression of the disease and ways to lower your frustration.

Speaker Spotlight:

Dr. Natalie Witek, MD

Dr. Witek a Neurologist with Advocate Medical Group. She earned her Medical Degree at Boston University, completed her residency in Neurology at the University of California (San Francisco) School of Medicine and her fellowship at Rush University Medical Center. She is Board Certified in Neurology and is affiliated with Advocate Christ Medical Center, Advocate Good Samaritan Hospital and Advocate Lutheran General Hospital.



Sponsored by:



Point your smart phone camera at this QR code and click the link to register.



The gift of education from APDA is free of charge, however registration is required.

Register at www.apdaparkinson.org/il or call (708) 329-9527

Events

Here is What's Happening At Central Illinois Parkinson's Support Group

2024 Dates

Date	Location	Event	Next Meeting
March 2, 2024 1:30PM	Glen Park Place	Tammy /Tonya Care and Share	March 2, 2024 1:30PM
April 6, 2024	Glen Park Place	Program by Maria Ospina, MD	Program: Tammy /Tonya Care and Share
May 4, 2024	Glen Park Place	Program Discussion on DBS	WHERE: OSF Glen Park Place
June 1, 2024	Glen Park Place	Discussion on dementia	5114 N Glen Park Place Rd
June 15, 2024	Peoria Chiefs	Baseball Game	Peoria, IL 61614
Sept 13-15, 2024	Sacred Coeur Retreat	Parkinson's Weekend	

Participants Needed for Study on Influence of Gum on Function

Do you have Parkinson's Disease or want to help fight Parkinson's Disease? You may be eligible to participate in our study investigating the influence of gum on function.

You May Qualify if You are:

- between 50 and 85 years of age
- may or may not have Parkinson's
- able to walk
- able to follow commands
- able to chew gum

For More Information or To Sign Up Contact :

-Pam Durr, PT, DPT
(Principal Investigator):
pdurr@fsmail.bradley.edu
309-677-3203

Participation Involves:

- provide intake information such as age, gender, medications, past medical history and history of gum chewing
- perform walking and balance tests under different conditions (with and without gum chewing)
- undergo pupillary measures (non-invasive)

Location: Campus Town at Bradley University



COME JOIN US!

Moving ON With RYTARY

A Community-Based Conversation

Join us for an interactive conversation between a Stories in Parkinson's (SPARK) Ambassador and a healthcare provider! Together, they will share insights about living well with Parkinson's, managing symptoms, and how RYTARY might be able to help. But that's not all. At this event, you will:



Hear firsthand from a SPARK Ambassador about their experience with Parkinson's and where they find inspiration



Explore an exciting Parkinson's treatment option and resources for talking to your healthcare provider



Connect with others in the Parkinson's community and find answers to your questions

Who is invited	When is it?	Who will present?	Where will it be?
People living with Parkinson's disease and their care partners	4/6/2024 1:30 PM Central Time	Maria Ospina, MD University of Arizona in Tucson, AZ Accompanied by a SPARK Ambassador	OSF Medical Group - Primary Care 5111 North Glen Park Place Peoria, Illinois 61614 (309) 624-5466

SIGN UP NOW!

Contact Your Support Group Today!

*Thank you for your interest!
We look forward to welcoming you at our program!
Sponsored by Amneal*

INDICATION