

# CENTRAL ILLINOIS PARKINSON SUPPORT GROUP

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

Web site: [www.cipdsupportgroup.org](http://www.cipdsupportgroup.org)

They shall never cease to be entertained.



**Our Next Meeting is October 5, 2024**

**TIME: 1:30PM**

**Program: Melanie Adams, MA, CVA  
Executive Director, Illinois Chapter  
American Parkinson Disease Association**

**WHERE: OSF Glen Park Place  
5114 N Glen Park Place Rd  
Peoria, IL 61614**

**Melanie Adams, Will be speaking on what the American Parkinson Disease Association Does and what they have to offer those living with PD.**



**PD Retreat 2024 was a great success 37 people enjoyed a weekend of great fellowship, good food, and some outstanding programming. We got a lot of questions answered by d. Pam Durr led us in exercise each morning and had two of her students from Bradley spend time working with the PWP while the Care Partners had a discussion. Kim Adelman got everyone using their voices Dave King taught us a lot about the PPMI and Voice Research project. The Glass Family like always was fantastic in helping us paint a Cactus in a pot beside a book. Rick Neuhaus really livened things up with his rhythm session.**

**Mark your calendars for next year September 12 – 14 2025 You don't want to miss it.**

September is National Fall prevention Month, Thank You to Anne C. Horowitz OTR/L, CSRS, MSCS

Occupational Therapist with OSF Rehabilitation for providing some fall prevention information.

## Safe Practices For Preventing Falls

**Falls** are one of the largest causes of injury among older adults. Injuries can range from broken bones to head injuries. In some cases, they can be fatal.

**Falls are a normal part of aging, but they can be prevented.**

### Reduce Your Risk of Falling at Home

#### Floors

- Move furniture that gets in your way
- Remove throw rugs, use double-sided tape, or use a nonslip backing under rugs
- Keep objects (cords, blankets, etc.) off the floor

#### Stairs

- Make sure to have good lighting in your stairway and at the top and bottom of the stairs
- Fix loose or uneven steps
- Fix loose handrails
- Make sure carpet is firmly attached to stairs (if no carpet, attach nonslip rubber treads on stairs)
- Keep objects off stairs

#### Kitchen

- Move items out of high cabinets to be within reach
- Keep things you use often on shelves that are at about waist level
- To reach high objects, use a step stool with a bar to hold on to (never a chair)

#### Bathroom

- Put a nonslip rubber mat or strips in the tub or shower
- Have grab bars in and around your tub or shower and next to your toilet



## Bedroom

- Place a lamp next to your bed that's easy to turn on and off
- Put in a night-light so you can see where you're walking at night

## Everyday Ways to Prevent Falls

### Regular Exercise

- Exercises such as walking, tai chi, and yoga can improve your balance, strength, and flexibility

### Review Medicines

- Talk with your healthcare provider about your current medicines, as combinations of medicine can cause dizziness

### Supportive Footwear

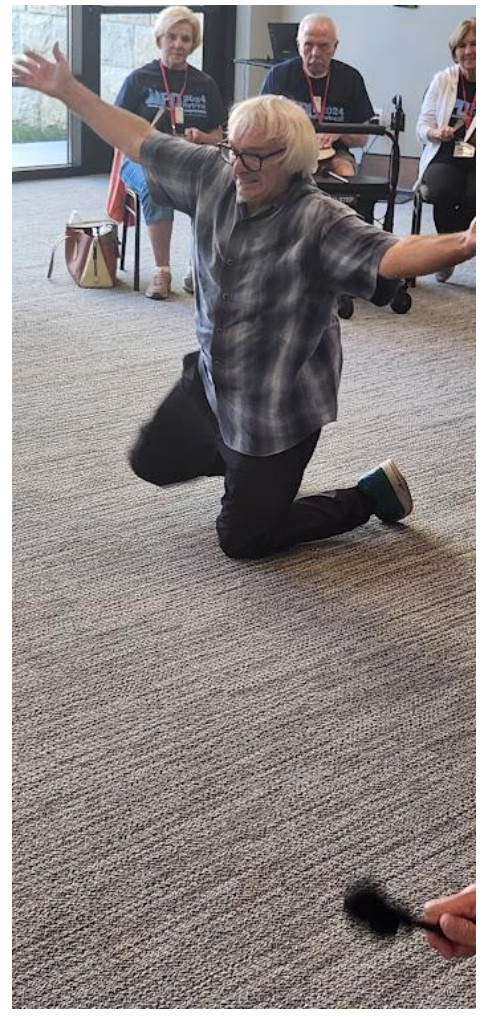
- Choose shoes that fit snugly with nonslip soles and a flat or low, wide heel
- Avoid slippers, flip-flops, backless shoes, high heels, and shoes with smooth leather soles

### Get Your Vision Checked

- Go to an eye doctor every year to get your prescriptions adjusted as needed

If you have any questions, speak with your healthcare provider.











Central Illinois Agency on Aging, Inc.



In Conjunction with  
Caring Connection's

Presents

You Need a Break!

The What, Why, and How's of Respite Care

An Educational program and roundtable discussion concerning  
Respite Care.

Please feel free to bring your loved one, as the Bradley University  
Physical Therapy Department will provide a separate activity room.

Save the Date

October 12, 2024, 11:00AM

Peoria Public Library North Branch

3001 West Grand Parkway, Peoria, IL 61615



Illinois Conference Speaker Highlight -  
Dr. Rebecca Gilbert

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

2024 ILLINOIS PARKINSON'S CONFERENCE

*Understanding Each Piece of the PD Puzzle*

November 19 8:00 am - 1:00 pm  
NIU Naperville Conference Center

Dr. Rebecca Gilbert, MD, PhD is the Chief Mission Officer of the American Parkinson Disease Association, will be speaking at the conference about **Hacks, Tricks, and Medication Tweaks to Improve Your Movement and Your Day**. This will include common challenges that people with PD face and potential solutions to these challenges.

Register here, <https://secure.qgiv.com/for/amc/event/ilpdconference/>