

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: January 6, 2024

TIME: 1:30PM

Program: Discussion and Planning for 2024 and Possibly

WHERE: OSF Glen Park Place

5114 N Glen Park Place Rd

Peoria, IL 61614

We need to make some changes to our Nov. fundraising event, change the name of our September gathering, and look for other events to hold. Please join us in January to give ideas that we can use to make the group better help you.



About 40 members

Enjoyed great food and fellowship at our Annual Christmas Lunch, at Avanti. We had fun with Christmas trivia, and gift cards for door prizes. I believe even Kobe and Ollie had a good time.

Follow us on Facebook,

<https://www.facebook.com/centralillinoisparkinsonssupportgroup>

Keep up to date with everything from our support group at our website.

<https://www.cipdsupportgroup.org/>

For more information feel free to Contact Roger at

roger@cipdsupportgroup.org or (309)219-1210

*The Dr. Emmanuel Bilirakis and Honorable
Jennifer Wexton National Plan to End
Parkinson's Act
Passes Out of the
U.S. House of Representatives*

*Bringing hope to millions of
Americans suffering with this
debilitating disease.*



Dec 14, 2023 was a historic bi-partisan success for Parkinson's disease? Today, in a vote of 407 to 9 a bill passed in the House of Representatives; the National Plan to End Parkinson's Act HR2365. This bill will cover PSP and other parkinsonisms. It was named for Florida representative @RepGusBilirakis brother Dr. Emmanuel Bilirakis and Virginia representative @JenniferWexton living with @CurePSP Also, @RepPaulTonko led the bipartisan effort. BRAVO for working together, and truly impacting lives. @MichaelJFoxOrg

and 30 other PD related organizations like @ParkinsonDotOrg signed on to support this. On to the senate...and the president! @endingpdbook

10 Tips to Embrace Family, Friends and Parkinson's this Holiday Season



Be kind to yourself. Parkinson's and perfectionism don't play well together. I find this to be a relief as I continue to give up my perfectionism a little more each day.

If you're hosting a family or friend gathering and meal, make it a potluck. If cleaning or preparing for guests is going to cause you stress, ask someone else to host. Parkinson's and stress don't play well together either.

Take breaks as needed. Go rest on your bed for 30 minutes, sneak a walk around the block or do whatever refreshes you.

Travel smart. If you're traveling, consider these tips to make time in the car or on the plane as smooth and stress-free as possible.

Depending on how it affects you, watch your alcohol consumption. Watch your alcohol consumption especially if you're on medications and you're not sure how they'll react to alcohol. Get the apple cider, grape juice or pear champagne – yummy!

Stay your dietary course. Now is not the time to test any dietary restrictions – maintain your gluten free, vegetarian, dairy free or whatever eating habits you regularly follow.

Stay on your doctored-approved medication schedule. Set alarms on your phone or get a watch with multiple alarms if you're going to be distracted by all the fun.

Decide ahead of time how you're going to handle questions about your health if your symptoms are noticeable. Some people will ask, some won't, but they might look at you sideways. Will you address it individually or make an announcement? Or maybe you're not ready to share. Any and all of those are the right answer. You don't owe anyone an explanation—unless maybe your shaking hands are spilling wine or flinging turkey all over the dining room.

Consider “coming out” ahead of time by sending an email introducing your new life-companion, Parkinson's. Include a link to an informative website like the Davis Phinney Foundation, and suggest a donation instead of a holiday gift. I have a number of Parkie friends who've done something like this and it generates a lot of positive messages and good will, which is lovely support to have.

(That brings up the term “Parkie”—some people love it, some hate it. Personally, I like it, but not all my Parkie friends do, so I am respectful of individual wishes.)

How about a Turkey Trot or a Reindeer run? A little exercise before a big dinner is always a good choice for everyone.

Whether or not Parkinson's is looking over your shoulder, the holidays don't have to be stressful. If you go into this busy season with an open heart, an attitude of gratitude and prepared to spend precious time with family and friends—on your terms— you will thrive.

Congratulations to Ned for his outstanding Drive and determination to not only bring Ping Pong for Good to the area but also learning to play and bringing home second place at the US Open in Ontario, CA. In the Parkinson's Open competition. Ned also competed in the rated competition, (against those similar in playing level, but not limited to those living with Parkinson's)

