

# 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.

**Next Meeting is March 1, 2025**

**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 session. The Parkinson's people will stay in the room while the care partners will go to another room. Please bring your questions and we'll look forward to having some good discussions.

At our February meeting, Dr. Sachin S. Kapur was our speaker. His talk on rescue medication was very informative, and he took and answered all our questions.

We have some fantastic programs and events coming up in the next few months. April 5th is Parkinson's Awareness Month, and we will be starting it off with a great program provided by AbbVie. The program will be on their new subcutaneous pump for the treatment of Parkinson's. Lunch will be provided, so watch for the sign-up coming soon.

On May 3rd, we will have a drumming session with Natasha Greene. Then comes our annual night at the Baseball Game on July 1st - more information will be coming soon.

I have also attached several informational fliers on events being held locally by other groups.

**Call for Proclamations for Parkinson's Awareness Month**

Dear Community Members,

I am reaching out to seek your assistance in securing proclamations for Parkinson's Awareness month. As of now, we have successfully obtained proclamations from the State of Illinois, the City of East Peoria, and the City of Peoria. However, our goal is to extend this initiative to as many cities as possible.

If you live in Peoria and would be interested in attending the City Council meeting to be honored and receive the proclamation, please let me know. Your presence would be greatly appreciated and would help raise awareness for this important cause.

In addition to Peoria, we are looking to secure proclamations from other cities as well. I can provide you with the necessary contact information, a template letter for requesting the

proclamation, and the specific wording for the proclamation. Your help in reaching out to city officials and advocating for Parkinson's Awareness month would be invaluable. If you are interested in participating and helping us achieve our goal, please get in touch with me. Together, we can make a significant impact and raise awareness about Parkinson's disease. Thank you for your support.

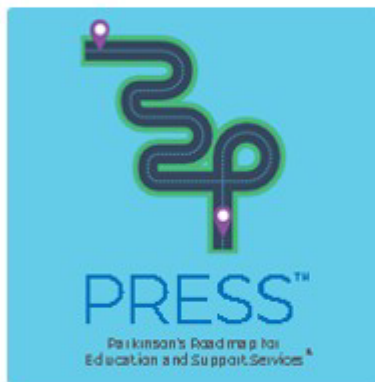
## **APDA Virtual Parkinson's Roadmap for Education and Support Services™ (PRESS™)**

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

Program Presented Virtually via Zoom

**Date: Every Tuesday, April 1st – May 20<sup>th</sup> 2025**

**Time: 10:00A.M. – 11:30 AM CT**



**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:**

[mhapp@aurora.edu](mailto:mhapp@aurora.edu)



An education program presented by the Alzheimer's Association®



Caring for someone living with dementia brings a unique set of challenges and rewards. Learn to navigate the responsibilities of middle and late stage caregiving in this education program series.

**Dates & topics for each module in the series:**

- » Mar 6: Building foundations of caregiving.
- » Mar 13: Supporting independence.
- » Mar 20: Communicating effectively & responding to dementia-related behaviors.
- » Mar 27: Exploring care and support services.

**Every Thursday in March;  
6, 13, 20, and 27**

**10:00 a.m. - 11:00 a.m.**

**Alpha Park Library**

**3527 S Airport Rd. Peoria, IL 61607**

**To register call**

**(309) 697-3822 Ext 13**

**Space is limited so call today.**

Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.

**ALZHEIMER'S  ASSOCIATION®**

## Parkinson's disease Mindfulness & Meditation



### Learn to Meditate

Noon - 1 pm ET Mondays,  
Apr. 21, May 5, May 19, and Jun 2, 2025

*Classes are free, space is limited*

### To register:

Email with the names and email  
addresses for each participant, to:

[info@mindfulneuro.com](mailto:info@mindfulneuro.com)

This is a four-session virtual meditation course for people with Parkinson's disease, their families, and care partners. Learn meditation and mindfulness techniques that foster relaxation and ease symptoms. These methods are practical tools that can be easily integrated into daily routines to enhance overall well-being and symptom management.

**Course instructor:** Sarah Mulukutla, MD, MPH, is a neurologist and researcher who specializes in meditation practices catered to those affected by neurological disease such as PD. She was recently featured on the Michael J. Fox Foundation Podcast, "Breathing Through: Mindfulness as a Parkinson's Treatment Tool."



*This program is supported by a community grant from the  
Parkinson's Foundation*

