

# 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, April 5, 2025**

**TIME: 1:30PM**

**Program: abbvie will present a program on Vyalev the newest medication and delivery method for Parkinson's medication. Lunch will also be provided so mark the date on your calendar now!!**

**WHERE: OSF Glen Park Place**

**5114 N Glen Park Place Rd**

**Peoria, IL 61614**

Our February Meeting did not go as We had planned but we had a real good discussion on Parkinson's, Medication Symptoms, and everything related.

April is Parkinson's Awareness Month, and we are kicking it off big time with a program from ABBVIE that will include a lunch, so please sign up. ABBVIE has a new Parkinson's medication, Vyalev, that is administered by subcutaneous infusion, and they will be explaining the medication and how it works. Sign up here <https://www.cipdsupportgroup.org/events/>

## **Raising Awareness for Parkinson's Disease**

Advocacy and Community Engagement during Parkinson's Awareness Month

### **Introduction**

April is Parkinson's Awareness Month, a time dedicated to raising awareness about Parkinson's Disease (PD) and supporting the Parkinson's community. Parkinson's Disease affects millions of people worldwide, and through collective efforts, we can foster greater understanding and support for those living with the condition. This document outlines various ways to show support and raise awareness during this crucial month.

### ***Wear Parkinson's-Themed Clothing***

One of the simplest yet impactful ways to raise awareness is by wearing Parkinson's-themed clothing every day throughout April. Whether it's a T-shirt, hat, or bracelet, these items often spark conversations about the disease. Sharing your experiences and knowledge can help educate others and spread awareness in various settings, including work, social gatherings, and even places of worship.

### ***Engage with Legislators***

Advocacy plays a vital role in making a difference for the Parkinson's community. Contacting your Senator and Congressional Representative about Parkinson's issues can lead to significant policy changes. The Michael J. Fox Foundation offers a wealth of resources on how to contact your legislators and the key issues to discuss. Visit [www.michaeljfox.org/our-public-policy-priorities](http://www.michaeljfox.org/our-public-policy-priorities) for comprehensive guidance on advocating for Parkinson's Disease research, funding, and patient care.

## ***Participate in the #SparktheNight Campaign***

World Parkinson's Day is observed on April 11th, and the global Parkinson's community invites you to join the #SparktheNight campaign. This initiative aims to light up buildings, bridges, and landmarks in blue, symbolizing hope and solidarity with the Parkinson's community worldwide. By participating, you help raise visibility for Parkinson's Disease and show your support for those affected. Share photos of illuminated landmarks on social media with the hashtag #SparktheNight to amplify the message.

## **Community Events and Programs**

### ***Attend Educational Programs***

Many organizations and support groups host educational programs during Parkinson's Awareness Month. For instance, our upcoming meeting on April 5, 2025, at OSF Glen Park Place, will feature a presentation by AbbVie on Vyalev, the newest medication for Parkinson's administered by subcutaneous infusion. Such events provide valuable information on the latest advancements in treatment and care, offering hope to patients and their families.

### ***Volunteer and Donate***

Volunteering your time or donating to Parkinson's organizations can have a significant impact. Many nonprofits rely on volunteers for events, fundraising, and advocacy efforts. Donations help fund vital research, support services, and educational programs. Consider reaching out to local Parkinson's organizations to find out how you can get involved.

### ***Promote Awareness on Social Media***

Social media platforms are powerful tools for raising awareness. Share facts, personal stories, and updates about Parkinson's Disease throughout the month. Use hashtags like #ParkinsonsAwarenessMonth and #ParkinsonsDisease to reach a broader audience. Encourage your friends and followers to share your posts, spreading awareness even further.

## **Conclusion**

Parkinson's Awareness Month is an opportunity to make a significant impact in the lives of those affected by Parkinson's Disease. Whether through wearing themed clothing, engaging with legislators, participating in global campaigns, attending educational programs, volunteering, or promoting awareness on social media, every action counts. Together, we can create a more informed and supportive community for those living with Parkinson's Disease. Join us in these efforts and make a difference this April.



### **Parkinson's Climb Night**

BLM Summit Shakers | Upper Limits' Official Parkinson's Climbing Group

Join the Summit Shakers the last Monday of each month for our Parkinson's climb night!  
Located at Upper Limits Rock Gym & Pro Shop (1304 W. Washington Street, Bloomington, IL 61701)

4pm - 6pm

\$16 per climber with rental gear included

<https://www.upperlimits.com/bloomington/summit-shakers/>

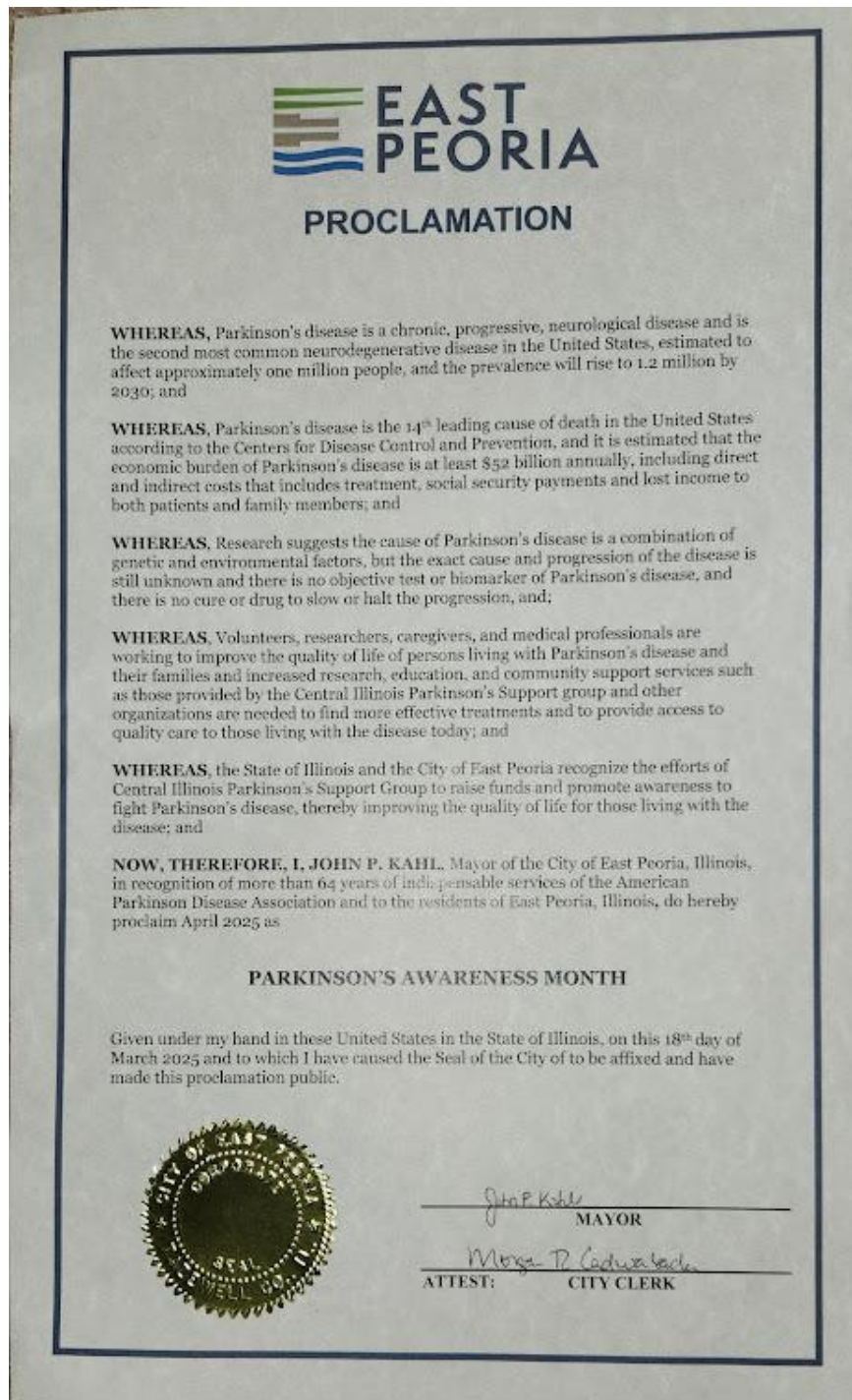
Join us as Upper Limits staff and community volunteers help make this a night to remember. Everyone and anyone can climb, let us help! Our mission revolves around universal accessibility, ensuring that every individual, irrespective of their capabilities, can engage fully and delight in the thrill of climbing.

# Thank You Note to the City of East Peoria

We extend our heartfelt gratitude to the City of East Peoria, Illinois, for their exceptional support and recognition. Mayor John Kahl, Council Commissioner Dan Decker, Commissioner Mark Hill, Commissioner Seth Mingus, Commissioner Michael Sutherland, and City Clerk Morgan Cadwalader have demonstrated their unwavering commitment to the Parkinson's community.

On March 18th, during the city meeting, they issued a Proclamation declaring April 2025 as Parkinson's Awareness Month in the City of East Peoria. This significant gesture underscores their dedication to raising awareness and promoting understanding of Parkinson's Disease.

Thank you for your leadership and for standing with us in our mission to create a more informed and supportive community. Your support truly makes a difference.



## Join Us at the Chicagoland APDA Walk

The American Parkinson's Disease Association has for years provided our support group with fantastic support through programming and financial assistance. Now is our time to help them and the Parkinson's community. Join us on June 21st at the Chicagoland APDA walk. Walkers will come together nationwide in 2025 to step towards supporting all people affected by Parkinson's disease. Your fundraising dollars at the Chicagoland Walk will go directly toward the local community, expanding local programs and services to help more people with Parkinson's disease live life to the fullest.

Gather your friends and family and help make an impact in Illinois! Click [HERE](#) to register today!

<https://secure.ggiv.com/.../register/form/registration>

## 2025 Optimism Walk!



If you have any questions about this Newsletter or the Central Illinois Parkinson's Support Group, please feel free to contact Roger at 309-219-1210 or email him at [roger@cipdsupportgroup.org](mailto:roger@cipdsupportgroup.org). Visit our website for more information and resources on our ongoing initiatives and events. <https://www.cipdsupportgroup.org/>



Central Illinois  
Parkinson's  
Support Group

Roger Halleen President  
Barbara King Secretary  
David King Treasurer

[www.cipdsg.org](http://www.cipdsg.org)

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Striving to Support our  
Parkinson's Community

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