

# 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, August 2, 2025**

**TIME: 1:30**

**Program: Dr. Nicole Reidy, DSW, LCSW, ICDV**

**Coping with Ambiguous loss**

**WHERE: OSF Glen Park Place**

**5114 N Glen Park Place Rd**

**Peoria, IL 61614**

Dear Support Group Members,

I hope this message finds you well. Please accept my apologies for the absence of a July newsletter—things have been quite hectic for many of us lately, and I suspect I'm not alone in feeling that way! To make up for it, I'm pleased to present this combined July/August edition. I encourage you to take a few moments to read through the following pages, as there's a wealth of information about upcoming programs, special events, and ways to stay connected with our community. Thank you for your understanding and ongoing support!

Junes Program, was a very good program by Dr. Salima Brillman presenting on ONAPGO, ONAPGO, continuous apomorphine infusion, is for the treatment of motor fluctuations (OFF episodes) in adults with advanced Parkinson's disease (PD).



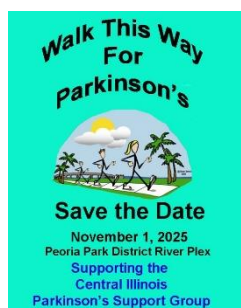
Dr. Nicole Reidy, DSW,  
LCSW, ICDV

August program will be on Coping with Ambiguous loss. Ambiguous loss is a form of loss that occurs without resolution or clear understanding. Dr. Pauline Boss, who pioneered research in this field, describes it as a loss that remains unclear, incomplete, or uncertain. The ambiguity lies in either the physical absence with psychological presence or psychological absence with physical presence of a loved one or something significant.

Traditional loss is typically marked by a clear event, such as death or departure, that allows for rituals, acknowledgment, and eventual closure.

Ambiguous loss, in contrast, is characterized by ongoing questions: Is the person truly gone? Will they return? Will things ever be the same? This lack of finality makes it difficult for individuals to process their grief or adapt to a new reality.

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/>



Hey, everyone, I told you there were Changes Coming for our annual Fundraiser. So please save the Date November 1, 2025, as we will hold our 1st annual Parkinson's walk. A short walk along the Illinois River behind the Plex River, and this will be combined with a Pickel ball tournament in conjunction with the River plex.

We want this to be a Family event so tell everyone to save the date.

We have now added a Pickleball tournament to the Days events. More information is coming soon.



## 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.

**We're raising dough!**

## CENTRAL ILLINOIS PARKINSONS SUPPORT GROUP

**July 21, 2025**  
**4:00 pm to 8:00 pm**  
**2515 West Lake Avenue, Peoria, IL**

Use code **FUND4U** at [panerabread.com](https://panerabread.com), in the Panera App, or at the kiosk in-cafe.

Online orders placed all day at your event cafe will count toward your total sales.

**30%**  
**OF NET SALES**  
**WILL BE**  
**DONATED\***

Bring this flyer or show a digital copy to your cashier when ordering at the cafe to ensure your organization gets a portion of the net sales.

**Panera**  
**FUNDRAISING**

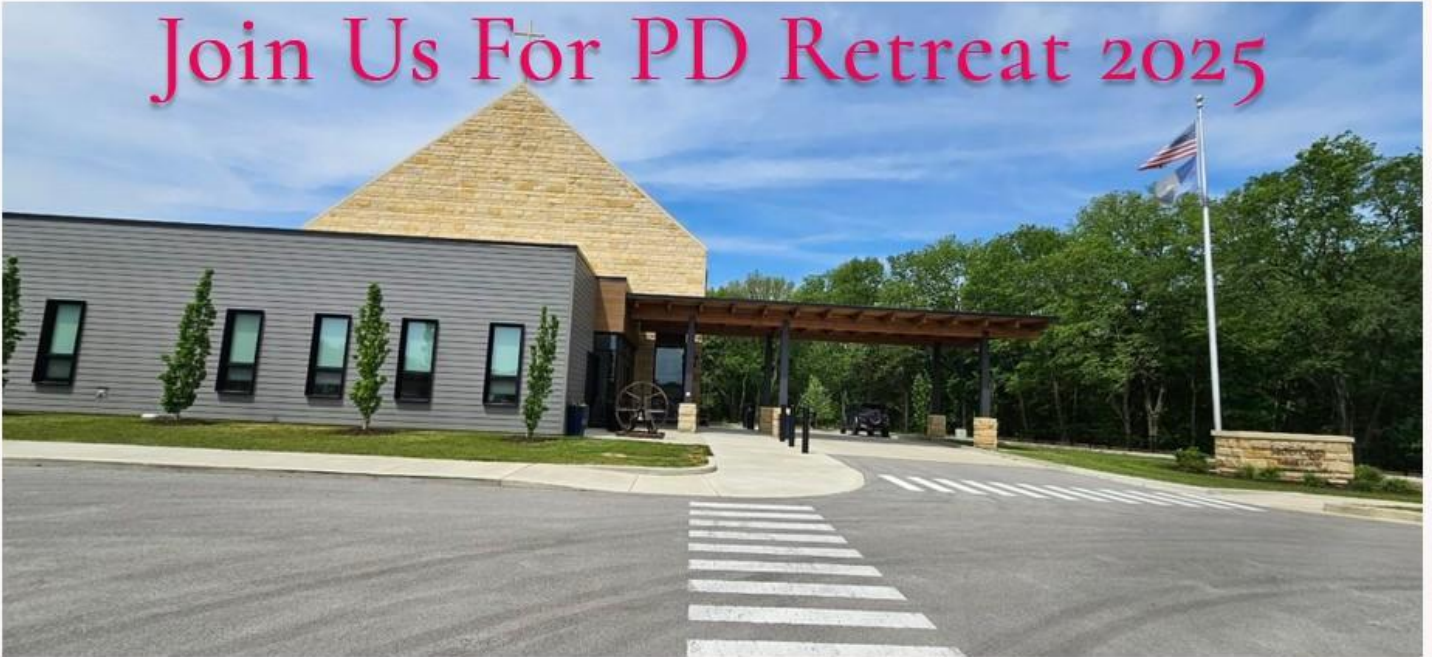
\*30% fundraiser: Up to 30% of net sales from your designated and registered fundraising event will be donated to your approved organization. Minimum sales of \$100 on the specified date, time and location required to receive 20% donation. 30% fundraiser: Up to 30% of net sales from your designated and registered fundraising event will be donated to your approved organization. Minimum sales of \$150 on the specified date, time and location required to receive 20% donation. General terms: Details on percentage of net sales to be donated and the minimum sales requirement will be provided during the event registration process. Fundraising events available only at participating US bakery-cafes. Fundraising event details and available dates and times for fundraising events will vary by bakery-cafe. Gift card purchases, catering orders, and orders placed on third party delivery sites are excluded and will not count towards the total net sales from your designated fundraising event. This offer will be void if flyer is distributed in or near the participating bakery-cafe on the night of the event. Fundraising events may be cancelled without notice due to abuse, error, fraud, computer error, electronic or technical malfunctions, or other unforeseen or unintended circumstances. Other restrictions may apply. For more information on how our fundraising events work, please visit: <https://fundraising.panerabread.com/faq>. © 2024 Panera Bread. All Rights Reserved.

Once again Panera is offering our group 30% of their proceeds from people using this flyer or CODE 4U online all day long on July 21<sup>st</sup> so Please mark this down on your Calendar. Money that is raised at events like this Help us provide scholarships to our members that may need financial help to attend our events. Everyone could use a night off of cooking and help a great Organization.

We need a lot of help planning our PD retreat and walk this way for Parkinson's as these are 2 biggest events of the year. If you are interested, please send your information to [contact@cipdsupportgroup.org](mailto:contact@cipdsupportgroup.org)

# Registration deadline August 21st

## Join Us For PD Retreat 2025



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

For more information about these events or to sign up, please use the link provided above.

### PD Retreat 2025: Connection, Education, and Renewal

#### An Invigorating Weekend for the PD Community

The PD Retreat is a special gathering designed for people living with Parkinson's Disease (PD) and their care partners. It provides a welcoming space for camaraderie, support, and learning, where participants can share both their triumphs and their challenges with others who truly understand.

#### What is PD Retreat?

At its heart, the PD Retreat is about building community and fostering well-being. Across a lively weekend, attendees come together to benefit from a thoughtfully curated mix of educational sessions, creative activities, and social experiences. Here's what you can expect:

- **Education on PD Matters:** Learn the latest about Parkinson's Disease from expert presenters and movement specialist doctors. Topics often include up-to-date information on medications, symptom management, and new research.
- **Q&A with Movement Specialists:** Bring your questions and benefit from the wisdom of professionals who specialize in PD care. Open discussions help demystify treatment options and daily living strategies.
- **Rhythm Experience:** Engage in rhythm-based activities that are fun and therapeutic—think drumming circles or movement with music—to help boost coordination and mood.
- **Art Through Paint:** Express yourself in hands-on art sessions, where you can try painting and other creative outlets, regardless of your experience level.

- **Physical Therapy Tips:** Discover practical and accessible exercises from physical therapy experts to support mobility, balance, and strength.
- **Presentations on PD Medications:** Get clear, comprehensive information on medication options, their effects, and what's on the horizon in PD treatment.
- **Sharing What Helps:** Participate in group sessions where everyone can offer suggestions, life hacks, or resources that make living with PD a little easier.
- **Sharing Frustrations:** Find a safe space to be candid about the frustrations and challenges that come with PD, knowing you are heard and supported.
- **Social Time Around the Campfire:** Evenings are reserved for relaxed conversations and storytelling by the campfire, fostering deep connections.
- **Good Food:** Enjoy delicious meals prepared to please a variety of tastes and dietary needs, turning every meal into a social occasion.
- **Games and Activities:** Light-hearted games and group activities provide laughter, friendly competition, and chances to try something new.
- **Having a Good Time with Others Who Understand:** Above all, the PD Retreat is about spending quality time in a supportive environment, where everyone "gets it."

#### PD Retreat 2025 Details

The 2025 PD Retreat returns to its familiar venue, offering a weekend full of education, creativity, and companionship. Whether you are new to the retreat or a returning participant, you'll find something to enrich body, mind, and spirit.

- **Dates:** September 12 – 14, 2025 (Friday to Sunday)
- **Location:** Same as previous years (please check with organizers for exact address and directions)
- **Cost:** \$80 per person, including all activities, presentations, meals, and campfire gatherings
- **Who Should Attend:** People with Parkinson's Disease and their care partners, at any stage of the journey

Join us for a weekend of meaningful connection, practical learning, and joyful moments. Whether you're seeking information, inspiration, or simply the company of others who understand, PD Retreat 2025 is a place where you can truly belong.