

# 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, October 4, 2025**

**TIME: 1:30**

**Program: Pilgrimage to Enlightenment - The Journey to Becoming an Advocate. The Movie.**

After 2,400 years a group of Alzheimer's & Parkinson's patients and advocates return to the birthplace of healthcare.

Disease advocates take an introspective journey through the searing heat of the Sirocco winds across the Island of Sicily. On foot the team walks the Magna Via Francigena, a recently discovered pilgrimage route to the 2,400-year-old ruins of the Temple of Asclepius - the birthplace of healthcare.

In the world beyond this ancient island they have each built legions of advocates fighting to shine light on the need to cure these diseases. But, in the absence of a perfect health care system, what can they do to save themselves and the people they love?

Dear Support Group Members,

I hope this message finds you well. Please accept my apologies for the absence of a September newsletter—things have been quite hectic for many of us lately, and I suspect I'm not alone feeling that way! To make up for it, I'm pleased to present this combined September /October 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!

August program was on Coping with Ambiguous loss. While at times it may have been a little hard to listen to I think it was a very good program.

Nicole Reidy contact information is [nicole.reidy@uchicagomedicine.org](mailto:nicole.reidy@uchicagomedicine.org) or call me at 1-773-834-1688

We Didn't have a regular Program but Our 2025 retreat was fantastic. There is more information elsewhere in this Newsletter and on our Facebook or webpage.

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,

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.



