

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.

Next Meeting, November 1, 2025

TIME: 1:00PM.

Program: Walk This Way for Parkinson's, a quarter mile walk along the Illinois River to Raise Awareness and Funds for Parkinson's.

At our October Meeting we watched **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.

Save the Date of December 6, 2025, for our Annual Christmas Lunch to be Held at Avanti's Ristorante - N. Knoxville, 8517 Knoxville Ave, Peoria, IL 61615



A walk to raise Funds in support of local people with Parkinson's through the Parkinson's Support Group

November 1st - 1 PM Peoria RiverPlex

Last Name _____ First Name _____

Email _____

I am walking in support of _____

Donations go to the Central Illinois Parkinson's Support Group (CIPDSG)

Use QR code to donate or visit <http://cipdsupportgroup.org/walk>
https://www.paypal.com/donate/?hosted_button_id=D3AAMQLY7WVS2

Or give cash/check to Roger Hallett or David/Barb King



Hey, everyone Our 1st Annual Walk This Way for Parkinson's is on November 1, 2025, as we will hold our 1st annual Parkinson's walk. A short walk along the Illinois River behind the Plex River. Things will start at 1:00PM. with some opening remarks by Stephanie Beckstrom and then Pamela Durr will lead us in some warm-up exercises.

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

If you have questions about the Newsletter or the Central Illinois Parkinson's Support Group, Contact us at [contact@cipdsupportgroup.org/](mailto:contact@cipdsupportgroup.org)
Or Call 309 219 1210



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.

Building Your PD Playbook to Live Your Best Life

An APDA Illinois Parkinson's Conference

Monday - November 3rd

Don't miss the APDA Illinois Parkinson's Conference:

Building Your Parkinson's Playbook to Live Your Best Life — happening November 3rd at NIU Naperville!

Join us for an empowering day filled with expert speakers, practical tools, and real-world strategies to

help you live well with Parkinson's.

★ Keynote Speaker: Dr. Jori Fleisher, MD, MSCE, FAAN (RUSH University Medical Center)

Topic: Overcoming Myths and Barriers to Live Well with PD at Any Stage

You'll also enjoy research updates, interactive sessions, and a vibrant resource fair — all designed to inform, inspire, and connect.

📅 Monday, November 3rd

📍 NIU Naperville

🚫 Seats are filling fast — register today!

🔗 <https://bit.ly/IllinoisPDconference>

I have No idea what this program will be like as I just received this tonight, but it looks very interesting. Looking at those involved I'm sure it will be a Good [program].

MAMA JOE PROJECT

Documentary + Q & A Panel Discussion

Join us for this educational outreach designed to reduce disparity around health and caregiving for elders with Alzheimer's disease and other dementias. This event will include a documentary film—*Mama Joe, Hope & Help*—that will focus on caregiving followed by a panel discussion that includes a physician, caregiver, and a policy and/or resource person. Local agencies will be available to provide resources to attendees and we will provide a printed resource guide as part of the event.

For more information, visit <https://www.mamajoeproject.com/>

PEORIA // WEDNESDAY, OCTOBER 29	
<i>Peoria Riverfront Museum Giant Screen Theater 222 SW Washington Street Peoria, IL 61602</i>	Schedule: 11:15-Noon – General Admission Noon-1:00pm – Movie Screening 1:00-2:00pm – Panel discussion with filmmaker & local experts
CANTON // WEDNESDAY, OCTOBER 29	
<i>Majestic Theatre 62 N. Main Street Canton, IL 61520</i>	Schedule: 5:15-6:00pm – General Admission & Resource Fair 6:00-7:00pm – Movie screening 7:00-8:00pm – Panel discussion with filmmaker & local experts
EFFINGHAM // MONDAY, NOVEMBER 10	
<i>Effingham Performance Center 1325 Outer Belt West Effingham, IL 62401 ** Parking in the north lot & enter through the north doors.</i>	Schedule: 5:15-6:00pm – General Admission & Resource Fair 6:00-7:00pm – Movie screening 7:00-8:00pm – Panel discussion with filmmaker & local experts

Admission is free and open to all. Register by scanning the QR Code to secure your seat-->
Soda & popcorn provided.

www.mamajoeproject.com/ilcaregivers2025



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The Illinois Department on Aging does not discriminate against any individual because of his or her race, color, religion, sex, national origin, ancestry, age, or other protected status.



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