

APRIL 2023

## **Parkinson's Disease and Movement Disorder Center Monthly News and Updates**

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### **APRIL IS PARKINSON'S AWARENESS MONTH!**

In honor of Parkinson's Awareness Month, this issue of the PDMDC newsletter will highlight some of the amazing programming for persons with Parkinson's and care partners. Scroll on to see flyers for our various class and groups offerings.

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### **Did you know that we offer free exercise programming for Persons with Parkinson's?**

Do you ever have a hard time making it to the gym? Do Youtube videos just not feel the same as live exercise classes? We have the perfect options for you! We have TWO completely free exercise options every month. We offer:

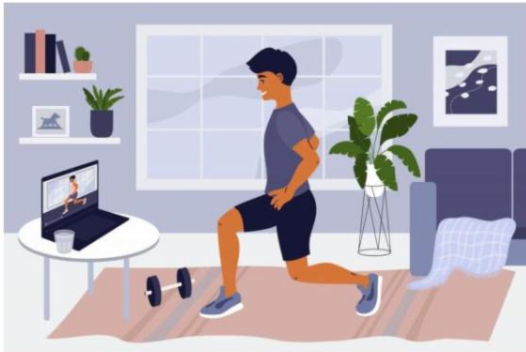
- Exercise for PD offered by a physical or occupational therapist  
Every first Tuesday of the month @11am
- Chair Yoga offered by a live yoga instructor  
2nd, 3rd, 4th, and (5th) Tuesday of the month @2pm

**See our flyers below**

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# Therapy Tuesdays Exercise Class

*Northwestern Medicine Parkinson's Disease and Movement Disorders Center is happy to bring you our First Tuesday Exercise Class!*



**Date: 1<sup>st</sup> Tuesday of the month**

**Time: 11:00 am – 12:00 pm**

**Location: Zoom**

**Cost: Free**

Join in to take a class provided by Physical and Occupational Therapists to work on your balance, coordination, and cardiovascular systems! Come with any questions related to performing your daily activities or mobility and we will do our best to answer them!

**Each class will be new and different, so you won't want to miss any!**

**Please contact Katie Fagan at [movementdisorders@nm.org](mailto:movementdisorders@nm.org), if you are interested in joining.**

# Chair Yoga for Parkinson's

*Northwestern Medicine, in partnership with Paul Weitz, certified yoga instructor, is happy to bring you Chair Yoga for Parkinson's.*

**Date: 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and (5<sup>th</sup>) Tuesday of each month**

**Time: 2:00-3:00 PM (CT)**

**Location: Zoom**

**Cost: Free**



**Please contact Katie at [movementdisorders@nm.org](mailto:movementdisorders@nm.org), if you are interested in joining.**

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## Express Yourself!

Maybe exercise is not your thing. Perhaps, you find yourself drawn to artistic expression. If you are the kind of person who would rather hit the theater and not the gym, we have programming for you too!

This spring, Improv for PD is back! Registration is closing this week! So if you are interested, this is the last call for registration!

In July, we, along with our partners at The Joffrey Ballet, will be beginning a new pilot program for Persons with Parkinson's and their Care Partners- Dance for PD. See below to fill out the interest form for this class. Class registration details to follow.

For more information about these programs, see below:



# Improv for PD

*Northwestern Medicine, in partnership with The Second City, is happy to bring you Improv for PD.*

**Date: 8 week series on Thursdays**

**May 4- June 22**

**Time: 2:00-3:30 PM (CT)**

**Location: The Second City**

**230 W. North Ave**

**Chicago, IL 60614**

**Cost: \$100 for all 8 sessions**

Join us for our improvisational group for persons with Parkinson's and their care partners. You don't have to be a professional performer or comedian to learn improv games and have fun!

In this class, you will learn improvisational theatre exercises that benefit emotional, physical, and spiritual wellbeing. We hope that participants find their stress levels decreased and their laugh life increased!

Space for the group is limited. RVSP Required.  
Please contact Katie at [movementdisorders@nm.org](mailto:movementdisorders@nm.org), if you are interested in joining.

JOFFREY BALLETT

**COMMUNITY ENGAGEMENT ★ CHICAGO**

EXCITE | EXPLORE | ENRICH

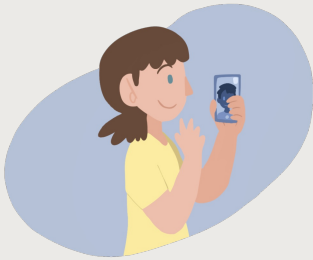
We at the PDMDC are thrilled to announce that we are partnering with Joffrey Ballet's Community Engagement team to bring you a new pilot program- **Dancing with Parkinson's**. This dance class will be a free class for people with Parkinson's and their care partners, scheduled to begin in July in the South Loop neighborhood. Our

partners at Joffrey Ballet have created an interest form. If you have interest in participating in this new class, please fill out the interest form [here](#).

*Please fill this out no later than April 7th.*

If you would like to learn about the Dancing with Parkinson's program, click [here](#).

There will be more information and class registration to come at a later date. For now, we are surveying interest.



## Virtual Support Group and Class Schedule

We use Zoom for all our support groups and classes!

Register for any of the groups and classes [here!](#)

### General PD Support Group

1st Wednesday of the month  
2:00 pm – 3:00 pm

### Women and PD Support Group

2nd Wednesday of the month  
11:00 am – 12:00 pm

### PD Care Partner Support Group

2nd Wednesday of the month  
2:00 pm – 3:00 pm

### Young Onset PD Support Group

4th Wednesday of the month  
6:00 pm – 7:00 pm

### PD 101

Next class May 17

### Therapy Tuesdays Exercise Class

1st Tuesday of the month  
11:00 am – 12:00 pm

### Chair Yoga for PD

2nd, 3rd, 4th (and 5th) Tuesday  
of the month  
2:00 pm – 3:00 pm

### Art Therapy for PD

3rd Monday of the month  
10:00 am – 11:00 am

### Improv for PD

Thursdays 2:00pm -3:30pm  
May 4- June 22

### PD 201

Next class Sept 6

For a complete list of our groups and classes, including those offered at Central DuPage and Lake Forest Hospitals, click [HERE!](#)



# #Take6forPD

## to Improve Access to Care

Every 6 minutes, someone is diagnosed with Parkinson's disease in the U.S.

This Parkinson's Awareness Month, take 6 minutes to:



### Call our free Helpline

1-800-4PD-INFO (1-800-473-4636)  
Open Monday through Friday, 9 a.m. to 7 p.m. ET



### Find expert care in your area

[Parkinson.org/InYourArea](https://www.parkinson.org/InYourArea)



### Order an Aware in Care hospital safety kit

[Parkinson.org/AwareinCare](https://www.parkinson.org/AwareinCare)



### Read a Parkinson's Foundation publication

[Parkinson.org/Library](https://www.parkinson.org/Library)



### Register for a PD Health @ Home Event

[Parkinson.org/PDHealth](https://www.parkinson.org/PDHealth)



Learn more at [Parkinson.org/Awareness](https://www.parkinson.org/Awareness).



Join the Parkinson's Foundation for PD Health @ Home-Virtual Weekly Programs with Zoom! This weekly program focuses on a variety of topics including Mindfulness, Wellness, and Fitness.

- Expert Briefing: Freezing and Fall Prevention in PD (4/12/23): Click [here](#)
- Register for one or all “Social Engagement” Series (Wednesdays): Click [here](#)
- Register for ALL “Mindfulness Mondays” Series (Mondays): Click [here](#)
- Register for one or all “Mental Wellness” Series (Wednesdays): Click [here](#)
- Register for one or all “Live Fitness Friday” Series (Fridays): Click [here](#)

As a reminder, the Foundation has a variety of resources available to support you and the PD community, including:

[HELPLINE:](#) 1-800-4PD-INFO (473-4636)

or [helpline@parkinson.org](mailto:helpline@parkinson.org)

[PD Conversations](#) an online PD community, to connect with others living with PD and be part of a network of support.

[Newly Diagnosed Kit](#)

[Medical Alert Card](#)

[Fact sheet: Staying Safe in the Hospital with Parkinson's Disease](#)

[Tips for How to Prepare for a Telemedicine Appointment](#)

[Aware in Care Kit](#)

[Podcasts](#)

# ANNOUNCING

## The PD Solo Network:

Living Alone While Living with PD

### What is the PD Solo Network?

A **virtual** community for individuals with Parkinson's disease who **live alone**.

The purpose of this network is to build a virtual community of support & share ideas among those who know what it's like to live alone while also living with Parkinson's. Living solo doesn't mean being lonely or isolated.

The network was launched with the support of the Parkinson's Foundation but will transition to a self-run group led by committee members of people with Parkinson's.

The PD Solo Network meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month:

**Choose to attend either:**  
**1 p.m. ET or 7:30 p.m. ET**

There is no fee to participate. The Zoom link will be provided upon registration.

**Learn More and Register at:**  
[Parkinson.org/pdsolo](https://www.parkinson.org/pdsolo)  
or call Nancy (585) 743-1266.



## Advanced Care Planning

Have you had a conversation with your loved ones about your wishes lately? Can you say with confidence that your family know exactly what you want for your end of life? Do you have a POLST? If you have estate planning documents, are they up to date? If you answered "no" to any of these questions or are not sure, you may benefit from watching this video from the Parkinson's Foundation about advanced care planning.



Click here for the Advanced Planning Video  
Password:hwkZBb2W

PARKINSON'S DISEASE AND MOVEMENT DISORDERS CENTER

Connect with us



Northwestern University | Ward 12-140, 303 E Chicago Ave, Chicago, IL 60611

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