

AUGUST 2022

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

**Parkinson's Disease Patient and
Family In-Person Walk and Interview
Opportunity**

**Join us for our first in-person event
in more than two years on
Thursday August 11th!**

We are hosting a walk and outdoor get-together for people with Parkinson's disease, their family and friends.

The event will begin at Lake Shore Park where we will meet and walk around the park and proceed to the Lakefront Trail for those who wish.

Water will be provided.

After the walk, we are looking for volunteers to be filmed and interviewed for a Parkinson's documentary by [Parkinson's Across America](#), as well as for the local news. Interviews will take place at Abbott Hall (710 N Lakeshore Dr. Chicago, IL 60611). This is an incredible opportunity to share your unique story and spread hope across the PD community.

You are still welcome to attend the walk if you don't wish to be filmed or interviewed. We will provide consent forms for those who wish to be filmed and/or interviewed. No one will be filmed without their knowledge and consent.

Please email Erin Cecchi at

**Event
Information**

**There is no cost to
attend, but
registration is
required.**

Walk Date/Time:
Thursday, August 11
10 am – 11/11:30 am
(CT)

Walk Location:
Lake Shore Park
800 N Lake Shore Dr.,
Chicago, IL 60611

Parking Options:
Northwestern Memorial
Hospital Parking C
321 East Ontario
Street

Northwestern Memorial
Hospital Parking D
321 East Ontario
Street

Northwestern Memorial
Hospital Parking A
222 E Huron St

erin.cecchi@nm.org to register,
consent to share your story, and to
ask any questions.

Northwestern Memorial
Hospital Parking B
259 E Erie St.

****Guests will be
provided a
complimentary 6
hour parking pass for
Parking Lots C and D
only***

AUGUST 9

**Advanced Care Planning:
Depression, Anxiety, Mood,
and Parkinson's**



Dr. Hamilton will discuss:

- The many facets and types of depression
- How to spot, understand, and manage anxiety
- The role neuropsychologist can play in helping you live better with Parkinson's
- How (or if) mood issues change or get worse the longer you live with Parkinson's
- When and how to treat depression and anxiety
- The latest in treatments, including non-pharmacological interventions for these mood-related issues?
- And much more!

REGISTER HERE!

AUGUST 17

**Care Partner Program - Asking
for Support & Building Your
Extended Care Team**

We invite people living with Parkinson's disease (PD) and their care partners who are unsure of how to engage their families or friends to join us for a discussion on building your informal or extended care team. Family members looking to learn more about how to support their loved one with PD will also garner useful perspective and strategies to help on the journey.

REGISTER HERE!

RACE TO IMPACT 2022



Join us for the eighth annual Northwestern Medicine Lake Forest Health & Fitness Centers 5K and 1 Mile. This special event will take place on the Northwestern Medicine Lake Forest Hospital campus, and feature pre-race activities and a raffle you don't want to miss! Whether you want to run, walk, donate or sponsor, all are welcome.

Date: Sunday, September 11, 2022

Location: Lake Forest Hospital Campus 1200 N. Westmoreland Road, Lake Forest, Illinois

Race Day Schedule:

- 8:00 am Registration and check-in begins
- 8:15 am Race kick-off and warm-up
- 8:30 am 5K Run start
- 8:35 am 1 Mile start

Registration:

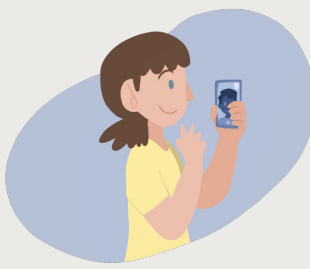
ADVANCED 5K and 1 Mile\$35
DAY OF RACE 5K and 1 Mile\$50

Includes participant T-shirt and registration bag

For more information and to register, visit:
nmgive.donordrive.com/event/nm5k

Your sponsorship, donation or participation helps provide preventive health care through wellness and medical fitness programs. Proceeds benefit patients with cardiac disease, cancer or Parkinson's disease.

**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 August 17th
4:00 pm – 5:30 pm

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
Next Session: Summer/Fall 2022;
exact dates TBD

PD 201
Next class September 7th
4:00 pm – 5:30 pm

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



Social Engagement: Singing with Parkinson's- Part 2

Research in both music therapy and neuroscience has shown that singing can improve Parkinson's symptoms. Neurologic Music

Date: Wednesday, August 10

Time: 12 p.m. to 1:00 p.m. CT

Where: Zoom

Cost: FREE

[REGISTER](#)

HERE!

Therapists design our Parkinson's Choir to address limitations and struggles that occur with PD. It's reported that participation in singing activities and music with a strong rhythm, has improved their gait, breath support, mood, motor control, and ability to perform consecutive tasks. Individuals at any stage of the disease are welcome and can benefit. Prior musical experience is not required but is a plus!



Click [HERE](#) to view the PD Health @ Home schedule!

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

[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](#)

PARKINSON'S DISEASE AND MOVEMENT DISORDERS CENTER

Connect with us



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