

AUGUST 2023

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

Cure PSP Educational Webinar Series

The Northwestern University Parkinson's Disease and Movement Disorders Center invites you to a special 10-part educational webinar series specifically focused on individuals and families living with Progressive Supranuclear Palsy (PSP), Multiple System Atrophy (MSA), Corticobasal Syndrome (CBS), and atypical parkinsonism. It can be challenging to find expert information on these rare conditions, and with the generous support of CurePSP, the CurePSP Centers of Care at Northwestern University, Rush University, and the University of Chicago are proud to present a free, online series of talks with local experts in these conditions. Check out the flyer for the full schedule, including topics and expert presenters.

This is open to individuals living with these conditions, family members, care partners, and others who are interested. Please feel free to share this flyer. The first session starts Thursday, August 3rd at 6:30pm. To register and receive the Zoom link, please email Nicole.reidy@uchicagomedicine.org and say "Interested in CurePSP webinar series".



Dr. Padmanaban



Dr. Xie



Dr. Fleisher



Dr. Akhtar



The Greater Chicago Alliance for the Support and Education of Progressive Supranuclear Palsy (PSP), Corticobasal Degeneration (CBD), and Multiple System Atrophy (MSA) presents a virtual educational series for affected patients and caregivers. Topics vary from week to week as seen below with corresponding dates and will take place from 6:30-8:00 PM (CST).

Session Number	Topic	Experts/Affiliation
1: 8/3	Introduction to PSP, CBS, MSA: <u>Natural history, symptoms, prognosis</u>	M. Padmanaban/ University of Chicago
2: 8/10	Disease Mechanisms and neuropathology	R. Akhtar / Northwestern University
3: 8/17	Current Symptomatic Treatment for PSP, CBS, MSA	T. Xie/ University of Chicago
4: 8/24	Prescription for Hope: Palliative Care	A: J. Fleisher (Rush University) B: H. Leeper (U of C)
5: 8/31	Planning ahead: What to Know and Do <u>after your diagnosis</u>	Social Workers from all 3 institutions
6: 9/7	Clinical trials in PSP, CBS, MSA	T. Xie/ University of Chicago (PSP) R. Akhtar/ Northwestern (CBS, MSA)
7: 9/14	Cognitive/Behavioral	J. Mastrianni (Cognitive)/ University of Chicago A. Corcoran (Psychiatry)/ Northwestern
8: 9/21	Practical strategies for daily living	J. Fleisher/ Rush University
9: 9/28	GI & Nutrition issues in PSP, CBS, MSA	Keshavarzian and K. Gustashaw/ Rush University
	Neuro-ophthalmology	J. Nichols/ University of Chicago
10: 10/5	PT/OT/ST/Yoga/Dance	D. Palmer (ST)/ University of Chicago J. Roy (PT/OT)/ Rush University Yoga/Dance

To sign up and receive the Zoom link, please email Nicole.reidy@uchicagomedicine.org



By popular demand, Improv for PD is returning this fall!

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

October 12- December 7

(no class on Thanksgiving)

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, if you are interested in joining.

JOFFREY BALLET

COMMUNITY ENGAGEMENT ★ CHICAGO

EXCITE | EXPLORE | ENRICH

We (the teams at The Joffrey Ballet and PDMDC) are thrilled by the response to our new class, Dancing with Parkinson's. We are looking to not only continue this class in the fall, but also to expand it out to our site at Lake Forest Hospital. But first we want to hear from you! Please fill out the interest form below:

[Dancing with Parkinson's Interest Form](#)

Please fill this out no later than August 4th.

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.

Parkinson's 101: Intro to Parkinson's Workshop

Date: August
16th

Time:
4:00-5:30PM
(CT)

Where: Zoom
(link will be
shared after
registering)

Cost: Free

[**Email to
register**](#)

Please join us for our PD 101 Workshop, providing an introduction to Parkinson's Disease, including diagnosis, common motor and non-motor symptoms, treatment, and interventions. After a presentation, you will have an opportunity to ask your questions. People with Parkinson's, family members, care partners, and community members are welcome to attend.

Parkinson's Disease Patient and Family Symposium

Presented by Northwestern Parkinson's Disease and Movement Disorder Center

Join us for our annual Parkinson's Disease Patient and Family Symposium. The conference is designed for people affected by PD, their caregivers and families, and community members-at-large.

The event will feature experts talking about the advances in Parkinson's research, synuclein biomarkers (a newly discovered tool which can reveal pathology in PD even before diagnosis), and dementia & cognition. There will be a Q&A at the end of the presentation.

Register Now

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

Please register at:

<https://www.parkinson.org/events/2023/Northwestern2023>

If you have any questions about this event, please email movementdisorders@nm.org

Event Information

Annual PD Symposium

Saturday, October 7

10 am – 1 pm (CT)

Location: Zoom

Register Here

Research Corner

Do you have Parkinson's disease and are interested in research?

You may be eligible for the Voice-PD study that aims to objectively quantify severity of vocal and speech related symptoms associated with Parkinson's Disease.



You qualify for the study if you are ...

- > Diagnosed with PD, or
- > Prodromal PD, or
- > Age-matched healthy control

What is involved if I participate?

- > Study duration: 10 weeks
- > 7 study visits of combined televisits and at-home assessments
- > Speech tests, PD clinical assessment, and short questionnaires

Participant Resources:

- > Reimbursement will be provided for your time during on-site and telehealth visits.

If you are interested in participating or want to learn more, please contact

Max Galarce

max.galarce@northwestern.edu

Telephone: (312) 503-4270



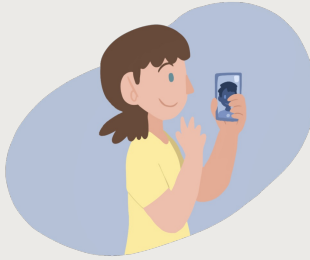
Save the Date

Parkinson's Foundation's
MOVING DAY

Sunday, October 29th
9AM
Soldier Field

[Click here to view the event's page](#)

[Click Here to register for Moving Day](#)



Virtual Support Group and Class Schedule

We use Zoom for all our support groups!
Some classes meet in person.

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 16

Dancing w/ Parkinson's
Thursdays 11:30-12:30
July 13- August 10

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, October 12-
December 7

PD 201
Next class September 6

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

UPCOMING NATIONAL EDUCATIONAL PROGRAMS

PD HEALTH @ HOME (National Virtual Programming)
Don't forget our weekly (M, W, F) virtual programming that focuses on Mindfulness, Wellness and Fitness! Our PD Health @ Home offers so much! To learn more visit this link: [Parkinson.org/PDHealth](https://www.parkinson.org/PDHealth)

[Mindfulness Mondays- Mindfulness of Thought- August 7th](#)

Join us every Monday as our expert speaker leads you in guided relaxation techniques to help boost brain power and reduce stress. [Register Virtual](#)

[Care Partners and Why They Matter- August 9th](#)

Join us to learn about the role and importance of care partners, tools to recognize signs of strain and locate sources of support. [Register Virtual](#)

[Young Onset Parkinson's Disease- August 15th](#)

Join us to discuss how to talk about care for yourself living with PD as well as other, setting boundaries, and how to find resources. [Register Virtual](#)

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

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