

August 2024

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

**There are still spots left in our
Dancing with Parkinson's Summer
Intensive!**

Join us for our summer intensive on Tuesdays and Thursdays for two weeks in August. This is a perfect introduction to those who have not yet tried out this wonderful class!

Dancing With Parkinson's

A Collaboration
With The Joffrey Ballet



Northwestern Medicine, in collaboration with The Joffrey Ballet, is excited to bring you Dancing With Parkinson's, a five-week series of classes on different types of dances.

Time:

11:30 am - 12:30 pm

Session 1 dates and locations:

August 6 and 8

The Joffrey Ballet's South Loop Studios
1920 South Wabash Avenue, Chicago

August 13 and 15

Joffrey Tower
10 East Randolph Street, Chicago

We invite people with Parkinson's disease to join us for these classes. You may bring a caregiver, friend or family member with you, if you choose. Dancing With Parkinson's is a research-backed program that aims to increase physical, mental and emotional well-being. You can dance standing or seated.



nm.org

Registration

You must register in advance.
Space is limited.

To register, please email:
movementdisorders@nm.org

There is no cost to attend these classes.

Please contact Katie at movementdisorders@nm.org or Carly at cliegel@joffrey.org for more information.



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[Click here to register for this class](#)

The PDMDC is Growing! Please join us in welcoming these new members of our team.

Giselle Mendez, Social Worker



Giselle has joined Northwestern Medicine as a part-time Social Worker in the Department of Neurology. Giselle moved from the San Francisco Bay Area one year and a half ago, where she received her Master's Degree in Social Work. Giselle provided clinical case management to high-risk aging and adult population in county clinics and took part in coordinated care initiatives. As a Bilingual Social Worker, Giselle has served as a cultural broker to help tailor psychoeducation for Spanish Speaking patients. Although she left her heart in San Francisco, she is delighted to be in Chicago. Giselle enjoys hiking, taking long walks, and is looking forward to exploring new trails in the city and surrounding area.



Kevin Sterrett, Social Worker

Kevin joined the department on 1/3/2024 as a Social Worker. His primary focus will be supporting case management requests for various divisions in the department.

Prior to joining NM, Kevin served as a Behavioral Health Therapist at Community Health Network in Indianapolis, IN. Kevin has extensive case management and psychotherapy experience. He is passionate about helping others; specifically, helping people see a bit more clearly into themselves. We are so thrilled to have Kevin

join our team. Please help us in welcoming him to our NM family!

If you're looking for a fun and social means of exercising outside during the summer, look no further than Parkinson's Players! This program debuted last summer and is back by player demand! Novices are welcome!



Parkinson's Players: Golf & Tennis

Date: Weekly on Tuesdays

Beginning June 11th

Cardio Tennis: 4:00pm- 4:50pm

Instructional Golf: 5:00pm- 5:50pm

Location: Diversey Driving Range & Tennis Courts

141 W. Diversey PKWY

Cost: Free for Participants

The Parkinson's Players Program is designed to promote play-based activities and foster friendship with those facing similar challenges.

Tennis: A fun filled session for players of all abilities. Cardio tennis emphasizes moving to music, drills and tennis instruction. Bring your own racket or rackets will be available at the tennis center.

Golf: Whether an avid golfer or a novice, receive instruction on the fundamentals of golf, geared towards each player's skills level. Bring your own clubs or clubs will be available through the driving range.

Participants must be able to stand unassisted for 1 hour.

The program is at no cost for participants. Paid parking is available.

Space for the group is limited. RVSP Required.

Please contact Katie at movementdisorders@nm.org, if you are interested in joining.

Please join us at The National Ataxia

Foundation's Walk n Roll Event on September 14th!



Join Team Northwestern at The National Ataxia Foundation's Walk n Roll!

The Walk n Roll Event is
Saturday, September 14, 2024

10am- 1pm

Hidden Lake Forest Preserve

Downers Grove, IL 60515

Link to Event Page:

<https://fundraise.givesmart.com/vf/AtaxiaWalkCHI>

Link to Team Page:

<https://fundraise.givesmart.com/vf/AtaxiaWalkCHI/team/TeamNorthwestern>



Click here to join our team!

[Save the Date!](#)

Parkinson's Foundation's Moving Day

Saturday, October 5th

1 Million Americans
are living with Parkinson's disease.



Northwestern
Parkinson's
Moving
Day

#Move4PD
MovingDayWalk.org

9am
Soldier Field

[Click here to view event page](#)

[Click here to join Team Northwestern](#)



Northwestern
Medicine

Parkinson's Disease
Virtual Patient and
Family Symposium

Saturday, October 19 | 10am-1pm
Virtual



Join us for our annual Parkinson's Disease Virtual Patient and Family Symposium, where leading experts will discuss advances in the research and management of Parkinson's disease (PD).

People diagnosed with PD, their family members, caregivers, friends and community members are welcome to attend.

There is no cost to attend this virtual symposium, but registration is required. On the day of the event, you will get an email with a link to join the session.

Register at nm.org/pd-symposium

Parkinson's Foundation Center of Excellence

Northwestern Medicine Parkinson's Disease and Movement Disorders Center provides innovative, multidisciplinary care for patients and families affected by Parkinson's disease and other movement disorders. The center's care team works to promote health, education and support for patients. It also supports caregivers, family members, medical professionals and the community.

Presented by Northwestern Medicine and the Parkinson's Foundation



nm.org

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**Parkinson's Disease Patient and Family
Symposium Agenda**

10:00-10:15am, Welcome/opening remarks
Dr. Danny Bega, MD, MSCI
& Jessica Bartsch, MS

10:15-11:05am, Top Tips from a Movement Disorder Specialist
Dr. Paulina Gonzalez- Latapi, MD, MSc

11:05-12:05pm, Therapeutic Pipeline and Research Update
Dr. Tanya Simuni, MD, FAAN

12:05-12:10pm
Break

12:10pm-1:00pm, Be Creative: the Benefit of visual art, music,
dance, and improv for PD
Danny Bega, MD, MSCI
Annie Arnold, MA, ATR-BC, LCPC, CATAP, Institute for Therapy
through the Arts
Linda Jedrejezek, MT, BC, Neurohealth Music
Carly Liegel, The Joffrey Ballet
Lisa Bany, The Second City

[**Register to attend our symposium here**](#)

Check Out Shirley Ryan Ability Lab's
new program- Tellin' Tales of
Parkinson's Disease

Tell Your Parkinson's Story

Tellin' Tales of Parkinson's Disease: Storytelling for Psychosocial Support

The Parkinson's Disease and Movement Disorders program is bringing Tellin' Tales Theatre to Shirley Ryan AbilityLab to help you tell your Parkinson's story. Tellin' Tales Theatre is a not-for-profit organization whose mission is to shatter the barriers between the disabled and non-disabled worlds through the transformative power of storytelling. Tellin' Tales Theatre brings together adults and youth from both communities to share their stories in theatrically innovative productions and programs to promote awareness, understanding and acceptance.

About the Program

We are forming **three** different groups that will run sequentially for a total of **7 weeks, including a performance** at the end of each group where you will have the opportunity to tell your story to family and friends. We will meet once a week for **up to 2 hours**.

- Group 1: **Living with Parkinson's**, for those who have been living with Parkinson's for a couple of years
 - Wednesday, **July 17th -August 21st, 2024** and a performance on Saturday, **August 31st, 2024**
- Group 2: **Adjusting to Parkinson's**, for those with early stage Parkinson's and are still adjusting to their diagnosis
 - Wednesday, **August 28th -October 2nd, 2024** and a performance on Saturday, **October 12th, 2024**
- Group 3: **Adjusting to Caregiving**, for care partners and caregivers of those with Parkinson's
 - Wednesday, **October 9th -November 13th, 2024** and a performance on Saturday, **November 23rd, 2024**

Recruiting for all groups:

- Time: 6:30 - 8 pm
- Where: Meetings will alternate between in-person sessions at our flagship hospital and virtual sessions via Zoom

Scan the QR Code or click the link to Register: <https://redcap.link/a29lw34v>



Questions?

If you have any questions, please contact Eric Espinoza, eespinoz02@sralab.org

Shirley Ryan Ability Lab's Lewy Body Dementia Care Partner Support Group has Returned!

Lewy Body Dementia Care Partner Support Group

Details:

- **Who:** Care partners of individuals with Lewy Body Dementia (LBD)
- **What:** Support group meetings focused on increasing awareness of LBD, educating support group members about the various topics related to LBD and providing support to care partners
- **When:** The 4th Thursday of each month, from 2-3 p.m. CDT
- **Where:** Virtual meetings via Zoom

The lineup of speakers will feature numerous specialists and partners from various fields related to rehabilitation and other disciplines crucial in the care of individuals with LBD. Presenters will encompass local authorities from Shirley Ryan AbilityLab and Northwestern Medicine, alongside esteemed guests from national and international levels.

Please feel free to pass this information along to families, friends and colleagues. We are thrilled to bring this community together to learn, grow, and help support those who are caring for those with LBD.

Hosted by:
Shirley Ryan AbilityLab
Parkinson's Disease and
Movement Disorders

Sign up here: <https://redcap.link/7nsl9wg3>
or Scan the QR Code:



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.

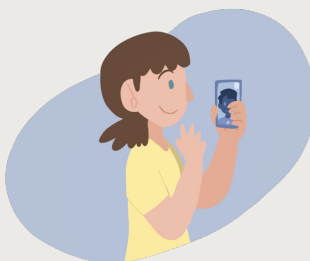


If you are interested in participating or want to learn more, please contact

Max Galarce

max.galarce@northwestern.edu

Telephone: (312) 503-4270



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

Therapy Tuesdays Exercise Class
1st Tuesday of the month
11:00 am – 12:00 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
September 18th
4:00pm- 5:30 pm

Dancing w/ Parkinson's
Summer Intensive Dates: August
6, 8, 13, and 15

Music Therapy for PD
Tuesdays 1:00pm- 2:00pm
October 1st- December 17th

Chair Yoga for PD
2nd, 3rd, 4th (and 5th)
Wednesday of the month
10:00am – 11:00am

Art Therapy for PD
3rd Monday of the month
10:00 am – 11:00 am

Improv for PD
Thursdays 2:00pm - 3:30 pm
October 3- November 11

PD 201
November 13th
4:00 pm- 5:30 pm

Parkinson's Players Golf & Tennis
Tuesdays beginning 6/11/24
Tennis: 4:00pm- 4:50pm
Golf: 5:00pm- 5:50pm

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 5th

Join us every Monday as our expert speaker leads you in guided relaxation techniques to help boost brain power and reduce stress. Whether this is your

first mindfulness Monday, or you are a returning participant, these sessions are created with the intention of including everyone. There will be time for questions following the practice.

[Register Virtual](#)

[Parkinson's Disease 101: What You and Your Family Should Know- August 7th](#)

This program offers an introduction and basic overview of Parkinson's disease.

[Register Virtual](#)

[Opening Up on Uncomfortable Topics- August 14th](#)

There are many daily challenges associated with Parkinson's disease that may lead to social discomfort and ultimately isolation. This webinar will focus on a few that may be less talked about including drooling, urinary incontinence, dyskinesia and even eating in public. We will discuss how each impacts the person with Parkinson's and address ways to speak to family and friends about how these visible symptoms cause self-consciousness in social situations.

[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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