

NEWS AND UPDATES

Parkinson's Disease and Movement Disorders Center December 2020

Clinic Update: We are continuing to offer both tele-health and in-person visits. We are strongly encouraging our established patients to utilize the tele-health visit option at this time. Please reach out to your provider to address any concerns prior to canceling any upcoming appointments. A no-visitor policy remains in effect for all Northwestern Medicine outpatient clinics and facilities. Exceptions include patients with disabilities who require a reasonable accommodation for assistance (limited to one support person).



Today Show: Watch Willie Geist interview Michael J. Fox

Click [HERE](#) to watch!

New Classes in 2021

We are excited to bring you new opportunities to engage, connect, and learn!

Click [here](#) for information about **Improv for PD**.

Click [here](#) for information about **Art Therapy for PD**.

RVSP required as space for the groups are limited.

If classes are full, we will put you on the interest list for a future group.

Please contact Erin at erin.cecchi@nm.org, if you are interested in joining.

VIRTUAL SUPPORT GROUPS

All groups are held via Webex unless otherwise noted. After completing the online consent form [here](#), an e-mail will be sent with information for how to join the group(s). If you have any questions about group offerings or how to register, please e-mail erin.cecchi@nm.org.

General Parkinson's Disease Support Group

Date: Wednesday, December 2nd
(1st Wednesday of each month)
Time: 2:00 p.m. – 3:00 p.m.

Parkinson's & Women Support Group

Date: Tuesday, December 9th
(2nd Tuesday of each month)
Time: 11:30 a.m. – 12:30 p.m.

Care Partner Support Group

Date: Tuesday, December 9th
(2nd Tuesday of each month)
Time: 2:30 p.m. – 3:30 p.m.

Young Onset Parkinson's Group

Date: Wednesday, December 30th
(5th Wed this month due to the holidays)
Time: 6:00 p.m. – 7:00 p.m.

Live Chair Yoga for Parkinson's

Date: December 8th, 15th, 22nd, & 29th
(2nd, 3rd, 4th, and 5th Tuesday)
Time: 2:00 p.m. – 3:00 p.m.
Please go to zoom.us and enter Meeting ID: 827 7971 3113 or click on this [link](#) on the dates and time listed above.

Parkinson's Programs at NM Lake Forest

Contact Linda Egan, PT at 847-535-8244 or legan@nm.org for more information



FEATURED CLASS

Parkinson's 101: Recently Diagnosed Parkinson's Workshop

About: An introduction to Parkinson's disease, including diagnosis, common motor and non-motor symptoms, treatment and interventions. After a presentation, you will have the chance to ask your questions!

People with Parkinson's, family members, care partners, and community members are welcome to attend.

Date: December 2, 2020

Time: 4:00 pm – 5:30 pm (CT)

Location: Virtual event

E-mail Erin Cecchi at erin.cecchi@nm.org to register.



Click [here](#) for our Exercise Options Guide

RESEARCH & CLINICAL TRIALS

Clinical trials are important for discovering new treatments for diseases, as well as new ways to detect, diagnose, and to slow the progression of the disease. Clinical trials can show researchers what does and doesn't work in humans.

Please contact us to see if you or someone you know may be eligible to enroll in one of our clinical trials.

Phone: 312-503-0755

E-mail: pdclinicaltrials@northwestern.edu



Check out some opportunities below:



Click [here](#) for more information



Click [here](#) for more information

Shirley Ryan AbilityLab
Research Trials & Studies



Parkinson's disease: Intervening Early Concerning Employment (PIECE)

Click [here](#) for more information



Click [here](#) for more information!



PD Health @ Home offers weekly Parkinson's wellness and education online events!

Visit [PD Health @ Home](#) for a full list of events and to register.

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**



Featured Webinar:

Wellness and PD: Exploring Exercise, Music and Art to Cope with PD

Date: December 5th

Time: 11:30 AM-1:00 PM (CT)

Location: Virtual

Click [here](#) to register!

Speakers:

Danny Bega, MD

Assistant Professor of Neurology
(Movement Disorders)

Northwestern University Movement
Disorders Center

*A Parkinson's Foundation Center of
Excellence*

**Ashley Hildebrandt, MA, ATR-BC, Art
Therapy Supervisor**

Indiana University School of Medicine, *A
Parkinson's Foundation Center of Excellence*

Linda Jedrzejek, MT-BC

Music Therapist Board Certified,
Neurologic Music Therapist

RhythmWorks Music Therapy, LLC



Shirley Ryan AbilityLab continues to offer in-person and tele-health visits. If you are interested in tele-health visits for our interdisciplinary clinic or for therapy services, you need to have access to an internet enabled device with a camera and a microphone. If you have questions or concerns, please feel free to call Shari at 312-238-5018.

Upcoming Virtual Patient & Care Partner Education and Support Series:

IDEAS for Mental Health in Parkinson's Disease

Interactive **D**emonstrations, **E**ducation, **A**ctivities, and **S**upport for Mental Health in Parkinson's Disease

This program, directed by Dr. Jennifer G. Goldman and supported by a Parkinson's Foundation 2020 Community Grant, will focus on ways for you to increase your knowledge about mental health issues in Parkinson's disease (PD) and to develop proactive strategies to enhance your mental well-being.

Join us as we explore several topics related to mental health and share tools, tips, and resources in an interactive and engaging format.

NUTRITION
EXERCISE
MUSIC AND SPEECH THERAPY
MINDFULNESS

Sessions will include separate tracks for people with PD who are newly diagnosed and those who have had PD for longer durations – and for both tracks, care partners are welcome too!

ALL VIRTUAL SESSIONS

Starting in Winter 2021

Stay tuned for the dates/times and details of the schedule

Email smarchbank@srilab.org to receive further information