

DECEMBER 2023

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



Happy Holidays from all of us at Northwestern's Parkinson's disease and Movement Disorders Center! We are grateful to be a part of Chicago's (and beyond) Parkinson's community. We hope you all have a happy and healthy holiday season. And we look forward to continuing to provide cutting edge Movement Disorders care into the new year.

Parkinson's Players: Ping Pong

**Date: Weekly on Saturdays
Beginning on December 9th
Time: 11:30AM- 1:00PM (CT)
Location: Edgewater Fitness Center
1106 W. Bryn Mawr
Chicago, IL 60660
Cost: Free for Participants**

Please join us for an instructional ping pong clinic at the Edgewater Fitness Center (following Rock Steady Boxing).

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

No ping pong experience is necessary.

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

¡Nuevo Programa!

Enfermedad de Parkinson 201: Manejo de las etapas intermedias de la enfermedad de Parkinson en español

EP 201 proporciona una comprensión más profunda de los medicamentos, tratamientos y terapias avanzadas disponibles para el manejo de la enfermedad de Parkinson.

*Tras una presentación, ¡tendrá la oportunidad de hacer sus preguntas!
Pueden asistir personas con enfermedad de Parkinson, familiares, cuidadores y miembros de la comunidad.*

25 de enero de 2024

Hora: 4:00 a 5:30 p. m. (CT)

Lugar: Zoom

Correo electrónico para registrarse: movementdisorders@nm.org



New Program!

Music Therapy for Parkinson's Disease



The Northwestern Medicine Parkinson's Disease and Movement Disorders Center is thrilled to bring you music therapy for Parkinson's disease.

If you have Parkinson's disease, you and another person can join us for music therapy. No musical experience is needed.

Linda Jedrzejek is a board-certified neurologic music therapist who will lead participants through:

- Rhythmic warmups
- Therapeutic instrument playing
- Vocal exercises
- Singing
- Connecting with others who have Parkinson's disease

Join us for a relaxed atmosphere while improving and/or maintaining skills affected by Parkinson's disease.

Program information

Tuesdays, February 13 through
April 30, 2024

1-2 pm

Virtual via Zoom

There is no cost to participate.

Space is limited. Please email
movementdisorders@nm.org if
you would like to join.

Registration for this program will open on January 1, 2024. Please watch your email for registration information.

Navigating the holiday season with Parkinson's Disease

The holiday season is full of many joyful things- food, activities, visiting with family and friends. While there is much opportunity for joy, there is also a lot of opportunity for

challenges for those with Parkinson's Disease, as well as their care partners. Both the motor and nonmotor symptoms of Parkinson's Disease can make for extra unpleasant situations during the holidays. However, there are things that you can do to help yourself feel your best as you are venturing out of your routine and comfort zone. Here is a brief list of things to keep in mind:

*Remember to exercise! Exercise is not just to keep all those Christmas cookies from showing up on your waist line. It's also important for managing so many of the motor and nonmotor symptoms like tremors, rigidity, and depression!

*Plan ahead. Give yourself extra time for everything (if you can)! Maybe giving yourself an extra half hour in the morning to start your day will help you as the day stretches on. Perhaps, you need more time to get to the airport or budget some extra time in the car. Regardless, it's important to give yourself time so that you don't feel stressed about getting where you need to go.

*If you're traveling, bring extra medications! Also remember your [Aware in Care Kit](#).

*Stay well rested. Really, as much as you can, stick to your normal schedule.

*Take breaks as you need.

*Give yourself permission to not do it all. It's okay to be selective in what events you attend and who you plan to see. Pick the events that give you the most joy and satisfaction.

*Try to stick to your PD diet. This can be hard as there is so much holiday food out there! But it's important for you to feel your best!

*You can always reach out to us at the PDMDC if you are in need of any additional support and guidance.



In case you missed it...

The video recording of the 2023 Parkinson's Disease Patient and Family Symposium is available for viewing!

The webinar features experts talking about:

- *Synuclein Biomarkers (a newly discovered tool that can detect Parkinson's Disease even before symptoms begin)*
- *Therapeutic Pipeline in Early Parkinson's Disease and Genetics*
- *Dementia and Cognition in Parkinson's*

Thank you to the sponsors who made this program possible!

Parkinson's, Foundation, Abbvie, Amneal and Supernus!

Research Corner



Do you experience moderate-to-severe tremor due to Parkinson's disease?

Find out if you qualify to participate in a research study of a new investigational treatment

The Patagonia Study is a research study testing the safety and effectiveness of an investigational drug and whether it may assist in reducing the impact of tremor on the daily activities of patients with Parkinson's disease.

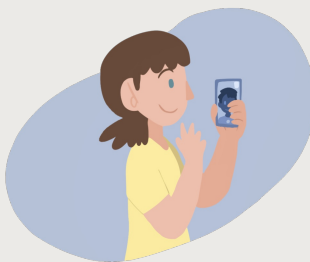
Taking part in this study may help in the advancement of a new treatment for tremor in those who have Parkinson's disease. Reimbursement may be available for study-related expenses and a stipend is available for participating.

To find out more, contact a member of our study team:

Northwestern University
Nicholas Bobbitt, Study Coordinator
nicholas.bobbitt@northwestern.edu
312-503-1999



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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

Therapy Tuesdays Exercise Class
1st Tuesday 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
2024 dates TBA

Dancing w/ Parkinson's
Thursdays
Nov 2- Dec 14 (11:30-12:30)

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
January 25 4-5:30pm in Spanish
Sessions in English are TBA

Parkinson's Players Ping Pong
Saturdays beginning 12/9
11:30am-1:00 pm

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 Monday: Equanimity- Dec. 4th](#)

Managing a chronic condition can bring up feelings of overwhelm and anxiety. In this session we will think together about the cultivation of equanimity through mindfulness practice and offer a meditation specifically designed to build equanimity in the face

of life's most pressing challenges. 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](#)

[Eating and Feeling Well During the Holidays- Dec. 6th](#)

In this virtual program, we will explore how to maintain a healthy diet during the holiday season while effectively managing your Parkinson's disease symptoms.

[Register Virtual](#)

[Hospital Safety- Dec. 13th](#)

The Parkinson's Foundation will reveal our newest resource, a new and improved Hospital Safety Guide.

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

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