

FEBRUARY 2023

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

FEBRUARY 8

Anxious Fluctuators:
The Role of Anxiety
and the On/Off
State



Anxiety that occurs in association with On/Off fluctuations can be a significant cause of distress and lower quality of life. Join Davis Phinney Foundation for a conversation with Gregory Pontone, MD and Zoltan Mari MD who will discuss the association between anxiety and on-off fluctuations, whether fluctuations of anxiety in PD exists as its own subtype, and more.

[REGISTER
HERE](#)

FEBRUARY 8

Wellness Webcast:
Dating with
Parkinson's

Join Brian Grant Foundation as we talk with couples who will be sharing their dating with Parkinson's experiences.

Allison Toepperwein and Steven Eury, both diagnosed with YOPD, were recently married and have documented their love story through a vlog, "In Love with Parkinson's". They will share their stories on dating, how they met, and their relationship with PD.

This will be a panel discussion with a moderated Q&A.

[REGISTER
HERE](#)

Date:
February 15th

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

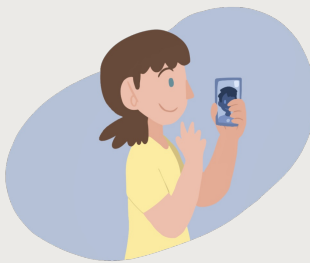
Where: Zoom
(link will be
shared after
registering)

Cost: Free

**Email to
Register**

Parkinson's 101: Intro to 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.



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

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

Young Onset PD Support Group
4th Wednesday of the month
6:00 pm – 7:00 pm

PD 101
Next class Feb 15th

10:00 am – 11:00 am

Improv for PD
Next class TBD

PD 201
Next class March 22nd

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



LIVING WITH PARKINSON'S

Speech & Swallowing

Date: Saturday, February 18, 2023

Time: 10:45 a.m. – 12:45 p.m. CST
(*Check-in and light breakfast start at 10 a.m.)

Location: DoubleTree by Hilton
Chicago North Shore Conference
Center 9599 Skokie Boulevard,
Skokie, IL 60077

Speakers: Aikaterini Markopoulou, MD
NorthShore Medical Group &
Carrie McBreen, MS CCC-SLP

Lake City Speech & Voice Therapy

Speech and Swallowing Program: Most people with Parkinson's disease will experience changes in speech, voice and swallowing at some point during the course of the disease. Learn tools and exercises to help you better understand and manage speech, swallowing and communication problems in PD.

Attendance is free, and registration is required.

Learn More and Register at:
www.Parkinson.org/IL-Speech or
call Jessica Bartsch at (312) 762-5706



The PD Solo Network 2023: Living Alone While Living with PD

Date: February 1, 2023

Time: 12:00 pm to 1:30 pm CST

Cost: FREE

What is the PD Solo Network:

A virtual network for people living with Parkinson's disease

(PD) who live alone, by choice or circumstance. The purpose of this group is to create a community of support for those living without a care partner. People living with PD are the experts about what challenges, changes and accommodations are needed on a daily basis. This network will provide a place to share ideas, concerns, brainstorm strategies, suggestions, resources & to build relationships.

The Parkinson's Foundation is providing the initial funding and support to kick start this network. It will most likely become a very strong network that will operate independently although the Parkinson's Foundation will always be an entity of support & information for the participants. The Foundation will provide resources to launch and maintain the network for a one-year period.

To ensure a solid foundation the initial phase will be facilitated by Mary Berk, a long time Parkinson's support group leader who also happens to be a clinical social worker. Mary will guide the network's development during Phase One or the initial 8-week period. Phase Two will be managed completely by people with PD who live solo.

Phase One will be 8 consecutive weeks via Zoom and will continue to meet thereafter via Zoom at a frequency to be determined by the participants through February 2023.

[REGISTER
HERE](#)



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

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