

February 2024

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

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.

Session 1: March 7 - May 23
(no class on March 28th)

Time: Thursdays, 11:30 am - 12:30 pm

Location: The Joffrey Ballet's South Loop Studios
1920 South Wabash Avenue, 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 increases physical, mental and emotional well-being. You can dance standing or seated.

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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[Register here for Dancing with Parkinson's](#)

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.

To see more about the Parkinson's Players Ping Pong program at Lake Forest Hospital, check out this news story from NBC Chicago Channel 5 News.



Survey about Parkinson's Education

At the PDMDC, we always want to make sure we are providing educational programming and content that is of interest to our patients and their loved ones. We have received feedback from a variety of folks asking to learn more about certain topics. A survey was composed to determine what areas are of most interest. Please complete the survey below. It is only 8 questions and takes less than 5 minutes to complete.

[Survey Link](#)

Thank you in advance!

Parkinson's Disease 101

Program Description:

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

Program Objectives:

- This is a program for people newly diagnosed with Parkinson's Disease and their family members to learn more about Parkinson's disease.
- Learn about our team approach to Parkinson's disease and meet some members of the team.
- Participants will be able to meet others who are also newly diagnosed.

Registration is required.

Program will be a combined virtual/in person group

Location:

Virtual and In-Person:
CDH Inpatient Pavilion
Conference room 1

Registration:

Call: (630) 933-4234

Register online:

In-person: [Classes, Events and Support Groups Parkinson's 101 IN-PERSON CDH \(nm.org\)](#)

Virtual: [Classes, Events and Support Groups Parkinson's 101 Virtual Online Webinar \(nm.org\)](#)

Dates and Time:

February 8
July 11
November 14
4-5:30 PM

Questions:

Debi Crystal, LCSW
Debra.crystal@nm.org

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

April 18th- June 6th

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.

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.

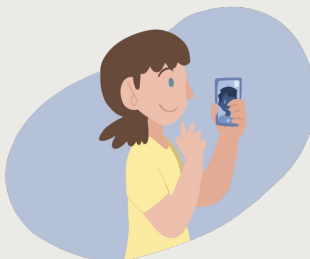


If you are interested in participating or want to learn more, please contact

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
April 10th and September 18th
4:00pm- 5:30 pm

Dancing w/ Parkinson's
Thursdays 11:30 am- 12:30 pm
Session 1: March 7th- April 11th
Session 2: April 18th- May 23rd

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 2:00pm - 3:30 pm
Spring: April 18- June 6
Fall: October 3- November 11

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

Parkinson's Players Ping Pong
Saturdays beginning 12/9
11:15am-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 Mondays: Mindfulness Basics- Feb. 5th
Join us every Monday as our expert speaker leads you in guided relaxation techniques to help boost brain power and reduce stress.
[Register Virtual](#)

PD Solo Network- Feb. 13th

A virtual network for people living with Parkinson's disease (PD) who live alone, by choice or circumstance.

[Register Virtual](#)

The Changing Landscape of Intimacy- Feb. 14th

This program offers suggestions for creating deeper intimacy with your loved one.

[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

Connect with us



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