

JANUARY 2024

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



Happy New Year from all of us at Northwestern's
PDMDC!

¡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.

Please email Katie Fagan at movementdisorders@nm.org in order to register. Space is limited!

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.

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

25 North Winfield Road, Winfield, Illinois 60190
nm.org

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.

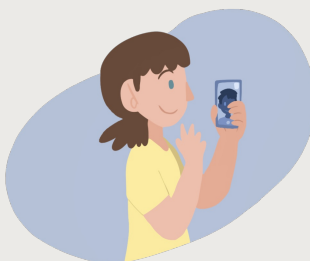


If you are interested in participating or want to learn more, please contact

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
2024 dates TBA

Dancing w/ Parkinson's
2024 dates TBA

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)

[Empower Your Voice: Enhancing Cognitive and Communication Skills- Jan 3rd](#)

Join us for this highly engaging program designed to provide valuable insights and effective strategies for maintaining and enhancing communication and cognitive abilities. Discover practical methods and exercises aimed at improving your overall voice and cognitive functioning.

[Register Virtual](#)

Mindfulness Monday: Mental Wellbeing- Jan. 8th

In sessions with Dr. Rush, we explore different dimensions of a mindfulness practice. She will share ways to ground and settle the mind and body. These mindfulness techniques can offer moments of respite and clarity that can be useful throughout your week. Find a comfortable seat and join your mindful Parkinson's community for a special session.

[Register Virtual](#)

Managing Weight Loss & Retaining Muscle Mass - Jan. 10th

Maintaining a healthy weight is key to living well with PD. Learn why keeping weight on and retaining muscle mass can be a challenge for someone living with Parkinson's. Know when weight-loss is becoming a problem and when to seek support.

[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



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

[Unsubscribe neurocommunications@northwestern.edu](mailto:unsubscribe@neurocommunications@northwestern.edu)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by movementdisorders@nm.org powered by



Try email marketing for free today!