

JULY 2023

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

JOIN THE STUDY THAT IS CHANGING EVERYTHING

PPMI: Whether you have Parkinson's or not, you can make a difference

You may have heard the recent news that scientists have made a **major breakthrough toward a biomarker** for Parkinson's. This breakthrough is a direct result from the contributions of study participants in our landmark Parkinson's Progression Markers Initiative (PPMI). Now, many more volunteers — with and without Parkinson's — are needed.

JOIN THE STUDY

The new investigational research tool can detect abnormal alpha-synuclein — known as the "Parkinson's protein" — and identify Parkinson's with 93 percent accuracy. This discovery can transform Parkinson's research and care, including earlier diagnosis and targeted treatments.

With this breakthrough, a cure is closer than ever. But we need your help to sustain this progress.

New Program Alert!

Parkinson's Disease Care Partner Boot Camp

Please join us for a series of education sessions for those whose loved ones have Parkinson's Disease (PD). Get support and learn more about caring for someone with PD.

Program details

- 5 sessions
- Held virtually via Zoom
- Wednesdays, noon to 1:15 pm

Session topics

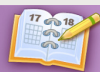
- **August 2:** Red Flags and Management Strategy
- **August 9:** Mood and Mental Health in the Person With PD
- **August 16:** Recognizing Caregiver Burnout
- **August 23:** Navigating Health Care and Knowing Your Options
- **August 30:** Communication Strategies

Program funded by a grant from the Parkinson's Foundation. You do not have to pay to attend.

Registration

Email Katie Fagan at movementdisorders@nm.org or Linda Egan at linda.egan@nm.org to register.

There is no cost to attend.



Save the Date

Parkinson's Disease Patient and Family Symposium

Saturday, October 7th
10am- 1pm

The symposium will be held virtually.
Information about the symposium and registration to come.



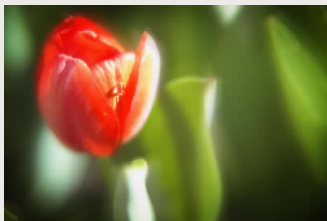
Save the Date

Parkinson's Foundation's
MOVING DAY

Sunday, October 29th
9AM
Soldier Field

[Click here to view the event's page](#)

[Click Here to register for Moving Day](#)



Brian Grant Foundation's Events

Breath by Breath Mindfulness Drop-in Class
Jul 4, 2023- Jun 11, 2024
11:30am-12:30pm

Breath by Breath is a weekly online drop-in mindfulness class. Each class is free and supports people living with Parkinson's, care partners and other family members to improve their well-being and reduce stress. Please register through Eventbrite to attend the classes. An email from Eventbrite with the Zoom meeting details will be sent directly to attendees after registration is complete. Please scroll to the bottom of the Eventbrite email to locate the Zoom details. Please note there is no class on July 25, 2023 or August 1, 2023.

[Register here](#)

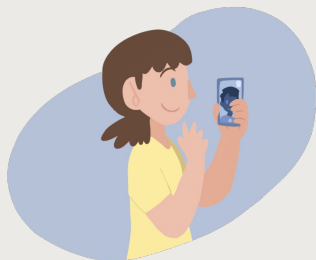
Wellness Webcast: Live from the World Parkinson
Congress
July 5th

12pm-1pm

Join our panel discussion live from the World Parkinson Congress.

The discussion will be followed by a moderated Q&A. You can submit questions to info@briangrant.org or during the live presentation.

[Register here](#)



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

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

Next class August 16

Dancing w/ Parkinson's

Thursdays 11:30-12:30
July 13- August 10

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
10:00 am – 11:00 am

Improv for PD

TBD

PD 201

Next class September 6

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)

[Sing Out Loud- July 5th](#)

The social engagement series will welcome members of the PD community to come together to enjoy art, music, literature and more, as well as an opportunity to meet and socialize with others. [Register Virtual](#)

[Mindfulness Mondays- July 10th](#)

Join us every Monday as our expert speaker leads you in guided relaxation techniques to help boost brain power and reduce stress. [Register Virtual](#)

[Preparing for Your Future: Advance Care Planning, Goals of Planning- July 12](#)

This program provides helpful tips on preparing for your future and making decisions related to your medical care and treatment. [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](#)

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