

July 2024

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

**Dancing with Parkinson's will return
this summer!**

Join us for our summer intensive on Tuesdays and Thursdays for two weeks in August. This is a perfect introduction to those who have not tried out this wonderful class!

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.

Time:

11:30 am - 12:30 pm

Session 1 dates and locations:

August 6 and 8

The Joffrey Ballet's South Loop Studios
1920 South Wabash Avenue, Chicago

August 13 and 15

Joffrey Tower
10 East Randolph Street, Chicago

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.

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 aims to increase physical, mental and emotional well-being. You can dance standing or seated.



nm.org

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[Click here to register for this class](#)

Care Partner Boot Camp is Returning in August!

Parkinson's Disease Care Partner Boot Camp

Please join us for a care partner boot camp for those whose loved ones have Parkinson's Disease.

The care partner boot camp is designed to educate and support those who are caring for someone with Parkinson's Disease

There will be 5 sessions that focus on a specific topic:

Aug. 7, Session 1: Red Flags and Management Strategy

Aug. 14, Session 2: Mood and Mental Health in the Person with PD

Aug. 21, Session 3: Recognizing Caregiver Burnout

Aug. 28, Session 4: Navigating Healthcare and Knowing Your Options

Sept. 4, Session 5: Communication Strategies

All sessions will be conducted virtually via Zoom.

Sessions will be from 12pm- 1:15pm.

Email Katie Fagan at movementdisorders@nm.org to register.

*This program is **free** to participants.

Last summer, we piloted this program and received very positive feedback. There are limited spots in this program, so please email movementdisorders@nm.org soon, if you would like to participate. This program includes a workbook that will be mailed to you.

Email to Register

**The Northwestern Movement
Disorders Fellows Clinic: Bridging**

a Gap in Neurologic Care

**By: Juan R. Deliz, MD
(Second-Year Movement Disorders
Fellow at NW)**

For people living with movement disorders like Parkinson's disease, tremors, or dystonia, access to specialized care can make a world of difference. Nonetheless, there are simply not enough movement disorders specialists in the United States to care for this population making access a real problem for many patients. Even after finding the right specialty or the right provider, people seeking care for these conditions often face long wait times before they can be seen and evaluated.

In an effort to enhance the Movement Disorder fellowship experience and to aid in reducing these long wait times for patients, the Movement Disorders division at Northwestern Neurology has recently inaugurated a new Fellows Clinic. Fellows are board-certified Neurologists (meaning they have completed their Neurology training) who decide to specialize in the diagnosis and management of Movement Disorders. At Northwestern, the Movement Disorders fellowship involves two additional years of training after graduating from a Neurology residency. As outlined below, this clinic can be beneficial for both patients and the fellows themselves.

Benefits for Patients:

- Patient-centered approach: Fellows often bring a fresh perspective to patient care, fostering a collaborative environment with open communication.
- Shorter wait times: Fellow clinics can offer quicker access to specialized care, potentially reducing wait times for diagnosis and treatment.
- Comprehensive evaluation: Patients seen in these clinics are evaluated by two Neurology-trained physicians and often receive a uniquely detailed evaluation with additional dedicated visit time.

Benefits for Fellows:

- Gain hands-on experience: Fellows can spend time delving into the complexities of movement disorders, refining their

diagnostic skills and treatment approaches through direct patient interaction.

- Expand access to care: Fellow-run clinics can be strategically placed in regions lacking movement disorder specialists, bringing much-needed expertise closer to patients.
- Improved patient interactions: Continuity clinics allow fellows to follow patients over time, fostering stronger patient-doctor relationships and providing a deeper understanding of disease progression and long-term management. This continuity is invaluable in enhancing the educational experience of fellows as they witness firsthand the effects of their interventions and adjust treatments accordingly.

As the healthcare landscape evolves, fellow-run clinics can serve as a model for expanding access to specialized neurological care while simultaneously nurturing the next generation of neurologists. If you are struggling with a movement disorder and you are finding it difficult to locate a specialist, a fellow-run clinic may be good option. Always inquire about the supervising physician's credentials and the clinic's affiliation with a larger healthcare system for added peace of mind.

If you are interested in scheduling an appointment with one of the Movement Disorders fellows or have questions about this clinic, please call the Regenstein Center for Neurological Care at (312) 695.7950 or you can reach out to your Movement Disorders Specialist.

The PDMDC is Growing! Please join us in welcoming these new members of our team.

**Christa Cooper, PhD, PA-C,
MPH
Physician Assistant**

Christa Cooper, PhD, PA-C, MPH is the newest member of our Parkinson's Disease and Movement Disorder team. She has been a physician



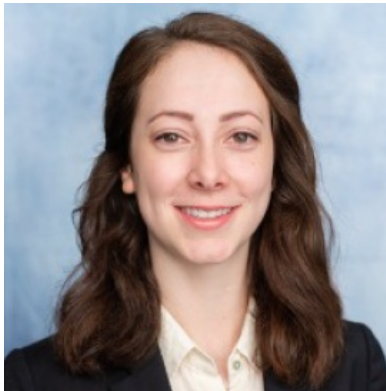
assistant since 2012 and has 7 years of prior experience in movement disorders. In addition to clinical care, she has a strong background in research and is involved in clinical studies. She treats a variety of movement disorders but will specifically be joining our Advanced Therapeutics (DBS) team, Huntington's Disease clinic, and Wilson's clinic. She is an experienced DBS programmer for Parkinson's disease, essential tremor, and dystonia.



Eric Espinoza
Shirley Ryan Ability Lab's
Parkinson's Disease and
Movement Disorders
Program Outreach
Coordinator

Eric Espinoza is the Parkinson's Disease and Movement Disorders Program Outreach Coordinator at the Shirley Ryan Ability Lab. He graduated from Knox College in 2023 with a Bachelors in Biochemistry alongside minors in Spanish Translation and Interpretation, Creative Writing, and Health Studies. Upon graduation, he received the prestigious E. Inman Fox Prize award for his exceptional scholarly achievements and his pursuit of a truly liberal arts education. He is currently doing a Self-Designed Pre-Medical Post-Bacc at City Colleges of Chicago while pursuing an Advanced Certificate in Medical Assisting at Malcolm X College. Additionally, he recently started a Master of Science in Community Health and Prevention Science at the University of Cincinnati. Eric has always been interested in bridging gaps, so he became a Spanish Interpreter and Translator in medical, legal, and educational contexts, an advocate for Diversity, Equity, and Inclusion, a program/outreach coordinator for the PDMD program, a mentor to high school and undergraduate students, an advocate for mental health and

higher education, and a fountain of resources for undocumented students, first-generation students, low-income students, LGBTQ+ students and students of color. He recently finished a Medical Interpreting internship at Ann & Robert H. Lurie Children's Hospital of Chicago and is currently doing a Clinical Research internship at UChicago Medicine Comprehensive Cancer Center where he hopes to learn about clinical research to address health disparities. Lastly, Eric dreams of becoming a physician, a researcher, and a professor to continue to be a bridge for the communities he's a part of. As he often says in Spanish, "De que se puede, se puede!"



Dr. Lucy Morse, MD
Movement Disorders Fellow

I grew up in Wellesley, Massachusetts and completed an undergraduate degree in neuroscience at Vassar College in Poughkeepsie, New York. I then moved to Chicago to pursue medical school at Northwestern University Feinberg School of Medicine, where I quickly found that neurology was a perfect fit to combine my interest in neurobiology that I developed as an undergraduate and my desire to provide longitudinal care for older adults and their families. I also explored an interest in medical education, serving on curriculum and LCME review boards while also working in mentorship and tutoring for undergraduates through Northwestern University. Following medical school, I returned to New England to complete my neurology residency at Mass General Brigham in Boston, MA. In addition to identifying a subspecialty interest in movement disorders, I pursued my interest in medical education by developing and assessing targeted educational resources for advanced practice providers in the emergency

department, and mentoring medical students in the development of interactive clerkship education resources for their medical school curriculum. I am delighted to return to Northwestern for my fellowship training in movement disorders. I look forward to developing as a movement disorders clinician, gaining experience in clinical research, and continuing work in the space of medical education for both neurology residents and non-neurologists. Outside of neurology, I enjoy hiking, skiing, and camping with my husband Luke, and I look forward to exploring all of the amazing food and activities Chicago has to offer, especially in our new neighborhood of West Town.




**Kelly Nemec, MS, RDN,
LDN, CCTD
Dietician**

Welcome Kelly Nemec who is the new dietician working in the movement disorders clinic on Fridays. Kelly completed her master's of science in clinical nutrition and dietetic internship at Rush University Medical Center and has been a registered dietitian for 8 years. She previously worked at UChicago Medicine for 6 years where she worked as the kidney and pancreas dietitian in the outpatient and inpatient settings. In her free time Kelly loves to travel, run and try new recipes. Kelly is looking forward to working with the patients in the movement disorders clinic!



**Dr. Jacob Yomtoob, MD
Movement Disorders Fellow**

I grew up in the north suburbs of Chicago with my parents and older brother. For my undergraduate studies, I attended the University of Miami majoring in Biochemistry and Neuroscience, with minors in Public



Health, Math, and Chemistry. Prior to medical school my research focused on engineering cell lines with CRISPR/Cas9 targeted protein tagging and knock-outs. For medical school I came back home to Chicago to attend the Northwestern University Feinberg School of Medicine. In medical school, my passion for neuroscience blossomed through research on DAT-SPECT functional imaging for drug-induced parkinsonism and utilization of various therapies in the treatment of Huntington's disease. On clinical rotations, I found myself fascinated by the mechanisms of neurological diseases and admired the meaningful longitudinal patient-physician relationships fostered by my mentors. Serving on curriculum review committees in medical school reinforced my desire for innovation within medical education.

I completed my neurology residency at Mass General Brigham in Boston where I confirmed my clinical fascination with movement disorders as I rotated throughout movement disorders clinics. To advance movement disorders education for residents, I pioneered a series of movement disorders video phenomenology rounds called Movement After Dark. I couldn't be more excited to return to Northwestern for Movement Disorders fellowship. Through fellowship I plan to further hone my movement disorders exam and assessment, continue clinically focused research, and refine my skills as a medical educator. I look forward to developing as an academic physician hoping to devote my future career to a balance of patient care, clinical research, and medical education. Outside of medicine I enjoy spending time with my wife Rachel

including our shared joy of puzzles and escape rooms. I also love biking along the lakefront, building and sailing wooden boats, gardening, 3D printing, gourmet mushroom cultivation, and the Chicago Bears.

If you're looking for a fun and social means of exercising outside during the summer, look no further than Parkinson's Players! This program debuted last summer and is back by player demand! Novices are welcome!



Parkinson's Players: Golf & Tennis

Date: Weekly on Tuesdays

Beginning June 11th

Cardio Tennis: 4:00pm- 4:50pm

Instructional Golf: 5:00pm- 5:50pm

Location: Diversey Driving Range & Tennis Courts

141 W. Diversey PKWY

Cost: Free for Participants

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

Tennis: A fun filled session for players of all abilities. Cardio tennis emphasizes moving to music, drills and tennis instruction. Bring your own racket or rackets will be available at the tennis center.

Golf: Whether an avid golfer or a novice, receive instruction on the fundamentals of golf, geared towards each player's skills level. Bring your own clubs or clubs will be available through the driving range.

Participants must be able to stand unassisted for 1 hour.

The program is at no cost for participants. Paid parking is available.

Space for the group is limited. RVSP Required.

Please contact Katie at movementdisorders@nm.org, if you are interested in joining.

Shirley Ryan Ability Lab's Lewy Body Dementia Care Partner Support Group has Returned!




Lewy Body Dementia Care Partner Support Group

Details:

- **Who:** Care partners of individuals with Lewy Body Dementia (LBD)
- **What:** Support group meetings focused on increasing awareness of LBD, educating support group members about the various topics related to LBD and providing support to care partners
- **When:** The 4th Thursday of each month, from 2-3 p.m. CDT
- **Where:** Virtual meetings via Zoom

The lineup of speakers will feature numerous specialists and partners from various fields related to rehabilitation and other disciplines crucial in the care of individuals with LBD. Presenters will encompass local authorities from Shirley Ryan AbilityLab and Northwestern Medicine, alongside esteemed guests from national and international levels.

Please feel free to pass this information along to families, friends and colleagues. We are thrilled to bring this community together to learn, grow, and help support those who are caring for those with LBD.



Hosted by:
Shirley Ryan AbilityLab
Parkinson's Disease and
Movement Disorders

Sign up here: <https://redcap.link/7nsi9wg3>
or Scan the QR Code:

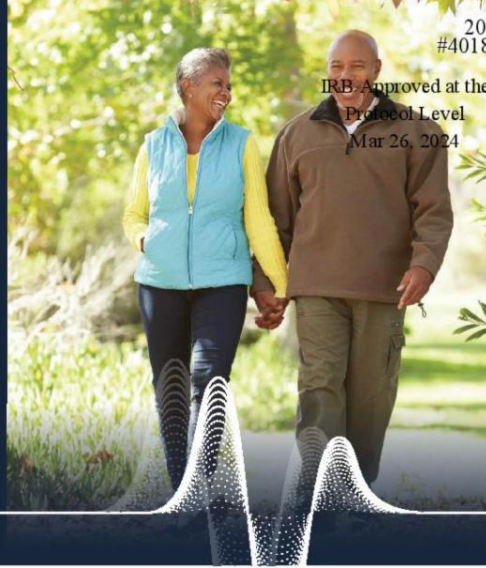


Research Corner



Has a physician diagnosed you or a loved one with Parkinson's Disease?

If you or a loved one has Parkinson's Disease, it is typical to see symptoms worsen over time. You may be a candidate for a new clinical study evaluating a minimally invasive treatment option.



IRB Approved at the
Protocol Level
Mar 26, 2024



Parkinson's Disease affects every person differently. If medication or other therapies no longer control your symptoms...

Take the Next Step

If you suffer from symptoms of Parkinson's Disease, you may qualify for a new clinical research study. The study is evaluating the Evoke® Spinal Cord Stimulation (SCS) System—an implantable device—for the treatment of Parkinson's Disease symptoms.

Initial Qualification Criteria

- Diagnosed with idiopathic Parkinson's Disease (i.e., not induced by drugs or other diseases).
- Experiencing freezing of gait or tremor when not taking medications.
- Freezing of gait or tremor is a significant source of impairment.
- Medications for Parkinson's Disease are stable.
- English speaking, willing and capable of giving informed consent, and able to comply with study-related requirements, procedures, and visits.

To learn more about the Evoked Compound Action Potentials for Parkinson's Disease (eCAP-PD) Study and to see if you might qualify, please contact your doctor.



powered by SmartLoop

If you have been suffering from symptoms of Parkinson's Disease, speak to your Doctor about a new clinical study involving Spinal Cord Stimulation.

What is Spinal Cord Stimulation?

Spinal Cord Stimulation (SCS) is a safe and effective treatment for chronic back and leg pain. The eCAP-PD Study will evaluate SCS to treat Parkinson's Disease symptoms including freezing of gait and tremor. This study aims to assess whether a novel spinal cord stimulator can alleviate these symptoms and improve the quality of life for individuals affected by Parkinson's Disease.

The Evoke® Closed Loop SCS System is currently being evaluated in the U.S. as investigational to treat Parkinson's Disease symptoms. Unlike conventional SCS systems, the Evoke® SCS System is designed to measure your body's response to stimulation and make automatic, real-time adjustments intended to maintain a consistent level of therapy.

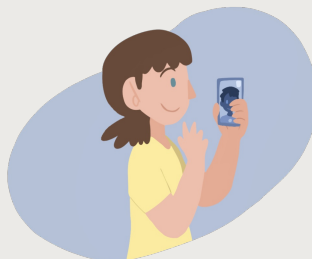
- In SCS, a small device called an implantable pulse generator (IPG) is implanted under your skin and connected to thin leads placed near your spinal cord that conduct electrical impulses in order to manage your symptoms.

The Evoke® System is an investigational device for the treatment of Parkinson's Disease symptoms that has not yet been evaluated against the potential benefits.

These risks and any additional risks associated with the study procedure are fully outlined in the Informed Consent form. Prior to beginning the study, your doctor will discuss the risks and potential benefits with you to help you decide whether this study may be right for you.

As a participant in the eCAP-PD study, you will play a crucial role in advancing medical knowledge and potentially benefiting from the latest breakthroughs in SCS technology.

Throughout the study, you will be closely monitored by experienced medical professionals to assess effectiveness of the therapy for manage your Parkinson's Disease symptoms.



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
September 18th
4:00pm- 5:30 pm

Dancing w/ Parkinson's
Summer Intensive Dates: August
6, 8, 13, and 15

Music Therapy for PD
Tuesdays 1:00pm- 2:00pm
October 1st- December 17th

Chair Yoga for PD
2nd, 3rd, 4th (and 5th)
Wednesday of the month
10:00am – 11:00am

Art Therapy for PD
3rd Monday of the month
10:00 am – 11:00 am

Improv for PD
Thursdays 2:00pm - 3:30 pm
October 3- November 11

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

Parkinson's Players Golf & Tennis
Tuesdays beginning 5/23/24
Tennis: 4:00pm- 4:50pm
Golf: 5:00pm- 5:50pm

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 of Emotions- July 1st

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

[The Role of Music Therapy in Managing Parkinson's- July 3rd](#)

Join us for an insightful webinar exploring the transformative power of music therapy in improving mental health for individuals living with Parkinson's disease.

[Register Virtual](#)

[Self Motivation and Engaging in Meaningful Activity- July 10th](#)

Self-motivation drives us to keep going, to take opportunities, and to show commitment to what we want to achieve. In this webinar, we bridge self-motivation with meaningful activity that is tailored to an individual's needs and preferences. We will explore tasks of daily living, physical function, and the importance of engaging in meaningful activity.

[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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