

June 2024

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

Parkinson's Players Instructional Golf and Cardio Tennis are Returning!

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.

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

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

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

Únete a nosotros!



HACIA ADELANTE:

Navegando el Mar del Parkinson

Date/Time: Saturday, June 8, 2024

10:00 am – 1:30 pm CT

Location: Waterford Place

1310 Waterford Drive

Aurora, IL 60504

Note, there will be a vendor fair and lunch will be provided at program.

Presenters:

Dr. Paulina González Latapi, MD

Northwestern University-
Movement Disorders Center

A Parkinson's Foundation Center of Excellence

Talia Shapiro, PT, DPT

Senior Physical Therapist
Shirley Ryan AbilityLab

To register or learn more,

visit: www.Parkinson.org/Midwest-Espanol

for questions in English, call Jessica Bartsch

(312)762-5706

Understanding the complex symptoms and treatments of Parkinson's disease (PD) is important for the person with Parkinson's as well as their families and care partners. Together with your community, learn how Parkinson's symptoms may change over time, various strategies available for managing symptoms, the importance of exercise, building your care team, and ways to connect with resources and other support systems.

Note, this program is in Spanish and free and available to anyone interested, including people with Parkinson's and their family, friends, caregivers, and health advocates.



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/7nsl9wg3>
or Scan the QR Code:

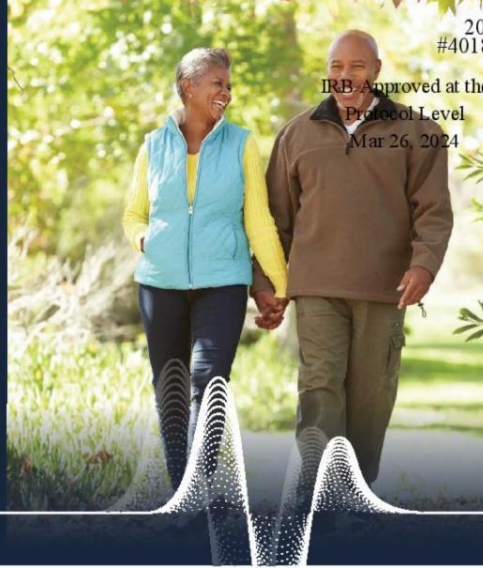


Research Corner



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.



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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 to manage your Parkinson's Disease symptoms.



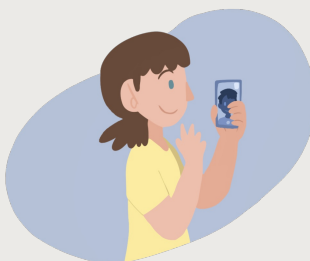
Virtual Support Group and Class Schedule

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

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- Working with Discomfort- June 3rd](#)

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

[Register Virtual](#)

[Recognize and Respond to Parkinson's Psychosis- June 5th](#)

Not everyone with Parkinson's will experience psychosis, but it can be frightening if you don't know what's happening or how to handle it. It is important to be able to recognize these symptoms if they occur. Learn what to watch for and know how to respond to these behavior changes to ensure the safety and well-being of you and your loved one.

[Register Virtual](#)

[Parkinsonisms- June 12th](#)

Parkinsonism is a term used to describe a collection of movement symptoms associated with several conditions including Parkinson's disease. Learn about the types of Parkinsonisms and how they are diagnosed and treated. [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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