

MARCH 2023

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



# 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**

**May 4- June 22**

**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](mailto:movementdisorders@nm.org), if you are interested in joining.

Date: March  
22nd

## Parkinson's 201:

Time:  
4:00-5:30PM  
(CT)

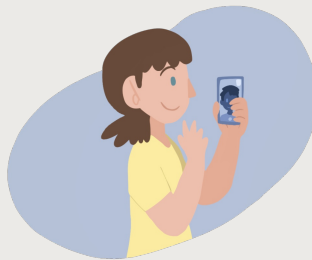
Where: Zoom  
(link will be  
shared after  
registering)

Cost: Free

[Email to  
Register](#)

# Managing the Middle Stages of Parkinson's

About: PD 201 provides a deeper understanding of the medications, treatments and advanced therapies available in the management of Parkinson's disease. After a presentation, you will have the chance to ask your questions! People with Parkinson's, family members, care partners, and community members are welcome to attend.



## Virtual Support Group and Class Schedule

We use Zoom for all our support groups and classes!

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 May 17

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  
Thursdays 2:00pm -3:30pm  
May 4- June 22

PD 201  
Next class March 22nd

For a complete list of our groups and classes, including those offered at Central DuPage and Lake Forest Hospitals, click [HERE!](#)

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## Research Participants needed!

### Study in Parkinson Disease of Exercise Phase 3 Clinical Trial (SPARX3)

**Clinical Trial Description:** The primary objective of this study is to determine whether the progression of the signs of PD is attenuated at 12 months in non-medicated people with PD when they perform moderate vs. high-intensity endurance treadmill exercise.

#### Clinical Trial Eligibility Criteria:

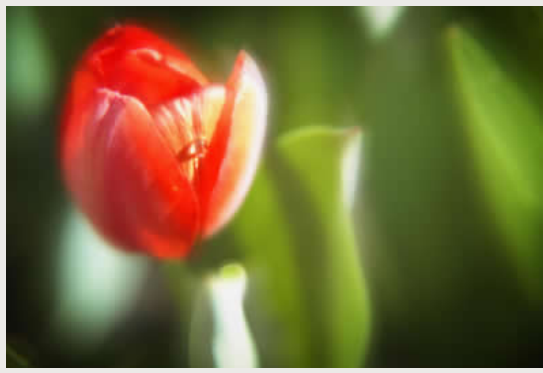
- Diagnosis of PD 3 yrs or less and 40-80 years of age at screening.
- Not expected to start PD meds least 6 months from baseline
- Currently exercising less than 2 hrs of moderate intensity exercise per week within last 6 months

**Research Study Visits:** 2 year study with 10 clinic visits and regular exercise training visits (Datscan required)

**Coordinator Contact:** Max Galarce, PH: 312-503-4270,  
[Max.galarce@northwestern.edu](mailto:Max.galarce@northwestern.edu)

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Join a Mindfulness-Based Stress Reduction course for people with Parkinson's from Brian Grant Foundation



Stress is common in Parkinson's. If you're experiencing stress, you may benefit from our Mindfulness-Based Stress Reduction (MBSR) course. This course is based on the national model developed by Jon Kabat-Zinn, Ph.D., at the University of Massachusetts Medical Center. Decades of published research shows that those who complete the course report reductions in pain, fatigue, anxiety and sleep disturbance and an overall increase in quality of life. This 8-week MBSR course will meet online for two hours every Tuesday from 4-6pm PT April 4 through May 23, 2023. Classes include meditation instruction and practice, group discussions and educational presentations on the relationships between mindfulness, stress, and wellness. Classes may include very gentle yoga postures. Participants will receive course materials via email to the email address provided at registration. The cost to cover the fee for the course instructor is \$160/person. However subsidized tuition is available in the ticket options. Please pay what you can to help us provide this course at an affordable rate to everyone in our community. If you are unable to pay a subsidized tuition amount, please email us at [info@briangrant.org](mailto:info@briangrant.org) for scholarship opportunities. Questions? Email us at [info@briangrant.org](mailto:info@briangrant.org).

**REGISTER  
HERE**

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## Advanced Care Planning

Have you had a conversation with your loved ones about your wishes lately? Can you say with confidence that your family know exactly what you want for your end of life? Do you have a POLST? If you have estate planning documents, do they need updating? If you answered "no" to any of these questions or are not sure, you may benefit from watching this video from the Parkinson's Foundation about advanced care planning.

[Click here for the Advanced Planning Video](#)  
Password:hwkZBb2W



**Join the Parkinson's Foundation for PD Health @ Home-Virtual Weekly Programs with Zoom!** This weekly program focuses on a variety of topics including Mindfulness, Wellness, and Fitness.

- Expert Briefing: Parkinson's & Medications-What's New (3/8/23): [Click here](#)
- Register for one or all "Social Engagement" Series (Wednesdays): [Click here](#)
- Register for one or all "Mindfulness Mondays" Series (Mondays): [Click here](#)
- Register for one or all "Mental Wellness" Series (Wednesdays): [Click here](#)
- Register for one or all "Live Fitness Friday" Series (Fridays): [Click here](#)

- [Managing Parkinson's Symptoms-A Look at Surgical Options \(3/29\): Click here](#)

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](mailto: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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