

March 2024

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

THERE ARE STILL SPOTS LEFT!

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.

Session 1: March 7 - May 23
(no class on March 28th)

Time: Thursdays, 11:30 am - 12:30 pm

Location: The Joffrey Ballet's South Loop Studios
1920 South Wabash Avenue, 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 increases physical, mental and emotional well-being. You can dance standing or seated.

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.


JOFFREY BALLET CHICAGO
**COMMUNITY
ENGAGEMENT**
EXCITE | EXPLORE | ENRICH


Northwestern
Medicine

Register here for Dancing with Parkinson's

Parkinson's 201: Managing the Middle Stages of Parkinson's Disease

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.

Class Dates in 2023:
March 13th and September 18th
Time: 4:00-5:30PM (CT)
Where: Zoom

E-mail movementdisorders@nm.org to register.



Click here to register for PD 201 on March 13th

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.

To see more about the Parkinson's Players Ping Pong program at Lake Forest Hospital, check out this news story from Channel 2 CBS News Chicago.



CBS NEWS
CHICAGO

NEW AT 4:00

PARKINSON'S PLAYERS PING PONG

NORTHWESTERN MEDICINE LAKE FOREST HOSPITAL

6:12 PM

YORKVILLE

WED 64° THU 59° FRI 42° SAT 38° SUN 58° MON 65° TUE 70°



00:05 / 00:21

Save the date! Back in person!

Parkinson's and Movement Disorders Program Open House

April 10, 2024

Time: 1-3 pm

Location: Shirley Ryan AbilityLab
355 E. Erie, Chicago, IL 60611
10th floor Auditorium A



If you would like additional information regarding programming, have questions, or would like to be removed from our email list, please contact Kaley Brouwer at kbrouwer02@sralab.org

Shirley Ryan
Abilitylab

Please save the date for our annual Parkinson's and Movement Disorders Open House! The event will take place in person at our flagship hospital with a virtual option also available. Research updates, educational presentations, networking opportunities, and community vendor information will be available. Additional details to follow. We look forward to seeing you!

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

April 18th- June 6th

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, if you are interested in joining.

Survey about Parkinson's Education

At the PDMDC, we always want to make sure we are providing educational programming and content that is of interest to our patients and their loved ones. We have received feedback from a variety of folks asking to learn more about certain topics. A survey was composed to determine what areas are of most interest. Please complete the survey below. It is only 8 questions and takes less

than 5 minutes to complete.

[Survey Link](#)

Thank you in advance!

Research Corner

M Northwestern Medicine*
Feinberg School of Medicine


THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH

 **koneksa**

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

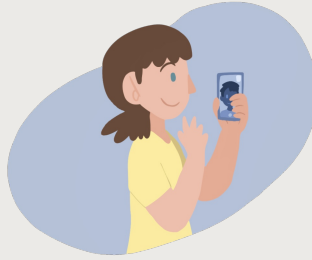
Max Galarce

max.galarce@northwestern.edu

Telephone: (312) 503-4270

This study is in need of participants who are in more advanced stages of Parkinson's Disease, as well as people

who do not have Parkinson's Disease. Please email Max Galarce at max.galarce@northwestern.edu if interested.



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

April 10th and September 18th
4:00pm- 5:30 pm

Dancing w/ Parkinson's

Thursdays 11:30 am- 12:30 pm
Session 1: March 7th- April 11th
Session 2: April 18th- May 23rd

Therapy Tuesdays Exercise Class

1st Tuesday of the month
11:00 am – 12:00 pm

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
Spring: April 18- June 6
Fall: October 3- November 11

PD 201

March 13th and November 13th
4:00 pm- 5:30 pm

Parkinson's Players Ping Pong

Saturdays
11:15am-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://parkinson.org/PDHealth)

Mindfulness Mondays: Mindfulness of The Body- March 4th

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

[Register Virtual](#)

Music Therapy for Enhanced Motor, Speech, Cognitive, and Mental Health- March 6th

This webinar offers insights into the Institute for Music and Neurologic Function (IMNF's) Music has Power® for Parkinson's Disease (PD) program.

[Register Virtual](#)

Expert Briefing: Understanding Pain Parkinson's- March 13th

During this Expert Briefing, we will learn about the types of pain in Parkinson's, it's impact on the individual and the many ways to manage pain in PD.

[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](#)

Connect with us



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

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