

MAY 2023

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

Hispanic Movement Disorders Clinic

A year ago, Dr. Paulina Gonzalez- Latapi, MD opened the Hispanic Movement Disorders Clinic within Northwestern's PDMDC. Dr. Gonzalez-Lapati recently appeared on WTTW (Chicago's PBS station) to discuss how Latinos are underrepresented in Parkinson's research. But given the prevalence of PD in the Latino population, it is vital for better representation. To see Dr. Gonzalez- Latapi's interview, [click here](#).

The clinic is growing, as are the events and services offered for the Spanish speaking population at the PDMDC. Below is a flyer for the upcoming inaugural Spanish speaking symposium- Unidos Por El Parkinson.

Clínica Hispana de Trastornos del Movimiento

Hace un año, la Dra. Paulina Gonzalez-Latapi, MD abrió la Clínica de Trastornos del Movimiento Hispano dentro del PDMDC de Northwestern. La Dra. Gonzalez-Lapati apareció recientemente en WTTW (la estación PBS de Chicago) para discutir cómo los latinos están subrepresentados en la investigación del Parkinson. Pero dada la prevalencia de la EP en la población latina, es vital para una mejor representación. Para ver la entrevista del Dr. González-Latapi, haga [clic aquí](#).

La clínica está creciendo, al igual que los eventos y servicios ofrecidos para la población de habla hispana en el PDMDC. A continuación se muestra un volante para el próximo simposio inaugural de habla hispana: Unidos Por El Parkinson.

UNIDOS POR EL PARKINSON

10 DE JUNIO DE 2023

Evento en persona

9 AM - 12:30 PM hora Centro

Lawndale Christian Conference Center

3750 W Odgen Ave, Chicago, IL, 60623

Evento virtual

10 AM - 12:15 PM hora Centro

11 AM - 1:15 PM hora Este

8 AM - 10:15 AM hora Pacífico

[Inscribase Aquí: Parkinson.org/Conferencia](https://parkinson.org/conferencia)
¡O utilice el código QR de la derecha para registrarse!



AGENDA

Habr  desayuno continental disponible para las familias asistentes



Bienvenida

Paulina Gonzalez-Latapi, MD, Chicago Movement Coalition

Introducci n a la enfermedad de Parkinson

Paulina Gonzalez-Latapi, MD, Northwestern Feinberg School of Medicine

Salud mental en la enfermedad de Parkinson

David Gonzalez, MD, Rush University System



Preguntas y respuestas

Moderado por Jenny Fearday, Parkinson's Foundation



Ejercicio –   Mu vase con nosotros!

Susana Miranda APN, PT, U Chicago



Gen tica del Parkinson / Mitos de la investigaci n

Ignacio Mata, MD, Cleveland Clinic



Oportunidades para la Investigaci n - Panel de expertos



Preguntas y respuestas

Moderado por Jenny Fearday, Parkinson's Foundation



Despedida y agradecimiento

Mitra Afshari, MD, Chicago Movement Coalition



THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH

Date: May
17th

Time:
4:00-5:30PM

Parkinson's 101: Intro to Parkinson's Workshop

Please join us for our PD 101

(CT)

Where: Zoom
(link will be
shared after
registering)

Cost: Free

[Email to
Register](#)

Workshop, providing an introduction to Parkinson's Disease, including diagnosis, common motor and non-motor symptoms, treatment, and interventions. After a presentation, you will have an opportunity to ask your questions. People with Parkinson's, family members, care partners, and community members are welcome to attend.

Parkinson's Progressive Markers Initiative (PPMI) Study finds a PD Biomarker



This past month, the Michael J. Fox Foundation announced that the PPMI study, of which Northwestern's PDMDC is a supersite, found a biomarker in brain cells and spinal fluid that was prevalent in 93% of Parkinson's patients enrolled in the study. The abnormal alpha-synuclein aka the Parkinson's protein has been found in not only people with Parkinson's, but also those who have not yet developed Parkinson's Disease nor who have shown clinical signs of the disease.

This discovery unlocks a new chapter in Parkinson's research that can lead to improved care and treatment. This brings us steps closer to finding a cure for Parkinson's! To learn more about this new discovery, [click here](#).

If you would like information about Northwestern's involvement in the PPMI study you may contact a study coordinator- Sophia Melton at sophia.melton@northwestern.edu or Demetrius Harvell at demetrius.harvell@northwestern.edu.

2023 Douglas L. Johnson Symposium



Living Well With Parkinson's Disease

Wednesday, May 24

1 to 4 pm (CDT) in person

Location: Northwestern Medicine Central DuPage Hospital
Inpatient Pavilion Conference Rooms 1-3
25 North Winfield Road
Winfield, Illinois 60190

Valet parking will be available

Join the Northwestern Medicine Parkinson's Disease and Movement Disorders Center to learn more about some of the latest approaches to living well with Parkinson's disease. This event will include:

- **The Intersection of Cognitive and Physical Wellness in Parkinson's Disease:** a discussion with Martha McGraw, MD, and Zoran Grujic, MD.
- **Financial Wellness in Parkinson's Disease:** presented by Helen Mesoloras, elder law attorney and partner in Dutton, Casey and Mesoloras Attorneys at Law.
- **The Mind/Body Connection:** an interactive program with Anjali Gera Gopal, MD, and Nancy Kutz, a tai chi instructor from B.R. Ryall YMCA.
- **Ask the Experts:** a Q&A panel with the Movement Disorders team.

There is no cost to attend this symposium. To register, please visit nm.org/parkinson-symposium. For any questions, please contact Debi Crystal at debra.crystal@nm.org.

Keynote speakers



Martha McGraw, MD
Movement disorders
neurologist



Zoran Grujic, MD
Behavioral neurologist



Michael G. Mercury, PhD
Neuropsychologist

Moderator

Mind/body connection



Anjali Gera Gopal, MD
Movement disorders
neurologist



Nancy Kutz
Tai chi instructor

Financial wellness



Helen Mesoloras
Elder law attorney

Q&A panelists



Padmaja Vittal, MD
Movement disorders
neurologist



Melany Danehy, MD
Neuropsychiatrist



Jennifer Nichols, MD
Movement disorders
neurologist



Joshua M. Rosenow,
MD, FAANS, FACS
Functional neurosurgeon



Debbie Dyslin-Kman,
MSW, LCSW
Social worker



Josephine De Lira,
MSW, LCSW
Social worker



Kristen Nicholls, APN
Deep brain stimulation
coordinator



Heather Fill, APN
Memory Program



Archana Singh, APN
Memory Program

Not pictured:

Tracy Carlson, PT
Physical therapist

Sharon Seitzinger,
OTR/L, MSOT
Occupational
therapist

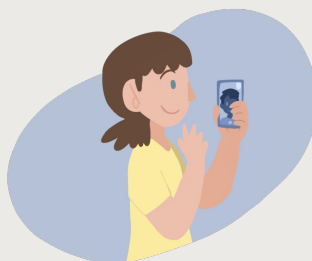
Marcy Simanonis,
MS, CCC, SLP
Speech therapist

Elissa Shultz, MS,
CCC, SLP
Speech therapist



nm.org

23-1448/0423/250
© 2023 Northwestern Medicine. All rights reserved.



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
Next class May 17

Dance w/ Parkinson's
Thursdays 11:30-12:30
July 13- August 10
*Registration is coming soon

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 September 6

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

COMING SOON!!!

Dancing with Parkinson's

**Registration will be open later
this month.**

We are dotting our i's and crossing our t's. Keep an eye on your email for the registration form. Priority will be given to those who filled out the interest form. If you did not fill out the interest form, but are interested in the class, email Katie at movementdisorders@nm.org.

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

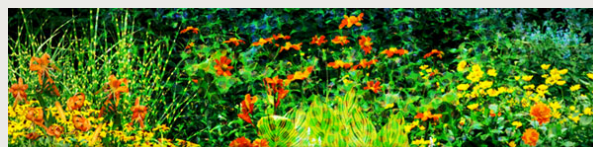
Join us for our improvisational group for persons with Parkinson's and their care partners. You don't have to be a professional performer or comedian to learn improv games and have fun!

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, if you are interested in joining.

Breath by Breath- the online weekly drop-in mindfulness class from The Brian Grant Foundation



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 wellbeing 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 March 28, 2023, June 27, 2023, July 25, 2023 or August 1, 2023.

**REGISTER
HERE**



UPCOMING LOCAL EDUCATIONAL PROGRAMS

Midwest Chapter Symposium: Pain and Parkinson's

Date: Saturday, June 3 2023 | 1:00 p.m. - 4:00 p.m. CT
(Check-in and lunch start at 12:00 p.m.)

Location: Naperville Conference Center
1120 E Diehl Road
Naperville, IL 60563

Format: This program is hybrid, you can attend in person or join via Zoom

Registration: For more information and to register, click this link: [Parkinson.org/Midwest2023](https://www.parkinson.org/Midwest2023) or call Jessica at 312-762-5706

Spanish Program: Unidos Por El Parkinson

Date: Saturday, June 10, 2023 | 9 a.m. - 12:30 p.m. CT

Location: Lawndale Christian Conference Center
3750 W Ogden Ave
Chicago, IL 60623

Format: This program is hybrid, you can attend in person or join via Zoom

Registration: For more information and to register, click this link: [Parkinson.org/Conferencia](https://www.parkinson.org/Conferencia)

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)

May 3-Things to Know About Hospice Care for People with PD

During this session, we will provide an introduction to hospice, exploring what hospice is, the types of services hospice provides, and the typical timing of hospice. **Learn more here.**

June 14-Social Engagement: Improv for Parkinson's Taster
Try some improv games, learn about the research and benefits, and see what programs we offer! **Learn more 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 \(473-4636\)](tel:1-800-4PD-INFO)

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

Connect with us



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

[Unsubscribe neurocommunications@northwestern.edu](mailto:unsubscribe@northwestern.edu)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by movementdisorders@nm.org powered by



Try email marketing for free today!