

May 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.

In case you forgot, the PDMDC also offers TWO virtual exercise programs! Email Katie Fagan at movementdisorders@nm.org if either (or both) programs are of interest to you!

Chair Yoga for Parkinson's

Northwestern Medicine, in partnership with Paul Weitz, certified yoga instructor, is happy to bring you Chair Yoga for Parkinson's.

This program is virtual.

Date: 2nd, 3rd, 4th, and (5th) Wednesday of each month

Time: 10:00-11:00 AM (CT)

Location: Zoom

Cost: Free



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

Therapy Tuesdays Exercise Class

Northwestern Medicine Parkinson's Disease and Movement Disorders Center is happy to bring you our First Tuesday Exercise Class!



Date: 1st Tuesday of the month

Time: 11:00 am – 12:00 pm

Location: Zoom

Cost: Free

Join in to take a class provided by Physical and Occupational Therapists to work on your balance, coordination, and cardiovascular systems! Come with any questions related to performing your daily activities or mobility and we will do our best to answer them!

Each class will be new and different, so you won't want to miss any!

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

Join us at the Michael J Fox Foundation's Run/Walk Series on May 19, 2024 at Guaranteed Rate Field!



THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH

Run/Walk Series

Together, we can outrun Parkinson's

**Guaranteed
Rate Field
Chicago, IL**

May 19, 2024

Run, walk or jog alongside
your community to help
advance Parkinson's research.

100% of funds raised go directly to
high-impact Parkinson's research.



Scan to register or visit
bit.ly/ChicagoRunWalk

Coming Up: The Douglas L. Johnson Symposium
at Central DuPage Hospital

2024 Douglas L. Johnson Symposium



Living Well With Parkinson's Disease

Tuesday, May 7

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. Please register at least 48 hours before the event.

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:

- **Perspectives on Cognition and Wellness in Parkinson's Disease:** Zoran Grujic, MD, and Michael Mercury, PhD
- **New Horizons in Parkinson's Disease:** Martha McGraw, MD
- **Focused Ultrasound in Movement Disorders:** Joshua Rosenow, MD
- **Action Plan for Wellness in Parkinson's Disease:** Deborah Dyslin-Kman, MSW
- **Mindfulness Strategies in Parkinson's Disease:** Sharon Seitzinger, OT
- **People With Parkinson's Disease Discuss Their Wellness Journey:** Padmaja Vittal, MD, and Josephine DeLira, MSW
- **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/pd-symposium or call 630.933.4234. For any questions, please contact Debi Crystal at debra.crystal@nm.org.

The in-person component for this event has reached its capacity. If you would like to attend virtually, please click on the button below.

Click here to register for virtual attendance

Dancing with Parkinson's Spring 2024 Final Performance

Sunday May 19th at 1pm at The Joffrey Tower, our

Dancing with Parkinson's classes will be performing as a part of The Joffrey Academy and Community Engagement Adaptive and Dancing with Parkinson's Performance. Tickets to the performance are free and can be reserved [here](#).

More about the show:

For the first time, we are proud to present a performance featuring students from both the Joffrey Academy Adaptive Division JAM classes and Community Engagement's Dance for Parkinson's Disease program. This performance will feature 2 dances by each group.

All tickets are free and general admission. The Black Box Theater offers limited accessible seating in the first row. Please refer to the FAQ for details regarding accessible seating prior to purchasing tickets. The run-time for this show is approximately 30 minutes with no planned intermission.

If you have any questions, email Katie Fagan at katherine.fagan@nm.org or Carly Liegel at cliegel@joffrey.org.

Northwestern's PDMDC and Abbott are offering a virtual roundtable about Deep Brain Stimulation (DBS)

Topic

Join us for a *virtual* roundtable to learn about Deep Brain Stimulation as a treatment option for Parkinson's Disease and Essential Tremor. During this event you will hear from an expert DBS center team and a patient ambassador who will share what it was like to go through the procedure. Followed by a Q&A portion at the end.



5/20/2024 @ 5pm CST



<https://tinyurl.com/2k3a7muh>



isabella.dahlke@abbott.com

Northwestern Memorial Panel

Dr. Joshua Rosenow, MD

Functional Neurosurgery

Dr. Leo Verhagen MD, PhD

Movement Disorders

Dr. Mark Nolt, PhD

Neurophysiologist

Jessica Karl PA-C, PhD

Movement Disorders



512-202-8208

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.

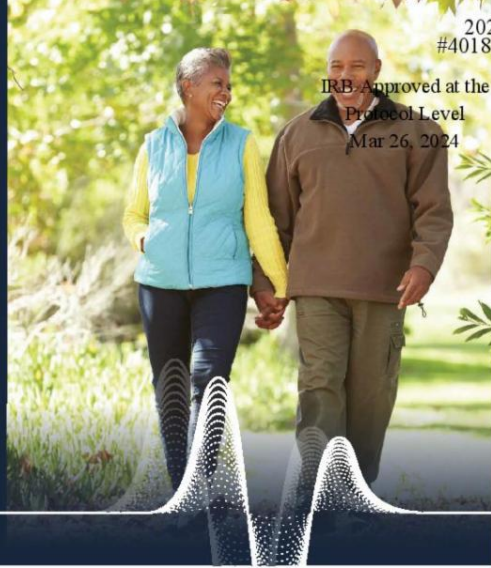


Research Corner



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 procedures 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 breakthrough 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.



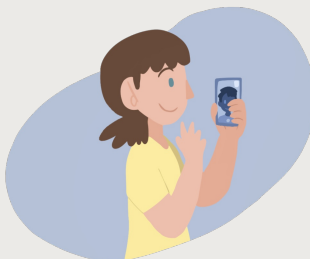
Virtual Support Group and Class Schedule

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
Thursdays 11:30 am- 12:30 pm
Session 1: March 7th- May 23rd
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
Spring: April 18- June 6
Fall: 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)

[Movement for Parkinson's- May 1st](#)

Join our global program where esteemed dance professionals from Southern Danceworks lead sessions focusing on unleashing the full potential of physical and artistic movement.

[Register Virtual](#)

Mindfulness Mondays- Kindness- May 6th

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

[Register Virtual](#)

Expert Briefing: Trouble with Zzz's: Sleep Challenges with Parkinson's- May 8th

Learn about the common sleep issues associated with Parkinson's disease, how it affects sleep quality, and explore ways to get a better night's sleep.

[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

Connect with us



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