



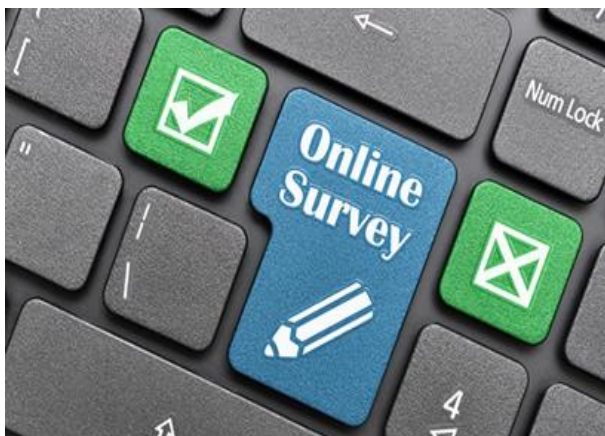
NEWS AND UPDATES

Parkinson's Disease and Movement Disorders Center November 2020

Clinic Update: We are continuing to offer both tele-health and in-person visits. We are encouraging our established patients to utilize the tele-health visit option at this time. If you are scheduled for a tele-health visit and prefer an in-person visit, or vice-versa, please reach out to your provider (312-695-7950) to discuss the most appropriate care setting. Please also reach out to your provider to address any concerns prior to canceling any upcoming appointments. A no-visitor policy remains in effect for all Northwestern Medicine outpatient clinics and facilities. Exceptions include patients with disabilities who require a reasonable accommodation for assistance (limited to one support person).



Parkinson's Disease Patient and Family Symposium
[CLICK HERE FOR THE RECORDING](#)



In 2021, we are hoping to bring new energy, ideas, topics, and speakers to our support groups. Please take a few minutes to complete this survey to let us know what you think!

[Click here to take the survey!](#)

VIRTUAL SUPPORT GROUPS

All groups are held via Webex unless otherwise noted. After completing the online consent form [here](#), an e-mail will be sent with information for how to join the group(s). If you have any questions about group offerings or how to register, please e-mail erin.cecchi@nm.org.

General Parkinson's Disease Support Group

Date: Wednesday, November 4th
(1st Wednesday of each month)
Time: 2:00 p.m. – 3:00 p.m.

Parkinson's & Women Support Group

Date: Tuesday, November 10th
(2nd Tuesday of each month)
Time: 11:30 a.m. – 12:30 p.m.

Care Partner Support Group

Date: Tuesday, November 10th
(2nd Tuesday of each month)
Time: 2:30 p.m. – 3:30 p.m.

Young Onset Parkinson's Group

Date: Wednesday, November 25th
(4th Wednesday of each month)
Time: 6:00 p.m. – 7:00 p.m.

Live Chair Yoga for Parkinson's

Date: November 10th, 17th, 24th
(2nd, 3rd, and 4th Tuesday)
Time: 2:00 p.m. – 3:00 p.m.
Please go to zoom.us and enter Meeting ID: 827 7971 3113 or click on this [link](#) on the dates and time listed above.



FEATURED CLASS

Parkinson's 101: Recently Diagnosed Parkinson's Workshop

About: An introduction to Parkinson's disease, including diagnosis, common motor and non-motor symptoms, treatment and interventions. 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.

Date: December 2, 2020

Time: 4:00 pm – 5:30 pm (CT)

Location: Virtual event

E-mail Erin Cecchi at erin.cecchi@nm.org to register.





PD Health @ Home offers weekly Parkinson's wellness and education online events!

Visit [PD Health @ Home](#) for a full list of events and to register.

In case you missed it: [Watch Virtual Moving Day here!](#)

Young Onset Parkinson's Disease Expert Briefings Series

The Fall 2020 Expert Briefing season highlights how to navigate life with Young Onset Parkinson's disease (YOPD) — from empowering your family with PD knowledge, to navigating the workplace and strengthening your relationship. [Learn more here!](#)

Upcoming Virtual Programs:

- [On the Menu: Nutrition & Parkinson's](#)
- [Wellness and PD: Exploring Exercise, Music and Art to Cope with PD](#)

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 Foundation Expands PD GENERation Research Study to Include Genetic Testing and Counseling At-Home and in English and Spanish

PD GENERation: Mapping the Future of Parkinson's Disease is an initiative that offers genetic testing and genetic counseling at no cost for people with Parkinson's disease. After a successful pilot program, we are thrilled to announce that the PD GENERation study has launched its next step: **a genetic test that can be completed at home.** Now, more than ever, we know that having an at-home option is vital to reaching people with Parkinson's. Participants of the study can now submit their test using an at-home kit and review their results with a genetic counselor virtually. All available at no charge to the participant in English and Spanish.

To learn more about how to enroll, visit: [Parkinson.org/PDGENERation](https://parkinson.org/PDGENERation) or you can schedule an appointment by emailing: genetics@parkinson.org.



Shirley Ryan AbilityLab continues to offer in-person and tele-health visits. If you are interested in tele-health visits for our interdisciplinary clinic or for therapy services, you need to have access to an internet enabled device with a camera and a microphone. If you have questions or concerns, please feel free to call Shari at 312-238-5018.

Upcoming Virtual Patient & Care Partner Education and Support Series:

IDEAS for Mental Health in Parkinson's Disease

Interactive **D**emonstrations, **E**ducation, **A**ctivities, and **S**upport for Mental Health in Parkinson's Disease

This program, directed by Dr. Jennifer G. Goldman and supported by a Parkinson's Foundation 2020 Community Grant, will focus on ways for you to increase your knowledge about mental health issues in Parkinson's disease (PD) and to develop proactive strategies to enhance your mental well-being.

Join us as we explore several topics related to mental health and share tools, tips, and resources in an interactive and engaging format.

NUTRITION
EXERCISE
MUSIC AND SPEECH THERAPY
MINDFULNESS

Sessions will include separate tracks for people with PD who are newly diagnosed and those who have had PD for longer durations – and for both tracks, care partners are welcome too!

ALL VIRTUAL SESSIONS

Starting in Winter 2021

Stay tuned for the dates/times and details of the schedule

Email smarchbank@sralab.org to receive further information