

NOVEMBER 2022

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

In case you missed it...

The 2022 Parkinson's Disease
Patient and Family Symposium
is available for viewing!



The webinar features experts talking about:

- *Natural Therapies and Nutritional Requirements for PD*
- *Therapeutic Pipeline in Early Parkinson's*

Disease and Genetics

- *Psychological Aspects of Parkinson's Disease*

Check out more resources from the symposium
HERE!

**Thank you to the sponsors who made this
program possible!**

Parkinson's, Foundation, Abbvie, Kyowa Kiring,
Sunovion and Supernus!

2022 Care Partner Summit



Help for Parkinson's Care Partners
Register for the Free Program

 Parkinson's
Foundation

Care Partner Summit: Midwest

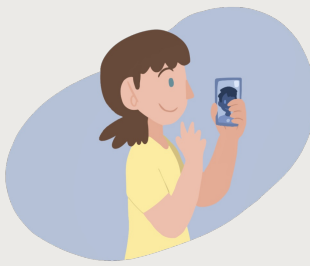
Saturday November 5, 2022

Time: 9:30 a.m. - 12:30 p.m. CT

*This event starts at 10:30 a.m. local time, with check-in and
breakfast starting at 9:30 a.m.*

Attend in-person or watch the program at-home
*This program will be in-person at the Sheraton Milwaukee
Brookfield Hotel (Brookfield, WI). You have the option of
attending our in-person program or you can watch the
webinar from home via Zoom.*

Register [HERE!](#)



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 November 16th
4:00 pm – 5:30 pm

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
Next class TBD

PD 201
Next class TBD

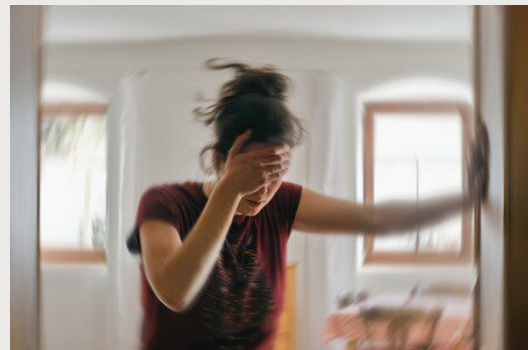
For a complete list of our groups and classes, including those offered at Central DuPage and Lake Forest Hospitals, click [HERE!](#)

NOVEMBER 9
Caregiving Discussion with Dave Iverson

Winter-Stars-300x300 image

Join Dave Iverson, author of the memoir *Winter Stars: An Elderly Mother, An Aging Son, and Life's Final Journey*. Dave will be discussing his memoir, which offers an intimate, unvarnished portrait of the

NOVEMBER 15
Neurogenic Orthostatic Hypotension (nOH)



This webinar will discuss:

- The symptoms of nOH

challenges and changes that caregivers may encounter, before taking your questions

[REGISTER
HERE](#)

- How nOH is diagnosed
- How to manage nOH with lifestyle choices
- How to manage nOH with medication
- Behaviors that can aggravate nOH
- How to reduce the burden of nOH for yourself and your care partners
- And more!

[REGISTER
HERE](#)

*Your Nose Knows **Smell Loss** and Brain Health*

A simple scratch-and-sniff test could help scientists learn more about risk of brain disease.

Smell loss can be a risk factor for brain diseases such as Parkinson's.

A new study is exploring this link toward prevention.

The Michael J. Fox Foundation is asking **everyone age 60 and older**

without Parkinson's disease to take a smell test.

Answer a few brief questions to receive your scratch-and-sniff test



THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH

Scan the QR code
with your
smartphone or
visit the website
HERE!

in the mail.

Take the test and enter your answers online.

Help scientists learn more about disease risk and develop new treatments.



Click [HERE](#) to view the PD Health @ Home schedule!

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

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