

NOVEMBER 2023

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

Párkinson 101 en español:

Taller de introducción al párkinson

Una introducción a la enfermedad de Parkinson, incluyendo diagnóstico, síntomas motores y no motores comunes, tratamiento e intervenciones. Tras una presentación, ¡tendrá la oportunidad de hacer preguntas!

Las personas con párkinson, los familiares, los cuidadores y los miembros de la comunidad están invitados a asistir.

15 de noviembre de 2023

Hora: 4:00 p. m. a 5:30 p. m. (CT)

Lugar: Zoom

Correo electrónico: movementdisorders@nm.org para registrarse.



JOFFREY BALLET
COMMUNITY ENGAGEMENT ★ CHICAGO
EXCITE | EXPLORE | ENRICH

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: September 14 - October 19

Session 2: November 2 - December 14
(No class during Thanksgiving week)

Time: 11:00 am - Noon

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.



nm.org

○ Registration

You must register in advance.
Space is limited.

To register, go to:
form.jotform.com/230804705703046

There is no cost to attend these classes.

Please contact Katie at movementdisorders@nm.org or Carly at cliegele@joffrey.org for more information.



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Registration is open for the second fall session of
Dancing with Parkinson's!
Thursdays November 2- December 14
(no class week of Thanksgiving)
11:30am- 12:30pm
The Joffrey Ballet South Loop Studios
1920 S. Wabash
Chicago, IL 60616

M Northwestern Medicine
Feinberg School of Medicine

Huntington's Disease Patient and Family Symposium

Saturday, November 11



Woodwind Conference Space

Lavin Family Pavilion
259 East Erie Street, 18th Floor, Chicago

Please call 877.926.4664 (TTY: 711)
to register.



Agenda

- 8:30 am Check-in and light breakfast
- 9:00 am Welcome
- 9:10 am Nutrition and HD
Emily Kuettel, MS, RD, LDN
- 10:00 am Clinical Research Updates
Danny Bega, MD, MSCI
- 11:00 am Break
- 11:10 am Palliative Care
Emily Zivin, LCSW
- 11:30 am Panel Discussion: Difficult Conversations
- 12:30 pm Adjourn
- 1:00 pm Support group

This event is funded by the Huntington's Disease Society of America with support from Genentech, Teva, uniQure, Neurocrine Biosciences, PicnicHealth, PTC Therapeutics and MassMutual SpecialCare.





In case you missed it...

The video recording of the 2023 Parkinson's Disease Patient and Family Symposium is available for viewing!

The webinar features experts talking about:

- *Synuclein Biomarkers (a newly discovered tool that can detect Parkinson's Disease even before symptoms begin)*
- *Therapeutic Pipeline in Early Parkinson's Disease and Genetics*
- *Dementia and Cognition in Parkinson's*

Thank you to the sponsors who made this program possible!

Parkinson's, Foundation, Abbvie, Amneal and Supernus!

Research Corner

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.

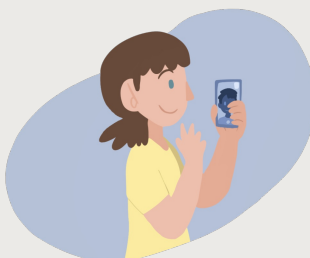
If you are interested in participating or want to learn more,
please contact

Max Galarce

max.galarce@northwestern.edu

Telephone: (312) 503-4270

We are specifically looking for people with more advanced stages of Parkinson's Disease.



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
November 15 (in Spanish)
4:00-5:30PM

Dancing w/ Parkinson's
Thursdays
Sept 14-Oct 19 (11am-12pm)
Nov 2- Dec 14 (11:30-12:30)

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
Thursdays, October 12-
December 7

PD 201
TBD

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



2023 Care Partner Summit

Loving Through Challenges:
Conversations & Connections
for Caregiving



The Care Partner Summit brings care partners together to provide resources to make life better for themselves and their loved one with Parkinson's disease. This year's Summit will focus on how to communicate through difficult topics and find supportive connections. Join us from home for the live stream event!

Saturday, November 11th, 2023

Online – Zoom Platform

1:00 pm to 3:30 pm ET

(Please check your time zone)

Learn more and register to attend at www.parkinson.org/SummitWeb or call Crista Ellis at 828-352-1079 or email PDhealth@parkinson.org

Presenters:

Danielle R. Carns, PsyD

Director, Functional Neurological Symptom Disorder Program; Clinical Neuropsychologist, Assistant Professor, University of Pittsburgh School of Medicine

Check the website for updates!

Care Partner Panelists to be announced.

Thank you to our local sponsors: **SYOWA KIRIN**



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)

[Art Moves Me: Creative Movement with Cynthia - Nov. 1st](#)

The social engagement series will welcome members of the PD community to come together to enjoy art, music, literature and more, as well as an opportunity to meet and socialize with others.

[Register Virtual](#)

[Mindfulness Monday: Joy- Nov. 6th](#)

Most of us think of joy as a happy accident. But joy can be cultivated through simple, accessible mindfulness practices. In this session we will talk together about how to build joy into your days, and introduce a joy meditation that you can do sitting quietly or on the go.

[Register Virtual](#)

[Expert Briefing: Hallucinations and Delusions in Parkinson's- Nov. 8th](#)

Psychosis can be a frightening word. In Parkinson's disease, the medical definition of psychosis usually starts with mild symptoms that can have a big impact on quality of life. Psychosis can vary from severe confusion to seeing things that aren't there, to believing things that are not true. Find out what causes these symptoms, how people with Parkinson's might experience them and management strategies.

[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](#)

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