

November 2024

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

**Dancing with Parkinson's will have
one class in November and one
class in December!**

If you've wanted to try this program, but don't want to commit to a weekly class, this is perfect for you!

Dancing with Parkinson's

Northwestern Medicine, in partnership with Joffrey Ballet, is happy to bring you Dancing with Parkinson's.

Date: Thursdays

November 21st and December 12th

Time: 11:30am- 12:30pm PM (CT)

Location: Joffrey Ballet's South Loop Studios

1920 S. Wabash

Chicago, IL 60605

Cost: Free

Join us for a wonderful bonding opportunity for People with Parkinson's & their Care Partners. Dancing with Parkinson's is a research- backed program that facilitates movement and increases physical, mental, and emotional wellbeing. Dances can be performed either standing or seated.



Register by scanning this code.

Questions? Email Katie at movementdisorders@nm.org or Carly at cliegel@joffrey.org

**Register for Dancing with Parkinson's
here!**

**Coming Up: Parkinson's Disease 201:
Managing the Middle Stages of
Parkinson's Disease on November
13th**

Parkinson's 201: Managing the Middle Stages of Parkinson's Disease

PD 201 provides a deeper understanding of the medications, treatments and advanced therapies available in the management of Parkinson's disease.

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.

Class Dates in 2024:
March 13th and November 13th
Time: 4:00-5:30PM (CT)
Where: Zoom

E-mail movementdisorders@nm.org to register.



**Register here for Parkinson's
Disease 201**

Join us for Parkinson's Journey In
Color: Advancing Research and
Care in your Community on
November 16th

PARKINSON'S JOURNEY *In Color* **ADVANCING RESEARCH AND CARE IN YOUR COMMUNITY**

Join the Parkinson's Foundation and meet your local Research Advocates at a community day where you can learn about the experiences of the Black and African American community living with Parkinson's disease and get resources and information about Parkinson's care and research.

In partnership with Northwestern University Movement Disorders Center and Rush University Medical Center, with support from University of Chicago and University of Illinois Chicago

Open to all, and free to attend.
Lunch and parking passes will be provided.



Saturday, November 16



11:00 a.m. - 2:00 p.m. CT



University of Illinois Chicago
Student Center West
Thompson Room (2nd Floor)
828 South Wolcott Avenue
Chicago, Illinois 60612



For questions and registration:
Parkinson.org/Journey-Illinois



Parkinson.org
1-800-4PD-INFO (1-800-473-4636)

Parkinson's Players: Ping Pong is Returning in December!

Parkinson's Players: Ping Pong

**Date: Weekly on Saturdays
Beginning on December 7th
Time: 11:15AM- 12:45PM (CT)
Location: Edgewater Fitness Center
1106 W. Bryn Mawr
Chicago, IL 60660
Cost: Free for Participants**

Please join us for an instructional ping pong clinic and open play at the Edgewater Fitness Center (following Rock Steady Boxing).

The Parkinson's Players Program is designed to promote play-based activities and foster friendship with those facing similar challenges.

No ping pong experience is necessary.

**Space for the group is limited. RVSP Required.
Please contact Katie at
movementdisorders@nm.org, if you are
interested in joining.**

**Register for Parkinson's Players
Ping Pong here!**

**The Recording of our 2024
Symposium is now available!**



Watch this recording to learn:

Top tips from a Movement Disorders Specialist

Updates in Research and the Therapeutic Pipeline

Be Creative! The benefits of Artistic Expression for Parkinson's Disease including: dance, music therapy, improv, and visual artistic therapy

Special thank you to our sponsors: The Parkinson's Foundation, Abbott, Abbvie, Boston Scientific, and GE Healthcare

Shirley Ryan Ability Lab is bringing
Parkinson's exercise classes to
Glenview!

New Fitness Class for People with Parkinson's disease

Shirley Ryan
AbilityLab.

Our program is designed specifically for individuals with Parkinson's disease, focusing on a comprehensive approach to improve overall fitness and enhance daily activities. This class is designed for individuals who are comfortable performing large, dynamic movements such as going up stairs, curbs or standing up and out of a chair independently with emphases on the importance of using a loud voice, as vocal exercises play a crucial role in managing Parkinson's symptoms.

You Will Learn

- Exercises to strengthen muscles
- Gait improvement
- Balance enhancement

Mondays, 4–4:45 pm

Shirley Ryan AbilityLab Glenview DayRehab Center
2591 Compass Road, Suite 100, Glenview, IL 60026
Cost: \$165.00 per 11-week session (11 classes)



Requirements

Participants must complete the medical form signed by a physician and a signed waiver.

If interested, contact the Adaptive Sports & Fitness Center at 312.238.5003



Join Our Functional Fitness Class

Shirley Ryan
AbilityLab.

Our exercise program is tailored to your ability level and designed to enhance your physical performance through a holistic fitness approach. This class is taught by expert Exercise Physiologist, who will create personalized plans based in research-backed methods. We offer progress tracking and in-person and live coaching wherever you are.

Our Functional Fitness Program will focus on:

- Functional Strength: Tailored exercises for everyday movements.
- Balance: Techniques to boost stability and coordination.
- Endurance Enhancement: Training to boost stamina and vitality.
- Gait Training: Improve your walking ability and overall mobility.



Shirley Ryan AbilityLab Glenview DayRehab Center
2591 Compass Road, Suite 100, Glenview, IL 60026
Cost: \$60 or 10 session package: \$550 (45minutes session)

Requirements

Participants must complete the medical form signed by a physician and a signed waiver.

To schedule an appointment, contact the Adaptive Sports & Fitness Center at 312.238.5003



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:

- > \$150 reimbursement will be provided at the end of study for your time.

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

Grace Jones

gracejones@northwestern.edu

Telephone: (312) 503-1566

Click here to learn more about ongoing research at Northwestern.

For Care Partners!

Care Partner Summit

Conversations & Connections for Caregiving



The **Care Partner Summit** brings together care partners to share resources and support to make life better for themselves and their person with Parkinson's. Join us virtually for the Care Partner Summit throughout the month of November. Gain practical tips, connect with a supportive community, and access expert advice that can make a difference in your caregiving journey. We look forward to seeing you there!

Live streamed webinars for care partners on:

Saturday, November 2: Discovering Adaptability & Resilience

Wednesday, November 6: New to Parkinson's

Wednesday, November 20: The Essentials Toolbox

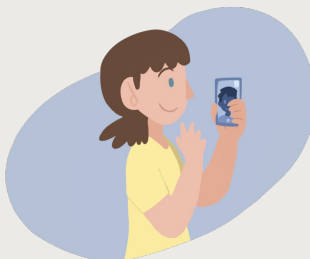
Miércoles, 27 de noviembre de 2024 cumbre para cuidadores

Learn more and register to attend at:

[Parkinson.org/Summit](https://parkinson.org/Summit)

Call 1-800-4PD-INFO

Email: PDhealth@parkinson.org



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
2025 dates TBA

Dancing w/ Parkinson's
Thursdays 11:30am- 12:30pm
September 12th- October 31st

Music Therapy for PD
Tuesdays 1:00pm- 2:00pm
October 1st- December 17th

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
October 3rd- November 21st

PD 201
November 13th
4:00 pm- 5:30 pm

Parkinson's Players Ping Pong
Saturdays beginning 12/7/24
11:15am - 12:45pm

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)

[Mindfulness Mondays- Joy - November 4th](#)

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: What's on your Mind: Thinking and Memory Changes- November 13th](#)

Cognitive changes, including slowness in thinking, decreased attention span and difficulty finding words, can often occur in Parkinson's disease. These changes, along with memory loss, can be frustrating and challenging for the person with Parkinson's and those close to them. This webinar will review the cognitive and memory changes in Parkinson's as well as practical strategies to help with daily activities.

[Register Virtual](#)

[Live Fitness Fridays: Body Mapping for Parkinson's- November 15th](#)

In this class, you'll learn how to incorporate body mapping techniques into your regular exercise routine, whether it's boxing, large amplitude movements, strength training, or balance exercises. Body mapping helps coordinate the entire body—upper and lower, left and right—while using eye movements to enhance control, fluidity, and rotation. We'll revisit core body mapping techniques to support full-body integration during exercises. For example, you'll discover how to improve upper and lower body coordination for better rotation in boxing movements. The class will be paced from moderate to higher intensity, with seated variations available to meet all ability levels.

[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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