

OCTOBER 2022

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

**Parkinson's Disease Patient and
Family Symposium**



Join us for our annual Parkinson's Disease Patient and Family Symposium. This conference is for people affected by Parkinson's disease (PD), their caregivers and families, and community members.

The event will feature experts talking about:

Natural Therapies and Nutritional Requirements for PD: *Laurie Mischley, ND*

Therapeutic Pipeline in Early Parkinson's Disease and Genetics: *Tanya Simuni, MD*

Psychological Aspects of Parkinson's disease:

Danny Bega, MD and Erin Cecchi, LCSW

There will be a Q&A at the end of the presentation.

Event Information

Annual Parkinson's Disease Symposium

Saturday, October 8

10:00 am – 12:30 pm (CT)

Location: Zoom

There is no cost to attend, but registration is required.

Please register at:

parkinson.org/northwestern

You will receive an email with more information regarding the event after your register.

If you have any questions about this event, please email **erin.cecchi@nm.org**

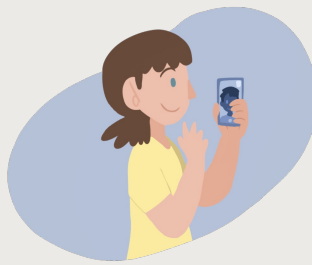
Thank you to our sponsors!



**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 August 17th
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 Session: Summer/Fall 2022;
exact dates TBD

PD 201
Next class September 7th
4:00 pm – 5:30 pm

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



Our team name is:
Northwestern
University

Moving Day Chicago

When: **Sunday, October 16, 2022**
Where: **Soldier Field - South Lot**

Activities Begin: 9:00 AM
We Move Ceremony: 10:00 AM

At Moving Day, a walk for Parkinson's, we're honoring loved ones, raising funds, fighting Parkinson's disease and celebrating movement - proven to help manage Parkinson's symptoms. Whether

Join our
team or
make a
donation
HERE!

you take part on a team, as a sponsor or volunteer, join hundreds of supporters in-person or virtually who share a common goal - to make an impact in our community and beat Parkinson's. We hope you will be a part of the movement.

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 in the mail.

Take the test and enter your answers online.

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



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





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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