

OCTOBER 2023

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



### Join Us for Our Annual Parkinson's Disease Patient and Family Symposium

Saturday, October 7

Presented by Northwestern Medicine Parkinson's Disease and Movement Disorders Center and the Parkinson's Foundation Midwest Chapter



This virtual conference is designed for people affected by Parkinson's disease, their caregivers and families, and community members.

The event will feature experts talking about the advances in Parkinson's disease research, and dementia and cognition in dementia. There will also be a discussion on synuclein biomarkers, a newly discovered tool that is highly accurate at identifying Parkinson's disease, even before diagnosis. There will be a Q&A at the end of the presentation.

If you have any questions about this event, please email [movementdisorders@nm.org](mailto:movementdisorders@nm.org).

#### Symposium speakers



Rizwan Akhtar, MD, PhD



Tanya Simuni, MD, FAAN



Michael Mercury, PhD

#### Register Now

There is no cost to attend, but you must register for the event.

Please register at: [parkinson.org/northwestern2023](https://parkinson.org/northwestern2023)

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

Saturday, October 7

10 am-1 pm (CT)

Location: Zoom



CENTER OF EXCELLENCE

**REGISTER NOW**

Back by popular demand, Improv for PD is returning this fall!



# Improv for PD

*Northwestern Medicine, in partnership with The Second City, is happy to bring you Improv for PD.*

**Date: 8 week series on Thursdays**

**October 12- December 7**

**(no class on Thanksgiving)**

**Time: 2:00-3:30 PM (CT)**

**Location: The Second City**

**230 W. North Ave**

**Chicago, IL 60614**

**Cost: \$100 for all 8 sessions**

Join us for our improvisational group for persons with Parkinson's and their care partners. You don't have to be a professional performer or comedian to learn improv games and have fun!

In this class, you will learn improvisational theatre exercises that benefit emotional, physical, and spiritual wellbeing. We hope that participants find their stress levels decreased and their laugh life increased!

Space for the group is limited. RVSP Required.

Please contact Katie at [movementdisorders@nm.org](mailto:movementdisorders@nm.org), if you are interested in joining.

JOFFREY BALLETT

**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](http://nm.org)

## ○ Registration

You must register in advance.  
Space is limited.

**To register, go to:**  
[form.jotform.com/230804705703046](http://form.jotform.com/230804705703046)

There is no cost to attend these classes.

Please contact Katie at [movementdisorders@nm.org](mailto:movementdisorders@nm.org) or Carly at [cliegele@joffrey.org](mailto: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**



[Register here](#)

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# Save the Date

Parkinson's Foundation's  
MOVING DAY

Sunday, October 29th  
9AM  
Soldier Field

[Click here to view the event's page](#)

[Click Here to register for Moving Day](#)

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# 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.



## Research Corner



## Do you experience moderate-to-severe tremor due to Parkinson's disease?

Find out if you qualify to participate in a research study of a new investigational treatment

The Patagonia Study is a research study testing the safety and effectiveness of an investigational drug and whether it may assist in reducing the impact of tremor on the daily activities of patients with Parkinson's disease.

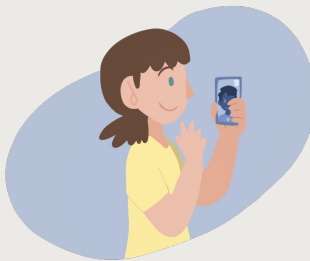
Taking part in this study may help in the advancement of a new treatment for tremor in those who have Parkinson's disease. Reimbursement may be available for study-related expenses and a stipend is available for participating.

**To find out more, contact a member of our study team:**

Northwestern University  
Nicholas Bobbitt, Study Coordinator  
nicholas.bobbitt@northwestern.edu  
312-503-1999



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## 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

Therapy Tuesdays Exercise Class  
1st Tuesday of the month  
11:00 am – 12:00 pm

Chair Yoga for PD



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)

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

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!](#)



## 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://Parkinson.org/PDHealth)

### [Mindfulness Mondays- Gratitude - Oct. 2nd](#)

In research studies, gratitude has been linked to better sleep, immunity, and self-esteem, as well as lower stress, anxiety, and depression. This session will focus on how to cultivate this most beneficial state of the heart, and offer a gratitude meditation. Whether this is your first mindfulness Monday, or you are a returning participant, these sessions are created with the intention of including everyone. There will be time for questions following the practice.

[Register Virtual](#)

### [Parkinson's Disease 101: What you and your Family Should know- Oct. 4th](#)

This program will provide a basic overview of Parkinson's disease. Learn what Parkinson's is, what causes it, common symptoms, treatments, and strategies for managing symptoms.

[Register Virtual](#)

### [Expert Briefing- Parkinson's and the Gut- Brain Connection- Oct. 1th](#)

We know the brain and gut are connected. While stomach or intestinal distress can lead to anxiety or depression, gut-brain connections go much further — new research strongly suggests a link between the gut (the gastrointestinal system) and Parkinson's disease. Learn more about the gut's potential impact on symptoms and progression.

[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](mailto: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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