

October 2024

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



Join us for our annual Parkinson's Disease Virtual Patient and Family Symposium, where leading experts will discuss advances in the research and management of Parkinson's disease (PD).

People diagnosed with PD, their family members, caregivers, friends and community members are welcome to attend.

There is no cost to attend this virtual symposium, but registration is required. On the day of the event, you will get an email with a link to join the session.

Register at nm.org/pd-symposium

Parkinson's Foundation Center of Excellence

Northwestern Medicine Parkinson's Disease and Movement Disorders Center provides innovative, multidisciplinary care for patients and families affected by Parkinson's disease and other movement disorders. The center's care team works to promote health, education and support for patients. It also supports caregivers, family members, medical professionals and the community.

Presented by Northwestern Medicine and the Parkinson's Foundation



10:00-10:15am, Welcome/opening remarks
Dr. Danny Bega, MD, MSCI
& Jessica Bartsch, MS

10:15-11:05am, Top Tips from a Movement Disorder Specialist
Dr. Paulina Gonzalez- Latapi, MD, MSc

11:05-12:05pm, Therapeutic Pipeline and Research Update
Dr. Tanya Simuni, MD, FAAN

12:05-12:10pm
Break

12:10pm-1:00pm, Be Creative: the Benefit of visual art, music,
dance, and improv for PD
Dr. Danny Bega, MD, MSCI
Annie Arnold, MA, ATR-BC, LCPC, CATAP, Institute for Therapy
through the Arts
Linda Jedrejezek, MT, BC, Neurohealth Music
Carly Liegel, The Joffrey Ballet
Lisa Bany, The Second City

[Register to attend our symposium here](#)

Improv for PD is back 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 3rd- November 21st

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, if you are interested in joining.

[Click here to register for Improv for PD](#)

The PDMDC is Growing! Please join us in welcoming these new members of our team.

**Dr. Sarah Brooker, MD,
PhD, Movement Disorder
Specialist at NMH**



downtown

Dr. Brooker may look familiar to you because she just completed her 2-year fellowship with the PDMDC. She is staying on with us as an assistant professor and a physician. We are thrilled that she will continue to share her talents with us! She is already seeing patients.



Save the Date!

Parkinson's Foundation's Moving Day

Saturday, October 5th

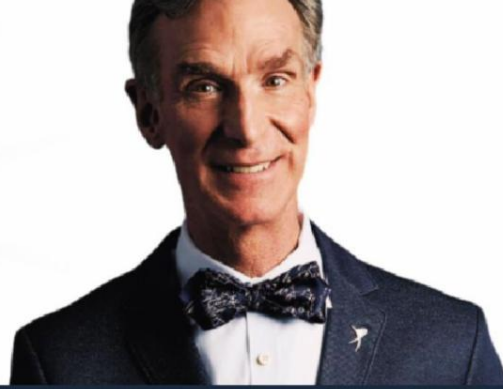
9am

Soldier Field

[Click here to view event page](#)

[Click here to join Team Northwestern](#)

Bill Nye is teaming up with The National Ataxia Foundation to promote ataxia awareness!



Bill Nye: The Ataxia Advocate Guy

THE PLAN

First video to launch August 28. Final video to be released for International Ataxia Awareness Day on September 25.

Bill Nye filmed a series of 4 short videos to teach people about Ataxia. They are written in the classic Bill Nye the Science Guy style - with simple information and light humor.

Each video encourages viewers to go to ataxia.org/BillNye to learn more.

Bill Nye will share these videos to his personal social media networks - which include tens of millions of people across his platforms.

LET'S CHANGE THE WORLD

WHAT YOU CAN DO



Follow NAF

Prepare to share the videos to increase their reach! Follow us on the social networks that you use to stay up-to-date. Our handles are listed below.



Like, Share, Comment

Each time a video is posted, like it, comment on it, and share it! This will help the algorithm improve the performance of the video and increase our chances of media attention.



[ATAXIA.ORG/BILLNYE](https://ataxia.org/BillNye)

Click here to sign up for more updates from Bill Nye!

Shirley Ryan Ability Lab is now offering Boxing for Individuals with Parkinson's Disease

Boxing for Individuals with Parkinson's Disease

Shirley Ryan
Abilitylab.

Empower Your Body & Mind Through Boxing

Join us for our 11-week boxing class tailored for individuals with Parkinson's Disease. The session will be led by champion instructor Aisling Holt, a four-time Chicago Golden Glove champion in boxing and Tai Chi coach. The class focus will be on basics, enhancing cognitive fitness and overall brain health. Challenge your mind with hand-eye coordination, memory drills and reaction training. No equipment is needed.

\$110 for 11-week session or \$15 drop in fee
\$45 New member registration fee

Every Thursday, 2–2:45 pm

Adaptive Sports & Fitness Center
541 North Fairbanks Court
Mezzanine Floor
Chicago, IL 60611



For more information, please contact Aleks Gebaska at 312.238.5001 or agebska@sralab.org.

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.



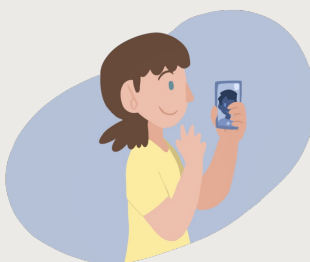
If you are interested in participating or want to learn more, please contact

Grace Jones

gracejones@northwestern.edu

Telephone: (312) 503-1566

[Click here to learn more about ongoing research at Northwestern.](#)



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
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

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

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 Golf & Tennis
Tuesdays beginning 6/11/24
Tennis: 4:00pm- 4:50pm
Golf: 5:00pm- 5:50pm

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)

[Safe Movement in the Hospital- October 2nd](#)
Staying active in the hospital is key to a faster

recovery. Regular movement has many benefits, including reducing muscle loss, helping with sleep, improving focus and managing constipation. For people with PD in the hospital, regular movement is important for managing symptoms, preventing falls and minimizing complications.

[Register Virtual](#)

[Mindfulness Mondays- Gratitude- October 7th](#)

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.

[Register Virtual](#)

[Expert Briefing: More than PD: Managing Multiple Chronic Diseases- October 9th](#)

Parkinson's is a complex disease with many symptoms that can lead to complications, such as falls and pneumonia. At the same time, people with Parkinson's disease are at risk for other medical conditions that occur in the general population, including heart disease, arthritis, and diabetes. Learn about coordination of care, medication management and what to know to achieve the best long-term outcomes.

[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](#)

PARKINSON'S DISEASE AND MOVEMENT DISORDERS CENTER

Connect with us



[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!