

SEPTEMBER 2023

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

JOFFREY BALLET
COMMUNITY ENGAGEMENT ★ CHICAGO
EXCITE | EXPLORE | ENRICH

There are still spots open for the South Loop's Dancing with Parkinson's class! For the fall, the class will be held for 2 sessions. Registration is currently open for the first session.

Thursdays September 14- October 19
11am- 12pm
The Joffrey Ballet South Loop Studios
1920 S. Wabash
Chicago, IL 60616

*Information for the second session will come at a later date.


[Register here](#)

Cure PSP Educational Webinar Series


The Northwestern University Parkinson's Disease and Movement Disorders Center invites you to a special 10-part educational webinar series specifically focused on individuals and families living with Progressive Supranuclear Palsy (PSP), Multiple System Atrophy (MSA), Corticobasal Syndrome (CBS), and atypical parkinsonism. It can be challenging to find expert information on these rare conditions, and with the generous support of CurePSP, the CurePSP Centers of Care at Northwestern University, Rush University, and

the University of Chicago are proud to present a free, online series of talks with local experts in these conditions. Check out the flyer for the full schedule, including topics and expert presenters.


This is open to individuals living with these conditions, family members, care partners, and others who are interested. Please feel free to share this flyer. The first session starts Thursday, August 3rd at 6:30pm. To register and receive the Zoom link, please email Nicole.reidy@uchicagomedicine.org and say “Interested in CurePSP webinar series”.




Dr. Padmanaban



Dr. Xie



Dr. Fleisher




Dr. Akhtar




The Greater Chicago Alliance for the Support and Education of Progressive Supranuclear Palsy (PSP), Corticobasal Degeneration (CBD), and Multiple System Atrophy (MSA) presents a virtual educational series for affected patients and caregivers. Topics vary from week to week as seen below with corresponding dates and will take place from 6:30-8:00 PM (CST).

Session Number	Topic	Experts/Affiliation
1: 8/3	Introduction to PSP, CBS, MSA: <u>Natural history, symptoms, prognosis</u>	M. Padmanaban/ University of Chicago
2: 8/10	Disease Mechanisms and neuropathology	R. Akhtar / Northwestern University
3: 8/17	Current Symptomatic Treatment for PSP, CBS, MSA	T. Xie/ University of Chicago
4: 8/24	Prescription for Hope: Palliative Care	A: J. Fleisher (Rush University) B: H. Leeper (U of C)
5: 8/31	Planning ahead: What to Know and Do <u>after your diagnosis</u>	Social Workers from all 3 institutions
6: 9/7	Clinical trials in PSP, CBS, MSA	T. Xie/ University of Chicago (PSP) R. Akhtar/ Northwestern (CBS, MSA)
7: 9/14	Cognitive/Behavioral	J. Mastrianni (Cognitive)/ University of Chicago A. Corcoran (Psychiatry)/ Northwestern
8: 9/21	Practical strategies for daily living	J. Fleisher/ Rush University
9: 9/28	GI & Nutrition issues in PSP, CBS, MSA	Keshavarzian and K. Gustashaw/ Rush University
	Neuro-ophthalmology	J. Nichols/ University of Chicago
10: 10/5	PT/OT/ST/Yoga/Dance	D. Palmer (ST)/ University of Chicago J. Roy (PT/OT)/ Rush University Yoga/Dance

To sign up and receive the Zoom link, please email Nicole.reidy@uchicagomedicine.org





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

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

Saturday, October 7

10 am – 1 pm

Location: Zoom

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.

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, if you are interested in joining.

Date: September
6

Time:
4:00-5:30PM
(CT)

Where: Zoom
(link will be

Parkinson's 201: Managing the Middle Stages

Please join us for PD 201 which provides a deeper understanding of the medications, treatments and advanced therapies available in the management of Parkinson's

shared after registering)

Cost: Free

Email to register

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.



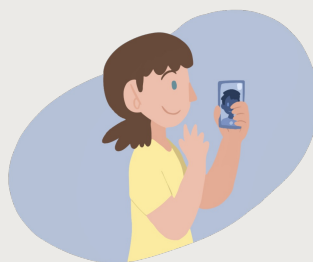
Save the Date

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](#)



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

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

2:00 pm – 3:00 pm

Young Onset PD Support Group

4th Wednesday of the month

6:00 pm – 7:00 pm

PD 101

TBD

Dancing w/ Parkinson's

Thursdays 11am-12pm

Sept 14-Oct 19

3rd Monday of the month

10:00 am – 11:00 am

Improv for PD

Thursdays, October 12-

December 7

PD 201

Next class September 6

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)

[Navigating Nutrition with PD - Sept. 6th](#)

During this Social Engagement webinar, we will demonstrate the creation of a 'bowl' incorporating grains, vegetables, and protein. Additionally, we will delve into the techniques on how it can be repurposed with other sides as well if you're meal prepping. You don't want to miss this delightful meal.

[Register Virtual](#)

[Mindfulness Mondays- Mental Wellbeing- Sept. 11th](#)

Join health psychologist, Taylor Rush, PhD, as she explores different dimensions of a mindfulness practice. She will share ways to ground and settle the mind and body. These mindfulness techniques can offer moments of respite and clarity that can be useful throughout your week. Find a comfortable seat

and join your mindful Parkinson's community for a special session. 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](#)

[Expert Briefing- Parkinson's and the Bladder- Sept. 13th](#)

Many people with Parkinson's disease (PD) experience urinary difficulties. Being aware that urinary problems, such as urinary tract infections, can be a symptom of Parkinson's is the first step toward management. Learn more about common bladder problems in PD, why they occur and treatment options. [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



Northwestern University | Ward 12-140, 303 E Chicago Ave, Chicago, IL 60611

[Unsubscribe neurocommunications@northwestern.edu](mailto:unsubscribe@northwestern.edu)

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

Sent by movementdisorders@nm.org powered by



Try email marketing for free today!

