

September 2024

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

Dancing with Parkinson's is back this
fall!

Dancing with Parkinson's

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

Date: Thursdays

September 12th- October 31st

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

**You can also register by clicking
here!**

**Music Therapy for PD is returning this
fall!**

Music Therapy for Parkinson's Disease



The Northwestern Medicine Parkinson's Disease and Movement Disorders Center is thrilled to bring you music therapy for Parkinson's disease.

If you have Parkinson's disease, you and another person can join us for music therapy. No musical experience is needed.

Linda Jedrzejek is a board-certified neurologic music therapist who will lead participants through:

- Rhythmic warmups
- Therapeutic instrument playing
- Vocal exercises
- Singing
- Connecting with others who have Parkinson's disease

Join us for a relaxed atmosphere while improving and/or maintaining skills affected by Parkinson's disease.

Program information

Tuesdays, October 1 through
December 17, 2024

1-2 pm

Virtual via Zoom

There is no cost to participate.

Space is limited. Please email
movementdisorders@nm.org if
you would like to join.

Please note: there is limited availability for this program.

Email Katie at movementdisorders@nm.org if you are interested in participating.

Improv for PD is also 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.

Parkinson's 101: Recently Diagnosed Parkinson's Workshop

An introduction to Parkinson's disease, including diagnosis, common motor and non-motor symptoms, treatment and interventions. 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.

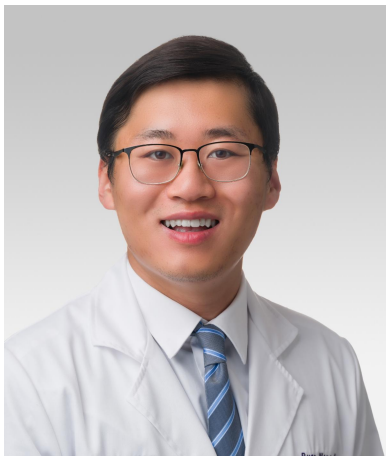
Class Dates in 2024:
April 10th and September 18th
Time: 4:00-5:30PM (CT)

E-mail Katie Fagan at movementdisorders@nm.org to register.



[Click here to register](#)

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



Dr. Ryan Wang, Movement Disorder Specialist at Lake Forest Hospital

“My clinical interests include Parkinson's disease, atypical parkinsonian syndromes, tremors, dystonia, tic disorders, and ataxia. For movement disorder patients needing advanced therapies, I conduct evaluations for deep brain stimulation and MRI-guided focused ultrasound. I perform botulinum toxin injections for the

treatment of spasticity, dystonia, facial spasm, and chronic headaches. Currently, I'm full time at the Northwestern Lake Forest location and working to expand clinical research related to Parkinson's disease to the northern suburbs."



Dr. Ignacio Keller-Sarmiento, MD, Movement Disorder Specialist at NMH downtown

Dr. Keller-Sarmiento may look familiar to you because he just completed his 2-year fellowship with the PDMDC. He is staying on with us as an instructor and a physician. We are thrilled that he will continue to share his talents with us! He is already seeing patients.

Please join us at The National Ataxia Foundation's Walk n Roll Event on September 14th!

Join the team from The Denning
Ataxia Center at
The National Ataxia Foundation's
Walk n Roll!

The Walk n Roll Event is
Saturday, September 14, 2024
10am- 1pm
Hidden Lake Forest Preserve
Downers Grove, IL 60515

Join Team Northwestern!



Click here to join our team!

Join us for Northwestern Medicine
Lake Forest Hospital's NM5K Race to
Impact!

Northwestern Medicine Lake Forest

NM5K

RACE TO IMPACT 2024



Sunday, September 15

Join us for the 10th annual Northwestern Medicine Lake Forest NM5K Race to Impact. This special event offers a 5K or 1-mile walk option for participants, pre-race activities and a raffle you don't want to miss! Whether you want to run, walk, donate or sponsor, all are welcome.

For more information
and to register, visit:
nm.org/nm5k2024.



Your sponsorship, donation or participation helps provide preventive health care through wellness and medical fitness programs. Proceeds benefit patients with conditions such as heart disease, cancer or Parkinson's disease.

Location

Northwestern Medicine Lake Forest
Health & Fitness Center
1200 North Westmoreland Road
Lake Forest, Illinois 60045

Race Day

8:00am Registration and check-in begins
8:15am Race kick-off and warm-up
8:30am 5K run start
8:35am 1-mile start

Registration

ADVANCED \$35
DAY OF RACE \$50
Includes shirt and registration bag

[Click here to register for or support this event!](#)



Save the Date!

Parkinson's Foundation's Moving Day

Saturday, October 5th
9am
Soldier Field

[Click here to view event page](#)



Parkinson's Disease Virtual Patient and Family Symposium

Saturday, October 19 | 10 am - 1 pm
Virtual



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



nm.org

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Parkinson's Disease Patient and Family Symposium Agenda

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

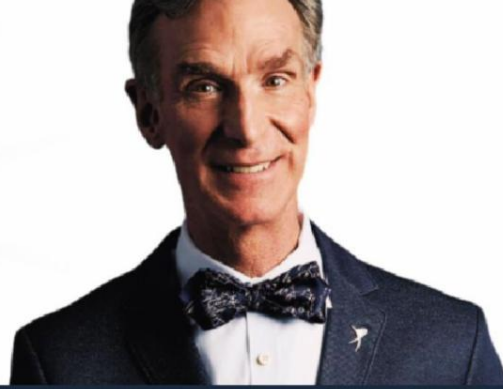
Dr. Tanya Simuni, MD, FAAN

12:05-12:10pm
Break

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

Register to attend our symposium here

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!

Re-introducing Shirley Ryan Ability Lab's Care Partner Support Group for Cognitive Challenges in Movement Disorders

Moving Together

Care Partner Support Group for Cognitive Challenges in Movement Disorders

Shirley Ryan AbilityLab's Parkinson's Disease and Movement Disorders Program would like to extend our support to care partners of patients with movement disorders. Our mission is to spread awareness of these conditions and provide essential education and support.

Through our virtual platform, we offer a compassionate space for you to connect, share experiences, and gain practical advice, with other care partners. We hope to make a meaningful difference in your caregiving journey.

Moving Together is for care partners of individuals with:

- Lewy Body Dementia
- Parkinson's Disease
- Progressive Supranuclear Palsy
- Atypical Parkinsonism
- Corticobasal Syndrome
- Huntington's Disease

Fourth Thursday of every month
2-3 pm CDT
Virtual meetings via Zoom



Scan the QR code for more information, detailed dates and to sign up.
For questions, please contact Eric Espinoza at eespinoz02@sralab.org.



IDEAS en español - Shirley Ryan Ability Lab

In collaboration with Spanish-speaking experts, Shirley Ryan Ability Lab's Parkinson's Disease and Movement Disorders program has created a series of educational short videos in Spanish to illuminate the essential aspects of Parkinson's disease. This series provides an enriching perspective on the fundamentals of the disease, strategies to enhance mental health, rehabilitation interventions, creative therapies, and vital resources, empowering viewers to advocate for themselves or their loved ones and ask informed questions.

En colaboración con expertos de habla hispana, el programa de Enfermedad de Parkinson y Trastornos del Movimiento de Shirley Ryan AbilityLab ha creado una serie educativa de videos cortos en español para iluminar los aspectos esenciales del Parkinson. Esta serie ofrece una visión enriquecedora sobre los fundamentos de la enfermedad, estrategias para fortalecer la salud mental, intervenciones de rehabilitación, terapias creativas, y recursos vitales, empoderando a los espectadores para que aboguen por sí mismos o por sus seres queridos y hagan preguntas informadas.

Haga clic aquí para obtener el enlace a la lista de reproducción

Research Corner

Invitation to Participate in Parkinson Disease Research

Study Title: App based eye tracking to screen for neurological disorders

Participants are invited to take part in a research study that will look at eye movements in individuals with Parkinson Disease

You may be eligible to participate if you:

- Have Parkinson's disease
- Exhibit no eye movement abnormalities like double vision
- Have no mild cognitive impairment

What's expected of me?

1 Clinic/Lab Visit plus Home Testing

The clinic/lab visit will be no more than 1 hour
If you choose to participate in home testing it will be for no more than a week

What else do I need to know?

- You will bear no cost to you for your participation
- A parking voucher for the visitor garage (valid for 6 hours) will be provided for you lab visit



Principal Investigator: Dr. Fabian David

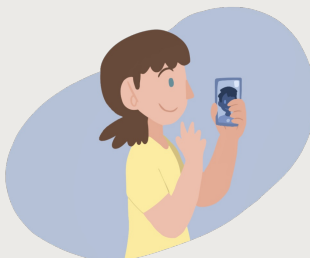
If interested, please contact

email: Fabian.J.David@northwestern.edu

Tel: (312) 503 4352

Participants will be recruited under study number: STU00221220

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
September 18th
4:00pm- 5:30 pm

Dancing w/ Parkinson's
Summer Intensive Dates: August
6, 8, 13, and 15

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 3- November 21

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)

[Exploring Music Therapy for Parkinson's- September 4th](#)

This program will utilize community partners to lead their unique programs focused on social and peer engagement.

[Register Virtual](#)

[Mindfulness Mondays- Mental Wellbeing- September 9th](#)

Join us every Monday as our expert speaker leads you in guided relaxation techniques to help boost brain power and reduce stress.

[Register Virtual](#)

[Expert Briefing: Addressing the Challenge of Apathy in Parkinson's- September 11th](#)

Apathy can be frustrating for people with Parkinson's, care partners and loved ones, but understanding it as a symptom and finding ways to cope with it are key to ensuring a good quality of life.

[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

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