

April 2025

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

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### **April is Parkinson's Awareness Month!**

Around the globe, the PD community takes the month of April to bring awareness to Parkinson's Disease. We take this time to educate others about the complexities of this disease. Many of you have first-hand experience regarding how little most people know about PD. The general public have images of Michael J. Fox or Muhammad Ali and feel that PD is simply a disease where those affected experience tremors and involuntary movements. But as we all know, PD is so much more than that.

At the PDMDC, our goal is always to give exceptional PD care to our patients and their loved ones. We recognize that PD care is more comprehensive than writing a prescription for carbidopa or a referral for physical therapy. To us, PD care involves creating space for those affected by Parkinson's (both directly and indirectly)- where they can come together with others experiencing similar things.

Thank you to you all for reminding us every day that Parkinson's Disease does not need to divide us. Our beautiful Parkinson's community shows us every day that we can make the experience of PD better by coming together.

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**Please join us in-person for our**

# educational event Advanced Therapies for Parkinson's Disease and Essential Tremor



## Advanced Therapies for Parkinson's Disease and Essential Tremor

**In this presentation you will learn from experts about the benefits of the following treatments:**

Deep Brain Stimulation for Parkinson's  
Focused Ultrasound for Essential Tremor  
Subcutaneous Infusion Therapy for Parkinson's

**Tuesday, April 15, 2025 4:00pm-6:00pm**  
**Pritzker Auditorium (third floor)**  
**Feinberg Pavilion at Northwestern Memorial Hospital**  
**251 E. Huron St.**  
**Chicago, IL 60611**

**There is no cost to attend**, but you must register.  
This event will be held in-person only.  
Registration is open to all.

To register, scan the QR code below or email  
[movementdisorders@nm.org](mailto:movementdisorders@nm.org).



**Register here**

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PD Care Partner Support Group is

# meeting in-person!

The in-person meeting is extending to 90 minutes, beginning with the meeting on April 23rd. The new meeting time will be 1:00pm- 2:30pm CST.



## PD Care Partner Support Group

*Please join us for our support group for care partners of those with Parkinson's disease. We hope the support group provides you with a place to connect with other care partners, share stories, gain new perspectives, and share coping strategies with others going through similar experiences.*

### Virtual Meeting

**Date: 2<sup>nd</sup> Wednesday of the month**

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

**Location: Via Zoom**

**Cost: Free**

2025 Schedule:

Virtual dates: January 8, February 12, March 12, April 9, May 14, June 11, July 9, August 13, September 10, October 8, November 12, and December 10

### In-person Meeting

**Date: 4<sup>th</sup> Wednesday of the month**

**Time: 1:00- 2:30PM (CT)  
(extended time starts 4/23)**

**Location: Conference Room  
on the 19<sup>th</sup> floor of Lavin  
(near the neurology clinic)**

**Cost: Free**

In-person dates: January 22, February 26, March 26, April 23, May 28, June 25, July 23, August 27, September 24, October 22, November 26, December date TBA

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**Contact Katie to register via e-mail at [movementdisorders@nm.org](mailto:movementdisorders@nm.org)**

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**Learn from some of the team at  
the PDMDC at Parkinson's  
Foundation Midwest Chapter**



# Symposium



## Learn More. Live Better. Parkinson's Symposium

**Date:** Saturday, April 26, 2025

**Time:** \*1:00 – 4:00 p.m. CT

*\*Check-in, lunch, & vendor fair starts at 12:00 p.m., program starts at 1:00 p.m.*

**In-person Location:**

NIU Conference Center

1120 E Diehl Road

Naperville, IL 60563

**-Or join online from home with Zoom!**

Attendance is free, but registration is required to account for seating and refreshments. Learn more and register at [www.parkinson.org/Midwest2025](http://www.parkinson.org/Midwest2025) or call Jessica at (312) 762-5706 or email [jbartsch@parkinson.org](mailto:jbartsch@parkinson.org)



Living with Parkinson's can be challenging, but there are many things you can do to maintain and improve your quality of life. This program will provide you with information to help you find the balance between a proactive approach and wondering what lies ahead.

**Expert Speakers:**

**-Danny Bega, MD, MSCI &**

**-Katie Fagan, MSW, LCSW, CDP**

Northwestern Medicine Parkinson's Disease & Movement Disorders Center, A Parkinson's Foundation Center of Excellence

Thank you to our Gold Sponsor



**Click here for registration  
information.**

**Spend International Parkinson's Day  
with Dr. Leo Verhagen- Metman,  
MD, PhD!**



YOU'RE INVITED!

*to come celebrate...*

## INTERNATIONAL PARKINSON'S DAY

*with Dr. Leonard Verhagen Metman, MD, PhD*

### JOIN US IN CELEBRATING INTERNATIONAL PARKINSONS DAY!

*You are cordially invited to celebrate with  
us over light bites and conversation with  
Dr. Verhagen on the latest treatment  
options for Parkinson's.*

*Don't miss this empowering event!*



DR. VERHAGEN METMAN,  
MD, PHD, IS A BOARD-  
CERTIFIED NEUROLOGIST  
AND A PROFESSOR OF  
NEUROLOGY AND  
NEUROLOGICAL SURGERY  
AT NORTHWESTERN  
UNIVERSITY.

### TIME

Saturday, April 12th, 2025  
2:30 p.m. - 4:00 p.m.

### WHERE

Hilton Chicago/Oakbrook Hills Resort  
3500 Midwest Road  
Oak Brook, IL 60523

### RSVP



Scan me to sign up!

or email/text Abby Kolbman:  
Abigail.kolbman@abbott.com  
(872) 817-0470

**Click here for registration  
information.**



# Chair Yoga for Parkinson's has moved to a new time!



## Chair Yoga for Parkinson's

*Northwestern Medicine, in partnership with Paul Weitz, certified yoga instructor, is happy to bring you Chair Yoga for Parkinson's.*

*This program is virtual.*

**Date: 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and (5<sup>th</sup>) Wednesday of each month**

**Time: 11:00-12:00 PM (CT)**

**Location: Zoom**

**Cost: Free**



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

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**The PDMDC/ Shirley Ryan team is growing! Please join us in welcoming these new members of our team!**

## Michael R. Wilson, DO



**Dr. Michael R. Wilson** is a dedicated and experienced physician with a lifelong commitment to advancing the science of movement and rehabilitation. A graduate of Washington State University, Dr. Wilson built a strong foundation in biology and human physiology before earning his Master's degree in Exercise Physiology from The Ohio State University, where he further honed his understanding of how physical activity and rehabilitation impact the human body.

In 2001, Dr. Wilson earned his Doctor of Osteopathic Medicine degree from Midwestern University in Glendale, Arizona. His deep interest in the nervous and musculoskeletal systems led him to specialize in Physical Medicine and Rehabilitation, completing his residency at Northwestern University's McGaw Medical Center/The Rehabilitation Institute of Chicago, now known as the Shirley Ryan AbilityLab. During his residency, Dr. Wilson was honored to serve as Chief Resident in the Department of Physical Medicine and Rehabilitation and received the prestigious Helen Cooper Outstanding Resident Teacher Award. His excellence in education and leadership was further recognized with his appointment as a Walter E. Heller Fellow at The Rehabilitation Institute of Chicago.

Dr. Wilson's clinical expertise, combined with his dedication to excellent patient care has led him to a diverse and successful career. After completing his residency, he joined a private Physical Medicine and Rehabilitation practice in Portland, Oregon, where he spent over 15 years refining his patient-centered approach and passion for helping patients regain and maintain their mobility and function.

Now, Dr. Wilson is excited to return to the Chicagoland area to join the esteemed faculty of Northwestern University Feinberg School of Medicine, Department of Physical Medicine and Rehabilitation. He is honored to be with the Shirley Ryan AbilityLab, where he continues his work in partnership with patients to promote movement, mobility, and optimal function.

Dr. Wilson believes deeply that "movement is medicine". His approach to patient care is rooted in this philosophy, as he works alongside patients to help them not just recover but thrive in their physical capabilities. Whether restoring function after injury, managing chronic conditions, or improving quality of life, Dr. Wilson is an empathetic listener and innovative problem solver who partners with his patients to achieve their movement goals, empowering them to live their fullest lives.

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The General Parkinson's Support Group will be 75 minutes long (instead of 60 minutes) beginning with the meeting on April 2nd. The new times of this meeting will be 1:45 pm- 3:00 pm.

# General PD Support Group

*Please join us for our support group for our PD community.  
We hope it provides you with a place to meet, share stories,  
gain new perspectives, and share coping strategies with  
others going through similar experiences.*

**Date: 1<sup>st</sup> Wednesday of the month**

**Time: 1:45 PM-3:00 PM (CT)**

**Location: Virtual**

**Cost: Free**

This support group has a new start time of 1:45pm! This group will now be 75 minutes in length.

2025 Session dates:

January 7

February 5

March 5

April 2

May 7

June 4

July 2

August 6

September 3

October 1

November 5

December 3

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Contact Katie to register via e-mail at [movementdisorders@nm.org](mailto:movementdisorders@nm.org)

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## Shirley Ryan Ability Lab's PDMD Open House is April 6th



*Parkinson's Disease and Movement Disorders (PDMD) Program*

# Save the Date: PDMD Open House Event

**Sunday, April 6, 2025 | 1 PM – 4 PM**  
Shirley Ryan AbilityLab, 355 E. Erie St., 10<sup>th</sup> floor



**Hear** about our latest initiatives.

**Learn** from experts in Parkinson's care.

**Discover** community resources.

To register, click on the link or scan the QR code:  
[PDMD Program Open House 2025](#)



Shirley Ryan  
**Abilitylab**

## MARK YOUR CALENDARS!

Stay tuned for  
more details.

For any  
questions,  
please contact  
**Kaley  
Brouwer**,  
[kbrouwer02@  
srilab.org](mailto:kbrouwer02@srilab.org)

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Join us for the Michael J. Fox  
Foundation's Run/ Walk Series



THE MICHAEL J. FOX FOUNDATION  
FOR PARKINSON'S RESEARCH

Run/Walk Series

# Together, we can outrun Parkinson's

## Rate Field Chicago, IL

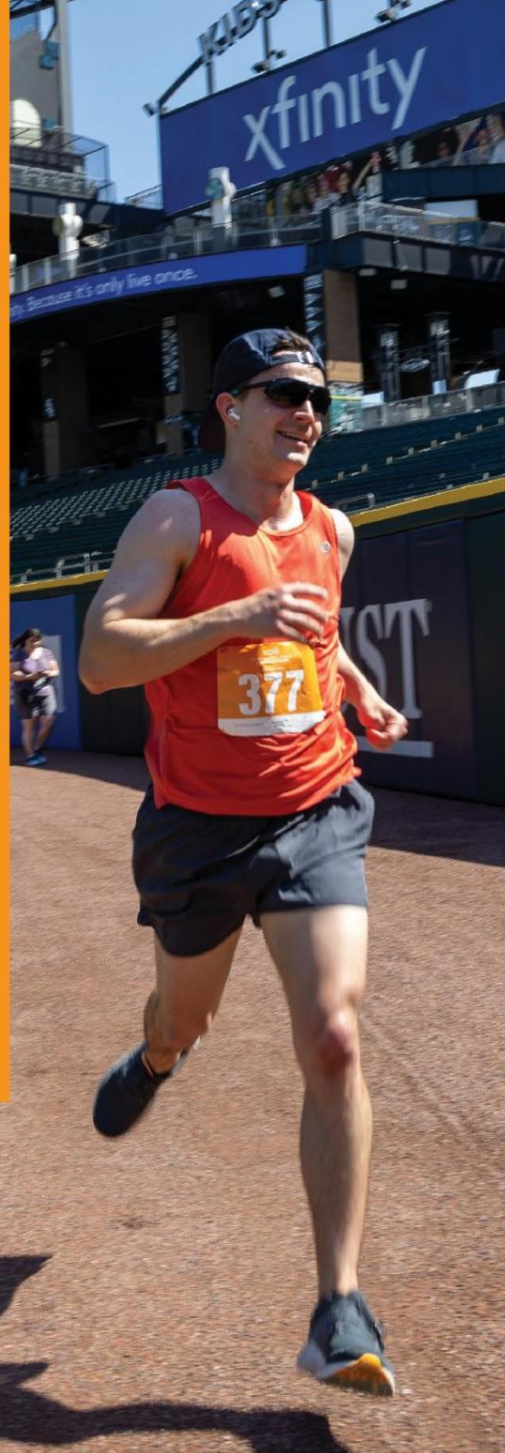
May 18, 2025

Run, walk or jog  
alongside your community  
to help advance  
Parkinson's research.

100% of funds raised go directly to  
high-impact Parkinson's research.



Scan to register or visit  
[bit.ly/ChiRunWalk](https://bit.ly/ChiRunWalk)



## Research Corner



# Your guide to participating in Parkinson's Disease research

You are invited to support research aiming to identify people with Parkinson's disease who have a specific set of genetic changes in their DNA.



## In this document you'll find information about

- Why this study is happening and what it aims to achieve
- What participation involves
- How your health information will be used and kept private, safe and secure

## Where can I direct questions?

We're here to help in any way we can. Call us, email us, or start a live chat via the Sano Genetics website.

[contact@sanogenetics.com](mailto:contact@sanogenetics.com) | [sanogenetics.com](https://sanogenetics.com)

## The Why | Why this study is happening and what it aims to achieve

### Why is this study happening?

- Researchers want to understand more about how specific changes in a genetic pathway may be linked to the development of Parkinson's Disease (PD).
- About 30% of people with Parkinson's have overactivity in this specific gene pathway.
- By learning more about the biological mechanisms behind Parkinson's, researchers aim to provide a startingpoint for developing new treatments.

This research aims to identify people with PD who have a specific genetic profile by offering participants a free at-home genetic test.



By gathering genetic data from people affected by PD, researchers hope to better understand the biological mechanisms behind genetic changes in the condition - with the hope this will provide a foundation for developing new treatment options in the future.

The only way to find out if you have these genetic changes is to take a test which analyzes your DNA (a simple and completely painless process which involves collecting a saliva sample and sending it to a lab by post).



### Participating in Parkinson's Disease research

If you join this study and are eligible to take part, we will send a free, easy-to-use investigational genetic test to your home. Your saliva sample will be used to test if your PD is linked to changes in the genetic profile researchers are investigating. The outcome of the test could contribute to helping researchers better understand PD and support future research for new treatment options. Depending on the outcome of the test, you may be eligible to support future clinical trials.



Enrolled

MESSAGES  
Sano Genetics  
1m ago  
There's a new study opportunity that may be right for you



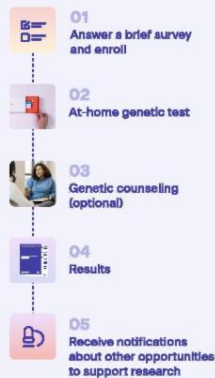
### Why was I invited?

You have been invited to participate in this study because you have a confirmed diagnosis of Parkinson's Disease.



**What's involved?**

- Participate entirely from home
- Receive a free, easy-to-use genetic test and return it by post
- Answer a brief online survey including questions about your medical history and ongoing symptoms

**Step by step process****Taking part**

If you agree to take part you will be asked to provide your name, date of birth, sex at birth, ethnicity, contact information and shipping address so that we can send you your genetic test kit.

You'll also be asked to answer some questions about your medical history and ongoing symptoms.

**Risks and Benefits****Potential Benefits:**

Taking part gives you access to a free genetic test and online genetic counseling services

The results from this test may mean you are eligible to participate in future research studies

**Potential Risks:**

While we prioritize safeguarding your data, sharing personal information online carries inherent risks

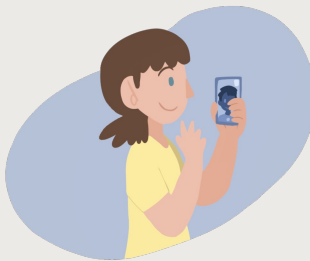
Our partner labs validate genetic sequencing methods rigorously, but there is a small risk of receiving inaccurate results

**Genetic testing**

- ✓ If you're eligible to take part, we'll provide you with further information about this study and you'll be asked to order a free, at-home genetic testing kit. The kit will include easy-to-follow instructions on how to collect your saliva sample and send it to the lab.
- ✓ Once your sample reaches the lab, DNA extraction and sequencing will begin.
- ✓ We'll keep you updated via email throughout the process.
- ✓ Once your results are ready, you'll have the opportunity to speak to a genetic counselor, a healthcare specialist who will explain your results and help plan your next steps.
- ✓ Your results will be available to download via your secure Sano Account. Within your account you'll be able to stay up to date as the study progresses, read, listen and learn more about the genetic elements of Parkinson's, and gain access to further opportunities to contribute to research.



**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  
(time will change to 1:45pm-3:00pm beginning 4/2)

Women and PD Support Group

2nd Wednesday of the month  
11:00 am – 12:00 pm

PD Care Partner Support Group

Virtual: 2nd Wednesday of the month, 2:00 pm – 3:30 pm

In-person: 4th Wednesday of the month, 1:00 pm- 2:30 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)  
Wednesday of the month  
11:00am – 12:00pm

Art Therapy for PD

3rd Monday of the month  
10:00 am – 11:00 am

Improv for PD

Thursdays 2:00pm- 3:30pm  
March 27-May 29

(new time beginning 4/23)

Young Onset PD Support Group  
4th Wednesday of the month  
6:00 pm – 7:00 pm

PD 101  
May 21st and November 19th  
4:00 pm - 5:30 pm

Dancing w/ Parkinson's  
Thursdays 11:30am- 12:30pm  
February 27th- May 8th

PD 201

July 16th and October 15th  
4:00 pm- 5:30 pm

Parkinson's Players Ping Pong  
Saturdays beginning 12/14/24  
11:15am - 12:45pm

Music Therapy for PD  
Tuesdays 1:00pm- 2:00pm  
April 22 - June 24

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)

### [Wellness Wednesdays- Live Life Out Loud- April 2nd](#)

Join us for an interactive and uplifting music therapy session designed to support individuals with Parkinson's—right from the comfort of home. Led by board-certified music therapists, this engaging program incorporates the AudAbility® Protocol, using the power of music to enhance vocal strength, breath control, movement, and emotional well-being.

[Register Virtual](#)

### [Mindfulness Mondays- Building the Foundation- April 7th](#)

Developing a mindfulness practice can be a great gift as we manage our journey with Parkinson's. But

how do we do it? This session will focus on the nuts and bolts of building mindfulness into your days, help you overcome common hurdles, and offer a guided meditation to help bring mindfulness to every moment..

[Register Virtual](#)

### [Expert Briefing-The Latest Advances in Parkinson's Treatment and Research - April 9th](#)

Join us for an in-depth look at the latest advancements in Parkinson's disease research and the emerging treatments. This webinar will cover the current medication pipeline, highlighting new therapies and their potential impact on symptom management. Participants will also learn how to identify and participate in relevant clinical studies, staying informed on the cutting-edge research that is shaping the future of Parkinson's care.

[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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