

December 2024

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



Happy Holidays from all of us at Northwestern's Parkinson's disease and Movement Disorders Center! We are grateful to be a part of Chicago's (and beyond) Parkinson's community. We hope you all have a happy and healthy holiday season. And we look forward to continuing to provide cutting edge Movement Disorders care into the new year.

Dancing with Parkinson's will have one more class in December!

If you've wanted to try this program, but don't want to commit to a weekly class, this is perfect for you!

Dancing with Parkinson's

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

Date: Thursdays

November 21st and December 12th

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

**Register for Dancing with Parkinson's
here!**

**New Session of Music Therapy for
Parkinson's- starting January 14th!**

Department of Neurology

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, January 14 through April 1, 2025
- 1 to 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.

Register here for Music Therapy for Parkinson's

PD Care Partner Support Group is meeting in-person!

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: 2nd Wednesday of the month

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

Location: Via Zoom

Cost: Free

In-person Meeting

Date: 4th Wednesday of the month

Time: 1:00- 2:00PM (CT)

Location: Conference Room on the 19th floor of Lavin (near the neurology clinic)

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 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

Contact Katie to register via e-mail at movementdisorders@nm.org

You can also join us on December 17th from 2-3pm in the conference room on the 19th floor of Lavin.

Parkinson's Players: Ping Pong is Returning in December!

Parkinson's Players: Ping Pong

Date: Weekly on Saturdays

Beginning on December 7th

Time: 11:15AM- 12:45PM (CT)

Location: Edgewater Fitness Center

1106 W. Bryn Mawr

Chicago, IL 60660

Cost: Free for Participants

Please join us for an instructional ping pong clinic and open play at the Edgewater Fitness Center (following Rock Steady Boxing).

The Parkinson's Players Program is designed to promote play-based activities and foster friendship with those facing similar challenges.

No ping pong experience is necessary.

Space for the group is limited. RVSP Required.

**Please contact Katie at
movementdisorders@nm.org, if you are
interested in joining.**

**Register for Parkinson's Players
Ping Pong here!**

**The Recording of our 2024
Symposium is now available!**



Watch this recording to learn:

Top tips from a Movement Disorders Specialist

Updates in Research and the Therapeutic Pipeline

Be Creative! The benefits of Artistic Expression for Parkinson's Disease including: dance, music therapy, improv, and visual artistic therapy

Special thank you to our sponsors: The Parkinson's Foundation, Abbott, Abbvie, Boston Scientific, and GE Healthcare

Shirley Ryan Ability Lab's Storytelling for Caregivers program

Storytelling for Caregivers

A Storytelling Program for Caregivers of those with Parkinson's Disease

Join us for a unique storytelling program designed specifically for those affected by Parkinson's disease. Our program offers a creative and supportive space where you can share your experiences, connect with others, and find solace through the art of storytelling.

Whether you're looking to express your personal journey, build meaningful connections, or simply enjoy the therapeutic benefits of storytelling, our sessions provide a nurturing environment tailored to your needs. Led by an experienced facilitator, Tekki Lomnicki, the Artistic Director and Founder of Tellin' Tales Theatre, our program encourages self-expression and emotional well-being while fostering a sense of community and mutual support.

ABOUT THE PROGRAM

We are actively recruiting caregivers of those with Parkinson's disease.

This is a 7-week program composed of 6 storytelling/writing classes and 1 performance, where you will have the opportunity to share your story with your loved ones.

- **When:**
 - **Start Date:** Tuesday, January 7th, 2025
 - **Performance Date:** Sunday, March 2nd, 2025
- **Time:** 6:30-8:30 pm CDT
- **Where:** Virtual meetings via Zoom
 - The performance will be in-person at our flagship hospital with an alternative option for participants who can't make it in person. The performances will also be streamed live via Zoom for loved ones and participants who can't attend in-person.

- **To register, click the link or scan the QR code:**
<https://redcap.link/6suc1q6o>



Questions?

Visit our Website: [Tell Your Parkinson's Story](#)

Or reach out to
Eric Espinoza,
eespinoz02@sralab.org

**Click here to email for more
information or register!**

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.

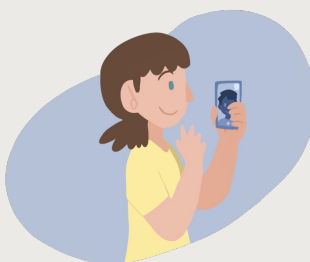
If you are interested in participating or want to learn more, please contact

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

In-person: 4th Wednesday of the month, 1:00 pm- 2:00 pm

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 26th

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
2025 dates TBA

PD 201
April 16th and September 17th
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
January 14th- April 1st

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

[Mindfulness Mondays- Equanimity - December 2nd](#)

Managing a chronic condition can bring up feelings of overwhelm and anxiety. In this session we will think together about the cultivation of equanimity through mindfulness practice and offer a meditation specifically designed to build equanimity in the face of life's most pressing challenges.

[Register Virtual](#)

[Wellness Wednesdays- Shining a Light on Parkinson's Psychosis: Hallucinations and Delusions- December 4th](#)

Not every person with Parkinson's disease (PD) will develop psychosis or its symptoms, but it can still be a frightening thought. Hallucinations and delusions can be common in PD, but understanding what it means in Parkinson's and how a person may experience symptoms can ease the fear and embarrassment that may result. Learn causes, related symptoms and how to address them. [Register Virtual](#)

[Live Fitness Fridays: Boxing for Balance- December 13th](#)

Join us for a dynamic aerobic boxing class designed specifically to help manage Parkinson's symptoms. Through targeted, low-impact boxing exercises, you'll improve balance, strength, and range of motion while working up a sweat. This high-energy workout is tailored to address the unique physical challenges of Parkinson's, enhancing motor skills, coordination, and confidence.

Get ready to punch your way to better health in a fun, supportive environment. No prior boxing experience is needed—just bring your energy and a desire to move!

for better rotation in boxing movements. The class will be paced from moderate to higher intensity, with seated variations available to meet all ability levels.

[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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