

March 2025

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

Improv for PD is returning this spring
with TEN classes this session
(instead of the previous eight
classes)

Improv for PD

Northwestern Medicine, in partnership with The Second City, is happy to bring you Improv for PD.

Date: 10 week series on Thursdays

March 27 – May 29

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

Location: The Second City

230 W. North Ave

Chicago, IL 60614

Cost: \$150 for all 10 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.

Register for Improv for PD here

PD Care Partner Support Group is meeting in-person!

The virtual meeting is extending to 90 minutes beginning with this next meeting (March 12th). The new meeting time will be 2:00pm- 3:30pm CST.

The in-person meeting is also 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: 2nd Wednesday of the month

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

Location: Via Zoom

Cost: Free

In-person Meeting

Date: 4th Wednesday of the month

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

**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

Parkinson's Players: Ping Pong is back!

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

Laura Wargo, Dietician



Laura completed college at the University of Illinois Urbana/Champaign (go Illini!) and did her dietetic internship at the St. Louis VA Medical Center. She has worked with the Women, Infants, and Children Program and most recently with Maternal Fetal Medicine as the Diabetes Educator. She has 2 small children and 2 dogs. She also has a

neurological disorder, so this clinic is very near and dear to her heart!

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: 1st 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

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

Shirley Ryan Ability Lab's Tellin' Tales Performance from Care Partners

The Parkinson's Disease and Movement Disorders Program and Tellin' Tales Theatre present...

The Other Side of Parkinson's: Stories from Care Partners

Sunday, March 16, 2025

FREE | Join us in-person at our Flagship location
(355 E. Erie St., 10th floor) or via Zoom.

Doors open at 1:30pm, show begins at 2pm



Join us for a **storytelling show**
where **five** care partners share
their stories about Parkinson's.

Shirley Ryan
Abilitylab


Tellin' Tales
THEATRE
Everybody Has a Story

REGISTER HERE:

Scan the QR Code or
[click HERE to register.](#)



For any questions,
contact **Eric Espinoza**,
eespinoz02@srilab.org

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



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

- 01**
Answer a brief survey and enroll
- 02**
At-home genetic test
- 03**
Genetic counseling (optional)
- 04**
Results
- 05**
Receive notifications about other opportunities to support research

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.



Order your test

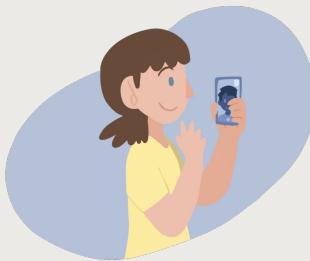


Collect your saliva sample



Mail it in

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
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- 3:30pm
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

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- Body Awareness - March 3rd](#)

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

[Register Virtual](#)

[Care Partner Conversations- March 5th](#)

These interactive programs focus on providing tools and information to help care partners, friends, and families as they navigate the daily challenges of Parkinson's.

[Register Virtual](#)

[Expert Briefing- Nourishing Wellness- Nutrition for Parkinson's- March 12th](#)

Food is more than just fuel—it plays a powerful role in how we think, feel, and move. This session explores the connection between nutrition and Parkinson's, covering how diet influences brain health, gut function, and overall well-being. We'll discuss the impact of food on the body's systems, the role of protein in medication effectiveness, and how to use nutrition as a tool to enhance 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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