

November 2025

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

Join us for Dancing with Parkinson's
this fall at The Joffrey Ballet South
Loop!

Northwestern Medicine, in partnership with
Joffrey Ballet, is happy to bring you

Dancing with Parkinson's

Upcoming Dates: November 13 & December 18
11:30am- 12:30pm PM (CT)

Location: Joffrey Ballet's South Loop Studios
1920 S. Wabash Ave, Chicago, IL 60605

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. It's a great program for People with Parkinson's, as well as their care partners. There is no cost.

Questions? Email Katie at movementdisorders@nm.org or
Annika at ahileman@joffrey.org



Register here

Join us for Parkinson's Disease 101:
An Introduction to Parkinson's
Disease on November 19th

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 2025:
May 21st and November 19th
Time: 4:00-5:30PM (CT)

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



**Register
here!**

Parkinson's Players Ping Pong is
returning December 6th!

Parkinson's Players: Ping Pong

Date: Weekly on Saturdays
Beginning on December 6th
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.

Click to Register

New virtual support group coming
this fall!

Grief and Loss Support Group

Northwestern University offers support groups patients and families who are being treated for movement disorders.

Grief and Loss Virtual Support Group
Starting September 2025
First Tuesday of every month at 1 PM, CST

**For registration and meeting link please
email:**

movementdisorders@NM.org

Dr. Simuni Interview that Gives Update on the New Biologic Staging System from Parkinson's Disease

While attending the Movement Disorders Society (MDS) annual conference this past month, Dr. Tanya Simuni was interviewed on the MDS podcast. In this interview, she spoke about the current state of Parkinson's Disease

research. She also spoke at great length about the newly proposed biologic staging system that accounts for the presence of recently discovered alpha-synuclein. For those who like to stay informed about the current state of PD research, this interview is a must-listen!



[**Click here to listen.**](#)

News from around the Northwestern Network

Join us on November 12th to
celebrate the expansion of our
Northwestern Medicine: Palos
Clinic!

Parkinson's Community Forum

*Come enjoy lunch and hear from
local providers and specialists about
community resources, opportunities,
and tips for living well with
Parkinson's!*

When: Wednesday, November 12th
12:30-2:00pm

Where: 15300 West Ave, Orland Park
Conference Room A

Lunch will be provided

Email kellie.reynolds@nm.org to register

**New Parkinson's Support Group is
coming to Orland Park in October!**

PARKINSON'S SUPPORT GROUP

Beginning in October...

A space for people with Parkinson's and their loved ones to connect, share, and support each other. Each month will look a little different – with open conversations, guest speakers, fun activities, and helpful tips for living well.

When: The second Wednesday of every month from 1:00-2:00pm

Where: 15300 West Ave, Orland Park –
Conference Room B
(Take elevator A down to floor G)

Email **kellie.reynolds@nm.org** to register

**Register
here!**

**MIND Diet Event at CDH (Hybrid)
will be November 19th!**

The MIND diet for brain health: What is it and how might it help?

November 19 from 2:30-4

The MIND diet combines the Mediterranean Diet and Heart Healthy (DASH) Diet to promote brain health and improve cognition. For people with cognitive impairment, Alzheimer's, Parkinson's, or related conditions the MIND diet promotes brain health in a way that combats against further decline.

During our upcoming session together, we will:

- explore the MIND diet, what it is and the science behind it.
- look at ways to incorporate the MIND diet into your individual lifestyle

Presenters:

Heather Fill APN, CNP. Heather assesses and treats people with cognitive disorders. She is a proponent of the MIND diet with her patients and their family members.

Laura Yudys MS, RD, LSN Laura is the Manager of Nutritional Services at CDH. She has helped many people adapt to dietary recommendations.

Registration Information

Where: This will be a hybrid event both at Central DuPage Hospital In Patient Conference rooms 1 and 2 with a virtual component.

Please call registration at 630-933-4234 or use the links below to register.

[Classes, Events and Support Groups Mind Diet Inperson - CDH](#)

[Classes, Events and Support Groups Mind Diet Virtual](#)

25 North Winfield Road, Winfield, Illinois 60190
nm.org

New Speak Out! Therapy Group coming to Palos/Orland Park in November!

SPEAK OUT!® Therapy Group

Beginning in November...

Join our monthly group to **regain** and **retain** your speech and swallowing! This program is open to those enrolled in SPEAK OUT!® therapy, a program developed by the nonprofit Parkinson Voice Project.

When: The first Wednesday of every month
from 12:00-1:00pm

Where: Palos Hospital – Room ACC-2
(Enter through the Rehabilitation Services
entrance and check in at the front desk)

Email kellie.reynolds@nm.org to register

**Shirley Ryan Abilitylab's Parkinson's
Storytelling Program for Caregivers
still has spots open!**

Parkinson's Storytelling Program

For People with Parkinson's and Caregivers

Living with Parkinson's disease or caring for someone who does comes with many challenges—but also powerful stories waiting to be shared. Our storytelling program is about connection, healing, and growth. Through guided workshops, we help participants find their voice, shape their stories, and share them in a supportive space. Whether you are living with Parkinson's or caring for someone who is, your story matters. Come share it with us.

ABOUT THE PROGRAM

This is an 8-week program led by **Tekki Lomnicki**, Artistic Director and Founder of **Tellin' Tales Theatre**, and it includes:

- 6 virtual storytelling sessions
- 1 in-person or virtual dress rehearsal
- 1 in-person or virtual performance

Group 2: Caregivers

- Start Date & Time:** Tuesday, January 13, 2026 from 6:30pm-8:30pm
 - Weekly meetings on Tuesdays until February 17th
- Performance Date:** Sunday, March 8th, 2026

LET'S LIFT EACH
OTHER UP—ONE TALE
AT A TIME

Register by scanning the
QR code



For questions, reach out to
Eric Espinoza,
eespinoz02@sralab.org




**Tellin' Tales
THEATRE**
Everybody Has a Story

Shirley Ryan Abilitylab is recruiting
mentees for their new peer mentoring
program!

You Don't Have to Navigate Parkinson's Alone—
Become a Mentee.

The Parkinson's Disease and Movement Disorders
Program at Shirley Ryan AbilityLab invites people

with Parkinson's and care partners to join our Peer-Mentorship Program. This unique program connects you with a trained peer-mentor—someone who truly understands what you're going through and can offer guidance, encouragement, and hope from firsthand experience. Together, you'll share experiences, learn practical tips, and build confidence as you navigate this journey.

If you're interested, please click the link to complete the form.

For any questions, contact Eric Espinoza,
eespinoz02@sralab.org.

[Complete the form Here](#)

[Click here to read Shirley Ryan Ability Lab's Summer Program Summary](#)

Research Corner



Parkinson's disease research opportunity

Learn more about the NEULARK clinical trial

If you are:

- ✓ Aged 40-80 years old
- ✓ Diagnosed with early-stage Parkinson's Disease
- ✓ Not currently on dopamine replacement therapies such as levodopa

Find out how you can fast-forward Parkinson's disease research when you follow the link.



[Learn more](#)

[Find A Trial](#)
[About Clinical Trials](#)
[Resource Center](#)
[Contact](#)
[For Clinical Sites](#)

PARKINSON'S DISEASE STUDY

PARKINSON'S DISEASE

Researching an investigational treatment to change the course of Parkinson's disease.

If you or a loved one has been diagnosed with early-stage Parkinson's Disease, a clinical trial might be able to help. This trial is testing a drug against brain inflammation. We are enrolling people who have Parkinson's disease with symptoms beginning within the last two years.

Who's Included?

Adults
40-85

Drug & Formulation

BHV-8000
Once-Daily Oral Tablet

Possibility of Placebo

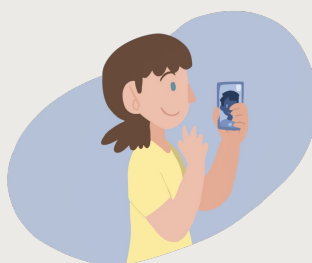
Yes

✓ Participants Must:

- Be 40-85 years of age at the time of signing the informed consent form
- Have a documented diagnosis of Parkinson's disease that started within 2 years of the first (screening) study visit
- Not currently taking any medications for Parkinson's disease.

If interested, please contact ZsaZsa Brown at zsasa.brown@northwestern.edu

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
1:45pm- 3:00pm

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

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

Grief and Loss Support Group

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
September 18-November 20

PD 201
2026 dates to be announced

1st Tuesday of the month
1:00pm- 2:00pm

PD 101

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

Dancing w/ Parkinson's

Sept 25, Oct 23, Nov 13, and
Dec 18
11:30am- 12:30pm

Parkinson's Players Ping Pong
Saturdays beginning 12/6/25
11:15am - 12:45pm

Music Therapy for PD

Tuesdays 1:00pm- 2:00pm
September 2 - November 18
January 6, 2026- March 24, 2026

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: Soothing the Nervous System- November 3rd](#)

Living with Parkinson's can create tension in both body and mind, often leaving the nervous system on high alert. In this session, we'll explore how mindfulness and compassion practices can calm the nervous system, reduce stress, and restore a sense of ease. Through guided loving-kindness meditation and practical techniques, you'll learn how to nurture warmth, self-acceptance, and resilience—helping both your body and mind find balance in everyday life. [Register Virtual](#)

[Care Partner Summit- Caring with Confidence: Identity, Boundaries, and Support- November 8th](#)

Navigating the journey of Parkinson's care involves continual change—not just for the person with

Parkinson's, but also for you, the care partner. This empowering two-hour webinar is designed to help you support your loved one while also caring for yourself with confidence, clarity, and compassion.

Join us for "Caring with Confidence," a virtual gathering focused on the evolving roles, boundaries, and identities that shape the care partner experience. Whether you're new to caregiving or have supported someone through many seasons of Parkinson's, this webinar offers connection, insights, and practical reflections.

[Register Virtual](#)

[Expert Briefing: Complimentary Therapies and Functional Medicine in Parkinson's Care- November 12th](#)

Managing Parkinson's disease (PD) symptoms goes beyond traditional medications, with complementary therapies and holistic approaches offering additional support. This program introduces participants to non-drug options—such as massage, acupuncture, red light therapy, and CBD—that can help relieve symptoms and enhance daily well-being. By exploring functional medicine's focus on root causes and whole-body wellness, participants will gain a deeper understanding of how these therapies can address symptoms and improve overall quality of life, providing a more balanced and individualized approach to PD management. [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](#)

[Hospital Safety Guide](#)

[Podcasts](#)

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