

**National Parkinson Foundation | Chicago Grants**



**Community Grants are made available through the efforts of Moving Day®, the National Parkinson Foundation, and the support of our local community.**

**For more information about how you can help, please call us at 1-800-473-4636 or [movingday@parkinson.org](mailto:movingday@parkinson.org).**

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## Hubbard Street Parkinson's Dance Class Project – Hubbard Street Dance Chicago

Hubbard Street Dance Chicago is proud to offer Hubbard Street Parkinson's Project, the longest running dance program for Parkinson's patients in the Midwest. The program uses contemporary dance techniques to work to slow the progress of the disease, and also provides a community of support for our students. Live musical accompaniment, dance and a positive atmosphere help our patients improve mobility and overall well-being.

Kathryn Humphreys, Hubbard Street Director of Education & Community Programs, explains about the program, "This is a dance class that combines the artistry of dance with live music to encourage one's natural instincts for movement and the benefits that movement can produce physically and socially. It's an opportunity for participants and their loved ones to do something fun together."

Dates: Mondays and Thursdays at 2pm  
One Saturday per month at 2pm  
For a more detailed schedule, see our web site.  
[http://www.hubbardstreetdance.com/index.php?option=com\\_content&view=article&id=86&Itemid=72](http://www.hubbardstreetdance.com/index.php?option=com_content&view=article&id=86&Itemid=72)

Location: Hubbard Street Dance Chicago  
1147 W Jackson Blvd  
Chicago, IL 60607

Instructors: Kristen Jacobsen  
Sarah Cullen Fuller

Contact Info: [adaptivedance@hubbardstreetdance.com](mailto:adaptivedance@hubbardstreetdance.com)  
312-850-9744x149

## Exercise Classes for Parkinson's Disease – Rehabilitation Institute of Chicago

The Adaptive Sports and Fitness Center at the Rehabilitation Institute of Chicago (RIC) is pleased to provide Exercise Classes for Parkinson's Disease. These classes benefit individuals with Parkinson's disease by providing instruction, support, and a safe environment in which they can learn exercises designed specifically for this population in order to improve function and quality of life. The program is intended for adults with Parkinson's disease in the Chicago area through two disease-specific classes. Parkinson's disease Amplitude-Based Training is an advanced-level group exercise class that incorporates the latest approach to exercise for individuals with early stage Parkinson's disease. The second class, Integrated Exercise of Parkinson's Disease, is specifically designed to help individuals diagnosed with Parkinson's disease learn to use exercise for symptom management, and is geared toward those with more progressed Parkinson's disease. Both classes are intended to improve physical function both in and outside of class, providing participants with additional means of managing their conditions and having more active lives.

Dates/Location:

**DEERFIELD:**

**Integrated Exercise for Parkinson's**

**When:** Every Tuesday and Thursday from 4:00pm to 5:00pm

**Where:** Zion Lutheran Church

10 Deerfield Road

Deerfield, IL 60615

**PD Amplitude**

**When:** Every Tuesday and Thursday from 5:00pm to 6:00pm

**Where:** Zion Lutheran Church

10 Deerfield Road

Deerfield, IL 60615

**WILLOWBROOK:**

**PD Amplitude**

**When:** Every Monday and Wednesday from 4:30pm to 5:30pm

**Where:** RIC Willowbrook Day Rehab and Outpatient Center

6705 Kingery Highway

Willowbrook, IL 60527

**DOWNTOWN:**

**Integrated Exercise for Parkinson's**

**When:** Every Monday, Wednesday and Friday from 11:00am-12:00pm

**Where:** RIC Health and Fitness Center

710 N Lakeshore Drive, 3<sup>rd</sup> Floor

Chicago, IL 60611

**PD Amplitude**

**When:** Every Monday and Wednesday from 5:30pm - 6:30pm

**Where:** Rehabilitation Institute of Chicago

Floor 16, Room #1609

345 E. Superior St., Floor 16  
Chicago, IL 60611

**Class Currently in Development:**

**When:** 11am, Date/Dates TBD

**Where:** Evanston Dance Center  
1934 Dempster St, Evanston, IL 60202

Instructor's name: Eric Johnson

Contact Info:

Eric Johnson

[ejohnson@ric.org](mailto:ejohnson@ric.org)

## **“Parkinson’s on the Move” Fitness Program - CJE Senior Life**

CJE SeniorLife (CJE) facilitates “Parkinson’s on the Move“, a fitness program that addresses the daily physical challenges experienced by people living with Parkinson’s disease. The goal of the program is to strengthen weakened muscles, minimize the risk of falls and facilitate independence with daily routines. “Parkinson’s on the Move” focuses participants on maintaining and improving mobility, flexibility, strength, and balance. Included are movement, stretching, and resistance training accompanied by music —all have been shown to have a positive effect on Parkinson’s symptoms. “Parkinson’s on the Move” is held at two CJE sites: Lieberman Center for Health and Rehabilitation at 9700 Gross Point Road in Skokie, Illinois, and Weinberg Community for Senior Living at 1601 Lake Cook Road in Deerfield, Illinois. Both Lieberman and Weinberg are home to many older adults living with Parkinson’s disease. Staff also provides outreach for community participants who live in the surrounding areas.

- Weinberg Community “Parkinson’s on the Move”
  - Dates for program/class: Wednesdays and Fridays, 1-hour classes in continuous sessions. These include two “Parkinson’s on the Move” options: one moderately strenuous class and one intermediate class.
  - Location: CJE SeniorLife Weinberg Community for Senior Living at 1601 Lake Cook Road in Deerfield, Illinois
  - Instructor’s name: Dontrel Whitfield, trainer from HealthPRO Rehabilitation
  - Contact info for how to sign up: Michelle Bernstein 847-236-7852
  
- Lieberman Center for Health and Rehabilitation “Parkinson’s on the Move”
  - Dates for program/class: Tuesdays and Thursdays, 1-hour classes in 4 continuous 8-week sessions. There is a limit of 12 participants per session. A waiting list is created if more are interested in attending. If 12 more wish to participate, an additional twice-weekly class will be added.
  - Location: CJE Senior Life Lieberman Center for Health and Rehabilitation at 9700 Gross Point Road in Skokie, Illinois
  - Instructor’s name: Roxanne Cano, exercise technician from SimplyRehab
  - Contact info for how to sign up: Cindy Pedersen 847 929-3022

## **“We Feel the Beat” Music Therapy Class - Family Alliance, Inc.**

With the support of the National Parkinson Foundation, Family Alliance in Huntley, Illinois, will offer the “We Feel the Beat” Music Therapy Project beginning in September, 2014.

This program will consist of four sessions per month that will be open to individuals in the community who have been diagnosed with Parkinson’s disease. The program will be offered for one year. There is no fee for participants, but groups will be limited to no more than 10 individuals per group based on a first-come, first-served model.

Music therapy can offer opportunities to interact with others, experience the enjoyment of making music in an ensemble, participate in an uplifting music experience specifically planned by a board certified music therapist to account for motor, communication and cognitive challenges and a venue to express in appropriate ways emotions and concerns about the impact of Parkinson’s on daily life.

**Dates:** The second and fourth Mondays of each month. There will be two hour-long groups on each of those days, one from 9:30 to 10:30 am and the second from 10:30 to 11:30 am. The start date for the project is Monday, September 22nd, 2014.

**Location:** The groups will be held at Family Alliance, 12555 Farm Hill Drive, Huntley, IL.

**Instructor:** Brenda Buchanan, MA, MT-BC will facilitate the program.

**Contact Info:** To sign up please contact Cheryl Levinson at 815 338 3590.

## North Shore Village Croakers Singing Group – North Shore Village

In a recent NPF Parkinson's Outcomes Project report on 5,000 patients in four countries worldwide, researchers concluded that mood, depression and anxiety have the greatest impact on quality of life, even more than motor impairment. At the same time, research on the brain is consistently showing that music has emotional, physical and brain boosting benefits.

The Croakers, a singing group of people with Parkinson's and their caregivers, meets every other Sunday in Evanston, IL. Current members affirm that the sessions leave them feeling more upbeat, so we want to grow the Croakers group so more people will benefit and see if that holds true. In the past, lack of transportation has been a problem, so we are going to cost out Sunday transportation options and see if a reduction or elimination of cost is an incentive for Croakers.

If these ideas pan out, they could provide a non-invasive, affordable way to treat one of the major side effects of Parkinson's.

Dates: Every other Sunday from 2:30 to 3:45 p.m.

Location: The Mather  
Above & Beyond room  
425 Davis Street  
Evanston, IL 60201

Instructor: Jeffrey Parker  
Accompanist/Coach/Cheerleader

Contact Info: Bonnie Jackson  
[bonnie\\_jackson@sbcglobal.net](mailto:bonnie_jackson@sbcglobal.net)  
847.328.6370

## Spinning for Parkinson's - Lake Forest Health & Fitness Center

Since 1993, the Lake Forest Health and Fitness Center has served our community in the health or fitness related field. We have been changing today's health care delivery system into tomorrow's health care prevention programs.

As a result, there are many resources readily available that will help improve our community's health. We offer many specialized medical fitness and wellness programs around the area that are often covered by donations and volunteers.

The Lake Forest Health and Fitness Center's vision is to offer more education and awareness about Parkinson's disease. Our newest program "Spinning for Parkinson's" enables patients diagnosed with Parkinson's to attend a specialized class for their needs. Studies show that forced stationary bicycle pedaling therapy at a high steady cadence (RPM) significantly reduces the symptoms of Parkinson's disease and improve motor function. Instructors guide participants through exaggerated motions and stretches during the spin class while playing music and creating a fun environment. The environment is supportive and we encourage participants to bring in family members to share the experience.

Date: Every Tuesday 11:00 am – 12:00 pm

Location: Lake Forest Health and Fitness Center of Northwestern Lake Forest Hospital  
1200 North Westmoreland Road  
Lake Forest, IL 60045

Instructor: Kristina Wrezel, Fitness Director Certifications: NSCA- Personal Trainer, Schwinn- Indoor Cycling  
Bo Wright, Fitness Manager and ACSM- Health Fitness Specialist, Schwinn- Indoor Cycling

Contact Info: Come to Lake Forest Health and Fitness Center or contact Anthony Simone  
847.535.7140 or [asimone@lfh.org](mailto:asimone@lfh.org) with questions  
FREE FOR MEMBERS AND NON MEMBERS – Bring a family member for free.



## Rock Steady Boxing Chicago – Susan Eichensehr

Rock Steady Boxing (RSB) for Parkinson's is a non-profit gym founded in 2006 by former Indiana prosecutor Scott G. Newman, who was diagnosed with Parkinson's at the age of 40. It provides an effective form of physical exercise to people who are living with Parkinson's. It is a non-contact boxing-inspired fitness routine designed to improve the ability of people with Parkinson's to live independent lives, improve their quality of life and sense of self-worth. Recent studies suggest that intense exercise programs may be "neuro-protective" and help delay the onset of symptoms. Boxing works by moving the body in all planes of motion while continuously changing the routine as the boxers progress through the workout. RSB classes have proven that anyone, at any level of Parkinson's, can lessen their symptoms and lead a healthier and happier life.

Until 2012, RSB had only one location in Indianapolis. As the program benefits became evident, the program grew and Parkinson's patients around the country generated enough interest to begin training camps for additional RSB sites.

Coaches Susan Eichensehr and Mark Anderson were trained in the Rock Steady methodology and both have experience and education with special populations. They opened a RSB in Saint Charles, IL, within an existing gym. When the host gym folded in February 2014, Susan and Mark, along with support from the Rock Steady boxers in the program sought out an alternate site and purchased necessary start up equipment.

Once again, the benefits of participating in Rock Steady spread through word of mouth, symposiums, support groups and speaking engagements. It was clear a second RSB Chicago location was necessary to serve a greater number. The generous grant from NPF has afforded us such an opportunity. We have now started a second site within Health Track Sports Wellness in Glen Ellyn, IL. The facility is partly owned by Cadence Health and in three weeks of operation, we are serving 10 new boxers.

Through the generosity of NPF, we will not have a delay in purchasing equipment to optimize the Rock Steady experience. This includes heavy bags, focus mitts, gloves as well as marketing/informational materials inform the Parkinson's community of our new site.

TBD

## Young Onset Parkinson's disease Health & Wellness Day - Rush University Medical Center

The Parkinson's Disease and Movement Disorders Program at Rush University Medical Center is dedicated to the provision of care, education and research opportunities to the largest population of Parkinson's disease patients in the Chicago metropolitan area. Nine full-time academic physicians and 3 full-time nurse program coordinators assess nearly 300 new and 3,000 returning Parkinson's disease patients annually.

Funding from the National Parkinson Foundation will support Rush University Medical Center's inaugural Young-Onset Parkinson's Disease Health and Wellness Day, a one-day event dedicated to the educational and support needs of younger Parkinson's disease patients in the Chicago metropolitan area. The activity is predicated on the principle that adherence to healthy activities, particularly therapeutic exercise, nutrition, and stress management, is especially important for our younger patients, who face challenges related to work, community and family, and for whom many decades of disease and treatment loom. This structured activity centers on members of the Rush Young-Onset Parkinson's Disease Support Group, an established monthly gathering currently comprised of approximately 30 patients and care partners. The Health and Wellness Day will include: (1) didactic lectures on Parkinson's disease health, exercise and nutrition; (2) a healthy lunch focused on "brain foods;" (3) small group workshops on therapy, various exercise modalities and nutrition; and (4) a support group meeting. Participants will be inspired to continue healthy activity levels by personalized recommendations and take-home materials as well as the receipt of a wireless activity monitor.

Date: TBD

Location: Rush University Medical Center Armour Academic Center

Instructors: Dr. Cynthia Comella and Dr. Deborah Hall

Nutritionist: Kristin Gustashaw

Physical Therapist: TBD

Personal Trainer: Patricia Olson

Contact Info: Lucia M. Blasucci, RN, CCRC  
[Lucia\\_M\\_Blasucci@rush.edu](mailto:Lucia_M_Blasucci@rush.edu)  
312-563-2184

## Tai Chi-Qigong Classes for Parkinson's - Rising UP! Inc.

How can something that is so much fun be so good for you! These Tai Chi classes are especially designed for those with Parkinson's and their caregivers. Recent research shows that Tai Chi offers exercise that improves gait, balance and strength and that is effective for postural stability, stride length, flexibility and reducing falls. Qigong, the ancient mother art of Tai Chi, improves breathing and circulation and builds energy and body awareness. But that's not all! The flowing movements rejuvenate the body, calm the mind and uplift the spirit, providing a sense of hope and empowerment. Certified Qigong instructor Anna York provides expert instruction, along with DVDs for ongoing home practice.

Dates:           Classes meet on Tuesdays at 1:00 p.m.  
                      \$10 per class

Location:       Immanuel United Church of Christ  
                      9815 South Campbell  
                      Chicago, IL

Contact Info:   For more information, email: [anna@annayork.com](mailto:anna@annayork.com) or phone 773-9556-4961. Check the website at: [www.annayork.ning.com](http://www.annayork.ning.com)