



Chicago

2016 Community Grants

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

For more information on how to help, get involved or to learn more about programs and services in Chicago, please call us at 1.800.4PD.INFO (473-4636) or movingday@parkinson.org.

Educational and Support Outreach Program for Neuropsychiatric issues in Parkinson's Diseases

Hubbard Street Dance Program

Exercise Classes for Parkinson's Patients

Educational and Support Outreach Program for Neuropsychiatric issues in Parkinson's Diseases

Description: The Rush University program will provide educational community outreach and support to people with PD and their caregivers/families, specifically focusing on the neuropsychiatric issues in PD. The program will utilize an innovative and multi-media approach with live/in person and web/online sessions in order to provide a resource for the broad PD community. This program will have multiple sessions (4 live/in person sessions at Rush University in Chicago and 4 web/online sessions) that provide an educational curriculum and venue for discussion and support. Goals of this program include increasing the awareness of neuropsychiatric (cognitive, behavioral, and mood) issues in PD by providing education, support, and resources for people with PD and their caregivers/families and improving the quality of life of people with PD and their caregivers/families and decreasing caregiver burden of those caring for people with PD.

Dates: Dates TBD but the live/in person events will be held quarterly

Location: Rush University Medical Center, Chicago, IL for the live/in person events

Contact: Alice Negron
Alice_Negron@rush.edu
312-563-2900

Instructor Bio:

Jennifer G. Goldman, MD, MS, is an Associate Professor in the Department of Neurological Sciences, Section of Parkinson's Disease and Movement Disorders at Rush University Medical Center in Chicago, IL, USA. She is the Director of the Neuropsychiatry (Cognitive Behavioral) program at the Rush Movement Disorder Center. Dr. Goldman's work focuses on understanding why people with Parkinson's disease develop cognitive and behavioral symptoms and on improving treatments of these neuropsychiatric issues for both patient and caregiver.

Hubbard Street Dance Program

Description: Hubbard Street Dance Chicago is proud to offer the oldest Parkinson's dance program in the Midwest, Hubbard Street Parkinson's Project. The program uses contemporary dance techniques to work to slow the progress of the disease, as well as providing a community of support for our students.

Dates: Date and times of Hubbard Street Parkinson's Project during the 2016-17 season are to be determined

Location: Hubbard Street Parkinson's Project is held at the Hubbard Street Dance Center, located at 1147 W Jackson Blvd Chicago, IL 60607 with additional locations to be determined

Contact: Kathryn Humphreys
khumphreys@hubbardstreetdance.com
3128509744 ex. 133

Instructor Bio:

Kathryn Humphreys (Director, Youth, Education and Community Programs) As the Director of Youth, Education and Community Programs for Hubbard Street Dance Chicago since 2002, Kathryn Humphreys develops and implements dance education initiatives designed to improve teacher and teaching artist practice and collaboration to affect whole school change and further the field's understanding of the role of dance in public education. Kathryn oversees program development, implementation, and management of all initiatives; professional development for teachers and teaching artists; and documentation and research for Hubbard Street's education programs. With more than two decades of experience in arts education, her work supports local and national groups as they work to understand and implement dance education in the public schools. In addition to her work with schools, she created HSDC's Youth Dance Program, a unique program connecting the choreographic process curricula Hubbard Street pioneered in the schools with a traditional dance technique program; the renowned Family Workshop Series, which connects families together through dance and Hubbard Street's innovative Adaptive Dance program, which challenges the notion of who can dance. At Hubbard Street Kathryn supervises a full-time staff, with a part-time contracted staff of 20, has tripled the departments programming, and taken the departments' revenue to more than \$1million during her tenure.

Exercise Classes for Parkinson's Patients

Description: InspirFit is a free exercise class for Parkinson's patients in the southwestern suburbs of Chicago. Our three levels of Parkinson's exercise classes are designed to:

- Increase or maintain the physical well-being of our clients through training of strength, balance and coordination, cardio conditioning, postural habits, flexibility, gate mechanics, and performance.
- Increase or maintain functional independence through helping each patient reach their greatest physical potential.
- Inspire positive mental health in our clients through a fun fitness community environment.

Dates: Classes will start in September, times TBD

Location: 60527 - Willowbrook area

Contact: Nancy Timko
nstimko@comcast.net
630-794-9663

Instructor Bio: Kelly Marten brings 15+ years of training experience to people of various fitness levels and physical conditions, from professional athletes to clients with no fitness experience. His specialties include metabolic/core conditioning, weight loss and strength training. His expertise with the senior population strives to extend their range of motion, increase their core and grip strength, and improve their general health. Kelly has extensive experience working with clients diagnosed with Parkinson's disease. "I push my clients hard according to their abilities in order to slow down the progression of the disease, working hard in a fun, safe environment.". Kelly's certifications include NASM, NESTA, and CrossFit Level 1 trainer.