

Autumn 2023 ISSUE

Hello **Minnesota & Dakotas Chapter**, we hope this letter finds you well and prepared for the brisk weather. And if you are new to our newsletter, welcome! The Minnesota & Dakotas Chapter serves the great states of Minnesota, North Dakota and South Dakota, and we will be delivering a quarterly newsletter to your inbox. In this newsletter, we will discuss the upcoming National Caregiving Month & the Care-Partner Summit, Calendar of Events, Volunteer Opportunities, and more. And always remember, we are here for you and have the resources you need to live better with PD. To learn more about our free resources such as books, fact sheets, and more...click [here!](#)



CELEBRATE NATIONAL FAMILY CAREGIVERS MONTH WITH THE PARKINSON'S FOUNDATION THIS NOVEMBER

In November, the Parkinson's Foundation joins organizations across the country to honor care partners for National Family Caregivers Month. Every six minutes, a new person is diagnosed with Parkinson's disease (PD). That means every six minutes a family gets the news, and over time, spouses and loved ones begin taking on the role of care partner.

This year, we encourage you to take six minutes to spend time on a care partner in your life. Join the Parkinson's Foundation as we share ways that the PD community can [#Take6forPD](#) to support care partners all throughout the month.

Visit [Parkinson.org/CaregiversMonth](https://www.parkinson.org/CaregiversMonth) to access our caregiving resources, or to find ways to uplift a care partner in your life. At this link you can find helpful information to help care partners look after themselves while also caring for a loved one with Parkinson's. For questions or more information, contact Kindred St.Germain at kstgermain@parkinson.org.

In addition, join this year's Virtual **Care Partner Summit!** We will bring care partners together online to provide resources to make life better for themselves and their loved one with Parkinson's disease. The Summit will focus on how to communicate through difficult topics and find supportive connections. We will offer a presentation from an expert on communication, and hear from care partners who have navigated difficult conversations. To learn more or register visit [Parkinson.org/SummitWeb](https://www.parkinson.org/SummitWeb)

Education Events



Parkinson's Foundation
2023
Care Partner Summit
**Loving Through Challenges:
Conversations & Connections
for Caregiving**

Care Partner Summit Returns on November 4

The Care Partner Summit brings care partners together to provide resources to make life better for themselves and their loved one with Parkinson's disease. This year's Summit will focus on how to communicate through difficult topics and find supportive connections.

The Twin Cities Care Partner Summit will be hosted at Prince of Peace Church in Burnsville on November 4. Local expert speakers and panelists will cover a variety of topics and resources available within the community. Register today by visiting [Parkinson.org/SummitTwinCities](https://www.parkinson.org/SummitTwinCities), calling Erin McGee at 763-317-1304 or emailing MinnesotaDakotas@Parkinson.org.

For those living outside of the Twin Cities area, join other care partners from across the country at the virtual -Care Partner Summit Webinar on November 11. Register today at [Parkinson.org/SummitWeb](https://www.parkinson.org/SummitWeb)!

Register for Twin Cities Summit

Upcoming Veterans Webinars

Thursday, December 14 | 3:00 - 4:30pmCT

Environmental Exposures in Veterans with Parkinson's

Friends near Fargo, ND! CrossFit Fargo will be hosting a Webinar Viewing Party! Connect with Jake Haile to learn more at **Jake@CrossFitFargo.com**



PD HEALTH @ HOME

Virtual programming that focuses on Mindfulness, Wellness and Fitness! Our PD Health @ Home offers so much! To learn more visit: Parkinson.org/PDHealth

November 8 - **Expert Briefing Hallucinations**

and Delusions in PD

November 14 - **The PD Solo Network**

November 15 - **Parkinson's Anonymous: Keeping their Secret**

November 29 - [Why You Should Participate in PD Research?](#)

Miss the Chapter Parkinson's Symposium? It's on YouTube!

Watch it all or move to the specific timestamp to listen to the presentation.

8:25 - Motor Fluctuations with EA Therapeutic Health

1:02:11 - Sleep & Me with Dr. Erik K St. Louis, Mayo Clinic

2:24:45 - My PD Story with Danielle Dinger, Pottery by Dane

2:45:05 - Complex Medication Management with Dr. Rodolfo Savica, Mayo Clinic

Watch the Symposium

Upcoming Events



Join the local PD community at Parkinson's Revolution on **Saturday, February 24** for an indoor cycling ride. Our mission speakers and instructors will give you all the motivation needed for a great workout! All fitness levels welcome, age 14+. Ride with us at CycleBar in Uptown Minneapolis (parking onsite) – or join virtually from your own bike or local gym. Learn more and sign up: **PDRevolutionMN.org**



Save the Date!

Moving Day Twin Cities will take place on Saturday, May 4 in Plymouth, MN. Sign up and invite your family this holiday season! Moving Day is our largest annual gathering of the PD community and a great way to stay connected.

MovingDayTwinCities.org

Volunteer News

Register now for upcoming volunteer events. For more details and questions, please contact volunteer@parkinson.org.

Volunteer Orientation is the last Tuesday of every month at 11:30 a.m. CT
[October 31](#), [November 28](#), [December 19](#)

Winter Volunteer Call: **December 8, 2023, 11:30 a.m. CT**



Join our Chapter Board!

We welcome your experience and insight as a member of the Minnesota & Dakotas PD community. Our local Chapter Board advances our mission through community and corporate outreach, fundraising, and advocacy. Duties include quarterly Zoom meetings, attending events, and serving on a committee to promote awareness of the Foundation throughout Minnesota and the Dakotas. Please contact Laurel at lgrimm@parkinson.org or 763-317-1306 to learn more or nominate someone you know.

Center of Excellence Spotlight

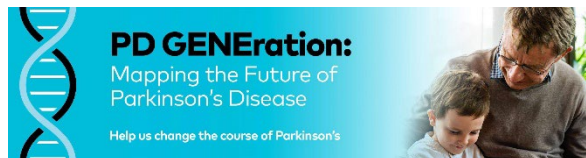
Attend their event to learn more about Community Partners in Parkinson's Care. The program, formerly Struthers Parkinson's Care Network, has continued to expand and now includes more than 70 member sites across North America. Find the full list of sites at [Parkinson.org/Community Partners](https://parkinson.org/CommunityPartners)



Join the Study!

PD GENERation: Mapping the Future of Parkinson's disease is a national

initiative that offers genetic testing for clinically relevant Parkinson's-related genes and genetic counseling at no cost for people with Parkinson's disease. Genetic testing can be a powerful tool to uncover biological pathways that cause PD, and this understanding can lead to improved treatments and care. Visit [Parkinson.org/PDGENERation](https://parkinson.org/PDGENERation) to learn more and sign up!

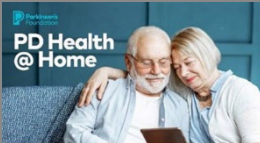




Check out the Parkinson's Foundation Store

Stand out and represent the Parkinson's Foundation in your community!

Purchase your Parkinson's Foundation t-shirt, sweatshirt, water bottle, and more at our [online store](#).



PD Health @ Home

Virtual programming focusing on Mindfulness Monday, Wellness Wednesday, and Fitness Friday! Our PD Health @ Home offers so much!

To learn more visit:
[Parkinson.org/PDHealth](https://parkinson.org/PDHealth)



[Find local resources on our website](#)



[Follow us on Facebook!](#)



[Watch us on YouTube](#)

[Minnesota & Dakotas Chapter](#)

Abby LacKamp, Regional Director
Laurel Grimm, Senior Development Manager
Erin McGee, Senior Director, Community Education & Outreach

Email: minnesotadakotas@parkinson.org

Questions about PD? Call our Helpline:

1-800-4PD-INFO (473-4636)



200 SE 1st Street
Suite 800
Miami, FL 33131

1359 Broadway
Suite 1509
New York, NY 10018



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