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## Welcome to February, PSW Community!

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### **Parkinson Support & Wellness has a lot happening in February!**

Throughout this month, we have an exciting partnership with The Littlefield, located on Spring Grove Ave. in Northside.

They will be donating a dollar from every Drink-of-the-Mouth sold during February.

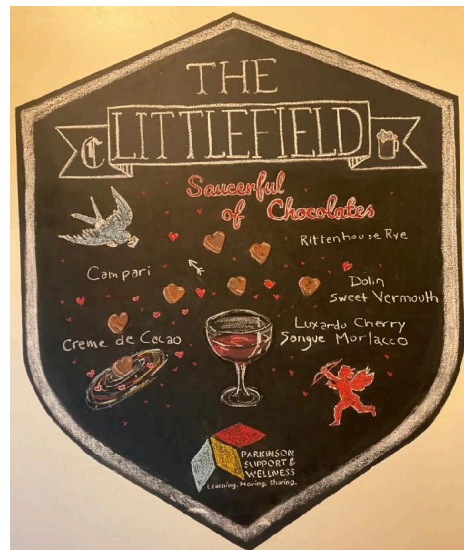
If you are planning a night on the town, please consider stopping by The Littlefield and asking for a Saucerful of Chocolates!

The Littlefield is located at 3934 Spring Grove Ave, Cincinnati, OH 45223.

They are open Tuesday-Thursday 4-11pm, Friday 4pm-Midnight, Saturday 11am-Midnight and Sunday 11am-10pm. They are closed on Mondays. Their kitchen closes an hour before their establishment does.

Thank you [The Littlefield](#) for this amazing partnership!

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# Upcoming Events!

## **The Basics of Parkinson's - Saturday, February 19th at 11am**

Once a year we host a program called the Basics of Parkinson's, in which a UC doctor explains the basics of Parkinson's and a panel of PWP's & care partners discuss living with PD. This year it is hosted on Feb. 19th from 11 am – 1 pm. It will be hosted on Zoom. Dr. Jack Shen from UC Health will be presenting the facts about Parkinson's. This is perfect for those who are newly diagnosed or want to review the basics. A panel discussion will occur after the presentation and each panelist will have a different story to share.

If you know of anyone recently diagnosed, please encourage them to attend this program.

This event will be hosted virtually. [Click here to sign up!](#)

## **UC Health presents...**

### **Creativity in Motion: Art Therapy Group for Movement Disorders Monday, February 14th & 28th at 1pm**

In collaboration with the University of Cincinnati's Pre-Art Therapy program, the UC James J. and Joan A. Gardner Family Center for Parkinson's disease and Movement Disorders offers an art therapy group for people with a Movement Disorder, such as Parkinson's. Art Therapy is a creative process, which encourages people to express and understand emotions and cope with symptoms. No art experience is required!

Please RSVP to Becca Jacobs at 513-475-8792 or [becca.jacobs@uchealth.com](mailto:becca.jacobs@uchealth.com)

## **Beyond the Basics - Saturday, March 12th & 26th at 11am**

After Basics of Parkinson's, many PWP's who are newly diagnosed still feel the need for more information and support. We offer a two-session group experience that features several veteran PWP's discussing what the recommended next steps are for someone newly diagnosed to live well with PD. This program is offered at 11am on March 12th and 26th.

This event will be hosted virtually. [Click here to sign up!](#)

## **Comparing DBS Systems: Which One is Right for Me? Saturday, March 19th at 11am**

Dr. George Mandybur from Mayfield Brain & Spine will be presenting "Comparing DBS Systems: Which One is Right for Me?" on March 19th for our PD EDU. One of his areas of expertise is deep brain stimulation (DBS) for Parkinson's disease. He has been working for Mayfield since 2004. To learn more about our presenter, [click here!](#)

This event will be hosted virtually. [Click here to sign up!](#)

## **Spring Forum - Month of April**

*More information to come soon!*

## **PSW Hosted Virtual Support Groups - Every Month**

Virtual Care Partner Support - 2nd Monday 1–2:30pm - [click here to sign up!](#)

Virtual Persons with Parkinson's Support group - 2nd Monday 3–4pm - [click here to sign up!](#)

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## **Have you checked out our blog?**

Earlier in 2021, we started a blog to help bring you updates and stories about PD on the regular. We cover many topics, such as sharing other's PWP stories, tips for caregivers, updates on our programs and so much more!

[Check out all our blog posts by clicking here!](#)

If you like to write a blog post for us, email [jburks@parkinsoncincinnati.org](mailto:jburks@parkinsoncincinnati.org) to express interest!

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**If you have any questions or need additional information please email [info@parkinsoncincinnati.org](mailto:info@parkinsoncincinnati.org) or call 513-558-0113.**

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