



DAVIS PHINNEY

Foundation For Parkinson's

every victory counts®

Welcomes you to

THE VICTORY SUMMIT[®] PHILADELPHIA



Saturday, August 24, 2019

Philadelphia, PA

THANK YOU FOR COMING TODAY.

We're glad you're here.

Whether this is your first time at an event focused on Parkinson's or you have attended many in the past, we are **grateful** you put in the time and effort to spend your day with us.

Today, it's okay to be unsure, to ask questions, to step outside of your comfort zone. Everyone in this room is on a unique journey, but we share so much in common. Have a conversation with someone new to you. You might make a valuable **connection**.

Our hope is that, by the time we are saying our goodbyes, you will feel **inspired, motivated**, in charge and ready to live well with Parkinson's today and every day.

Today is just the beginning. Our staff, event partners, organizations in the exhibition hall, our presenters – we will all be available today, tomorrow and beyond to **support** you.

Thank you for coming today. We're glad you're here.

WHAT DO YOU HOPE TO LEARN TODAY?

Before the day begins, we encourage you to consider which topics you hope to learn more about. Hopefully, many of your questions will be answered. For questions that remain, this will help guide future conversations with the Davis Phinney Foundation, our speakers or local resources.

- | | |
|--|---|
| <input type="radio"/> Motor symptoms | <input type="radio"/> Speech & swallowing |
| <input type="radio"/> Sleep disturbances | <input type="radio"/> Exercise |
| <input type="radio"/> Depression & mood | <input type="radio"/> Medication management |
| <input type="radio"/> Non-motor symptoms | <input type="radio"/> Care partners |
| <input type="radio"/> Urinary & bowel symptoms | <input type="radio"/> Surgical therapies |
| <input type="radio"/> Nutrition | <input type="radio"/> Young Onset Parkinson's |
| <input type="radio"/> Cognition | <input type="radio"/> Complementary therapies |
| <input type="radio"/> Fall prevention | <input type="radio"/> Supportive care |

Think of something later at home?

Send us an email at contact@dpf.org or give us a call at (866) 358-0285.

MEET DAVIS



Davis Phinney was fresh off of a successful professional cycling career, where he won an Olympic bronze medal in 1984 and was part of the first American team to race in the Tour de France, when he was diagnosed with Parkinson's. He founded the Davis Phinney Foundation in 2004 with the pioneering vision of helping those living with Parkinson's to take action to improve their quality of life through education, inspiration, resources and effective self-care.

Davis' perseverance, coupled with his infectious positive attitude and dedication, inspire the work of the Davis Phinney Foundation and have earned him the reputation as a tireless advocate and mentor for others living with Parkinson's. In spring of 2015, he was honored at the White House as a Champion of Change because of his work in the Parkinson's community.

PROGRAM BOOK GUIDE

- page 6** **General Session Agenda**
See what's coming up for the first part of the day.
- page 8** **Breakout Session Information**
Read through the options for our breakout sessions later in the day to determine which one you want to attend and find out where they are taking place.
- page 10** **Speaker Bios**
Get to know the incredible experts we have with us today.
- page 17** **Thank You**
Take a moment to acknowledge the partners and sponsors that made today possible.
- page 19** **Exhibitor List**
See who you can meet in our exhibitor hall and/or find their contact information to follow up with them later.
- page 30** **Action Steps**
Set a new goal and plan the steps that will help you achieve it!



GET MOVING WITH US **TODAY!**

You'll see this symbol on your agenda a few times. This represents three movement breaks we will take today. During this time, get ready to move your body, activate your mind and maybe try something new.

Movement Break #1: Music Matters ParkinSingers Choir

Research suggests many ways that choral singing can benefit people with Parkinson's. The ParkinSingers will share their warm-ups to strengthen breathing, vocal projection, articulation and loudness, and share our non-judgmental joy and laughter in singing together. They'll invite folks to join in on two songs, to experience first-hand the power of singing in unison and in layered harmonies, and share ways that all can use the power of music to live better. We will close with one verse of "We'll sing loud and strong" to the tune of "We Shall Overcome".

Movement Break #2: LSVT BIG

Be BIGGER than Parkinson's with LSVT BIG. LSVT BIG is an intensive, effective, one-on-one treatment created to help people at all ages and stages with Parkinson's improve walking, balance and daily living tasks.

Movement Break #3: Movement Amplification

Movement Amplification is an exercise class that is for people with Parkinson's and other neurological disorders that helps maintain or improve their amplitude of movements, coordination, balance and flexibility. The moves can be adapted to be performed in standing or seated position. These classes are performed with specific consideration to improve posture, decrease rigidity, counteract bradykinesia and refine gait mechanics.

For more information about local wellness classes, reference the "Local Resources" insert booklet.

THE VICTORY SUMMIT® PHILADELPHIA AGENDA

To download today's slides, visit dpf.org/vs-philadelphia.

8:30 – 9:30

Visit Exhibit Hall

Exhibit Hall open from 8:30am-2:30pm

9:30 – 9:40



Opening Movement: Music Matters ParkinSingers Choir

(Philadelphia, PA)

9:40 – 10:00

Welcome & Opening Remarks

Wendy Lewis, MNPL, *The Parkinson Council (Philadelphia, PA)*

Polly Dawkins, Executive Director, *Davis Phinney Foundation (Louisville, CO)*

10:00 – 10:20

Moments of Victory®

Davis Phinney, Founder, *Davis Phinney Foundation (Louisville, CO)*

10:20 – 10:50

Not Just the Shakes: Non-motor Symptoms

Heather Koons, MD, *Vanderbilt (Nashville, TN)*

Break #1

10:50 – 11:20

Coffee & Connection Break - *Browse exhibitors and meet other attendees*

11:20 – 11:30



Movement Break: LSVT BIG

Julia Wood, MOT, OTR/L, *Good Shepherd Rehabilitation (Philadelphia, PA)*

11:30 – 12:00

Cognitive Challenges & What to Do About Them

Daniel Weintraub, MD, *University of Pennsylvania School of Medicine (Philadelphia, PA)*

12:00 – 12:45

Lunch

Delivered directly to tables - Exhibit Hall open

12:45 – 12:55



Movement Break: Movement Amplification

Alexandra Taratuski, PT, DPT, *The Physical Therapy & Wellness Institute (Montgomeryville, PA)*

12:55 – 1:25

Punching Back at Parkinson’s with Exercise

Michael Braitsch, DPT, *Tribe Wellness (Richardson, TX)*

1:25 – 1:45

Live Your Best

Amy Carlson, *Davis Phinney Foundation Ambassador (Monrovia, CA)*

Break #2

1:45 – 1:55

Connection Break

Meet other attendees

1:55 – 2:10

Transition

Transition to the Breakout Session of your choice

2:10 – 3:10

Breakout Session Workshops

Attend the Breakout Session of your choice (see next page)

Break #3

3:10 – 3:20

Break

Transition to the General Session space for closing remarks

3:20 – 3:50

Cultivating Happiness & Closing Remarks

Connie Carpenter Phinney, MS, *Care Partner, Davis Phinney Foundation (Louisville, CO)*

3:50

Head Home!

Make your commitment to live well today with Parkinson’s!

BREAKOUT SESSIONS

The following sessions will be offered from **2:10 - 3:10 pm.**

BALLROOM **How to Build Your Parkinson's Dream Team**

Josue Etienne, BSN, RN, *Penn Medicine (Philadelphia, PA)*

Kelly Gasper, PT, DPT, *The Dan Aaron Parkinson's Rehabilitation Center at Penn Therapy and Fitness (Philadelphia, PA)*

Meredith Pauly, SLP, *The Dan Aaron Parkinson's Rehabilitation Center at Penn Therapy and Fitness (Philadelphia, PA)*

Suzanne Reichwein, MSW, *University of Pennsylvania Parkinson's Disease and Movement Disorders Center (Philadelphia, PA)*

Meredith Spindler, MD, *University of Pennsylvania (Philadelphia, PA)*

Daniel Weintraub, MD, *University of Pennsylvania School of Medicine (Philadelphia, PA)*

Julia Wood, MOT, OTR/L, *The Dan Aaron Parkinson's Rehabilitation Center at Penn Therapy & Fitness (Philadelphia, PA)*

Living well with Parkinson's takes a team to ensure you are not only motivated, but equipped with the right tools and resources to live well today. Learn from a panel of experts on how a variety of professionals can help you to build your very own Parkinson's dream team. Panelists are from the following disciplines: nursing, physical therapy, occupational therapy, speech and language pathology, social work and movement disorder neurology.

SALON A-B

Medical and Surgical Management of Parkinson's

Jill Farmer, DO, MPH, *Drexel Neuroscience Institute (Philadelphia, PA)*

Natalie Gofman, PharmD, BCPS, BCCCP, *Global Neurosciences Institute (Philadelphia, PA)*

Atom Sarkar, MD, PhD, *Global Neurosciences Institute (Philadelphia, PA)*

Anh-Thu N Vu, MD, *Drexel Neuroscience Institute (Philadelphia, PA)*

You may have heard of different therapies for Parkinson's, including surgical options and medications, but you might not be sure what they are, who they are best for or when to consider various options. Come learn from a panel of experts.

Discussions on surgical therapies will include: description of DBS therapy and enteral suspension, potential benefits and risk factors of each, who qualifies as a good candidate and when to consider the therapies.

Discussion on managing medications will include: maximizing benefits of Parkinson's medications, interactions between common Parkinson's medications, side effects of common Parkinson's medications and optimal intake strategies of common Parkinson's medications.

SALON C-D

Care Partners: Rewriting the Rule Book

Connie Carpenter Phinney, MS, *Care Partner, Davis Phinney Foundation (Louisville, CO)*

The role of a care partner is ever-evolving. Come learn about navigating the world of the care partner in a positive way through self-care. Discussion will include: the importance of self-care, the significance of social engagement, strategies for navigating your role and practical tips for taking care of your own well-being. Care partners, spouses and family members are all encouraged to attend this session.

The audience will have the opportunity to ask questions during all breakout session presentations.

MEET TODAY'S SPEAKERS



MICHAEL BRAITSCH, DPT

Michael Braitsch, PT, DPT is a licensed Doctor of Physical Therapy, a former amateur fighter, former kinesiology professor and an internationally certified fight referee. In addition to treating individual patients, Braitsch runs group exercise programs steeped in leading evidence from physical therapy and exercise science to help people with chronic and progressive conditions move and feel better.



AMY CARLSON

Amy Carlson is a Davis Phinney Foundation Ambassador and has been living with Parkinson's since 2012. She says that Parkinson's has changed her life, but perhaps not in the way that most people would expect. She has come to believe that in its own way, Parkinson's has saved her life, changing her in ways that she would have never expected. Her life has become slower, more deliberate and more immediate. Amy finds joy in simple experiences and has come to realize that everyone has their own unique journey in life. The challenge is to find meaning in this life.



POLLY DAWKINS

Polly brings 25 years of for-profit and nonprofit experience to her position as the Executive Director of the Davis Phinney Foundation. She is committed to making wise use of the Foundation's resources, enabling it to extend its reach while staying true to its mission. Polly is passionate about helping people with Parkinson's thrive by providing education, connection to community and funding quality of life research that takes the guesswork out of living well.



JOSUE ETIENNE, BSN, RN

Josue Etienne graduated from Pennsylvania State University with a BS in nursing and has been practicing as a Registered Nurse for seven years. His background includes neurology, neurosurgery, trauma and psychiatric medicine. He has been with the University of Pennsylvania's Parkinson's Disease and Movement Disorders Center for three years as the clinical nurse coordinator. Josue manages clinic coordination, patient education, patient counseling, nursing faculty training, staff training and outreach. Presently Josue is pursuing his MS in nursing at Thomas Jefferson University with a focus on community systems administration.



JILL FARMER, DO, MPH

Dr. Jill Farmer is the Director of the Parkinson's Disease and Movement Disorder Program at Drexel Neuroscience Institute. She completed her residency and fellowship at Georgetown University in Washington, DC. She leads a team including movement disorder specialists, clinician researchers, a functional neurosurgeon and community partners in physical, occupational and speech therapies. Her team sees patients in Center City Philadelphia, the Philadelphia suburbs and Princeton, NJ. She has published numerous articles on Parkinson's and movement disorders in practical neurology, has authored two book chapters on Parkinson's management and has conducted numerous interviews and podcasts on Parkinson's. Aside from her academic titles of Director and Assistant Professor, she is also a lead administrator for the Women's Neurology Group, an international network of over 2,500 women neurologists and the current President of the Philadelphia Neurological Society.



KELLY GASPER, PT, DPT

Kelly Gasper, PT, DPT is a Temple University graduate with degrees in business management and public relations. She played soccer on Temple University's Division I women's soccer team. Kelly went back to school and received her DPT from Thomas Jefferson University. She is a physical therapist at the Dan Aaron Parkinson's Rehabilitation Center in Philadelphia. She is a certified LSVT BIG therapist and certified Rock Steady Boxing coach.



NATALIE GOFMAN, PHARMD, BCPS, BCCCP

Dr. Gofman is a board-certified pharmacotherapy and critical care clinical pharmacy specialist. She is Director of the neuropharmacology program at Global Neurosciences Institute where she is leading the neurosciences team in establishing the most innovative pharmacologic practices. Dr. Gofman received her PharmD from University of the Sciences, Philadelphia College of Pharmacy and went on to do her residency training at Abington Memorial Hospital. Natalie participates in a multi-disciplinary approach treating critically ill patients and has been instrumental in guiding clinical and research endeavors through her expertise in clinical pharmacology.



HEATHER KOONS, MD

Heather Koons is currently an Assistant Professor of neurology at Vanderbilt University Medical Center and at the TVHS Veterans Administration Nashville Campus. She completed her BS at the University of Virginia and MD at Yale School of Medicine. She did her internship, residency and movement disorders fellowship at Vanderbilt. She is very involved in medical education as she runs a movement disorders elective for the medical students, serves as the residency associate program director and is involved with the movement disorders fellows. She loves her clinical time which is focused mostly on people with Parkinson's embracing the full range of treatment options including lifestyle modifications, medical management and surgical interventions.



WENDY LEWIS, MNPL

Wendy Lewis is the Executive Director for The Parkinson Council, the local partner in the movement against Parkinson's. Wendy has a masters in nonprofit leadership from Seattle University and a BA in Political Science from the University of Louisville. Wendy has been working in nonprofit leadership for over 30 years which has included working for the Public Education Network, Cardea Services and the Rutherford Memorial Animal Hospital.



MUSIC MATTERS PARKINSINGERS CHOIR

Founded in 2015, the ParkinSingers Choir unites people with Parkinson's, care partners and friends in a community dedicated to making music of the highest quality in a welcoming environment. Their choir engages people of all musical levels and abilities to sing out freely, in a spirit of acceptance and mutual support. Their mission is to serve the entire Delaware Valley as an example of how participating in a choir can enable people to live well with Parkinson's.



MEREDITH PAULY, MA, CCC-SLP

Meredith Pauly, MA is a Speech Language Pathologist at the Dan Aaron Parkinson's Rehabilitation Center at the University of Pennsylvania's Parkinson's Disease and Movement Disorders Center for Excellence in Philadelphia, PA. Meredith is on multidisciplinary teams that work with people who have Parkinson's, Huntington's disease and head and neck cancer at the Abramson Cancer Center at Pennsylvania Hospital. Publications reflect her expertise in the area of dysphagia and work on promoting multidisciplinary care of people with head and neck cancer.



CONNIE CARPENTER PHINNEY, MS, BOARD CHAIR

Connie Carpenter Phinney is an entrepreneur, author, artist, life-long athlete and is extremely passionate about her work as a Chairman of the Board of Directors for the Davis Phinney Foundation. She particularly enjoys sharing her experiences through the written word and as an eloquent and humorous public speaker. Connie has a MS in exercise science from the University of Colorado and completed her BS at the University of California - Berkeley. She has two adult children, Taylor and Kelsey, with her husband, Davis Phinney.



SUZANNE REICHWEIN, MSW

Suzanne Reichwein is the Manager of Research and Clinical Programs at the University of Pennsylvania's Parkinson's Disease and Movement Disorders Center where she has had the opportunity to enhance the center's activities. Suzanne particularly enjoys facilitating support groups and providing counseling to people with Parkinson's and their families, utilizing her MS in social work. Suzanne sits on the board of the Parkinson Council and finds opportunities to raise money and awareness of Parkinson's in the community very rewarding.



ATOM SARKAR, MD, PHD

Dr. Atom Sarkar is the Director of stereotactic, functional and epilepsy surgery with Global Neurosciences Institute, LLC; and his academic appointment is as Professor, Drexel University College of Medicine, Drexel Neurosciences Institute, Department of Neurosurgery. Dr. Sarkar has always been an academic and his name stems from his father's profession as a scientist. Since the inception of his neurosurgical training at the Mayo Clinic 20 years ago, Atom has always been involved in complex cranial surgeries. Some of them have been brain tumor patients, some have been epilepsy patients, and most are for movement disorder patients, in particular, those with Parkinson's.



MEREDITH SPINDLER, MD

Meredith Spindler received her BA and MD from New York University, and completed her residency training at Weill-Cornell Medical College in New York. She came to the University of Pennsylvania for fellowship training in movement disorders at the Philadelphia Veteran's Affairs (VA) Parkinson's Disease Research, Education and Clinical Center (PADRECC) and Pennsylvania Hospital. She joined the faculty at the Parkinson's Disease and Movement Disorders Center (PD&MDC) in August 2012, where she treats patients with various movement disorders using medical therapies, device therapies, botulinum toxin injections and deep brain stimulation. She is also involved in several of the clinical trials at PD&MDC, runs a preoperative multidisciplinary clinic for deep brain stimulator surgery candidates and runs a telemedicine program intended to increase access of rural and homebound patients to specialty care.



ALEXANDRA TARATUSKI

Alex Taratuski is a Physical Therapist working in Montgomeryville, PA at the Physical Therapy and Wellness Institute. She has four years of PT experience and is a certified Clinician for the LSVT BIG physical therapy protocol. Aside from treating orthopedics, Alex enjoys creating challenging, unique and enjoyable therapy programs for patients who have different gait and balance deficits to improve their function at home and in their community. Her special interest in treating people with Parkinson's began when her grandfather was diagnosed with Parkinson's about 2 years ago. Alex wanted to develop a fun exercise class for people with Parkinson's and other neurological disorders that would complement LSVT treatment and maintain and improve their function.



ANH-THU N. VU, MD

Anh-Thu N. Vu, MD is an Assistant Professor of neurology, a member of the Movement Disorders Division at the Drexel Neurosciences Institute, and is board certified in neurology. She obtained her BS in psychology at Louisiana State University, then completed a MS in neuroscience at Tulane University. She graduated from Weill Cornell Medical College and completed neurology training at the Hospital of the University of Pennsylvania, then completed a fellowship in movement disorders at Emory University. She currently serves as the Associate Neurology Clerkship Director for medical students at Drexel University College of Medicine. She is a key member of the comprehensive Parkinson's Disease and Movement Disorder Program at Drexel, and has clinics for botulinum toxin therapy to treat dystonia and spasticity, as well as clinics to manage deep brain stimulation for Parkinson's, essential tremor and dystonia.



DANIEL WEINTRAUB, MD

Dr. Weintraub is Professor of Psychiatry and Neurology at the University of Pennsylvania School of Medicine and Psychiatrist at the Parkinson's Disease Research, Education and Clinical Center (PADRECC) at the Philadelphia Veterans Affairs (VA) Medical Center. A board-certified Geriatric Psychiatrist, he conducts clinical research in the psychiatric and cognitive complications of Parkinson's and related disorders. He has been Principal Investigator on grants from NIH, VA, Pennsylvania State University, the Fox Foundation, the International Parkinson Disease and Movement Disorder Society and several industry-sponsored studies. He is former Lead of the Clinical Core of the Penn Udall Center focused on cognitive impairment in Parkinson's, current Chair of the Cognitive-Behavioral Workgroup and on the Executive Steering Committee for the Fox Foundation-funded Parkinson's Progression Markers Initiative, and serves on the International Parkinson and Movement Disorder Society (IPMDS) Rating Scales Review Committee, Steering Committee of the Non-Motor PD Study Group, and Task Force for Parkinson's Subtypes. He serves on the Scientific Advisory Council of the Lewy Body Dementia Association (LBDA) and is an Advisor to the Critical Path for Parkinson's Consortium (CPP) of the Critical Path Institute. Dr. Weintraub is also the Associate Editor of Movement Disorders Journal.



JULIA WOOD, MOT, OTR/L

Julia specializes in treating neurological movement disorders at the Dan Aaron Parkinson's Rehabilitation Center at the University of Pennsylvania's Parkinson's Disease and Movement Disorders Center of Excellence at Pennsylvania Hospital. She serves as occupational therapy faculty for the Parkinson Foundation's Allied Team Training for Parkinson's (ATTP) program and as training and certification faculty for the LSVT BIG program. Julia acts as an Ambassador for the Davis Phinney Foundation and serves as a facilitator for the PD SELF program.



MEET OUR AMBASSADORS

Davis Phinney Foundation Ambassadors are Parkinson's advocates that connect with people locally and digitally to help them live well. Ambassadors are available to discuss tools and strategies for improving quality of life with support groups, individuals, families and healthcare professionals. Ambassadors speak on the subject of wellness at local Parkinson's events and support groups, and they also meet one-on-one with individuals and families.

Connect with one of our ambassadors to ask questions, discover new resources and get advice directly from people living with Parkinson's.

dpf.org/ambassadors

THANK YOU TO OUR PARTNERS

Drexel University

The Drexel Movement Disorder Program is a comprehensive practice combining medical and surgical specialists in Parkinson's along with access to clinical research and a network for community rehab specialists. Our movement disorder specialists are Director Dr. Jill Farmer, MDS who sees patients in Princeton NJ, Dr. Thu Vu, MDS who sees patients in Center City and its suburbs and Dr. Atom Sarkar, our DBS surgeon, who sees patients at multiple locations in the Philadelphia region.

www.Drexel.edu/Medicine



DREXEL UNIVERSITY

Drexel
Neurosciences
Institute

College of Medicine

Jefferson Health

The Jefferson Comprehensive Parkinson's Disease and Movement Disorders Center is one of the largest programs in the Delaware Valley serving people with Parkinson's since 2005. Our mission is to deliver holistic, personalized care by translating basic science discoveries into innovative therapies and clinical trial opportunities.

www.JeffersonHealth.org



Vickie and Jack Farber
Institute for Neuroscience
Jefferson Health.

The Parkinson Council

The Parkinson Council is the premier local organization dedicated to improving the quality of life for local families impacted by Parkinson's. Our mission is to provide financial support to local nonprofits and institutions dedicated to improving the quality of life for people with Parkinson's, their families and care partners. Our goal is to touch the lives of more people with Parkinson's every day.

www.TheParkinsonCouncil.org

the parkinson council 
your local partner in the movement against parkinson's disease

THANK YOU TO OUR SPONSORS

Amneal

At Amneal, it's our mission to make healthy possible for people affected by Parkinson's. We believe in partnering with patients, care partners, healthcare providers and advocacy organizations—because together, we can achieve so much more. To learn more, visit:

www.RYTARY.com

Acorda

Biotechnology company developing and commercializing neurology therapies for Parkinson's, migraine and multiple sclerosis.

www.Acorda.com

Lundbeck

Lundbeck is a pharmaceutical company focused entirely on brain disorders, including Parkinson's, which is a core area of Lundbeck's research efforts. Its employees annually participate in hundreds of Parkinson's-related events, and proudly support the Davis Phinney Foundation.

www.Lundbeck.com/US

Medtronic

At Medtronic, we're changing what it means to live with chronic disease. We're creating innovative therapies that help patients get back to enjoying some of the things in life they thought they had lost forever. To learn more, visit:

www.Medtronic.com/DBS



We make healthy possible



Challenging
Convention,
Changing Lives



LIVE WELL.
INSPIRE ACTION.

**LIFE.
SCIENCE.™**
ACORDA
THERAPEUTICS

Our mission is to develop therapies that restore function and improve the lives of people with neurological disorders.

www.acorda.com

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CONNECT THE COMMUNITY.

GETTING BACK TO YOU

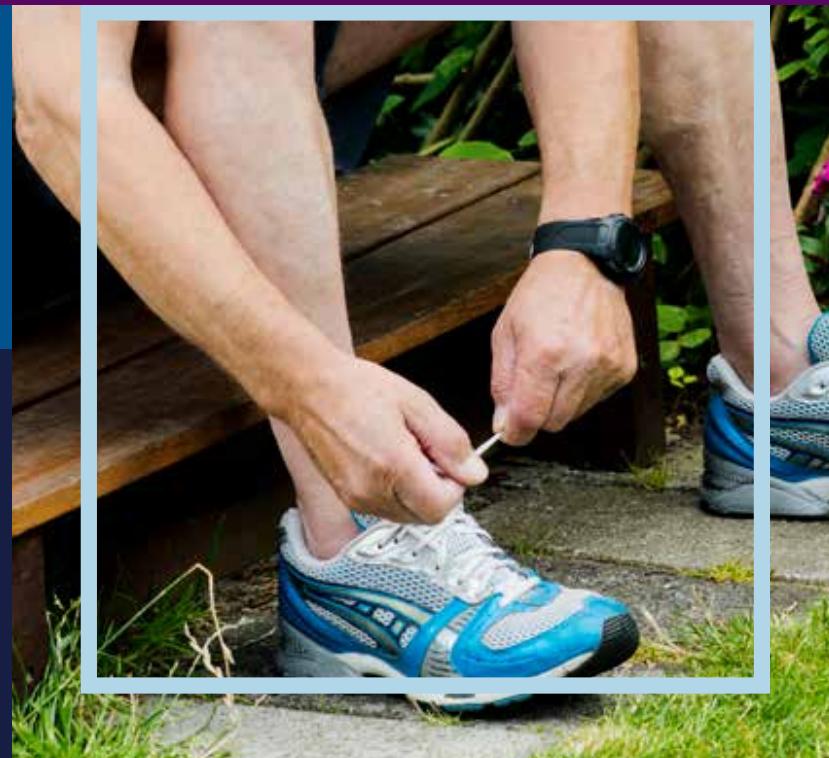
Medtronic DBS Therapy for Parkinson's

Medtronic DBS Therapy for Parkinson's is not for everyone. Not everyone will receive the same results. Patients should always discuss the potential risks and benefits of the therapy with a physician. A prescription is required.

DBS Therapy requires brain surgery. Risks of brain surgery may include serious complications such as coma, bleeding inside the brain, stroke, seizures, and infection. DBS Therapy may cause worsening of some symptoms. See Important Safety Information www.medtronicdbs.com/parkinsons-important-safety-information/index.htm or call Medtronic at 800-328-0810.

"Before DBS Therapy, I couldn't tie my shoes, button my shirts, or tie my own tie. After the therapy, I could do all of those things myself."

Jerry
Receiving DBS Therapy

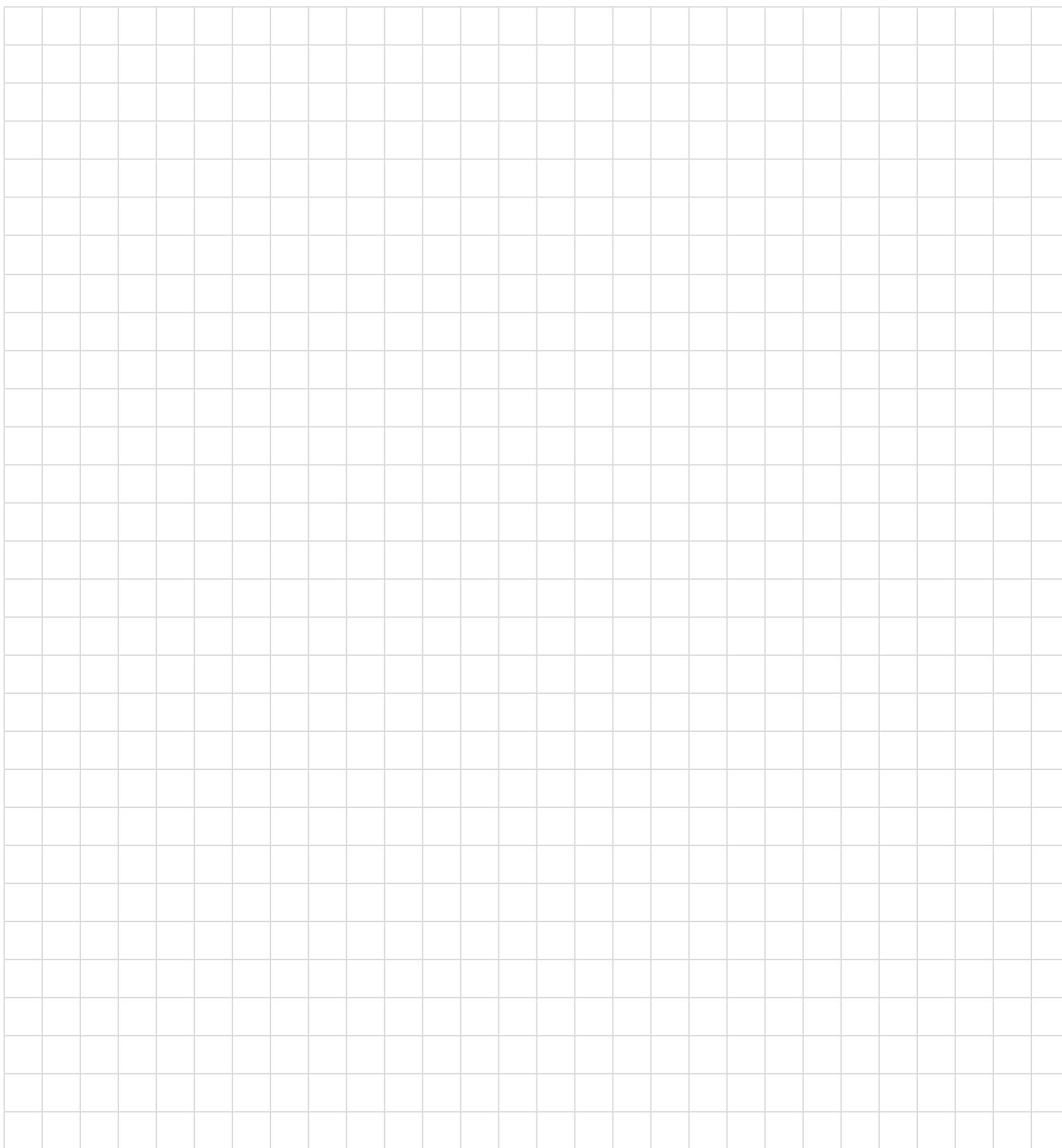


For more information, visit MedtronicDBS.com or call 877-438-3574

Medtronic
Further. Together

NOTES FROM TODAY

Some people with Parkinson's indicate that **using graph paper helps with micrographia** (small handwriting). Try it out here and see if it helps you, too!

A large grid of graph paper for handwriting practice. The grid consists of 20 columns and 30 rows of small squares. The grid is intended for practicing handwriting, specifically to help with micrographia (small handwriting).

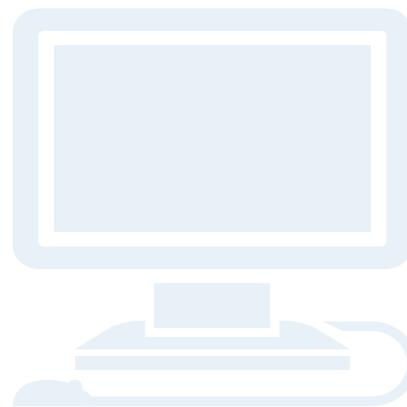


ADDITIONAL RESOURCES

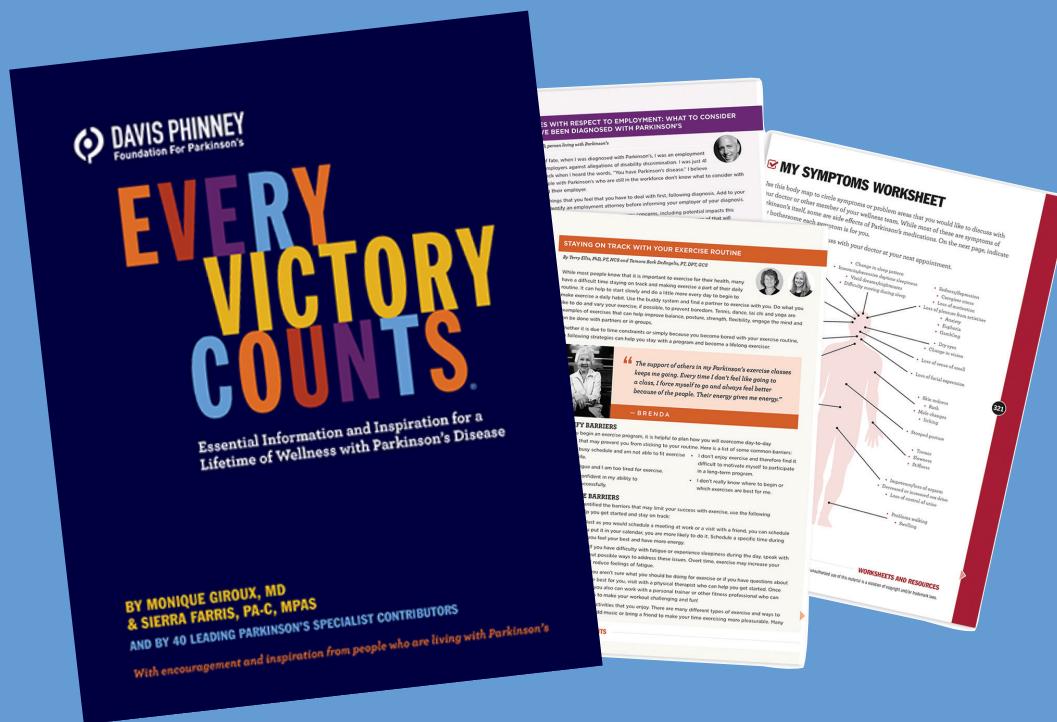
For more information on everything from exercise, treatments, complementary therapies and more, we've created an online resource guide especially for you.

Visit www.dpf.org/vs-resources and you'll find sections on:

- » Parkinson's tools, techniques and technology
- » Care partners
- » Local and national Parkinson's organizations
- » Parkinson's experts and ambassadors
- » Home safety
- » The Victory Summit® event speakers
- » *Every Victory Counts*® manual
- » *And more!*



In addition, this guide shares a variety of ways that you can stay connected to take what you learned at The Victory Summit® event and put it into action to live well today and in the future.



Your go-to guide for living well with Parkinson's

- » In-depth information about exercise, nutrition, emotional health, medication, therapies and more
- » Over 30 worksheets you can start using immediately
- » Insights from over 60 Parkinson's advocates, physicians, therapists and scientists



Request a copy or download your eBook today at
EveryVictoryCounts.org or call toll-free (855) 744-6639.

Our presence today in Philadelphia was made possible by individuals just like you who made a donation to **“Pay It Forward.”**

We hope you learned a lot today and maybe even had an “aha” moment or two. With your **tax-deductible donation** to the Davis Phinney Foundation, you can be a part of creating these kind of “aha” moments in our next city!

Contributions can be made via the envelopes on your table, online at www.dpf.org/donate or by telephone at (866) 358-0285.

Thank you for helping us continue to create these inspirational events.



Polly Dawkins, Executive Director



*Find out
where we're
headed next!*

THE VICTORY SUMMIT EVENT – UPCOMING CITIES

Know someone who you think should attend The Victory Summit event? Check out our list of upcoming cities to refer a friend to this day of information and inspiration!

Learn more about upcoming events at dpf.org/vs.

Ottawa, ON, CA

October 5, 2019

Tucson, AZ

December 14, 2019

Baton Rouge, LA

TBD – Spring 2020

LIVE WELL TODAY: BE ACTIVE



ACTION STEPS

Celebrating Moments of Victory

- Strengthen ties to your community and tap into local resources to help you reach your goals
- Find your inner strength; pledge to make tomorrow better than today
- Commit to some form of exercise; a little is better than none
- Look for examples of people who can serve as role models: let their successes provide you with hope and optimism

Not Just the Shakes: Non-motor Symptoms

- Exercise
- Eat well, drink enough water
- Keep your daily routine
- Ask your doctor for help

Cognitive Challenges & What to Do About Them

- Ask to be screened for cognitive abilities routinely
- Use cognitive-enhancing medications when indicated
- Engage in cognitive exercise
- Engage in physical exercise as tolerated
- Minimize anticholinergic, narcotic and benzodiazepine medication use, and be wary of marijuana use
- Treat psychiatric, sleep and other key non-motor symptoms
- Be involved in clinical research, and partner involvement is key too

Punching Back at Parkinson's with Exercise

- Move
- Walk
- Build your exercise tribe: strength in numbers means we all do better together

Cultivating Happiness

- Give thanks
- Let go
- Laugh more

**HOW WILL YOU
LIVE WELL TODAY?**



PARTNERS



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FRIENDS



INTRO

