



Welcomes you to

THE VICTORY SUMMIT[®] OMAHA



Saturday, May 2, 2020

THANK YOU FOR JOINING TODAY.

We're glad you're joining us today.

Whether this is your first time experiencing an event focused on Parkinson's, or you have attended many in the past, we're **grateful** you'll be spending the morning with us.

Today, it's okay to be unsure, to ask questions, to step outside of your comfort zone. Everyone participating today is on a unique journey, but we share so much in common. Know that even while far apart, you are part of this special community. Participate in the chat, join our group on Facebook, and enjoy these new ways of **connecting**.

Our hope is that by the time we wrap up, 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, sponsors, local resources, speakers – we will all be available today, tomorrow, and beyond to **support** you.

Thank you for joining us today. We're glad you're with us.

WHAT DO YOU HOPE TO LEARN TODAY?

Before the day begins, 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.

- Motor symptoms
- Sleep disturbances
- Depression & mood
- Non-motor symptoms
- Urinary & bowel symptoms
- Nutrition
- Cognition
- Fall prevention
- Speech & swallowing
- Exercise
- Medication management
- Care partners
- Surgical therapies
- Young Onset Parkinson's
- Complementary therapies
- Supportive care

Think of something later?

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, inspires the work of the Davis Phinney Foundation and has earned him the reputation as a tireless advocate and mentor for others living with Parkinson's. In spring 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 5** **Agenda**
See what's coming up for the morning.
- page 6** **Speaker Bios**
Get to know the incredible experts we have with us today.
- page 9** **Thank You**
Take a moment to acknowledge the community members and sponsors that made today possible.
- page 14** **Virtual Exhibitor List**
See these national and local resources and/or find their contact information to follow up with them later.
- page 22** **Action Steps**
Set a new goal and plan the steps that will help you achieve it!

THE VICTORY SUMMIT® OMAHA AGENDA

To download today's slides and other resources, visit dpf.org/vs-omaha.

- 9:15 – 9:30 **The Virtual Victory Summit Event Tech Check (optional)**
- 9:30 – 9:35 **Information for the Day**
Melani Dizon, Davis Phinney Foundation (*Louisville, CO*)
- 9:35 – 9:50 **Welcome and Inspiration**
Davis Phinney, Founder, *Davis Phinney Foundation (Louisville, CO)*
Connie Carpenter Phinney, MS, *Care Partner, Davis Phinney Foundation (Louisville, CO)*
- 9:55 – 10:35 **Cognition and Mood and How to Manage Them**
Joanne Hamilton, PhD, ABPP, *Advanced Neurobehavioral Health (San Diego, CA)*
- 10:40 – 11:10 **Not Just the Shakes: Non-motor Symptoms of Parkinson's**
Aaron Haug, MD, Movement Disorder Specialist, *Blue Sky Neurology (Englewood, CO)*
- 11:15 – 11:45 **Punching Back at Parkinson's with Exercise**
Michael Braitsch, DPT, *Tribe Wellness (Richardson, TX)*
- 11:50 – 12:10 **How to Live Well with Parkinson's**
Edie Anderson, *Davis Phinney Foundation Ambassador (Sarasota, FL)*
- 12:15 – 12:55 **Q&A Panel - Ask Them Your Most Pressing Questions
+ Closing Remarks**

MEET TODAY'S SPEAKERS



EDIE ANDERSON

Edie is a Davis Phinney Foundation Ambassador and was diagnosed with Parkinson's in 2013 at the age of 60. Edie is passionate about helping fellow people with Parkinson's discover the benefits of working up a sweat by engaging in a variety of exercise classes and activities — her favorites include strength training, boxing, and spin classes. She teaches Parkinson's programs at a variety of Parkinson's support group meetings, as well as educational events in both Virginia and southwest Florida. Her goal is to encourage people with Parkinson's to “find their happy and then make it happen!”



MICHAEL BRAITSCH, PT, DPT

Michael Braitsch 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.



CONNIE CARPENTER PHINNEY, MS

Connie Carpenter Phinney is an entrepreneur, author, artist, and life-long athlete, and is extremely passionate about her work as 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.



JOANNE HAMILTON, PHD, ABPP

Dr. Hamilton earned her PhD from the SDSU/UCSD Joint Doctoral Program and specialized in neuropsychology. Her fellowship was completed at the Shiley-Marcos Alzheimer's Disease Research Center where Dr. Hamilton was the principal investigator of an R01 research award investigating cognitive changes in Parkinson's and Lewy Body Dementia. Dr. Hamilton currently works in clinical practice to translate scientific knowledge into practical tools to bring about meaningful advances in daily life for those living with Parkinson's.



AARON HAUG

Dr. Aaron Haug is a Neurologist and Movement Disorder Specialist practicing in Denver, Colorado at Blue Sky Neurology. Dr. Haug is interested in medical and surgical treatments for the motor and non-motor symptoms of Parkinson's. He is involved in patient education through a variety of advocacy groups including the Parkinson Association of the Rockies. Outside the office, he likes to spend time with his family, play ultimate frisbee, and follow Kansas Jayhawks basketball and Colorado Rockies baseball.



MEET OUR AMBASSADORS

Davis Phinney Foundation Ambassadors are Parkinson's advocates who 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 on how to live well with Parkinson's.

dpf.org/ambassadors

THANK YOU TO OUR COMMUNITY ACTION COMMITTEE

Thank you to the following local Parkinson's leaders involved with the Community Action Committee for not only making The Victory Summit event possible, but for committing to developing meaningful resources in your community.

Ashlyn Cramer, PT, DPT, *GI Balance & Mobility Center*

Barry Branson, *Davis Phinney Foundation Ambassador*

Cheri Prince, PT, *PDWELL*

Jessie Kohn, *University of Nebraska Lincoln*

Julie Pavelka, *Nebraska Medicine*

Kathy Erickson, *Blue Rivers Area Agency on Aging*

Lincoln Parkinson's Disease Support Group

Stephanie King-Witt, *Witt's Warriors/ Project Parkinson's Central Nebraska*

Additional thanks to participants from the following organizations:



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.

www.rytary.com



Kyowa Kirin

Kyowa Kirin is committed to innovative drug discovery driven by state-of-the-art technologies. We work across the world to champion new solutions for patients and caregivers in four therapeutic areas: nephrology, oncology, immunology/ allergy, and neurology (CNS). You can learn more about our values, our business, and how we help patients suffering from serious illnesses, like Parkinson's disease, by visiting

www.kyowakirin.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



US Worldmeds

At US WorldMeds, we hold a fundamental belief that our science has the potential to improve the lives of Parkinson's patients. Our pipeline of development projects, along with our currently available PD treatments, reflects our commitment and resolve to bring innovative solutions to Parkinson's patients.

www.usworldmeds.com



We make healthy possible



Challenging
Convention,
Changing Lives





KYOWA KIRIN IS PROUD TO SUPPORT THE DAVIS PHINNEY FOUNDATION

in its mission to help people
with Parkinson's live well today.





Actor portrayal

Did you know? INBRIJA[®] is inhaled levodopa

Ask your doctor today about INBRIJA or visit InhaledINBRIJA.com to learn more

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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Inbrija[®]
(levodopa inhalation powder)
42 mg capsules

EXHIBITORS

ACADIA Pharmaceuticals

Leader in developing and commercializing innovative therapies for central nervous system disorders.

www.acadia-pharm.com

Acorda Therapeutics

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

www.acorda.org

Adamas

Pharmaceutical company developing innovative treatments for chronic neurologic disorders.

www.adamaspharma.com

Amneal

We believe in partnering with patients, care partners, healthcare providers, and advocacy organizations because together, we can achieve.

www.rytary.org

Barkley Speech Language and Hearing Clinic at UNL

The Barkley Clinic offers free individual and group speech therapy for individuals with Parkinson's Disease, thanks to a voice grant.

cehs.unl.edu/secd/speak-out/

Connect with these national and local resources.

Boston Scientific

Global biotechnology company developing innovative therapies for chronic neurological disorders.

www.bostonscientific.com &
www.dbsandme.com

GI Balance & Mobility Center

Balance Mobility is located in Grand Island and Hastings, NE. Our expert staff and specially designed facilities are equipped to handle a range of rehabilitation needs.

www.balancemobilitytherapy.com/

Kyowa Kirin

A Japanese pharma group that develops innovative specialty drugs, to raise the health and well-being of people around the world.

www.kyowakirin.com

Lincoln Parkinson's Disease Support Group

An organization open to people with Parkinson's Disease, their families, and their caregivers.

www.lpdsg.org

Lundbeck

A global pharmaceutical company based in Denmark and founded in 1915, strives for global leadership in psychiatry and neurology.

www.lundbeck.com/us

Medtronic

Global biotechnology company developing innovative therapies for chronic neurological disorders.

www.medtronic.com/dbs

Nebraska Medicine (UNMC)

The University of Nebraska Medical Center provides comprehensive and compassionate care to patients with movement disorders, advances research in these diseases, educates future generations of healthcare providers, and supports our communities.

www.unmc.edu

Parkinson's Nebraska

Parkinson's Nebraska gives time and talent to help bring education, expertise, classes, support and a host of other resources together in a single location.

www.parkinsonsnebraska.org

PDWELL: Parkinson's Therapy, Wellness and Resource Center

A Parkinson's specific facility in Omaha, NE. The 3 pillars of PDWELL are Exercise, Education, and Community.

www.pdwell.com

EXHIBITORS

Sunovion Pharmaceuticals

Pharmaceutical company leading the way to a healthier tomorrow by creating medicines for respiratory diseases and central nervous system disorders.

www.sunovion.us

US WorldMeds

Specialty pharmaceutical company that develops, licenses, and brings to market healthcare products that improve the lives of people with Parkinson's.

www.usworldmeds.com

Do you get dizzy when standing?

About



people with Parkinson's may also have symptoms of nOH.

Learn more at nOHMatters.com

nOH
MATTERS
neurogenic Orthostatic
Hypotension

 Join the community on [Facebook.com/nOHMatters](https://www.facebook.com/nOHMatters)

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LIVE WELL.

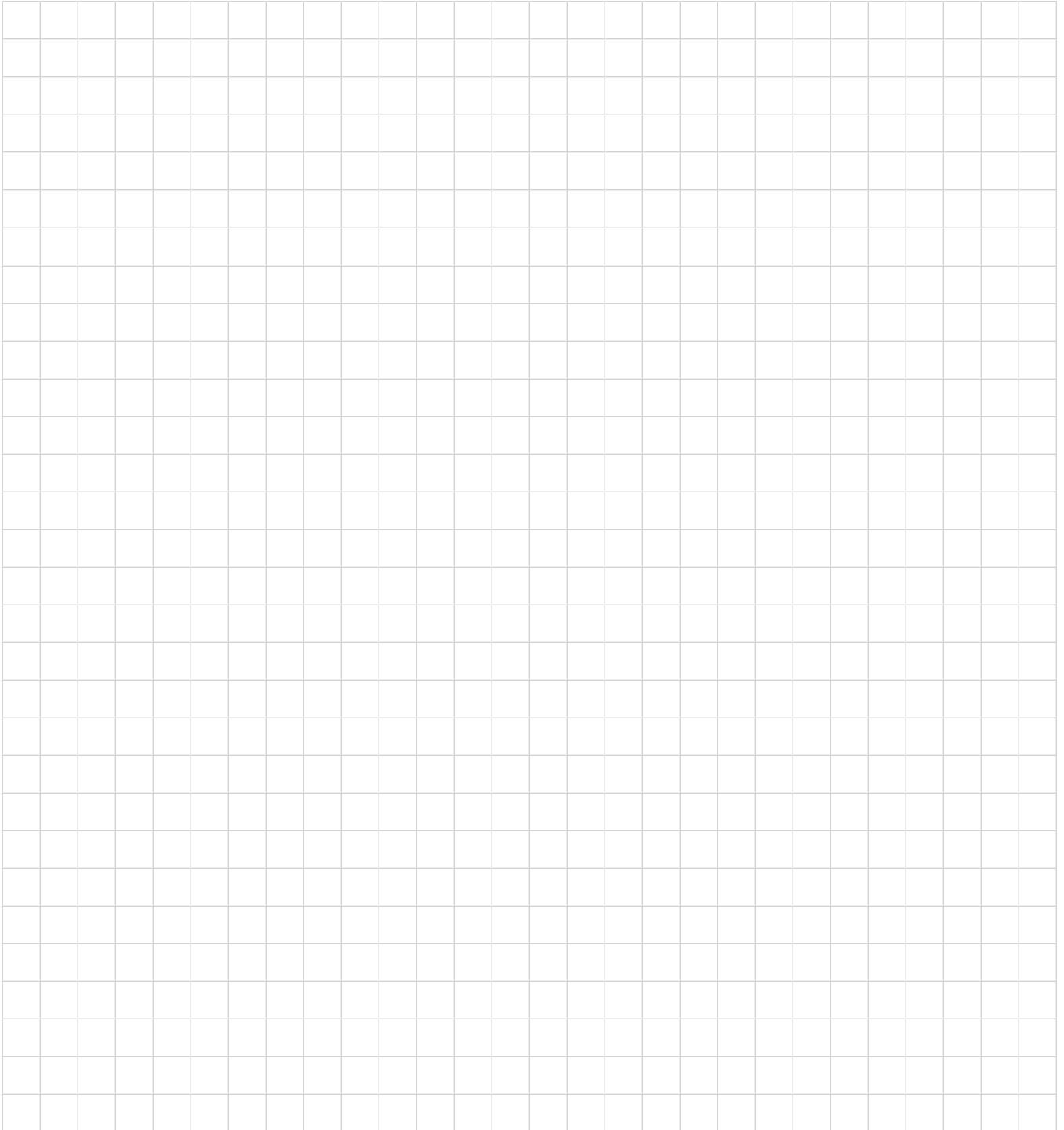
INSPIRE ACTION.

CONNECT THE COMMUNITY.



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!



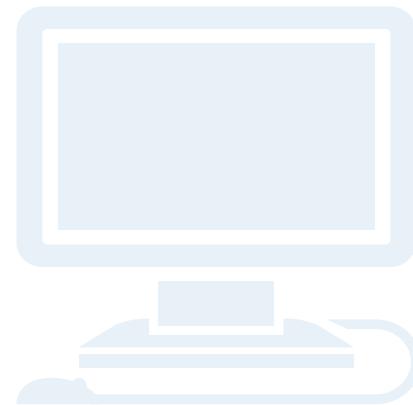


ADDITIONAL RESOURCES

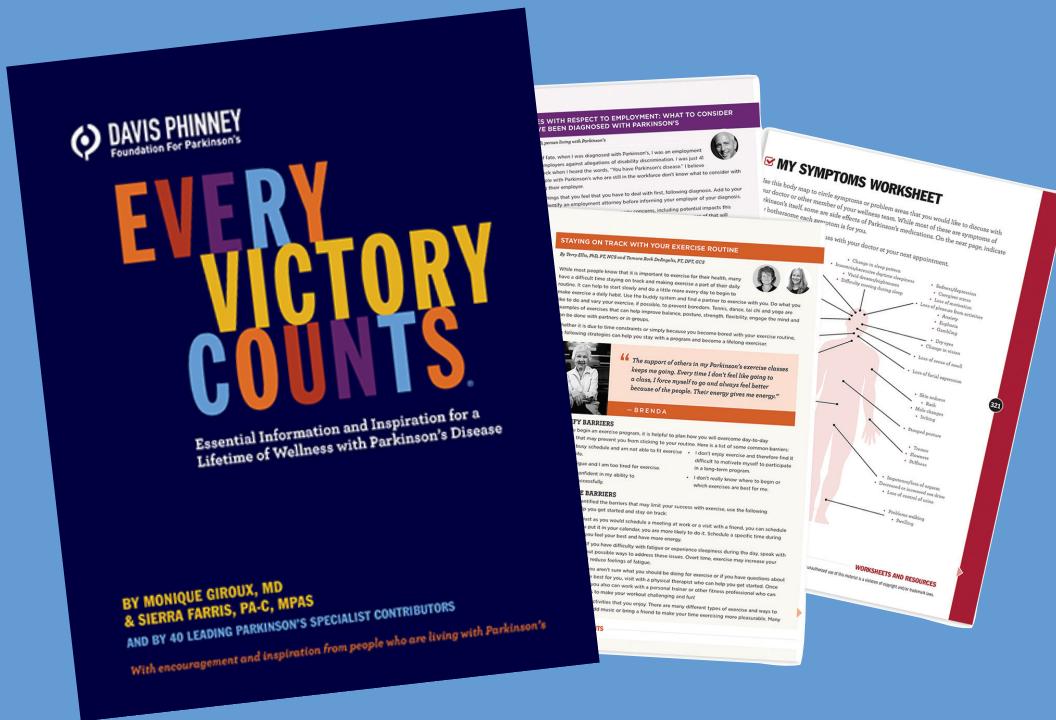
For more information on everything from exercise, treatments, complementary therapies, and more, we've created an online resource guide especially for you.

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

Our event today for Omaha 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/pif-omaha 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.

Albany, NY

October 3, 2020

Boise, ID

Date TBD

**LIVE WELL TODAY:
BE ACTIVE**



ACTION STEPS

Cognition and Mood, and How to Manage Them

- Recognize non-motor signs and speak to your movement disorder specialist about them
- Incorporate more structure into your life; consider behavioral activation techniques
- Recognize the importance of stress reduction practices and exercise
- Regularly review medication lists with your pharmacist to identify potentially dangerous interactions

Not Just the Shakes: Non-motor Symptoms of Parkinson's

- Commit to exercise - go for a walk, find a class, join a gym, get a treadmill
- Update a medication list to keep in wallet/ purse
- Connect with your Parkinson's community
- Recognize at least one non-motor symptom to discuss with your physician

Punching Back at Parkinson's with Exercise

- Make exercise a habit – part of your daily routine
- Go on a walk every day, and work with each other to work harder and bigger
- Choose a type of exercise that best meets your needs, set measurable goals, and track your progress
- Build your exercise tribe: strength in numbers means we all do better together
- Make an appointment with a physical therapist with expertise in Parkinson's
- Add music to help with movement and motivation

How to Live Well with Parkinson's

- You can let Parkinson's change your life, but don't let it change you
- Plan for wellness
- Live in the moment

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Julie Pavelka, *Nebraska Medicine*

Kathy Erickson, *Blue Rivers Area Agency on Aging*
Lincoln Parkinson's Disease Support Group
Stephanie King-Witt, *Witt's Warriors/ Project Parkinson's*
Central Nebraska



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