

THE VICTORY SUMMIT® VIRTUAL EVENT AGENDA

HOW TO LIVE WELL WITH PARKINSON'S

All times listed are MDT. To register for this event, visit dpf.org/vs-live-well.

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| 9:00 – 9:30 | Choose Your Own Adventure: Movement Choice
Dance for PD® with David Leventhal or Rock Steady Boxing with Brett Miller |
| 9:45 – 9:50 | Welcome
Kat Hill, Ambassador, <i>Davis Phinney Foundation (Portland, OR)</i> |
| 9:50 – 10:00 | Living Well with Parkinson's
Davis Phinney, Founder, <i>Davis Phinney Foundation (Louisville, CO)</i> |
| 10:00 – 10:30 | Communication and Parkinson's
Cidney and Pat Donahoo, Ambassadors, <i>Davis Phinney Foundation (Las Vegas, NV)</i> , Pete Huley (<i>Beaufort, NC</i>), Krista Ingle (<i>Boulder, CO</i>)
Moderator: Kat Hill, Ambassador, <i>Davis Phinney Foundation (Portland, OR)</i> |
| 10:30 – 10:35 | Screen Break
Step away, stretch, use the restroom, take care of what you need |
| 10:35 – 11:20 | Exercise and Parkinson's Panel
Panelists: Allan Cole, PhD, Runner, Professor and Academic Dean, <i>Steve Hicks School of Social Work at The University of Texas at Austin (Austin, TX)</i> , Frank Swartz, Ironman (<i>Philadelphia, PA</i>), Judith Wilson, Cyclist (<i>Littleton, CO</i>)
Moderator: Anson Rosenfeldt, DPT, PT, NCS, MBA, Physical Therapist, <i>Cleveland Clinic (Cleveland, OH)</i> |
| 11:25 – 12:10 | Nutrition and Parkinson's
Marty Acevdeo, MS, RDN, Ambassador, <i>Davis Phinney Foundation (Oceanside, CA)</i>
Moderator: Edie Anderson, Ambassador, <i>Davis Phinney Foundation (Venice, FL)</i> |
| <i>Grab your lunch or snack ahead of our next session</i> | |
| 12:25 – 12:45 | Nurturing Resilience through Poetry
Wayne A. Gilbert, Retired Teacher and Professor of English and Educational Psychology (<i>Denver, CO</i>) |
| 12:45 – 12:55 | Closing Remarks
Davis and Connie Carpenter Phinney, Davis Phinney Foundation staff, and Ambassadors |
| 1:00 – 3:00 | Screen Break
Step away, stretch, use the restroom, take care of what you need |
| 3:00 – 4:00 | Workshops (optional)
Sketching for Joy with Lorraine Wilson, Ambassador, <i>Davis Phinney Foundation (Abilene, TX)</i>
How to Tell Your (Parkinson's) Story with Carol Clupny, Ambassador, <i>Davis Phinney Foundation (Hermiston, OR)</i>
Working with Parkinson's: How to Keep Your Job, Find a New One, or Reinvent Your Career with Amy Montemarano, Ambassador, <i>Davis Phinney Foundation (Philadelphia, PA)</i> |