

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.

- 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, *Davis Phinney Foundation (Portland, OR)*
- 9:50 – 10:00 **Living Well with Parkinson's**
Davis Phinney, Founder, *Davis Phinney Foundation (Louisville, CO)*
- 10:00 – 10:30 **Communication and Parkinson's**
Cidney and Pat Donahoo, Ambassadors, *Davis Phinney Foundation (Las Vegas, NV)*, Pete Huley (*Beaufort, NC*), Krista Ingle (*Boulder, CO*)
Moderator: Kat Hill, Ambassador, *Davis Phinney Foundation (Portland, OR)*
- 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, *Steve Hicks School of Social Work at The University of Texas at Austin (Austin, TX)*, Frank Swartz, Ironman (*Philadelphia, PA*), Judith Wilson, Cyclist (*Littleton, CO*)
Moderator: Anson Rosenfeldt, DPT, PT, NCS, MBA, Physical Therapist, *Cleveland Clinic (Cleveland, OH)*
- 11:25 – 12:10 **Nutrition and Parkinson's**
Marty Acevdeo, MS, RDN, Ambassador, *Davis Phinney Foundation (Oceanside, CA)*
Moderator: Edie Anderson, Ambassador, *Davis Phinney Foundation (Venice, FL)*
- Grab your lunch or snack ahead of our next session*
- 12:25 – 12:45 **Nurturing Resilience through Poetry**
Wayne A. Gilbert, Retired Teacher and Professor of English and Educational Psychology (*Denver, CO*)
- 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, *Davis Phinney Foundation (Abilene, TX)*
How to Tell Your (Parkinson's) Story with Carol Clupny, Ambassador, *Davis Phinney Foundation (Hermiston, OR)*
Working with Parkinson's: How to Keep Your Job, Find a New One, or Reinvent Your Career with Amy Montemarano, Ambassador, *Davis Phinney Foundation (Philadelphia, PA)*