



The Victory Summit® Virtual Event: How to Live Well with Parkinson's
“Living Well with Parkinson's”
Recorded on April 2, 2021
Davis Phinney Foundation

Kat Hill (Davis Phinney Foundation Ambassador, YOPD Council Leader, and YOPD Women's Council Leader):

Good morning everybody! And welcome to the Victory Summit event today. It's all about living well with Parkinson's disease and living well today. My name is Kat Hill, and I am so excited to be your host today. I am a Davis Phinney Ambassador and was diagnosed with Parkinson's six years ago at the age of 48. And I got hooked up with the Davis Phinney Foundation when they came to Portland, and it aligned so beautifully with my philosophy of trying to find joy in every day. I hope today that you join us and find tidbits that might work for you to enhance your life living with Parkinson's disease.

I have today the tremendous honor to have a conversation this morning with the Davis Phinney Foundation founder, Mr. Davis Phinney, welcome Davis. Thank you so much for joining us today. I just, I'm really honored to be here talking with you and I wanted I wanted to pick your brain a little bit. I know that you founded this organization over 16 years ago.

But I'm curious about what catalyzed that mission for you. Back then what made you want to live well with Parkinson's? How did you do it then and how do you do it today?

Davis Phinney (Founder of the Davis Phinney Foundation):

Well, that's a great question Kat. I mean, the Foundation in its original form was just about research towards the cure. But within a short time, I found that in traveling around and meeting people with Parkinson's, more commonly, I was struck by the fact that they all seem to be waiting and waiting for someone to cure the disease.

And as time went on, the waiting just was inevitably followed by decline.

Kat Hill:

Did it seem like people were putting themselves on hold for the cure?

Davis Phinney:

Yes. Yeah, so I just, I felt like I my voice was best leant towards activating people to enjoy their life as much as possible on-going. And so, that's why I ended up going in this direction. And here we are, 15, 16 years later. Well, the cure is not yet on the horizon, and we've shown hundreds or thousands of folks how they can live well with this disease.

Kat Hill:

Yeah. And Davis, don't you feel like that message is universal to everyone? That we have an opportunity, no matter what our challenge, whether it's Parkinson's disease or just having a bad day, we have an opportunity every day to live well, don't you think?

Davis Phinney:

Yes, very much. I mean, my very simple motto is every victory counts which is actually translated towards every day there's small victories that happen. And if you choose to look at them and acknowledge them and maybe give a hands up. Then that's that only going to enrich your day and enrich your attitude.

Kat Hill:

Yeah, I so believe in that myself and I think everybody here today by showing up, it's a victory, right? They're investing in their lives and living well.

Do you have any secrets to share with our listeners, maybe when you're having a tough day, what keeps you going? Is there anything that you tell yourself or any special thing that you might do to turn it around for yourself?

Davis Phinney:

Well, I really try to break it down and focus on a moment-to-moment sort of lifestyle. Whereas, if I'm feeling poorly and I project that out as a negative emotion, it just sort of perpetuates itself. And I feel like it's better and easier to just, you know, acknowledge that emotion but then move on and find some way to turn my attitude.

Kat Hill:

Yeah, that's beautiful, that mindfulness right that we're learning so much about these days, in the moment, I love that, Davis.

Is there anything that you want else you want to share before we launch the next phase? Any other tidbits?

Davis Phinney:

Well just that during this whole COVID period, which has been very difficult for our community. I feel like the best thing that you can do is to keep yourself active and engaged as best you can and using the methodologies which work to keep your symptoms at bay.

Whether that's riding your bike or take taking a walk or doing yoga class or 110 fitness, or something. I mean what's interesting to me is been that through zoom, while we've lost a lot of our person-to-person human contact, we've actually gained this ability to join up with people from all over the world.



And take part in in various classes and fitness and otherwise that are super helpful and super important because this COVID era will pass. And so, it feels like you need to make a deal with yourself, that that by all means you try to maintain your stasis as best as possible, so that then when you get back to your community, in person and whatnot, that you can, you end up feeling better than you were during COVID.

Kat Hill:

I think that's very very sage reflection Davis thank you. I think staying connected and stay moving, both are such important things for our community, and I thank the Foundation for helping us all do that.

Thank you so much for launching us Davis today. I appreciate being able to talk with you a little bit. And we're going to see you again on the other end right because you've got to lead us in those victory arms.

Davis Phinney:

Exactly. Let's practice.

Kat Hill:

Yeah. Let's launch it. Thanks, Davis.

Davis Phinney:

Thank you. And thanks everyone who's been involved with launching this very exceptional event. And, you know, everyone who's watching, and all of our ambassadors and presenters, as well as the DPS staff, which work tirelessly to bring these events to you. So, thank you all and thank you Kat.

Kat Hill:

You bet, and thank you Davis, thank you so much.

Want to Watch a Recording of the Webinar?

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