



**The Victory Summit® Virtual Event:
Our Voices, Our Stories: For People with Parkinson's,
By People with Parkinson's
"Getting Away from Parkinson's"
Davis Phinney Foundation**

Polly Dawkins (Executive Director, Davis Phinney Foundation):
And now I would love to welcome our final panel to the stage. Robynn Moraites, Wayne Gilbert, Sonia Mather, and Sarah Zenner.

Soania Mathur, MD (Board of Directors Member, Davis Phinney Foundation):
Hi everyone.

Robynn Moraites (YOPD Council Member, Davis Phinney Foundation):
Hey everyone.

Wayne Gilbert (Poet, Friend of the Foundation):
Hello.

Polly Dawkins:
Wayne, it's a little hard to hear you.

Wayne Gilbert:
It is? Oh, okay. I'll move closer.

Polly Dawkins:
Well, hello friends. Good to see you all. Thank you for being here.

Sarah Zenner (Ambassador, Davis Phinney Foundation):
Thank you for having us.

Polly Dawkins:
This session is a session that you all asked us to talk about, which is getting away from Parkinson's. And we know that that's an impossibility really, but many of you point out that there are many things that you do that help you either momentarily forget that you have Parkinson's or really get away from thinking about Parkinson's all of the time. So perhaps I think I'll turn it over to you all to start the conversation. And then, I'm gonna go off video and I can pop in if you need my help, but you all are such experienced speakers and moderators. I don't think you need me here. Does that work for you all?

Robynn Moraites:

Sure.

Polly Dawkins:

Great. So maybe I'll turn it over to Sonia, do you feel comfortable?

Soania Mathur:

Yeah, I can get started. I think that's really an important point that you made. Hi everyone, by the way. I think it was a really important point that you made that you can't really get away from Parkinson's. I know I tried for the first 10 years of my diagnosis, I tried to just, you know immerse myself in everything else in life, other than my Parkinson's, you know, new kids, new house, new social circle, this sort of thing, anything, work, anything that would take my mind off of the Parkinson's and I failed miserably. So, I do think that it has to be a focus in your life, but it can't be the only focus. How do you all feel? Wayne?

Wayne Gilbert:

Yeah, I feel exactly the same. I kept reading the topic, when the topic for this session was public, I kept reading it as getting away with Parkinson's, getting away from Parkinson's, because it had, it had sort of a like everywhere I go there I am. And Mr. P is always right along with me. However, to completely focus on that and give all my attention only to that aspect of me and my life is much more limiting than it needs to be. What do you think?

Robynn Moraites:

Well, and I got a really good piece of advice, when I first got diagnosed. I was working with a social worker who specialized in Parkinson's, and she said in the beginning of your diagnosis, think of the metaphor of a stove. And the pot is on the front burner. It's on high. And it's boiling over, as you're learning about the disease, coming to terms with your diagnosis. And she said, but it doesn't stay that way. Eventually it goes to the back burner and it goes down on simmer and you're sort of doing other things, and it was hard to believe her in that early stage. And I'm sure it's a different length of time for everybody, what that pot of boiling water is. And she said, but for a majority of your time, the burner will be on the back burner on simmer and every now and then something will happen and it'll bring it to the front and it'll go boiling over again on high. And I just wanna reassure anyone who's kind of newly diagnosed out there. I was diagnosed in 2015, and there's been a couple of times where the pot's been on the high on the front burner boiling over, but for a huge majority of my time, it's been on simmer on the back burner. So, I hope that reassures anyone, I think that's a neat framework. Sarah, what were you gonna say?

Sarah Zenner:

I mean, I love that analogy of the simmering pot. You know, so many, we hear so many people that are fighting an illness or fighting a disease. And I, you know what, I'm not a really good fighter, so I've kind of explained to people that I've made a little tiny home in myself to let Parkinson's live, take up residence, right? And I can't fight Parkinson's, I can't, it is something

that we have and we can, we are here living our best days, the best ways possible. And I feel like if I am working with and rolling with my Parkinson's, I'm so much more effective. I'm a better mom. I'm a better friend. I'm a better lover. I'm a better everything. If I just roll with it and take each day as it comes, and that I guess would be my overwhelming overarching theme for how I live well today is just to just let it just kind of let it roll. And sometimes the pot's on the front burner, like my Parkinson's is really present and having a hard day. And sometimes it's like, I forget that I have Parkinson's and I feel like, I mean, that's our topic today is talking about how we live really well, knowing that we have this diagnosis, but not thinking about it all the time. And I feel like if I'm, if I have accepted it, then I'm not thinking about it so much.

Wayne Gilbert:

As a poet, I want to jump in here just a moment too. And I think it's important to be aware and intentional about the metaphors we choose to use. As we try to deal with and understand and experiment with and explore what it means to have Parkinson's and a stovetop is wonderful, even rolling with it is a kind of metaphor, dancing what we just did. I was afraid to turn my camera on for a minute. I was a little winded, you know, that's also a metaphor, it's not just an activity. And I'm with you, Sarah, fighting and war and violence and all that, like I'm an old guy, much older than the rest of you on this panel. And I can tell you, I'm too tired to fight, and what's the point? Why do I wanna stage a war on, this is my body. This is me. It's a part of me that goes with me every day. I require more care than I require weapons and armor. And you know, I'm not under siege. Soania, what about you?

Soania Mathur:

Yeah, I was thinking about that pot metaphor. I think in the beginning, I was trying to cook a stew with my pot in the neighbor's kitchen, because I just totally wanted to push it outta my life, but you're right. That emotional acceptance is what allows us to move forward. It allows us to move beyond our diagnosis. It allows us to make changes in our life that will help us overall with our diagnosis as well, in order to live well with this disease. And I think that's an important thing. We're not just living with Parkinson's, but we're trying to live well with Parkinson's disease. So, I think you're right. The language is really important in terms of how we look at our disease. Is it, you know, an enemy or is it something that obviously we don't wanna have, but can we work with it, in order to optimize our quality of life?

Robynn Moraites:

Well, and I found going with Sarah's theme about acceptance, and this seems an odd, we talked about this in the preparation for this panel. It helps me to kind of get away from Parkinson's if I'm going into a new situation, if I already kind of let everybody know ahead of time that I have Parkinson's, it's way easier on me. It's like not the focus, cause I, when I tried to go into new situations, not telling anyone, there's this kind of self-conscious anxiety loop that starts, which makes all of my symptoms worse, my tremor and stuff. And by just everybody knowing and talking about it ahead of time and saying, I, you know, like if I'm giving a presentation or something like that, as long as everybody knows, then it's okay and my symptoms stay mild.



And so, establishing that baseline that it's a factor in my life, but it doesn't have to be the central factor helps me to actually have a more expansive life.

Sarah Zenner:

I think that's a really important topic to kind of segue into what, you know, when you, Robynn, you just mentioned that you like to let people know that you've got Parkinson's. It really, it changes when we talk with people that understand what it's like to live with Parkinson's, our conversations are very different than when we're talking with people that don't have Parkinson's. And so, I mean, you look like you got, you got a bunch to say there.

Wayne Gilbert:

No, just, right? Amen. Amen. That's all.

Sarah Zenner:

Well, talk about that. I mean, like, we all know what we're talking about, but let's share what that's really like. I mean, I feel like this is a really important component about kind of forgetting or living in a lower stress environment anyway, when we're talking with people, other people that have Parkinson's and they're a really important part of our tribe and community. Wayne?

Wayne Gilbert:

That's just vital, I think essential, and it's ironic in a way that in order to get away from, or with Parkinson's one vital way is to connect with others. It's a, when I went to the world Parkinson's Congress in Portland, that was, I was diagnosed in 2005. So there was a long time in there where I was active in certain ways, but I wasn't immersed in the community. And there, I was wandering around this huge convention center, filled with people from all over the world. And the normal people were like the freaks.

And all the people with Parkinson's were like the norm. You see. And so, I didn't have to explain to anybody what's up. We just could like get to it. And there's a shorthand that we can use with other people with Parkinson's that doesn't require a lot of backstory, and, you know, fill and the details and all the gaps and all the blah, blah, blah. We could like cut to the chase and really connect in that way. And Facebook has been a vital connection for me with a lot of people as well as events like this as well.

Robynn Moraites:

Well, and this theme of connection is so vital, because for those of you who know Laurie Mischley's study of alternative medicine and complimentary care for those who don't know, she's studying everything under the sun, what people eat, how they exercise, what doctors they're seeing, what medications they are on, and after sort of five or six years of collecting all of this data quarterly from thousands and thousands of people with Parkinson's, it turns out that her research turned up a surprising result. The single factor that showed whether people progressed quickly or slowly was how they answered the question. I am lonely, true or false.

That is the only single variable that she can find consistently makes a difference in people's progression is connection. And one of the things I've talked about on the young onset council is that I have my two, I have sort of two groups, two tribes.

I have, well, maybe three, I have my Parkinson's tribe. And then I have all of these activities and hobbies that I love to do. Now, everyone there knows I have Parkinson's, but we don't really talk about it. Sometimes it's a factor like I do long distance cycling, and I can't go as fast as some of my friends and things like that. But community and support, and it's, I'm also part of a 12-step fellowship. So, I have that kind of third tribe. So, I'm really used to this idea of networking and talking to people and being connected. That's imperative with Parkinson's for quality of life.

Soania Mathur:

Yeah. I couldn't agree more Robynn, I think also that that was shown with the COVID and pandemic that we went through, we all went through. I think our Parkinson's community in general really suffered immensely with that isolation and the loneliness factor making, you know, our symptoms worse and our quality of life worse. So yeah, the loneliness factor doesn't surprise me at all. I agree also with making the connectivity, I do, I have different tribes as well, sort of my PD family, and then my non-PD family, I guess I would say. And I use them for different reasons. I think being able to meet with people that are going through the same life experience as you, that you don't need any, you know, complex formalities or explanations to is really invigorating because, you know, like we learned from the practical tips that that great panel discussion had before. I mean, I've learned the most from my Parkinson's family when it comes to practical little ways of living with my Parkinson's. And then I have my other tribe where I just try and, you know, get away. They all know I have Parkinson's, but it's not about that at all. It's more the social connection and that sort of thing. So, I think both areas are, or both types of interaction are important.

Sarah Zenner:

I think it takes a lot of bravery for every one of us that has this diagnosis. Parkinson's wants to make us a smaller version of ourselves, and we look a little different than everybody else. We feel a little different. And I've read in the comments that, you know, there is a lot of judgment out there about, and we are very aware of that judgment and we have these judgments in ourselves, and I think what we really need to, we need to work hard at letting that judgment of ourselves go and connecting with making sure that we are a big version of ourselves and connect with other people, be brave, be strong, and reach out, even though it might be uncomfortable with people that, I mean, I just cannot, I cannot stress this enough, how important I think it is to connect with other people that have something going on in their lives. We all have something and it's so important to be able to connect with those people. And I do think that we are some of the bravest people out there. You know, I go to a boxing class a few times a week and I go because these other people I'm so motivated by how brave everybody else is for showing up, even on their hardest days. And Wayne, you look like you're gonna say something, you've got something.

Wayne Gilbert:

I wanna share this poem if I can. It's called socializing recluse. I'm a full-fledged recluse. I don't go out anymore. I don't wander around the neighborhood or go shopping. I don't even drive. Parkinson's convinced me to stop. Except up for once a week, when I buy groceries and visit an elderly friend, except to count my steps in the hallway, take the recycle down, check the mail, I don't even leave the condo. But today I talked with a friend in England and a friend in Iowa and a friend in prison, and I wrote a poem and Alice and I finished a book we read together and we watched a cool documentary while we ate our vegan dinner. And now I'm off to Milwaukee for a basketball game. Earlier this week, I went to Baton Rouge, jammed with Jan, danced twice in my private studio with several of my best Parkie friends, ran off with Alice to Portland for a mindfulness class. Soon, I'll meet up with my poetry group and speak on a panel at a national conference, but I don't go out. Not ever. I can't remember why I should.

So, for me, the was a, thank you, for me the pandemic opened up a whole new world. This is the world. It's not perfect. I was saying to my wife earlier that I still really miss the mixing that we're able to do when we're in person, you know? But I have been able to do things and meet people and go places. I couldn't go even in the best of times. And certainly not now.

Soania Mathur:

That's a great way you've sort of, a beautiful way of explaining a really positive way of adjusting to the limitations that were placed on us during the pandemic. You know, you seem to flourish in terms of what your activities were and what you were able to, people you were able to reach. Unfortunately, I don't think that occurred for everybody, especially some of our more elderly community members that may not have as good technical skills. But yeah, I think the internet has really opened up the world.

Robynn Moraites:

Well, and Wayne, you bring up a point of when I got diagnosed I, my, I received my formal firm diagnosis from, I'll call him neurologist number four, and he had a good, he had a really good bedside manner and he said, go live your best life now. Do your bucket list trips because none of us is guaranteed anything, but go do. And so, I have been, and because of that, you know, I've traveled all over the place. I've taken the initiative to do things that I would've put off until my retirement. Cause I don't know what that's gonna look like. So, it forces me to seize the day a little bit more and I love and engage deeply in my hobbies now. More so than I ever was. I love my hobbies and they take me out of myself and I get into that flow state where, you know, I do gardening, I do mosaic work, I do stain glasswork.

I do long distance cycling and I'll be, you know, it, spring is sprung in North Carolina and I'm working in and all of a sudden, it's six, seven o'clock at night. And that's, I mean, I just get into that flow stay with my hobbies. It's, I have so much of a better life now than I did before my diagnosis, when I was just working all the time, kind of delaying my happiness and satisfaction

to some future, you know, I gotta work hard now and you know, get the reward later. Now I get a lot of rewards now.

Sarah Zenner:

I think we're kinda lucky. I mean, in a weird way, I think we're kinda lucky because we're thinking about what makes us feel good and we're really aware of what makes us feel good and what doesn't make us feel good. And we're really going after more of those things that feel good. And you know, one of the things that we talked about in our prep for this was how living with Parkinson's is almost like a moving meditation. You know, there are, you know, we've heard about, we know how important meditation is for us. And we work really hard. I think a lot of us are meditating without with Parkinson's a lot of folks like us with a small P we're meditating throughout our day. We are so self-aware and we have to use this technique, we have to use it, what's the word I'm looking for?

Robynn Moraites:

Mindfulness, kind of a mindfulness.

Sarah Zenner:

We have to be there very aware of using the technique, but also, you know, like when I'm falling asleep at night or I wake up in the middle of the night and my, you know, my leg and my arm won't go to sleep. Okay. Because they're moving. I need to, I mean, I'm very focused on being mindful and using meditation practices to calm myself down so I can go back to sleep. But I think we're the masters of mindfulness with Parkinson's.

Wayne Gilbert:

Well, my mindfulness teacher said that if we decide that Parkinson's is a crash course in mindfulness in the ways you just described, Sarah, that yeah, we have to learn, we have to really learn to be aware. And there's a difference between awareness and kind of focus, you know, awareness, isn't the same as like, oh my God, my foot is locked in a claw. I can't stop paying attention to it. That's not necessarily mindfulness. Mindfulness notices and observes without judging. And that takes some practice, but

Sarah Zenner:

And then let's it go.

Wayne Gilbert:

Exactly.

Sarah Zenner:

And let's it go.

Wayne Gilbert:

Soania, I'm sorry, I interrupted you.

Soania Mathur:

Oh no. I was gonna say I'm interested, cause I know that I too agree that, you know the mindfulness is really important practice. But what do you all do when the pots on the front burner and you know, boiling vigorously, and you're trying to get an escape from your Parkinson's, what do you all do to sort of help yourself cope with the symptoms you might be facing?

Wayne Gilbert:

Besides cry? I'm totally honest. I don't know. I've poetry and dance. I can't imagine my life without poetry and dance. The arts in general, I think are opportunities to, I'll be so bold to say transcend that front burner status and at least promote middle burner status, if not back burner status to move more in that direction. I get completely lost in what Robynn called the flow as a poet and as a dancer. Going to dance class always takes me from one place to another. And the latter is always a better place, physically, spiritually, mentally, emotionally in every way. The joy jar and the artwork that Lorraine promotes is definitely another example of that kind of thing. But yeah, poetry and dance are two of my best ways.

Soania Mathur:

Robynn?

Robynn Moraites:

Well, it kind of circles back. I think of the pot boiling on the front burner on high. I think of that different than sort of just a bad symptom day. I've had lots of bad symptom days, but the pot boiling on the front burner has only been a couple of times. And when the pot is, well, when I have a bad symptom day, I was telling, I was actually telling Karen Frank, when we first were talking, when I first got diagnosed, I was hyper vigilantly aware of every single thing going on in my body. And I would have some new symptom, or I didn't know, you know, that's, the hard part is like, what is, you know, what's actually attributable, but I would freak out, but then the symptom would subside. Sometimes it has never returned again or might return for a week or two, three or four years later.

I mean, my symptomology is extremely weird. And so, one of the things I tell myself in that kind of what Sarah's referring that acceptance kind of mindfulness is when I'm having a bad symptomatic day. I think a good night's sleep will help. Just for today, you know, tomorrow's another day, this will subside. It always does, in some form or fashion. That's not to say that I haven't progressed over the years, but there's kind of mindset that's that shift from what we were talking about originally from fighting something to surrendering and acceptance. This too shall pass. I use a lot of recovery slogans for myself, you know, powerless over my Parkinson's. I'm empowered to do a lot of things to live well with it and affect the quality of life. And that's actually something I want to say several people when I was diagnosed, gave me advice to stop

learning all that I was learning and to put my head in the sand and just you know, ignore and avoid it.

I personally think that's the wrong way to go with Parkinson's because by learning everything I have learned, I have dramatically improved my quality of life. And I reversed a bunch of non-motor symptoms in the first six months to a year. And that was all based on education and learning what worked with my body. But when I sort of go into the acceptance and sort of this too shall pass, my biggest boiling pot was when I got DBS. And what happened is I had an immunological response to the battery pack, and I had hives for like, I don't know, eight or ten weeks. That was a really difficult time. I applied a lot of cortisol cream and whatever. Sarah, how about you?

Sarah Zenner:

You know, sometimes I don't, you know, I don't always know that I'm having my really horrible day until somebody points it out to me. And then I get really grumpy. I mean, I'm usually, I'm usually tired. I'm usually not well fed or hydrated or you know, combination of all the above. And sometimes I'm the last to recognize that I'm really having a terrible day. And I'm with people, I'm with people a lot, but sometimes the best thing I make myself like go for a walk or I make myself just get out of whatever the situation is that I'm doing and change my perspective, whether it's, I can't even, sometimes it's just folding the laundry, I, or just doing something different than what I was doing before to change the environment or actually one of my favorite things to do, this is probably what I actually do. I probably call a friend, I phone a friend and sometimes, you know, we all have our phone a friend maybe friends that have Parkinson's and call 'em up and just talk and they understand or a really close friend that doesn't have Parkinson's. So, I just use my resources and if all else fails, it depends on the time of day, you know, if it is in the middle of the night and I'm just stressing myself out with anxiety, I go to how, what I've learned with mindfulness and, you know, use a mantra. And I will run through what I'm grateful for. Like I will force myself to be, to get myself out of it if I'm aware of it.

Robynn Moraites:

Well, that reminds me of one other tool that I use. And it's a lot of tools I borrow from 12 step recovery, but I get outta myself by focusing on someone else. And I was having a bad day yesterday, not a bad Parkinson's day. Just a lot of stuff is happening at my job. A lot of politics and things are going on. And I spoke to a friend last night, who's trying to get her real estate business off the ground. And she went from having no clients to all of a sudden drinking from a fire hose. And she's, you know, telling me about everything that's happening and it just felt so good to focus on someone else for a little while and not my woes at work and the politics of my position and things that are going on. And I'm just reminded, it's constantly beneficial to get outta yourself and focus on helping someone else, talking to someone else, listening to someone else's problems or even their experience, not necessarily problems.

Wayne Gilbert:

Yeah, there's a, I think it's a myth out there that people with Parkinson's often become more creative than they were before Parkinson's, and some say it's because of medication we take and I think that's nonsense. I think the reason people Parkinson's become more creative often is because Parkinson's is a sort of experience that peels away who you were and makes you truly begin to consider what is really valuable to me and really meaningful. And those are the kinds of questions that take you to creative work, painting, poetry, music, dance, sculpture, I'd say even boxing in that regard. And so, as those questions begin to emerge, they require us to sort of deal with them and those are identity changing kinds of questions. So, I just don't buy the there's something special about Parkinson's.

I think there's something special about the kind of moment that Parkinson's is for all of us and that that opens us up to the creativity that was always there. But we were too busy. You know, my career has been over for a decade now. Thank you, Parkinson's. And thank you Parkinson's. And so, I don't have those worries anymore. That was helpful for me ultimately, of course. And so, I just really wanna emphasize that I hear often, oh, I can't write poetry, or I can't make music or I can't paint and that's just utter nonsense. That's just really avoidance behavior. That's like a student telling me I didn't have time to do my homework. Like yeah, whatever. Ridiculous.

Robynn Moraites:

Well, and but people should find what resonates for them. It might be that, I mean, I can't paint, but I can do two dimensional, like mosaic work and stained glass using a pattern of someone else. And, but people, you know, I know people who've taken up, you know, choir singing or you know, there's all kinds of ways. There's as many people and interesting things to do. I mean, it's like fingerprints. People say, oh, I'm not creative. And then they're engaged in some thing that's, I'm like, oh, that's creative. So, to not think in too much of a confine of a box, that has four square corners that I have to paint, or I have to do poetry, there's lots and lots of things to do to, and that you can enjoy.

Soania Mathur:

Sorry.

Robynn Moraites:

No, go ahead.

Soania Mathur:

And those activities are always in flux, right. As our disease progresses. Now I've been living with this disease for 23 years now. And so, what I was able to do in terms of say playing the piano at the beginning of my journey with Parkinson's, I can't do it as well now, but I can help impart that knowledge to my daughters for instance. So, you can still be involved with creative endeavors. They just may have to change with time, which can be for frustrating a little bit. But you have to reframe it in your mind that you're still involved with something creative.

Wayne Gilbert:

Somebody in the chat mentioned nature and I have a good friend who in his post retirement life became a, he calls it a wood carver, I'd call it sculpting. And he's all always talking about how that gets him close to nature. And I live in the city and I live in a high rise and I don't go out as you all know. But and one day I was worrying about how can I get close to nature? And this poem was a result. Less smoky this morning, but smokey wildfires rage out west. The pandemic keeps us quarantined. I ask Alice, how can I get closer to nature? She says, we're up here in our high-rise cave, look out across the urban forest toward the mountains. Must still be there. Watch for our hawk neighbors, the rush hour of crows flying west at dusk. Think of the trees that shelter us when we walk each evening, taste the earth and tannins of the teas we brew each morning, the steel cut oats, walnuts, maple syrup we eat together. Every hermit, monk, cold mountain poet needs a wise companion.

So even when nature seems so far away and impossible to access, it's all in how, you just have to look a little harder or a little differently, I think. I can't believe I'm saying this. This is like, my mom used to use these words to scold me when I was a kid, you know.

Sarah Zenner:

It's so crazy we're talking about, you know, how we're living our best life ever. You know, I've read that we get to become kids again. We are, we're aware of our, you know, the finite nature of our lives and we wanna to do our best. And here on my desk in front of me, I've been working on this value sorts thing. And, you know, I've got, what's important to me. What's very important to me. And what's less important to me. And I've been trying to, I want to zero in and figure out what makes me feel really good and what makes me tick and what I wanna spend more of my hours and my days on. And I'm really focusing, I'm focusing on the things that are very important to me. And I'm, my next step is to, you know, make sure that my calendar is aligned with those things and try my best to eliminate the things that drain me as opposed to nurture me. And I mean, we live in such a fast world with so many things going on and we have a hard time saying no to things. And for me, I just, I feel like it is this time in my life for some self-awakening and really getting to zero in on living my best life. It's kind of fun.

Robynn Moraites:

Well, and way more...

Sarah Zenner:

And Parkinson's is a great excuse. Sorry.

Robynn Moraites:

You guys were talking about nature. I put in the chat feature, I have a friend who has ALS and about 40 days ago, he turned me on to an eagle cam out of California, big bear valley eagle cam. And I have had this screen open on my computer for the last 40 days. And I watched that



little chick hatch and I have watched it grow exponentially, and I just keep it running on my computer and I'm at work and doing my work. And then, you know, I might think, oh, let me check in on little chicks, see how he is doing. I click over onto that YouTube screen. And I just catch up for a few minutes, or I look at the post stamp to see what time that, you know, if he had a feeding and you can scroll back on the video feed to the timestamp. So, there's a way to enjoy nature if you can't even get outta your house. I mean, it's a really, I'm mesmerized by this eagle cam.

Soania Mathur:
That's wonderful.

Robynn Moraites:
Should we see if there's some questions here? We've got just a couple more minutes. You wanna see if there's any questions in the chat, someone's asking, Wayne, do you have a book with your beautiful poems or a handout, pamphlet?

Wayne Gilbert:
I, it just so happens that, I've recorded many poems and there for the Davis Phinney Foundation and you can just google, or go to the Davis Phinney Foundation website and find those poems. And I'm posting my, I wrote in the first year of the pandemic, I wrote some poems in response to When Things Fall Apart by Pema Chödrön and they were published a year ago. And I put a link there where those are available too. Thanks. That was really nice of someone to ask. Thank you.

Polly Dawkins:
Perfect. Thank you all.

Want to Watch a Recording of the Webinar?

You can access the recording [here](#).

Want More Practical Articles Like This?

Much more can be found in the Every Victory Counts® manual. It's packed with up-to-date information about everything Parkinson's, plus an expanded worksheets and resources section to help you put what you've learned into action.

[Request Your Manual Now](#)

Thank you to our Peak Partners, Amneal, Kyowa Kirin, and Sunovion for making it possible for us to print, distribute, and ship the Every Victory Counts manual.