



*Welcomes you to*

# THE VICTORY SUMMIT® INDIANAPOLIS



**Saturday, July 27, 2019**  
Indianapolis, IN

# THANK YOU FOR COMING TODAY.

We're glad you're here.

Whether this is your first time at an event focused on Parkinson's or you have attended many in the past, we are **grateful** you put in the time and effort to spend your day with us.

Today, it's okay to be unsure, to ask questions, to step outside of your comfort zone. Everyone in this room is on a unique journey, but we share so much in common. Have a conversation with someone new to you. You might make a valuable **connection**.

Our hope is that, by the time we are saying our goodbyes, 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, organizations in the exhibition hall, our presenters – we will all be available today, tomorrow and beyond to **support** you.

Thank you for coming today. We're glad you're here.

# WHAT DO YOU HOPE TO LEARN TODAY?

*Before the day begins, we encourage you to 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.*

- |  |   |
|--|---|
| <input type="radio"/> Motor symptoms           | <input type="radio"/> Speech & swallowing     |
| <input type="radio"/> Sleep disturbances       | <input type="radio"/> Exercise                |
| <input type="radio"/> Depression & mood        | <input type="radio"/> Medication management   |
| <input type="radio"/> Non-motor symptoms       | <input type="radio"/> Care partners           |
| <input type="radio"/> Urinary & bowel symptoms | <input type="radio"/> Surgical therapies      |
| <input type="radio"/> Nutrition                | <input type="radio"/> Young Onset Parkinson's |
| <input type="radio"/> Cognition                | <input type="radio"/> Complementary therapies |
| <input type="radio"/> Fall prevention          | <input type="radio"/> Supportive care         |

***Think of something later at home?***

*Send us an email at [contact@dpf.org](mailto: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, inspire the work of the Davis Phinney Foundation and have earned him the reputation as a tireless advocate and mentor for others living with Parkinson's. In spring of 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 6** **General Session Agenda**  
*See what's coming up for the first part of the day.*

**page 8** **Breakout Session Information**  
*Read through the options for our breakout sessions later in the day to determine which one you want to attend and find out where they are taking place.*

**page 10** **Speaker Bios**  
*Get to know the incredible experts we have with us today.*

**page 16** **Thank You**  
*Take a moment to acknowledge the partners and sponsors that made today possible.*

**page 19** **Exhibitor List**  
*See who you can meet in our exhibitor hall and/or find their contact information to follow up with them later.*

**page 30** **Action Steps**  
*Set a new goal and plan the steps that will help you achieve it!*





## GET MOVING WITH US **TODAY!**

You'll see this symbol on your agenda a few times. This represents three movement breaks we will take today. During this time, get ready to move your body, activate your mind and maybe try something new.

### **Movement Break #1: CLIMB Exercise Program**

The CLIMB session will be focusing on posture alignment and appropriate muscle activation. This creates improved muscular balance and functional ability, while reducing pain. As a result of engaging in regular CLIMB sessions, you can experience enhanced movement in your activities of daily living.

### **Movement Break #2: Rock Steady Boxing**

Rock Steady Boxing empowers and enables people with Parkinson's to fight their disease by providing non-contact, boxing-style fitness programs that improve their quality of life, sense of self-efficacy and self-worth.

### **Movement Break #3: Voice Activation**

Join expert Fannie Linder and learn useful vocal strengthening exercises to do at home. Activities will focus on improving voice quality, volume and articulation with multiple types of voice activation drills. Re-train your brain with LSVT neuroplasticity techniques, vocal aerobics and choral singing exercises. Increase loudness and confidence with these fun vocal exercises.

*For more information about local wellness classes, reference the "Local Resources" insert booklet.*

# THE VICTORY SUMMIT® INDIANAPOLIS AGENDA

To download today's slides, visit [dpf.org/vs-indianapolis](http://dpf.org/vs-indianapolis).

8:30 – 9:25

## Visit Exhibit Hall

*Exhibit Hall open from 8:30am-2:30pm*

9:30 – 9:40



## Opening Movement: CLIMB Exercise Program

Debra Knapp, Muscle Re-education & Functional Aging Specialist, *Indiana Parkinson Foundation (Indianapolis, IN)*

9:40 – 10:00

## Welcome & Opening Remarks

Linda K Hinkle, Board Member, *Parkinson's Awareness Association of Central Indiana (Noblesville, IN)*

Terri Weymouth, Board Member, *Parkinson's Awareness Association of Central Indiana (Indianapolis, IN)*

Polly Dawkins, *Davis Phinney Foundation (Louisville, CO)*

10:00 – 10:20

## Moments of Victory®

Davis Phinney, Founder, *Davis Phinney Foundation (Louisville, CO)*

10:20 – 10:50

## Not Just the Shakes: Non-motor Symptoms

Joohee Jimenez-Shahed, MD, *Baylor College of Medicine (Houston, TX)*

*Break #1*

10:50 – 11:25

**Coffee & Connection Break** - Browse exhibitors and meet other attendees

11:25 – 11:35



## Movement Break: Rock Steady Boxing

Kristy Rose Follmar, ACSM CTP/EIM, *Rock Steady Boxing (Indianapolis, IN)*

11:35 – 12:05

## Cognitive Challenges & What to Do About Them

Roseanne Dobkin, PhD, *Rutgers University Behavioral Health Care (Piscataway, NJ)*

12:05 – 12:55

**Lunch** - Delivered directly to tables - Exhibit Hall open

12:55 – 1:05



## Movement Break: Speech

Stephanie Linder, CCC-SLP, *Coventry Meadows (Fort Wayne, IN)*

1:05 – 1:35

### **Triumph Over Exercise**

Travis Gawler, PT, DDT, *Palmetto Health Physical and Specialty Therapy (Columbia, SC)*

*Break #2*

1:35 – 1:50

### **Transition & Break**

Transition to the Breakout Session workshop of your choice

1:50 – 2:50

### **Breakout Sessions**

*Transition to the Breakout Session of your choice (see next page)*

*Break #3*

2:50 – 3:00

### **Break**

Meet someone new and head back to the General Session for a closing presentation.

3:00 – 3:30

### **10 Commandments of Living Well**

Susan Imke, FNP, GNP-C, *Kane Hall Barry Neurology (Dallas-Fort Worth, TX)*

3:30

### **Head Home!**

Make your commitment to live well today with Parkinson's!

# **BREAKOUT SESSIONS**

The following sessions will be offered from **1:50 - 2:50 pm.**

## **LIBERTY BALLROOM**

### **Women with Parkinson's**

Roseanne Dobkin, PhD, *Rutgers University Behavioral Health Care (Piscataway, NJ)*  
Megan Feeney, MPH, *Parkinson's Foundation (New York City, NY)*  
Linda Hinkle, *Parkinson's Awareness Association of Central Indiana (Indianapolis, IN)*  
Gretchen Rosswurm, MS, *Parkinson's Advocate (Irvine, TX)*  
Terri Weymouth, *Parkinson's Awareness Association of Central Indiana (Indianapolis, IN)*

More men than women are diagnosed with Parkinson's by a ratio of nearly 2:1. But the rate of diagnosis is not the only difference. Women and men diagnosed with Parkinson's experience differences when it comes to presenting symptoms, sleep problems, cognitive impact, responses to surgery, medication side effects, emotional health, the care partner experience and more. In this session, a panel of speakers will address the unique issues women face and share strategies for advocating for your care, communicating with your medical and care team, goal setting and finding a community of women to support you on your path of living well with Parkinson's today.

## **SALON 1-3**

### **Complimentary Therapies**

Sara Garvey, PhD, *Davis Phinney Foundation (Louisville, CO)*  
Polly Dawkins, *Davis Phinney Foundation (Louisville, CO)*

Complementary therapies are treatments used alongside conventional medicine. This can include everything from acupuncture to physical therapy, massage therapy and more. Some people with Parkinson's find that complementary therapies help them to relax or even relieve certain symptoms. This session will include a discussion of: Types of complementary therapies and their evaluated safety, evidence supporting complementary therapies and symptom relief potential.

## **SALON 4**

### **Care Partners**

Susan Imke, FNP, GNP-C, *Kane Hall Barry Neurology (Dallas-Fort Worth, TX)*

The role of a care partner is ever-evolving. Learn about navigating the world of the care partner in a positive way through strength and self-care. Care partners, spouses and family members are all encouraged to attend this session. Discussion will include: the importance of self-care, significance of social engagement, strategies for navigating this role, practical tips for taking care of your own well-being, effective ways to communicate with your person with Parkinson's and when and how to ask for help.

*The audience will have the opportunity to ask questions during each of the above presentations.*

# MEET TODAY'S SPEAKERS



## **POLLY DAWKINS**

Polly brings 25 years of for-profit and nonprofit experience to her position as the Executive Director of the Davis Phinney Foundation. She is committed to making wise use of the Foundation's resources, enabling it to extend its reach while staying true to its mission. Polly is passionate about helping people with Parkinson's thrive by providing education, connection to community and funding quality of life research that takes the guesswork out of living well.



## **ROSEANNE DOBKIN, PHD**

Dr. Roseanne D. Dobkin completed her PhD in clinical psychology at the Medical College of Pennsylvania-Hahnemann University (2002) and a postdoctoral fellowship in clinical psychopharmacology at Robert Wood Johnson Medical School (2003). She has been conducting mental health research in Parkinson's for the past 13 years. To date, her research has addressed the efficacy of face-to-face cognitive-behavioral treatment (CBT) for depression in Parkinson's (dPD) in a randomized controlled trial, and the development and pilot-testing of telephone-based CBT interventions for dPD. She has systematically examined barriers to mental health care utilization in PD and the use of telemedicine to leverage access to specialized mental health care in the Parkinson's community.



## **MEGAN FEENY**

Megan Feeney, MPH is Senior Manager of Community Engagement at the Parkinson's Foundation. In this role, she manages several national patient leadership programs that engage the community in addressing critical unmet needs in Parkinson's. She manages the Women and PD Initiative, an innovative program that addresses long-standing gender disparities in Parkinson's. Within the Women and PD Initiative, her team received a \$250,000 Patient-Centered Outcomes Research Institute (PCORI) Engagement Award titled, Women and PD Teams to Advance Learning and Knowledge (Women and PD TALK).



## **KRISTY FOLLMAR**

Kristy Rose Follmar is one of the founders of Rock Steady Boxing (RBS), a program dedicated to empowering people with Parkinson's have a better quality of life through a non-contact boxing-based fitness program. Follmar has a BA in Telecommunications and Marketing and is a Certified Personal Trainer and Exercise is Medicine Specialist through the American College of Sports Medicine. Currently, RBS has over 800 affiliate locations throughout the world dedicated to The Fight Against Parkinson's.



## **SARA GARVEY, PHD**

Sara Garvey is the Research Program Manager for the Davis Phinney Foundation. Her research career has centered around promoting well-being and helping people live their best lives possible. Sara holds a PhD in Applied Social and Health Psychology from Colorado State University and has directed numerous research projects with individuals, schools and community organizations. In her role at the Davis Phinney Foundation, Sara works to be the voice and face of the Foundation on research topics. While staying up-to-date on the latest developments in Parkinson's research, she also manages the research activities of the Foundation.



## **TRAVIS GAWLER, PT, DPT**

Dr. Gawler is the lead Neurologic Physical Therapist at Palmetto Health Physical and Specialty Therapy in Columbia, SC. He specializes in the treatment of individuals with Parkinson's and is most interested in fall prevention and the utilization of exercise in maximizing mobility and minimizing functional decline. Dr. Gawler is a graduate of the University of South Carolina, where he received his bachelor's degree in exercise science in 2008 and his doctorate in physical therapy in 2011. In 2014, Dr. Gawler launched a community-based group exercise program for individuals with Parkinson's with the Greenville Health System and a similar program in 2016 with the YMCA in Columbia, SC. He is a PWR! Therapist, LSVT BIG certified and Board Certified Clinical Specialist in Neurologic Physical Therapy. He teaches and speaks regionally on fall prevention, the importance and utilization of exercises across the Parkinson's spectrum and current concepts for the treatment of individuals with Parkinson's. Dr. Gawler is also on the Science Advisory Board for the Davis Phinney Foundation.



## **LINDA HINKLE**

Linda Hinkle is Co-Chairman of programs for the Parkinson's Awareness Association of Central Indiana (PAACI). Linda lives in Noblesville, IN. She is married, has two grown children, and is a Grandmother to five beautiful grandchildren ages 8-17. She was diagnosed with Parkinson's in 2001. After living in denial for over 4 years, she joined Rock Steady Boxing in 2006. In 2008, she helped to start Positive Directions support group. She received her BS degree from Ball State University in Speech and Hearing Therapy. She saw a need for more women who are mothers, daughters, wives, care givers, all with Parkinson's to join together to help and support each other, so she organized three different, three day retreats in 2010, 2011, and 2013. Linda stays active by attending the Climb exercise classes, playing bridge, Mahjong, quilting and of course spending time with friends and family.





## **SUSAN IMKE, FNP, GNP-C**

Susan Imke is an advanced nurse practitioner holding dual certifications in family health care and gerontology by the American Nurses Credentialing Center. She earned her masters of science in community health education from The University of North Texas in 1983 and serves as an educational consultant to the National Parkinson Foundation, The Parkinson Alliance and the Society for Supranuclear Palsy. Mrs. Imke has authored numerous publications for families living with Parkinson's and lectures widely to healthcare professionals as well as caregivers on topics related to the neurology of aging and living with chronic illness. Mrs. Imke also maintains a geriatric case management practice in Ft. Worth, TX.



## **JOOHI JIMINEZ-SHAHED, MD**

Dr. Joohi Jimenez-Shahed, MD is an Associate Professor of Neurology at Baylor College of Medicine (BCM) where she currently is the Director of the Deep Brain Stimulation program. After completing her undergraduate degree at Washington University in St. Louis, she received her medical degree from BCM and Neurology residency training at Duke University Medical Center. She then completed a fellowship in Movement Disorders at the Parkinson's Disease Center and Movement Disorders Clinic at BCM. She serves on the Science Advisory Board of the Davis Phinney Foundation and the Medical Advisory Board for the Tourette Association of America and chairs the Medical Advisory Board for the Houston Area Parkinson Society.



## **DEB KNAPP**

Deb is the Clinical Education Supervisor for the Indiana Parkinson Foundation. Her credentials include: ACE and AFAA certified Personal Trainer, EGOSCUE, PWR and Functional Aging Specialist. Deb is a graduate of Anderson University with a BA in physical education. Deb not only works as a professional trainer for the general population, but also works with quadriplegics, paraplegics, brain trauma patients and those with neuromuscular diseases. She enjoys sharing her education and experience with others as a mentor to students, trainers and therapists. Deb is also the co-author of *Power Over Pain: Intelligent Fitness for the Amateur & Professional*.



## **STEPHANIE “FANNIE” LINDER, CCC-SLP**

Fannie Linder is the Senior Director of Therapy and Wellness at Coventry Meadows. She graduated from Indiana State in 2012 with a master's degree in speech and language pathology. In 2018, she became both Rock Steady Boxing and Delay the Disease Certified. She is currently working towards a certification in LSVT Voice. Her clinical focus is on neurological diseases including Parkinson's and improving overall quality of life through therapy, wellness and exercise.



## **GRETCHEN ROSSWURM**

Gretchen Rosswurm joined the Parkinson's Foundation Advisory Council in the Spring of 2018. She was diagnosed with Parkinson's in 2017 at the age of 52. Her commitment to the Parkinson's community springs from a deep history of Parkinson's in her family while at the same time believing that what seems an impossible challenge creates opportunities for connection, healing and hope. Professionally, Gretchen works for a corporation in Dallas. She also blogs and writes short fiction.



## **TERRI WEYMOUTH**

Terri Weymouth lives in Indianapolis, IN with her husband, John, and they have two children and one grandchild. In 2009, she received the diagnosis of Parkinson's and became determined to educate herself and others about Parkinson's. She discovered a need for information about women with Parkinson's and went on to assist in planning Women's Retreats and two Women's Conferences, the latest in July 2018. To further her knowledge of Parkinson's, she has taken part in numerous research studies and clinical trials. Additionally, she is presently Co-Vice President of Programs on the board of Parkinson's Awareness Association of Central Indiana (PAACI).



## MEET OUR AMBASSADORS

Davis Phinney Foundation Ambassadors are Parkinson's advocates that 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 directly from people living with Parkinson's.

[dpf.org/ambassadors](https://dpf.org/ambassadors)

# THANK YOU TO OUR PARTNERS

## Indiana Parkinson Foundation

The Indiana Parkinson Foundation is a non-profit foundation dedicated to providing hope for those diagnosed with Parkinson's as well as their caregivers. Our mission is to improve the daily lives of those with Parkinson's through research-based exercise and support systems. We accomplish our mission with our CLIMB exercise program, support groups and resources.

[www.IndianaParkinson.org](http://www.IndianaParkinson.org)



## Parkinson's Awareness Association of Central Indiana

PAACI's mission is to educate and support the Parkinson's community and the general public on issues affecting people with Parkinson's disease and their care partners. PAACI accomplishes this by hosting educational symposia, sending out information packets, newsletters and assisting other support groups.

[www.PAACI.org](http://www.PAACI.org)



## Rock Steady Boxing

Rock Steady Boxing empowers and enables people with Parkinson's to fight their disease by providing non-contact, boxing-style fitness programs that improve their quality of life, sense of self-efficacy and self-worth.

[www.RockSteadyBoxing.org](http://www.RockSteadyBoxing.org)



# 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. To learn more, visit:

[www.RYTARY.com](http://www.RYTARY.com)



## Medtronic

At Medtronic, we're changing what it means to live with chronic disease. We're creating innovative therapies that help patients get back to enjoying some of the things in life they thought they had lost forever. To learn more, visit:

[www.Medtronic.com/DBS](http://www.Medtronic.com/DBS)



## 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](http://www.Lundbeck.com/US)



## Parkinson's Foundation

The Parkinson's Foundation makes life better for people with Parkinson's by improving care and advancing research toward a cure. In everything we do, we build on the energy, experience and passion of our global Parkinson's community.

[www.Parkinson.org](http://www.Parkinson.org)



# THANK YOU TO OUR SPONSORS

## **Acorda Therapeutics**

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

[www.Acorda.com](http://www.Acorda.com)



# LIVE WELL TODAY: BE CONNECTED

## EXHIBITORS

*Connect with national and local resources in our Exhibitor Hall today. Visit after you check-in, before we start the day and during any of the scheduled breaks.*

### **Abbott**

Global healthcare leader that helps people live more fully at all stages of life.  
[www.Neuromodulation.Abbott/DBS](http://www.Neuromodulation.Abbott/DBS)

### **AbbVie**

Global, research-based pharmaceutical company committed to educating patients and caregivers about Parkinson's.  
[www.AbbVie.com](http://www.AbbVie.com)

### **Acadia Pharmaceuticals**

Biopharmaceutical company developing innovative therapies for central nervous system disorders.  
[www.Acadia-Pharm.com](http://www.Acadia-Pharm.com)

### **Acorda Therapeutics**

"Live Well. Do Tell." was created by Acorda with input from a steering committee of Parkinson's community leaders to improve conversations among the circle of care.  
[www.LiveWellDoTell.org](http://www.LiveWellDoTell.org)

### **ACORDA Therapeutics**

ACORDA's mission is to develop therapies that restore function and improve the lives of those living with neurological disorders.  
[www.ACORDA.com](http://www.ACORDA.com) &  
[www.Inbrija.com](http://www.Inbrija.com)

### **Amneal**

American pharmaceutical company dedicated to making medicines more accessible and affordable, and providing solutions for tomorrow's health challenges.  
[www.RYTARY.org](http://www.RYTARY.org)

### **Boston Scientific**

Global biotechnology company developing innovative therapies for chronic neurological disorders.  
[www.bostonscientific.com](http://www.bostonscientific.com) &  
[www.DBSandMe.com](http://www.DBSandMe.com)

### **Coventry Meadows**

From independent living to rehabilitation to outpatient therapies, we provide a multitude of care options for seniors.  
[www.ASCCare.com](http://www.ASCCare.com)

### **Davis Phinney Foundation**

National non-profit helping people with Parkinson's transform their lives by providing tools, resources and inspiration.  
[www.DPF.org](http://www.DPF.org)

### **Indiana Parkinson Foundation**

IPF provides research-based exercise programs and support systems, that allow opportunities to connect and work together to fight Parkinson's.  
[www.IndianaParkinson.org](http://www.IndianaParkinson.org)

# EXHIBITORS

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## **Lifeway Mobility - Indianapolis**

Lifeway Mobility is an accessibility solutions company providing ramps, stair lifts, wheelchair lifts, elevators, transfer aids and bath safety solutions.

[www.LifewayMobility.com](http://www.LifewayMobility.com)

## **Lundbeck**

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

[www.Lundbeck.com/US](http://www.Lundbeck.com/US)

## **Medtronic**

Global biotechnology company developing innovative therapies for chronic neurological disorders.

[www.Medtronic.com/DBS](http://www.Medtronic.com/DBS)

## **Parkinson Voice Project**

Helps those with Parkinson's restore their speaking abilities through its SPEAK OUT!® And LOUD crowd® therapy program.

[www.ParkinsonVoiceProject.org](http://www.ParkinsonVoiceProject.org)

## **Parkinson's Awareness Association of Central Indiana**

PAACI provides support to the Parkinson's Community with education and information.

[www.PAACI.org](http://www.PAACI.org)

## **Parkinson's Foundation**

National non-profit organization focused on making life better for people with Parkinson's.

[www.Parkinson.org](http://www.Parkinson.org)

## **Rock Steady Boxing**

Organization giving people with Parkinson's hope by improving their quality of life through a non-contact boxing based fitness curriculum.

[www.RockSteadyBoxing.org](http://www.RockSteadyBoxing.org)

## **SpeechVive**

Wearable device which improves loudness and communication for people with Parkinson's immediately.

[www.SpeechVive.com](http://www.SpeechVive.com)

## **Sunovion**

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

[www.Sunovion.us](http://www.Sunovion.us)

## **US World Meds**

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

[www.USWorldMeds.com](http://www.USWorldMeds.com)



# We make healthy possible



Challenging  
Convention,  
Changing Lives





## We have everything you need to live better with Parkinson's.

We make life better for people with Parkinson's disease by improving care and advancing research toward a cure.



Our Helpline is here for you. **New hours: 9 a.m.-8 p.m. ET**  
1-800-4PD-INFO (473-4636) | [helpline@parkinson.org](mailto:helpline@parkinson.org)  
[Parkinson.org](http://Parkinson.org)

**Better Lives. Together.**

## Do you get dizzy when standing?

About

**1** OUT OF **5**



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

**Learn more at [nOHMatters.com](http://nOHMatters.com)**



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

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# LIVE WELL. INSPIRE ACTION.

## GETTING BACK TO YOU

Medtronic DBS Therapy for Parkinson's

Medtronic DBS Therapy for Parkinson's is not for everyone. Not everyone will receive the same results. Patients should always discuss the potential risks and benefits of the therapy with a physician. A prescription is required.

DBS Therapy requires brain surgery. Risks of brain surgery may include serious complications such as coma, bleeding inside the brain, stroke, seizures, and infection. DBS Therapy may cause worsening of some symptoms. See Important Safety Information [www.medtronicdbs.com/parkinsons-important-safety-information/index.htm](http://www.medtronicdbs.com/parkinsons-important-safety-information/index.htm) or call Medtronic at 800-328-0810.

"Before DBS Therapy, I couldn't tie my shoes, button my shirts, or tie my own tie. After the therapy, I could do all of those things myself."

**Jerry**  
Receiving DBS Therapy



*For more information, visit [MedtronicDBS.com](http://MedtronicDBS.com) or call 877-438-3574*

**Medtronic**  
Further. Together

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# CONNECT THE COMMUNITY.

**LIFE.  
SCIENCE.**™  
**ACORDA**  
THERAPEUTICS

Our mission is to develop therapies that restore function and improve the lives of people with neurological disorders.

[www.acorda.com](http://www.acorda.com)

Acorda Therapeutics, the stylized Acorda Therapeutics logo, and LIFE. SCIENCE. are trademarks of Acorda Therapeutics, Inc. © 2019 Acorda Therapeutics, Inc. All rights reserved.

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!



**WHAT WILL YOU DO  
STARTING TOMORROW?**



## ADDITIONAL RESOURCES

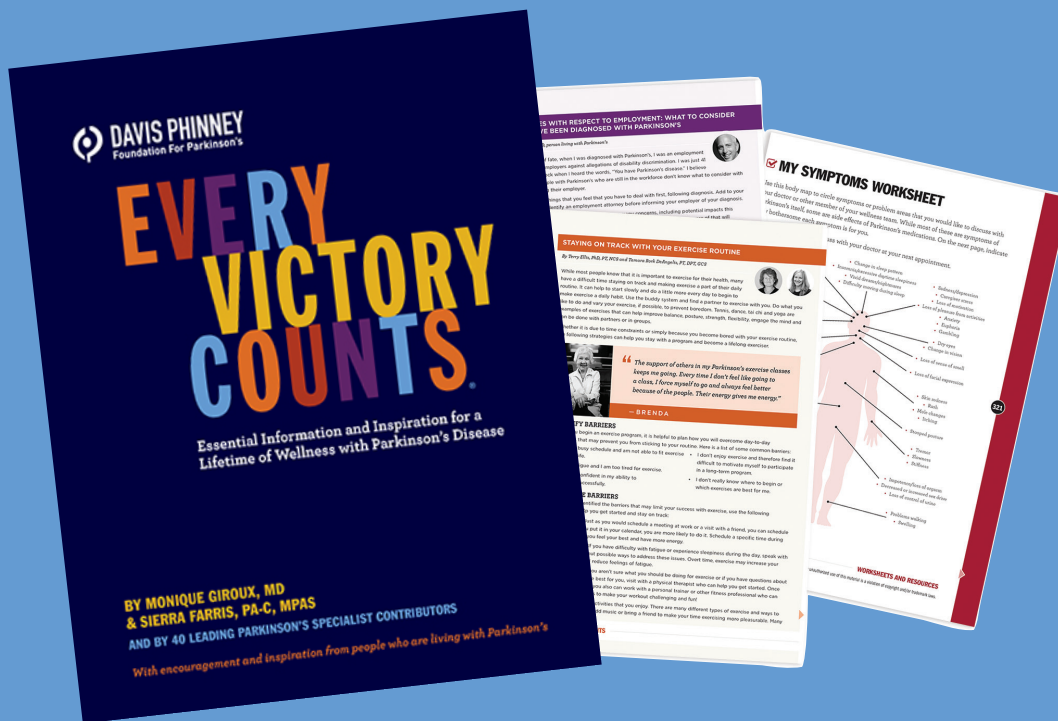
For more information on everything from exercise, treatments, complementary therapies and more, we've created an online resource guide especially for you.

Visit [www.dpf.org/vs-resources](http://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 copy or download your eBook today at  
[EveryVictoryCounts.org](http://EveryVictoryCounts.org) or call toll-free (855) 744-6639.



Our presence today in Indianapolis was made possible by individuals just like you who made a donation to **“Pay It Forward.”**

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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/donate](http://www.dpf.org/donate) 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](http://dpf.org/vs).*

**Philadelphia, PA**

August 24, 2019

**Ottawa, ON, CA**

October 5, 2019

**Tucson, AZ**

December 14, 2019

# LIVE WELL TODAY: BE ACTIVE



## ACTION STEPS

### **Celebrating Moments of Victory**

- Strengthen ties to your community and tap into local resources to help you reach your goals
- Find your inner-strength; pledge to make tomorrow better than today
- Commit to some form of exercise; a little is better than none
- Look for examples of people who can serve as role models: let their successes provide you with hope and optimism

### **Not Just the Shakes: Non-Motor Symptoms**

- 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

### **Cognitive Challenges & What to Do About Them**

- Get moving – any exercise is better than no exercise
- Add more healthy foods
- Cognitive training – stay engaged
- Grow your healthy coping toolbox

## **Triumph Over Exercise**

- ☐ Remind yourself: Exercise is Medicine
- ☐ Start today and NEVER stop
- ☐ Find exercise you enjoy
- ☐ Set goals, track progress and celebrate your victories
- ☐ Develop support for exercise success/ adherence
- ☐ Regularly re-assess your routine

## **10 Commandments of Living Well**

- ☐ Identify two strategies to improve your key relationships
- ☐ Choose one nutritional or activity change to improve your physical health or safety

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