



Welcomes you to

THE VICTORY SUMMIT® **TUCSON**



Saturday, December 14, 2019
Tucson, AZ

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 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, inspires the work of the Davis Phinney Foundation and has earned him the reputation as a tireless advocate and mentor for others living with Parkinson's. In spring 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 17 **Thank You**
Take a moment to acknowledge the partners and sponsors that made today possible.

page 20 **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 four movement breaks we will take today. During this time, get ready to move your body, activate your mind and try something new.

Movement Break #1: LSVT LOUD®

LSVT programs are evidence-based speech, physical or occupational therapies. LSVT LOUD and LSVT BIG treatments can only be given by specially trained LSVT Certified Clinicians. With their guidance during this movement session, people with Parkinson's will learn to translate skills built during treatment into better everyday communication, function and movement.

Movement Break #2: PWR!MOVES® to Rebuild and Sustain Function

People get better at what they practice; so, let's make rehabilitation exercise FUNctional! In this session, participants will first rehearse PWR!Moves, targeting Parkinson's-specific functional skills that deteriorate and lead to the loss of mobility and function. Participants will then add Parkinson's-specific physical and cognitive challenges to optimize movement quality to rebuild everyday movements.

Movement Break #3: Body Drumming with Rhythm for Change

This session will get you up and moving and wishing for more. There will be singing and body drumming. The singing of Frère Jacques will give you the opportunity to create a collective song that feels like pure joy. Body drumming is easy, very beneficial and does not require any musical experience. It is good for your brain, body and spirit. Get moving with Solange and have fun, relax and activate the energy circulation in your body.




Movement Break #4: Learn. Live. Connect.®


Get up, get out, get inspired, get connected! During the Learn. Live. Connect.® experiential activity break, PMD Alliance will lead the group to connect with each other and share inspiration about living well today.

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

THE VICTORY SUMMIT® TUCSON AGENDA

To download today's slides, visit dpf.org/vs-tucson.

8:30 – 9:25		Visit Exhibit Hall <i>Exhibit Hall open from 8:30 am – 3:10 pm</i>
9:30 – 9:35		Opening Movement: LSVT LOUD® Angela Halpern, MS, CCC-SLP, LSVT Global, Inc (Tucson, AZ)
9:35 – 9:50		Welcome & Opening Remarks Marilyn Hart, MD, Retired Family Practice Physician (Tucson, AZ) Polly Dawkins, Executive Director, Davis Phinney Foundation (Louisville, CO)
9:50 – 10:05		Moments of Victory® Davis Phinney, Founder, Davis Phinney Foundation (Louisville, CO)
10:05 – 10:35		Supportive Care & Living Well with Parkinson's Benzi Kluger, MD, University of Rochester Medical Center (Rochester, NY)
<i>Break #1</i>	10:35 – 10:55	Coffee & Connection Break - Browse exhibitors and meet other attendees
10:55 – 11:05		Movement Break: PWR! MOVES® to Rebuild & Sustain Function Becky Farley, PhD, MS, PT, Parkinson Wellness Recovery PWR! (Tucson, AZ)
11:05 – 11:35		The PD You Don't See: Cognitive Symptoms Joanne Hamilton, PhD, ABPP, Advanced Neurobehavioral Health (San Diego, CA)
11:35 – 12:25		Lunch <i>Delivered directly to tables – Exhibit Hall open</i>
12:25 – 12:35		Movement Break: Body Drumming with Rhythm for Change Solange Monette, MA, Rhythm for Change (Tucson, AZ)

12:35 – 1:05	Navigating Depression, Anxiety & Other Difficult Emotions Maya Katz, MD, <i>University of California San Francisco (San Francisco, CA)</i>
1:05 – 1:25	How to Have Parkinson's & Live Well Amy Carlson, <i>Davis Phinney Foundation Ambassador (Monrovia, CA)</i>
1:25 – 2:25	Q&A Panel - Ask Them Your Most Pressing Questions Benzi Kluger, MD, <i>University of Rochester (Rochester, NY)</i> Joanne Hamilton, PhD, ABPP, <i>Advanced Neurobehavioral Health (San Diego, CA)</i> Maya Katz, MD, <i>University of California San Francisco (San Francisco, CA)</i> Amy Carlson, <i>Davis Phinney Foundation Ambassador (Monrovia, CA)</i>
2:25 – 2:35	 Movement Break: Live. Learn. Connect.® Sarah Jones, MPA, MS, <i>PMD Alliance (Tucson, AZ)</i>
Break #2	
2:35 – 3:05	Connection Break - <i>Browse exhibitors and meet other attendees</i>
3:05 – 4:30	Breakout Session Workshops Attend the Breakout Session of your choice (see next page)
4:30	Head Home! Make your commitment to live well today with Parkinson's!

BREAKOUT SESSIONS

The following sessions will be offered from **3:05 – 4:30 pm.**

COPPER ROOM

Rewriting the Rulebook for Parkinson's Care Partners & Parkinson's Care Partner Panel

Connie Carpenter Phinney, MS, *Care Partner, Davis Phinney Foundation (Louisville, CO)*

Harold O'Neill, *Ambassador, Parkinson's and Movement Disorder Alliance (Phoenix, AZ)*

Sal Ribaud, *Care Partner (Phoenix, AZ)*

During the first part of this breakout session, Connie Carpenter Phinney will share her thoughts and insights from almost two decades as a Parkinson's care partner. She will offer advice and strategies to help you write your own rulebook for living well with Parkinson's, empowering you and your person with Parkinson's to achieve optimal health and well-being.

In the second part of this breakout session, you will get a chance to ask your questions to a panel of Parkinson's care partners.

TURQUOISE ROOM

Express Yourself & Live Well Today

Lorraine Wilson, *Educator and Davis Phinney Foundation Ambassador (Abilene, TX)*

Wayne A. Gilbert, *Educator, Poet and Performer (Denver, CO)*

Evidence has shown that engaging in creative pursuits has the potential to decrease anxiety, stress, and mood disturbances and improve psychological and physical well-being and quality of life. Therefore, in this session, the healing power of the arts will come front and center. Through poetry and sketching, you will learn tools to help you deal with difficult emotions, rewrite your stories and celebrate your victories. Most of all, you will learn even more ways to live well with Parkinson's. No prior "artistic" experience required. This is a session of play and discovery and all are welcome.

CRYSTAL ROOM

Mirthful Mindfulness

Debbie Harbinson MHI, RN, HNB-BC, *Outreach Program Coordinator, Dignity Health | Barrow Neurological Institute (Phoenix, AZ)*

Come learn about mindfulness-based stress reduction and the positive impact these practices can have on your quality of life and emotional well-being. Discussion will include: the principles of mindfulness-based stress reduction, guided practices and practical tips for incorporating mindfulness into your daily routine.

MEET TODAY'S SPEAKERS



AMY CARLSON

Amy Carlson is a Davis Phinney Foundation Ambassador and has been living with Parkinson's since 2012. She says that Parkinson's has changed her life, but perhaps not in the way that most people would expect. She has come to believe that, in its own way, Parkinson's has saved her life, changing her in ways that she would have never expected. Her life has become slower, more deliberate and more immediate. Amy finds joy in simple experiences and has come to realize that everyone has their own unique journey in life. The challenge is to find meaning in this life.



CONNIE CARPENTER PHINNEY, MS

Connie Carpenter Phinney is an entrepreneur, author, artist and life-long athlete and is extremely passionate about her work as Chairman of the Board of Directors for the Davis Phinney Foundation. She particularly enjoys sharing her experiences through the written word and as an eloquent and humorous public speaker. Connie has a MS in exercise science from the University of Colorado and completed her BS at the University of California, Berkeley. She has two adult children, Taylor and Kelsey, with her husband, Davis Phinney.



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.



BECKY FARLEY PHD, MS, PT

Dr. Becky Farley is a physical therapist, neuroscientist, Parkinson's exercise specialist and the Chief Scientific Officer and Founder of Parkinson Wellness Recovery | PWR! Her NH-funded research first established the importance of whole-body, amplitude-focused exercise for persons with Parkinson's. She now trains therapists and fitness professionals to work together to integrate Parkinson's-specific neuroplasticity-principled functional exercise across rehabilitation and community settings to optimize and perpetuate functional mobility for lifelong benefits.



WAYNE A. GILBERT

Wayne A. Gilbert is a retired teacher and professor of English and Educational Psychology. He has published two poetry chapbooks: *Magmamystic* and *From the Ashes*. He is a full-time poet, performer and loves jamming with jazz musicians. Wayne was diagnosed with Parkinson's in 2005. He took refuge in poetry and has written hundreds of "parkie" poems, which he refers to as "metaphor medicine." Wayne is co-founder of *Reconnect with Your Body*, a Dance for PD affiliated class and performance company. He is a co-founder of *Us-in-a-Box Theatre Workshop*, and he was the founder and facilitator of *Unlocked Poetry*, a monthly workshop for prison poets. In 2018, Wayne received the Colorado Governor's Creative Leadership Award.



ANGELA HALPERN, MS, CCC-SLP

Angela Halpern is Chief Clinical Officer of LSVT LOUD and a research associate with Dr. Ramig's research team at the National Center for Voice and Speech in Denver, CO. She received her master's degree in the Department of Communications Disorders and Science from the University of Pittsburgh and has been LSVT LOUD Certified since 1997. Angela has worked extensively in the area of neurogenic disorders with a specialty in Parkinson's. She has presented at national and international conferences and has authored and co-authored publications related to voice and speech in Parkinson's.



JOANNE HAMILTON, PHD, ABPP

Dr. Hamilton earned her PhD from the SDSU/UCSD Joint Doctoral Program and specialized in neuropsychology. Her fellowship was completed at the Shiley-Marcos Alzheimer's Disease Research Center where Dr. Hamilton was the principal investigator of an R01 research award investigating cognitive changes in Parkinson's and Lewy Body Dementia. Dr. Hamilton currently works in clinical practice to translate scientific knowledge into practical tools to bring about meaningful advances in daily life for those living with Parkinson's.



DEBBIE HARBINSON MHI, RN, HNB-BC

Debbie creates and facilitates educational programs to promote stress resilience and attitudinal healing. Her role as Outreach Coordinator at Barrow Neurological Institute includes developing and presenting programming to care partners and people diagnosed with movement and memory disorders. She is board-certified in holistic nursing, completed a master's degree in healthcare innovation and has earned the credential of expert-level certified laughter leader, master trainer on therapeutic laughter and humor and is on the advisory board for the World Laughter Tour. Additionally, her advanced training and presentations in medical hypnotherapy, integrative imagery and mindfulness techniques support people in realizing more joy, focus and creativity in both their professional and personal lives.



MARILYN HART, MD

Dr. Marilyn Hart graduated from Sidney Kimmel Medical College/Thomas Jefferson University and completed a family practice residency at UVA in Charlottesville, VA. Next, she moved to Gallup, NM, where she provided care to an underserved population in the community and for Indian Health Services. She later moved to Tucson, AZ, and practiced for over 27 years before retiring. During this time, she also mentored medical students and provided services and support to a variety of community health outreach programs. Dr. Hart says, "I'm still learning."



SARAH JONES, MPA, MS

With more than 25 years of experience leading non-profit and healthcare organizations, Parkinson and Movement Disorder Alliance (PMD Alliance) CEO Sarah Jones is an energetic, visionary leader. Her expertise spans creating dynamic work cultures, leading systemic transformations and blending passion for mission with innovative, sustainable business models. Driven by the belief that life is too short to just show up, and passionate about the people she serves, Sarah tirelessly pursues opportunities to increase impact and address unmet needs in the movement disorder community.



MAYA KATZ, MD

Dr. Maya Katz is an associate professor at the University of California, San Francisco (UCSF) Movement Disorder and Neuromodulation Center. She obtained her medical degree at Cornell University and completed her residency in neurology at Mount Sinai Medical Center, where she served as chief resident. She then completed her movement disorders fellowship at UCSF. Dr. Katz's research interests include palliative care comparative effectiveness studies to optimize quality of life for those with Parkinson's and related disorders. Her research is also focused on identifying neuroprotective strategies for Parkinson's and related disorders as well as improving outcomes for people treated with deep brain stimulation. Dr. Katz is passionate about her clinical work and was nominated by her peers at UCSF for the 2018 Exceptional Physician Award. Dr. Katz is also involved in patient advocacy and education as the Parkinson Foundation's Medical Advisory Chair for Northern California. She provides ongoing teaching and mentorship of medical students, neurology residents, movement disorder and geriatric fellows at UCSF in both classroom and clinical settings.



BENZI KLUGER, MD

Dr. Benzi Kluger is a professor of neurology and Medicine and the director of the Palliative Care Research Center at the University of Rochester Medical Center (New York). He is an internationally recognized leader in the emerging field of neuropalliative care and created the University of Colorado Hospital's Neurology Supportive and Palliative Care Program, one of the first programs of its kind in the United States. Dr. Kluger's research focuses on improving models of care for persons living with Parkinson's and other neurologic illnesses and in improving our understanding and treatment of nonmotor symptoms in Parkinson's, including fatigue and cognitive dysfunction. His research covers many diverse approaches ranging from sophisticated neuroimaging to clinical trials of palliative care and acupuncture.



SOLANGE MONETTE, MA

Solange Monette is a musician, anthropologist and published author of two editions of a Dictionary of Food. Born in Montreal, Quebec, and a world traveler, Solange discovered her passion for drumming upon moving to Tucson, Arizona, in 1996. She has been facilitating drum circles since graduating from the Remo HealthRhythms® Facilitator training in 2003. She established Rhythm for Change LLC in 2008. Learn more at RhythmForChangeaz.com.



HAROLD O'NEILL

Harold O'Neill is a care partner to his wife Nancy. He retired three years ago after 30 years with AT&T so that he could be the care partner she needed. Today, a lot of his time is spent running a household and getting Nancy to exercise classes, therapy sessions, boxing and doctor appointments. He has been an Ambassador for PMD Alliance for the past three years, and he loves being active in the Parkinson's community and helping run a support group. Harold and Nancy have two adult daughters and three dogs. In his free time Harold likes to play golf, read, cook, make bread and garden.



LORRAINE WILSON

Lorraine Wilson is an experienced educator and dedicated joy seeker. She has worked with all ages in groups large and small, in classrooms with or without walls and deep within the sea. Her reward as a teacher is seeing others discover hard-fought-for aha! moments. Lorraine's treasured locations involve water and her favorite endeavors feature a combination of problem solving and creativity. Her goal at this event is to coax out the inner artist in each participant so they may revisit unattended paths or nurture new ones to self-expression and well-being. Lorraine is an avid reader, former private pilot, Parkinson's fighter and wife to J., who no longer resists her crazy endeavors and helps corral their herd of cats.



SAL RIBAUDO

Sal Ribaudo spent his career as a deejay and in advertising/marketing. He retired and became his wife's care partner years before anyone figured out that she had Parkinson's. As she became more disabled, Sal took over all the household chores and helped her with grooming and dressing, as well as cutting her food into bite-sized pieces. After her diagnosis, she became more independent for a while. Then the OCD and cognitive problems began. After she underwent DBS surgery, she experienced severe depression until her settings were changed. Now, Sal helps her with writing and speaking situations and with Parkinson's advocacy. Over the past 20 years, he's done it all, and he'll always be there with her and for her.



MEET OUR AMBASSADORS

Davis Phinney Foundation Ambassadors are Parkinson's advocates who 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 on how to live well with Parkinson's.

dpf.org/ambassadors

THANK YOU TO OUR PARTNERS

Muhammad Ali Parkinson Center

The Muhammad Ali Parkinson Center is dedicated to providing expert clinical care, rehabilitation therapies, research and community outreach. We are a world leader in Deep Brain Stimulation (DBS) surgery. Our demonstrated commitment to these areas has earned us the distinction as a Parkinson's Foundation Center of Excellence. Programs are available in English and Spanish.

www.BarrowNeuro.org/Parkinsons



**Muhammad Ali
Parkinson Center**
A Parkinson's Foundation
Center of Excellence

PMD Alliance

Parkinson & Movement Disorder Alliance (PMD Alliance) is an independent non-profit organization dedicated to improving the lives of people impacted by movement disorders through social and educational opportunities. Based in Tucson, but with a national reach, PMD Alliance's in-person and online live-stream programs bring together people across the movement disorder ecosystem to learn, live more fully and connect with community.

www.PMDAlliance.org



PMD Alliance
Parkinson & Movement Disorder Alliance

THANK YOU TO OUR COMMUNITY SUPPORTER

Western Neuro

Western Neuro is a group of experienced neurosurgeons, neurologists, nurse practitioners and physician assistants, providing comprehensive medical and surgical care for patients with neurological disorders in a comfortable and compassionate setting.

www.NSAZ.com



WESTERN NEURO
Arizona's Premier Brain & Spine Specialists

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



Kyowa Kirin

The Kyowa Kirin Group is a Japanese pharma group that develops innovative specialty drugs, to raise the health and well-being of people around the world.

www.KyowaKirin.com



Acorda

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

www.Acorda.com



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



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

Medtronic
Further, Together



**Boston
Scientific**
Advancing science for life™



US Worldmeds™

**THANK YOU TO OUR SPANISH
TRANSLATION SPONSOR**



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

AbbVie

Global, research-based pharmaceutical company committed to educating patients and caregivers about Parkinson's.
www.AbbVie.com

ACADIA Pharmaceuticals

Leader in developing and commercializing innovative therapies for central nervous system disorders.
www.Acadia-Pharm.com

Acorda Therapeutics

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

Adamas

Pharmaceutical company developing innovative treatments for chronic neurologic disorders.
www.AdamasPharma.com

Amneal

We believe in partnering with patients, care partners, healthcare providers, and advocacy organizations because together, we can achieve.
www.RYTARY.org

Arizona Talking Book Library

Free audiobook mail delivery service for the visually impaired and physically limited throughout Arizona.
www.AZLibrary.gov/TalkingBooks

Boston Scientific

Global biotechnology company developing innovative therapies for chronic neurological disorders.
www.BostonScientific.com &
www.DBSandMe.com

Catrike

Recumbent Tricycle Manufacturer; products that are useful for people with Parkinson's.
www.Catrike.com

Critical Path for Parkinson's Consortium

The Critical Path for Parkinson's (CPP) consortium brings together worldwide organizations including drug developers.
www.C-Path.org

EXHIBITORS

De Oro Devices

Medical technology company with device designed to help people with Parkinson's overcome freezing of gait.

www.DeOroDevices.com

Davis Phinney Foundation

National nonprofit helping people with Parkinson's transform their lives by providing tools, resources and inspiration.

www.DPF.org

Kyowa Kirin

The Kyowa Kirin Group is a Japanese pharma group that develops innovative specialty drugs, to raise the health and well-being of people around the world.

www.KyowaKirin.com

LSVT Global

Innovative treatments that improve the speech and movement of people with Parkinson's Disease (PD) and other neurological conditions.

www.LSVTGlobal.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

Medtronic

Global biotechnology company developing innovative therapies for chronic neurological disorders.

www.Medtronic.com/DBS

Muhammad Ali Center

A Parkinson's Foundation Center of Excellence dedicated to providing expert clinical care, research, rehabilitation therapies and outreach programs in English and Spanish.

www.BarrowNeuro.org/Parkinsons

Parkinson Wellness Recovery | PWR!

World-renowned leader in providing Parkinson-specific rehabilitative physical and exercise therapies, as well as continuing education for healthcare and fitness professionals.

www.PWR4Life.org

Parkinson's Disease Nutrition

A non-profit organization providing education and resources on nutrition, food and Parkinson's.

www.ParkyNut.com

Parkinson's Foundation

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

www.Parkinson.org

EXHIBITORS

PMD Alliance

Non-profit organization offering in-person and online programs for people impacted by movement disorders to learn, live, and connect.

www.PMDAlliance.org

Rhythm for Change

Rhythm for Change brings the joyful and life enhancing benefits of drum circles to people of all ages and abilities. The drummers have fun while increasing their health and well being.

www.RhythmForChangeAZ.com

SpeechVive

SpeechVive is a wearable device to improve the quiet voice often associated with PD. Results are immediate, effective and long lasting.

www.SpeechVive.com

Sunovion Pharmaceuticals

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

www.Sunovion.us

US WorldMeds

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

www.USWorldMeds.com

Western Neuro

Western Neuro is a group of neurosurgeons, neurologists, nurse practitioners and physician assistants providing comprehensive medical and surgical care for patients with neurological disorders.

www.WNSAZ.com

We make healthy possible



Challenging
Convention,
Changing Lives



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

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Do you get dizzy when standing?

About



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

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

nOH
MATTERS
neurogenic Orthostatic
Hypotension

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

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LIVE WELL. INSPIRE ACTION. CONNECT THE COMMUNITY.

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 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 or call 877-438-3574

Medtronic
Further, Together

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NOTES FROM TODAY

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!





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 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.

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

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 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.

Baton Rouge, LA

TBD – Spring 2020

Lincoln, NE

TBD – Summer 2020

Albany, NY

October 3, 2020

LIVE WELL TODAY: BE ACTIVE



ACTION STEPS

Supportive Care & Living Well with Parkinson's

- Make a bucket list
- Get in touch with your spiritual self
- Write down opportunities for joy
- Share your struggles
- Talk to your family about your wishes now and in the future
- Complete power of attorney and advance directives

The PD You Don't See: Cognitive Symptoms

- Recognize non-motor signs and speak to your movement disorder specialist about them
- Incorporate more routine and structure into your life
- Recognize the importance of rest and exercise
- Regularly review medication lists with your pharmacist to identify potentially dangerous interactions

Navigating Depression, Anxiety & Other Difficult Emotions

- Recognize the signs and symptoms of normal adjustment reactions and mood disorders
- Reach out for help if you recognize warning signs in yourself or your loved one with Parkinson's
- Use an interdisciplinary approach to improve total health and emotional well-being
- Connection is protection: stay connected to what brings you joy, meaning and awe
- Make time each day for mindfulness and gratitude practice

How to Have Parkinson's & Live Well

- You can let Parkinson's change your life, but don't let it change you
- Plan for wellness
- Live in the moment

**HOW WILL YOU
LIVE WELL TODAY?**



PARTNERS



Muhammad Ali
Parkinson Center
A Parkinson's Foundation
Center of Excellence



PMD Alliance
Parkinson & Movement Disorder Alliance



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GOLD-LEVEL SPONSORS



SPANISH TRANSLATION SPONSOR



SILVER-LEVEL SPONSORS



BRONZE-LEVEL SPONSORS



FRIENDS

