



Welcomes you to

THE VICTORY SUMMIT® **BATON ROUGE**



Saturday, March 21, 2020

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, community action committee, 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 5** **Speaker Bios**
Get to know the incredible experts we have with us today.
- page 10** **Thank You**
Take a moment to acknowledge the community members and sponsors that made today possible.
- page 14** **Exhibitor List**
See these national and local resources and/or find their contact information to follow up with them later.
- page 22** **Action Steps**
Set a new goal and plan the steps that will help you achieve it!

MEET TODAY'S SPEAKERS



MICHAEL BRAITSCH, PT, DPT

Michael Braitsch is a licensed Doctor of Physical Therapy, a former amateur fighter, former kinesiology professor, and an internationally certified fight referee. In addition to treating individual patients, Braitsch runs group exercise programs steeped in leading evidence from physical therapy and exercise science to help people with chronic and progressive conditions move and feel better.



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.



ROSE L. COLLEY, LCSW

Rose is a Licensed Clinical Social Worker with over two decades of experience working and consulting in hospital settings, nursing homes with Special Care Units for residents diagnosed with dementia, and hospice agencies. She's been in private practice since 1996 specializing in geriatrics. Rose has given many presentations in her local community and around the state to both professional and caregiver groups on aging issues, dementia, and caregiving. She is also an active member of a local Parkinson's support group, Movers and Shakers. Rose's spouse was diagnosed with Parkinson's in 2011.



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.



STEPHANIE FLETCHER, PT AND SARA SANDERS, MS, CCC-SLP

Stephanie and Sarah have been serving the Parkinson's community in the Greater Baton Rouge area as certified LSVT BIG® and LSVT LOUD® therapists for 7 years. Stephanie graduated with a Masters of Physical Therapy from LSU Health Sciences Center in New Orleans in 2002. Sarah graduated from Southeastern University with a Masters in Speech Language Pathology in 2012. Both are therapists at Sage Outpatient/Day Neuro Program in Baton Rouge, LA. Serving, educating, and working with the Parkinson's community has been their passion.



BILL GRIMES

William (Bill) Grimes (E&D White Professor of Jazz Studies). Grimes is a widely respected virtuoso jazz bassist. Referred to by Gene Lees as “a formidable bassist,” Grimes has worked with such jazz legends as Joe Pass, Bobby Shew, Terrance Blanchard, and Bill Dobbins. He has made numerous recordings, including an album entitled *Dream Dancing*, featuring his own trio, and a duo album with pianist Willis Delony entitled “Civilized Conversations.” His latest recording project is “Bill Grimes and Friends-Christmas Remembered.” Grimes is one of the nation’s leading pops orchestra arrangers — with more than 100 scores to his credit — and conductors. He is a regular conductor with the Huntsville (AL) Symphony, and has led the Minnesota Orchestra, Louisiana Philharmonic Orchestra, and Baton Rouge Symphony on many occasions. He arranged and conducted an album of Gershwin classics, “S’Wonderful,” which featured trombonist Harry Watters and the Czech Philharmonic. His orchestral arrangements are routinely heard with The Beach Boys and jazz artist Byron Stripling. In addition to all of this, he is the husband and care partner of Davis Phinney Foundation Ambassador and career pianist Jan Grimes.



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, and movement disorder and geriatric fellows at UCSF in both classroom and clinical settings.



MARK MAPSTONE, PHD

Mark Mapstone is Professor of Neurology at the University of California, Irvine School of Medicine. He is a member of the UCI Institute for Memory Impairments and Neurological Disorders and a Fellow of the UCI Center for Neurobiology of Learning and Memory. His research focuses on pre-clinical detection of neurological disease using cognitive tests and biomarkers obtained from blood. He has a special interest in developing strategies to maintain successful cognitive aging. In the clinic, he specializes in cognitive assessment of older adults with suspected brain disease. Dr. Mapstone earned a PhD in Clinical Psychology at Northwestern University and completed fellowship training in Neuropsychology and Experimental Therapeutics at the University of Rochester. He received a Career Development Award from the National Institute on Aging and his research has been funded by the National Institutes of Health, the Michael J. Fox Foundation, and the Department of Defense.



SUSAN PERLIS

Susan is the Co-Head of Dance in the School of Theatre at LSU. She has served as associate artistic director of Baton Rouge Ballet Theatre for over twenty-five years. Susan danced with Louisville Ballet, earned a Degree in dance from Indiana University, and received advanced training in the Dance for PD program. She has taught Dance for Parkinson's in Baton Rouge for two and a half years.



DOMINIQUE “DOM” THOMAS, CMA

Dom, supervisor- Clinic Service, earned her certificate as Medical Assistant at Gretna Career College in 2013 where she finished top of her class. She is currently working on an MBA from the University of Phoenix with a minor in healthcare administration. Dom is currently employed at Ochsner Health System in New Orleans as the Clinic Coordinator for their Movement Disorder team. She manages interdisciplinary clinics for Parkinsons, Huntingtons, and Tourettes for pediatrics neurology patients, most recently managing the telemedicine clinic for acute care areas within the department and across the system. Dom leads Ochsner's Diversity and Inclusion Resource Group ABLE (African Americans Building and Leading Equality) as Communication Chair, IMPACT Certified Level 1 Training Instructor, Martin Luther King, Jr. and King Cake Festival Committee. In Dom's free time, she is a Zumba® Instructor and has been for the past 6 years. She has a high passion for fitness and bringing health and wellness to the Parkinson's community.



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.

dcpf.org/ambassadors

THANK YOU TO OUR COMMUNITY ACTION COMMITTEE

Thank you to the following local Parkinson's leaders involved with the Community Action Committee for not only making The Victory Summit event possible, but for committing to developing meaningful resources in your community.

BG Colley

Dominique Thomas, CMA, *Ochsner Health System Movement Disorder Team*

Janice Grimes, *Davis Phinney Foundation Ambassador*

Michelle Lane, Event Director, *Louisiana Walks for Parkinson's/ Davis Phinney Foundation Ambassador*

Randy LeBlanc

Susan Sapir-Fields, *Event Coordinator, Louisiana Walks for Parkinson's*

Additional thanks to participants from the following organizations:



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.

www.rytary.com



Acorda

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

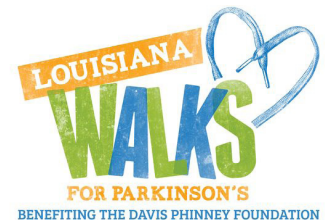
www.acorda.com



Louisiana Walks for Parkinson's

Louisiana Walks for Parkinson's is a celebration of living well complete with two handicap accessible walking routes, local food and beverages, a silent auction, parade of prizes raffle, live music, entertainment, and local resources for people with Parkinson's.

www.parkinsonswalk.org



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



THANK YOU TO OUR SPONSORS



We make healthy possible



Challenging
Convention,
Changing Lives





Actor portrayal

Did you know? INBRIJA[®] is inhaled levodopa

Ask your doctor today about INBRIJA or
visit **InhaledINBRIJA.com** to learn more

You are encouraged to report negative side effects
of prescription drugs to the FDA.
Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

INBRIJA and the INBRIJA logo are trademarks of Acorda Therapeutics, Inc.
©2020 Acorda Therapeutics, Inc. All rights reserved. 02/20 INB8729

Inbrija[®]
(levodopa inhalation powder)
42 mg capsules

EXHIBITORS

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

Boston Scientific

Global biotechnology company developing innovative therapies for chronic neurological disorders.

www.bostonscientific.com &

www.dbsandme.com

Connect with these national and local resources.

Dance for PD® – Baton Rouge

Dance classes for People with Parkinson's and their care partners provide a fun, creative way to improve balance, flexibility, and stamina in an artistic setting.

www.facebook.com/danceforpdbr

Davis Phinney Foundation

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

www.dpf.org

Louisiana State University - School of Kinesiology - Hondzinski

Performing research to develop/ improve movement abilities in people with neurological deficits, including those due to Parkinson's.

www.lsu.edu/chse/kinesiology/faculty_listing/hondzinski.php

Louisiana Walks for Parkinson's

Walk and silent auction benefiting the Davis Phinney Foundation. It's not just a walk, it's a day to show awareness and support.

www.parkinsonswalk.org

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

Movers and Shakers

A support group for people with Parkinson's and their family, friends, and caregivers.

www.facebook.com/groups/2410350369213843/

The NeuroMedical Center

The South's largest team of experts for the brain, spine, and nervous system.

www.theneuromedicalcenter.com

Parkinson's Foundation

National nonprofit organization focused on making life better for people with Parkinson's.

www.parkinson.org

PMD Alliance

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

www.pmdalliance.org

Sage Outpatient

We are an outpatient day neuro program offering LSVT BIG, LSVT LOUD, and LSVT BIG and LOUD wellness Programs.

www.sage-rehab.org

EXHIBITORS

SpeechVive

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

www.speechvive.com

Sunovion Pharmaceuticals

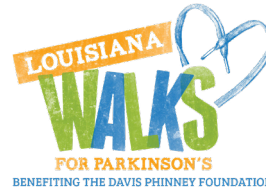
Pharmaceutical company leading the way to a healthier tomorrow by creating medicines for respiratory diseases and central nervous system disorders.

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



The 9th annual LA Walks is a celebration of living well complete with two handicap accessible walking routes, local food and beverages, a silent auction, parade of prizes raffle, live music, entertainment and local resources for people with Parkinson's.



SATURDAY, OCTOBER 10

METAIRIE, LA

WWW.PARKINSONSWALK.ORG

**LIVE WELL.
INSPIRE ACTION.
CONNECT THE COMMUNITY.**

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



Join the community on Facebook.com/nOHMatters

©2018 Lundbeck. All rights reserved. nOH Matters is a registered trademark of Lundbeck NA Ltd. UBR-D-00453v2

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

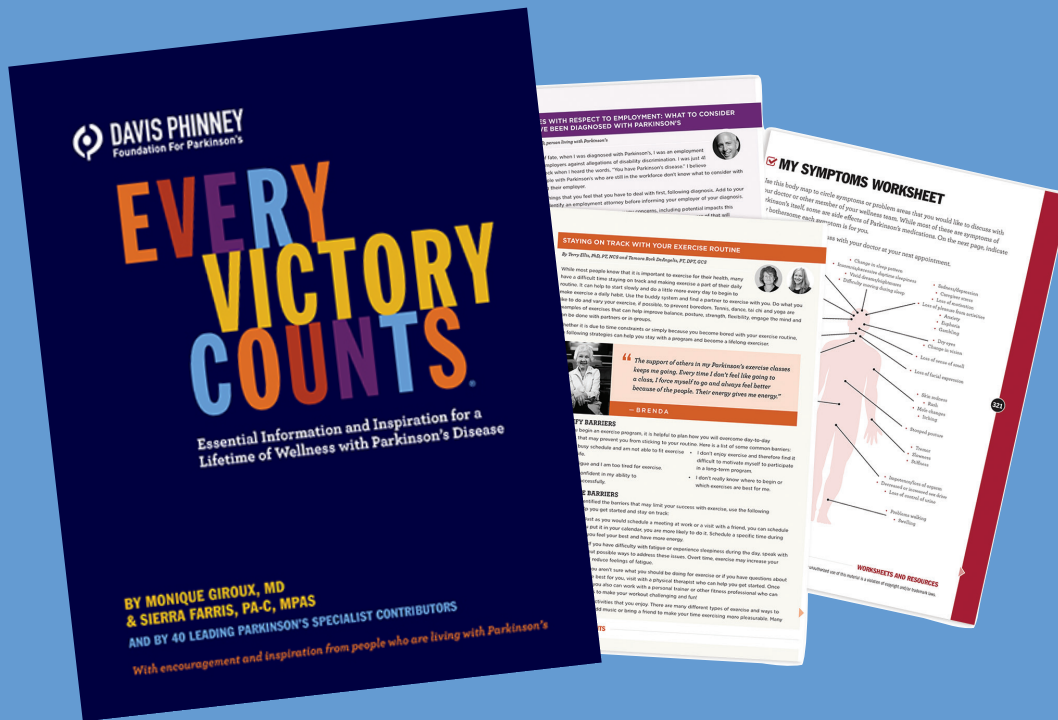
For more information on everything from exercise, treatments, complementary therapies, and more, we've created an online resource guide especially for you.

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.



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 free copy or download your eBook today at
EveryVictoryCounts.org or call toll-free (855) 744-6639.

Our event today for Baton Rouge 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/pif-batonrouge 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.

Troy, MI

April 24, 2020

Omaha, NE

May 2, 2020

Albany, NY

October 3, 2020

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

Cognition, Depression, and Anxiety and How to Manage Them

- Talk with your doctor to evaluate your non-motor symptoms
- Recognize care partner stress from non-motor symptoms
- Keep your brain active with novelty, variety, and challenge
- Focus on learning something new every day
- Commit to remembering using cues and strategies

Not Just the Shakes: Non-motor Symptoms of Parkinson's

- Talk to your doctor about any symptoms you are having
- Try lifestyle changes first, before adding medications
- Focus on prevention
- Exercise for at least 150 minutes per week

Punching Back at Parkinson's with Exercise

- Move
- Walk
- Build your exercise tribe: strength in numbers means we all do better together

How to Live Well with Parkinson's

- 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?



COMMUNITY ACTION COMMITTEE

BG Colley

Dominique Thomas, CMA, *Ochsner Health System Movement Disorder Team*

Janice Grimes, *Davis Phinney Foundation Ambassador*

Michelle Lane, Event Director, *Louisiana Walks for Parkinson's/ Davis Phinney Foundation Ambassador*

Randy LeBlanc

Susan Sapir-Fields, Event Coordinator, *Louisiana Walks for Parkinson's*



SPONSORS

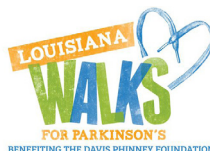
PREMIER-LEVEL SPONSOR



GOLD-LEVEL SPONSOR



SILVER-LEVEL SPONSORS



BRONZE-LEVEL SPONSORS

