



DAVIS PHINNEY

Foundation For Parkinson's

every victory counts®

Welcomes you to

THE VICTORY SUMMIT® **RENO**



Saturday, March 9, 2019

Reno, NV

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.

- ☐ Motor symptoms
- ☐ Sleep disturbances
- ☐ Depression & mood
- ☐ Non-motor symptoms
- ☐ Urinary & bowel symptoms
- ☐ Nutrition
- ☐ Cognition
- ☐ Fall prevention
- ☐ Speech & swallowing
- ☐ Exercise
- ☐ Medication management
- ☐ Care partners
- ☐ Surgical therapies
- ☐ Young Onset Parkinson's
- ☐ Complementary therapies
- ☐ 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, 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 7	General Session Agenda <i>See what's coming up for the day.</i>
page 9	Speaker Bios <i>Get to know the incredible experts we have with us today.</i>
page 11	Thank You's <i>Take a moment to acknowledge the partners and sponsors that made today possible.</i>
page 14	Exhibitor List <i>See who you can meet in our exhibitor hall and/or find their contact information to follow up with them later.</i>
page 16	Local Resources <i>Learn about support groups and wellness classes in Reno and surrounding areas.</i>
page 27	Action Steps <i>Set a new goal and plan the steps that will help you achieve it!</i>



GET MOVING WITH US TODAY!

You'll see this symbol on your agenda a few times. This represents two 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: Rock Steady Boxing

Rock Steady Boxing empowers and enables people with Parkinson's to fight their symptoms by providing non-contact, boxing-style fitness programs that improve their quality of life. At Rock Steady Boxing, Parkinson's is the opponent.



Movement Break #2: Yoga

Yoga combines static poses and movement as a practice to unite the body and mind. Reduce stress while you build strength, improve balance, increase flexibility and more. Yoga's gentle movements make it a great fit for anyone, regardless of age or fitness level.

For more information about local wellness classes, reference the “Local Resources” section on pg 16.

THE VICTORY SUMMIT® RENO AGENDA

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

	10:00 – 10:20	Welcome & Opening Remarks Brian Reedy, <i>Davis Phinney Foundation Ambassador (Carson City, NV)</i> Polly Dawkins, <i>Davis Phinney Foundation (Boulder, CO)</i>
	10:20 – 10:40	Moments of Victory® Davis Phinney, <i>Founder, Davis Phinney Foundation (Boulder, CO)</i>
	10:40 – 11:10	Not Just the Shakes: Non-motor Symptoms Salima Brillman, <i>MD, Parkinson's Disease and Movement Disorders Center of Silicon Valley (Menlo Park, CA)</i>
<i>Break #1</i>	11:10 – 11:35	Coffee & Connection Break - Browse exhibitors and meet other attendees
	11:35 – 11:45	 Movement Break: Rock Steady Boxing Francisco Rodriguez, <i>Rock Steady Boxing Northern Nevada (Reno, NV)</i>
	11:45 – 12:15	Cognitive Challenges & What to Do About Them Mark Mapstone, <i>PhD, University of California Irvine (Irvine, CA)</i>
<i>Break #2</i>	12:15 – 1:00	Lunch - Delivered directly to tables - Exhibit Hall open
	1:00 – 1:30	Exercise: The Best Medicine Nina Routon, <i>DPT, NASM-PES, Carson Tahoe Health (Carson City, NV)</i>
	1:30 – 2:00	Parkinson's Panel Discussion Salima Brillman, <i>MD, Parkinson's Disease and Movement Disorders Center of Silicon Valley (Menlo Park, CA)</i> Mark Mapstone, <i>PhD, University of California Irvine (Irvine, CA)</i> Nina Routon, <i>PT, DPT, NASM-PES, Carson Tahoe Health (Carson City, NV)</i> Susan Imke, <i>FNP, GNP-C, Senior Health Solutions (North Richland Hills, TX)</i>
	2:00 – 2:10	 Movement Break: Yoga Jennifer Holt, <i>C-IAYT, RYT®500, Good Elephant Reno (Reno, NV)</i>
	2:10 – 2:30	10 Commandments of Living Well Susan Imke, <i>FNP, GNP-C, Senior Health Solutions (North Richland Hills, TX)</i>
	2:30 – 2:35	Closing & Head Home - Make your commitment to live well with Parkinson's

MEET TODAY'S SPEAKERS



SALIMA BRILLMAN, MD

Dr. Salima Brillman is a board-certified neurologist, movement disorder specialist and Director of The Parkinson's Disease and Movement Disorders Center of Silicon Valley where she practices concierge medicine. Dr. Brillman has held leadership and faculty positions at the Clinical Care Program at the Parkinson's Institute and Clinical Center, the Parkinson's Disease and Movement Disorders Center of Boca Raton and University of North Dakota, where she was a pioneer in the development of the only deep brain stimulation program in the state. Dr. Brillman has extensive experience in diagnosing and treating all forms of movement disorders and is proficient in deep brain stimulation, Dupoa™ and neurotoxin therapies.



POLLY DAWKINS

Polly Dawkins 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 take the guess work out of living well.



JENNIFER HOLT

Jennifer Holt is a C-IAYT and RYT®500 licensed yoga therapist with 13 years of experience. She currently teaches yoga classes, including classes for people with Parkinson's, where she uses a trauma informed approach to guide everyone toward their wellness goals despite any health conditions. Jennifer has experience teaching yoga to a variety of populations and has a passion for helping others find joy in movement and a sense of peace that they can carry with them.



SUSAN IMKE, FNP, GNP-C

Susan Imke holds ANCC-certification as a gerontological nurse practitioner and is the CEO of Senior Health Solutions in North Richland Hills, Texas. She specializes in neurology of aging, including Parkinson's and other neurodegenerative disorders. Susan is an educational consultant to the Parkinson Foundation, member of the International Parkinson Disease and Movement Disorders Society and the Texas Coalition for Nurse Practitioners. She has authored numerous publications related to Parkinson's and is a frequent speaker to health professionals, patients and families living with chronic neurological conditions.



MARK MAPSTONE, PHD

Dr. Mark Mapstone is a Professor of Neurology at the University of California Irvine School of Medicine where he is also a member of the Institute for Memory Impairments and Neurological Disorders (IMIND). His research focuses on early detection of neurological disease especially Alzheimer's and Parkinson's using cognitive tests and biomarkers obtained from blood. Dr. Mapstone has a special interest in developing strategies to maintain successful cognitive aging.



BRIAN REEDY, PARKINSON'S ADVOCATE

Brian Reedy is an Ambassador with the Davis Phinney Foundation where he is a local conduit for information on Parkinson's resources and support. He has since retired from his 20-year career as a teacher but believes whole-heartedly that knowledge is power! Brian and his wife, Lily, spent time learning how to live well with Parkinson's which led them to start a Parkinson's support group in Carson City. They are featured in books, PBS Video, and other publications for their advocacy on Parkinson's and speak to support groups about "Living Positive in the Face of Adversity".



CISCO RODRIGUEZ

Cisco Rodriguez is the Co-founder of Rock Steady Boxing Northern Nevada where he provides coaching to children, women, men and adults with Parkinson's. Cisco is a certified USA Boxing Coach and a certified Rock Steady Boxing Coach. As a former bantam-weight professional boxing champion and Latin American title holder, Cisco has developed a community reputation over the years for reaching out to populations in need of a positive work-out experience. His mission is to provide hope, empowerment and healthy lifestyle interventions to people with all different types of challenges so they can live their best possible lives.



NINA ROUTON, DPT

Dr. Nina Routon is a Doctor of Physical Therapy for Carson Tahoe Health where she specializes in Parkinson's and neurological therapy. Dr. Routon is certified in PWR!Moves®, LSVT BIG® and Rock Steady Boxing. She co-founded Rock Steady Boxing Northern Nevada and is passionate about empowering people with Parkinson's to fight back through exercise and education.

THANK YOU TO OUR COMMUNITY PARTNER

Carson Tahoe Health

Carson Tahoe Health (CTH) is a complete continuum of care providing wellness, diagnostics, treatment, surgery and support services to northern Nevada and eastern California. CTH makes every effort to create a positive, healing environment—one that is convenient for patients, encompasses state-of-the-art programs and technologies and nurtures a first-rate medical team comprised of some of the most respected experts in their fields.

www.CarsonTahoe.com



THANK YOU TO OUR SPONSORS

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.MedtronicDBS.com



Lundbeck

Lundbeck is a pharmaceutical company focused entirely on brain disorders, including PD, which is a core area of Lundbeck's research efforts. Its employees annually participate in hundreds of PD-related events, and proudly support the Davis Phinney Foundation.

www.Lundbeck.com/US



Parkinson's Foundation

The Parkinson's Foundation makes life better for people with Parkinson's disease 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



**LIVE WELL TODAY:
BE CONNECTED**



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

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.

AbbVie

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

ACADIA Pharmaceuticals

Biopharmaceutical company developing innovative therapies for central nervous system disorders.
www.Acadia-Pharm.com

Carson Tahoe Health

Hospital based inpatient and outpatient therapy services specializing in neurological disorders.
www.CarsonTahoe.com

Davis Phinney Foundation

National non-profit helping people with Parkinson's transform their lives by providing tools, resources and inspiration.
www.DPF.org

Good Elephant Yoga

Yoga studio providing classes to a variety of groups including specialized classes for people with Parkinson's.
www.GoodElephant.co/Reno

Lundbeck

Global pharmaceutical company specialized in psychiatric and neurological disorders.
www.LundbeckUS.com

Medtronic

Global leader in medical technology, services and solutions.
www.Medtronic.com/DBS

Nevada Neuro Society

Student organization through the University of Nevada that strives to educate neuroscience students and the general public about the brain.

Parkinson's Foundation

National non-profit organization making life better for people with Parkinson's by improving care and advancing research towards a cure.
www.Parkinson.org

Parkinson Voice Project

Parkinson Voice Project helps those with Parkinson's restore their speaking abilities through its SPEAK OUT!® and LOUD Crowd® therapy program.
www.ParkinsonVoiceProject.org

Rare Patient Voice Project

Provides patients and family caregivers the opportunity to participate in surveys and be compensated on a \$100 per hour scale.
www.RarePatientVoice.com

Rehab and Sports Medicine Center at Northern Nevada Medical Center

Providing outpatient physical, occupational and speech therapies for various conditions including Parkinson's.
www.NNMC.com

Reno American Parkinson Disease Association Information and Referral Center

Nation's largest grassroots network dedicated to assist Americans living with Parkinson's.
www.APDAParkinson.org/Community/Nevada

Rock Steady Boxing Northern Nevada

Non-contact, boxing-style fitness program focused on empowering and enabling people with Parkinson's to fight their symptoms.
www.RockSteadyBoxingNNV.com

St. Mary's Fitness Center

Fitness center made up of a team of experts who provide members with personalized care that is unmatched.
www.SaintMarysFitness.com

University of Nevada Medical School

A proud pioneer of progressive medical education, the medical program brings us the latest research knowledge on Parkinson's.
www.Med.UNR.edu

University of Nevada Student Researchers

Poster projects from local students highlighting exciting findings in the latest Parkinson's research.

US WorldMeds

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

LOCAL RESOURCES

SUPPORT GROUPS

Carson City

2nd Tuesday, 1:30 pm
Sierra Place
1111 West College Pkwy
Carson City, NV 89703
Contact: (775) 841-4111

Elko

1st Wednesday, 10:00 am
Gold Dust West Elko
1660 Mountain City Hwy
Elko, NV 89801
Contact: Karla Walker, (775) 397-3562

Gardnerville

3rd Thursday, 1:00 pm
Douglas County Community and Senior Center
1329 Waterloo Ln
Gardnerville, NV 89410
Contact: Nicole Mueller, (775) 328-1715

Reno

3rd Thursday, 2:00 pm
Five Star Residences
3201 Plumas St
Reno, NV 89509
Contact: (775) 829-1050

Reno – Young Onset

3rd Friday, 11:00 am
Location changes every month based on agenda. Please call (775) 328-1715 for the next location.
Contact: Nicole Mueller, (775) 328-1715

Reno – Webinar Group

4th Tuesday, 11:00 am
Five Star Residences
3201 Plumas St
Reno, NV 89509
Contact: Nicole Mueller, (775) 328-1715

Spanish Springs

1st Wednesday, 10:00 am
Cascades of the Sierra
275 Neighborhood Way
Spanish Springs, NV 89441
Contact: Nicole Mueller, (775) 328-1715

South Reno

2nd Thursday, 10:00 am
Summit Estates Senior Living Center
222 East Patriot Blvd
Reno, NV 89511
Contact: Nicole Mueller, (775) 328-1715

West Reno

2nd Friday, 2:00 pm
Atria at Summit Ridge
4880 Summit Ridge Dr
Reno, NV 89523
Contact: Nicole Mueller, (775) 328-1715

WELLNESS CLASSES

Carson City

Rock Steady Boxing Level 1 Training

Mondays, Wednesdays & Fridays,
4:00 pm
Tazmanian Boxing Club
3737 N Carson St
Carson City, NV 89706
Contact: (775) 722-1752

Rock Steady Boxing Level 2 Training

Mondays, Wednesdays & Fridays,
3:00 pm
Tazmanian Boxing Club
3737 N Carson St
Carson City, NV 89706
Contact: (775) 722-1752

Reno

Boxing – Six week workshop

Registration required by Mar. 27th
Starting Apr. 1st - Mondays, 2:00 pm
St. Mary’s Fitness Center
645 N Arlington Ave Ste 100
Reno, NV 89503
Contact: Cassandra Goodman,
(775) 770-7874

Chronic Disease Management Program

Dates vary
St. Mary’s Fitness Center
645 N Arlington Ave Ste 100
Reno, NV 89503
Contact: Cassandra Goodman,
(775) 770-7874

Local Vocals

Wednesdays, 2:15 pm
Note-Able Music Therapy Services
925 Riverside Dr Ste 1
Reno, NV 89503
Contact: Dena Sweigart,
(775) 324-5521

Mizu Shin Tao

Tuesdays, 11:00 am & 5:30 pm
Thursdays, 11:00 am
Fridays, 6:30 pm
1531 Greg St
Sparks, NV 89431
Contact: (775) 358-8337 or
(775) 851-2544

Rock Steady Boxing Level 1 Training

Tuesdays & Thursdays, 4:30 pm
Academy of Grappling Arts AGA
1365 Airmotive Way
Reno, NV 89502
Contact: (775) 720-2122

Rock Steady Boxing Level 2 Training

Tuesdays & Thursdays, 3:30 pm
Academy of Grappling Arts AGA
1365 Airmotive Way
Reno, NV 89502
Contact: (775) 720-2122

Yoga

Thursdays, 9:00 am
6200 Meadowood Mall Cir #603
Reno, NV 89502
Contact: Jennifer Holt,
(714) 234-8006

GETTING BACK TO YOU

Medtronic DBS Therapy for Parkinson's



"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 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.

Medtronic
Further. Together



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
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



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

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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!

WHAT WILL YOU DO STARTING TOMORROW?

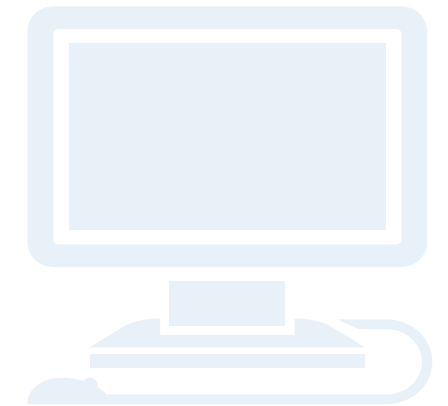


ADDITIONAL RESOURCES

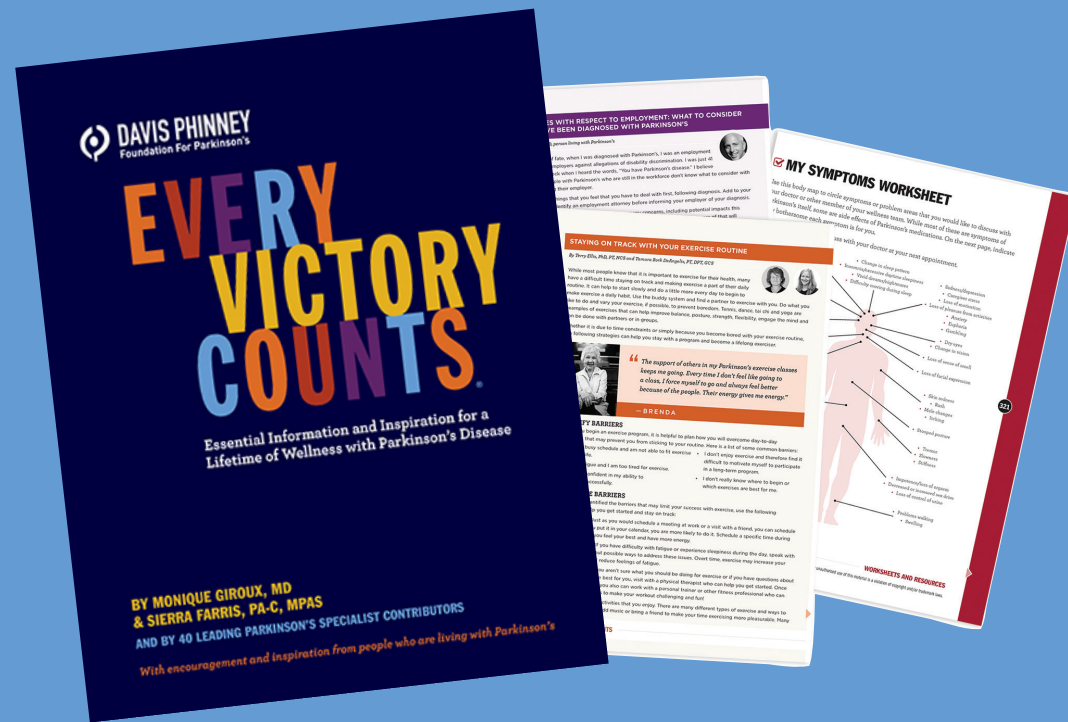
For more information on everything from exercise, treatments, complementary therapies and more, we've created an online resource guide especially for you.

Visit www.dpf.org/vs-resources 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



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

Our presence today in Reno 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 “a ha” moment or two. With your **tax-deductible donation** to the Davis Phinney Foundation, you can be a part of creating these kind of “a ha” 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



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.

Austin, TX
April 13, 2019

Indianapolis, IN
July 27, 2019

Philadelphia, PA
August 24, 2019

LIVE WELL TODAY: BE ACTIVE

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

- Write down your questions to prepare for visits to the neurologist
- Discuss all of your symptoms with your doctor – they are there to help you
- Review your medication list to solve problems with your doctor

Cognitive Challenges & What to Do About Them

- Ask your doctor to evaluate your cognitive symptoms and their impact on quality of life
- Recognize that caregiver stress is related to severity of cognitive symptoms
- Commit to remembering
- Focus on learning something new every day and keep your brain active with novelty, variety and challenge

Exercise: The Best Medicine

- Find a Physical Therapist who is certified to work with people with Parkinson's
- Join an exercise class, such as Rock Steady Boxing or yoga
- Go on a walk with a buddy every day, and work with each other to work harder and bigger

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
- Craft a caregiver respite plan to implement immediately

COMMUNITY SUPPORTER



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SILVER LEVEL SPONSORS



BRONZE LEVEL SPONSORS

