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*Welcome you to*

# THE VICTORY SUMMIT®: *Parkinson's Support Symposium*



**Friday, April 24, 2020**  
Online Event



# THANK YOU FOR COMING TODAY.

We're glad you're joining us today.

Whether this is your first time experiencing an event focused on Parkinson's, or you have attended many in the past, we're **grateful** you'll be spending the morning with us.

Today, it's okay to be unsure, to ask questions, to step outside of your comfort zone. Everyone participating today is on a unique journey, but we share so much in common. Know that even while far apart, you are part of this special community. Participate in the chat, join our group on Facebook, and enjoy these new ways of **connecting**.

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, sponsors, local resources, speakers – we will all be available today, tomorrow, and beyond to **support** you.

Thank you for joining us today. We're glad you're with us.

# WHAT DO YOU HOPE TO LEARN TODAY?

*Before the day begins, 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 us, 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?***

*Send the Davis Phinney Foundation an email at [contact@dpf.org](mailto:contact@dpf.org) or call (866) 358-0285. Contact the Michigan Parkinson's Foundation at [info@parkinsonsmi.org](mailto:info@parkinsonsmi.org) or call (800) 852-9781.*

# ABOUT YOUR HOSTS



Michigan Parkinson Foundation (MPF) is a non-profit 501(c)3 organization in Michigan. Its mission is to educate and provide support to people with Parkinson's and related disorders, their loved ones and care partners, and the physicians and other allied health professionals who diagnose and treat those affected by the illness.



The Davis Phinney Foundation was created in 2004 by Olympic medalist and retired professional cyclist Davis Phinney to help people with Parkinson's live well today. The organization's focus is to provide programs and resources that offer inspiration, information, and tools that enable people living with Parkinson's to take action that can immediately improve their quality of life.

# PROGRAM BOOK GUIDE

- page 6** **Speaker Bios**  
*Get to know the incredible experts we have with us today.*
- page 9** **Thank You**  
*Take a moment to acknowledge the partners and sponsors that made today possible.*
- page 11** **Virtual Exhibitor List**  
*See these national and local resources and/or find their contact information to follow up with them later.*
- page 18** **Action Steps**  
*Set a new goal and plan the steps that will help you achieve it!*

# 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.



## **KEVIN KWOK**

Kevin brings deep experience as a biopharmaceutical executive to the board of directors of the Davis Phinney Foundation and the Parkinson's community. Today, he is the Head of Patient Engagement at Theravance Biopharma in the Bay Area and just recently set new roots in Boulder, Colorado. Previously, he was a partner at a leading executive recruiting firm, where he led the North American Life Science practice. Kevin earned his doctorate degree in clinical pharmacy from the University of Michigan (GO Blue) and his family resided in nearby Midland.

An avid lifelong wannabe athlete, Kevin was diagnosed with Parkinson's in his late 40's. He has taken control of his Parkinson's with bold irreverence, optimism, and biting humor. As a self-proclaimed amateur "PD satirist", he has been a speaker and patient advocate for several foundations and has been featured on national news programs and webcasts, speaking about living a high-impact life, thanks to traditional therapies and a "zen-aggressive lifestyle."



## **MARY SUE LANIGAN**

Mary Sue Lanigan is the Chief Executive Officer of the Michigan Parkinson Foundation, an organization that provides direct patient services and education to people living with Parkinson's disease and their families. The Michigan Parkinson Foundation is headquartered in Bingham Farms and serves the entire state of Michigan. Mary Sue has been with the foundation for 3 ½ years. Prior to that, Mary Sue was the Development Director for the Arthritis Foundation, Great Lakes Region for fifteen years and before that she was a patient educator at the Cleveland Clinic and community education director at Diabetes Assn of Greater Cleveland. Mary Sue has 29 years of experience in program development for chronic disease management in both the non-profit and the private sector. Mary Sue has a Bachelor of Science degree in Community Health Education from Kent state University.



## **MEGHAN MALLEY, PT, DPT**

Meghan Malley, PT, DPT is the Lead Physical Therapist and Medical Program Coordinator at The Recovery Project. She has specialized in the treatment of neurological diseases and disorders for the last 12 years, with a heavy focus in Parkinson's Disease. She is certified in LSVT, Parkinson's Wellness Recovery (PWR!) and Rock Steady Boxing. Meghan is a guest lecturer in the physical therapy program at Wayne State University, where she teaches about the physical therapy management of Parkinson's Disease.



## **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.



## **PATINA WARINNER, RD, LD**

Patina Warinner is a Registered, Licensed Dietitian from Columbus, Ohio, with a Bachelor of Science in Dietetics from Miami University. She has been a clinical dietitian for 24 years and has worked with OhioHealth for the past 16 years. Through OhioHealth's "Delay the Disease" program, she presents nutrition education for individuals with Parkinson's and their care partners. This program provides valuable resources and tools encouraging individuals to maximize their health and independence. Patina also provides Parkinson's focused nutrition seminars for various agencies throughout the Central Ohio area. Additional areas of focus include work with OhioHealth's cardiac and pulmonary rehab, diabetes, and executive health programs. Patina spends her personal time with family and friends, as a caregiver, and as a volunteer with the New Albany Food Pantry.



LIVE WELL TODAY:  
BE CONNECTED

## 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)**



### **Kyowa Kirin**

Kyowa Kirin is committed to innovative drug discovery driven by state-of-the-art technologies. We work across the world to champion new solutions for patients and caregivers in four therapeutic areas: nephrology, oncology, immunology/allergy and neurology (CNS). You can learn more about our values, our business and how we help patients suffering from serious illnesses, like Parkinson's disease, by visiting

**[www.KyowaKirin.com](http://www.KyowaKirin.com)**



# THANK YOU TO OUR SPONSORS

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



## US Worldmeds

At US WorldMeds, we hold a fundamental belief that our science has the potential to improve the lives of Parkinson's patients. Our pipeline of development projects, along with our currently available PD treatments, reflects our commitment and resolve to bring innovative solutions to Parkinson's patients.

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



abbvie



## VIRTUAL EXHIBITORS

*Don't miss your chance to learn more about these companies and products through our virtual exhibit hall on the event page at [dpf.org/troy](http://dpf.org/troy).*

### **AbbVie**

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

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

### **Acadia Pharmaceuticals**

Biopharmaceutical company developing innovative therapies for central nervous system disorders.

[www.Acadia-Pharm.com](http://www.Acadia-Pharm.com)

### **Acorda Therapeutics**

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

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

### **Adamas Pharmaceuticals**

Pharmaceutical company developing innovative treatments for chronic neurologic disorders.

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

### **Amneal**

Partnering with patients, care partners, healthcare providers, and advocacy organizations because together, we can achieve.

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

### **Boston Scientific**

Biotechnical company dedicated to transforming lives through innovative medical solutions that improve the health of patients around the world.

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

### **Kyowa Kirin**

A Japanese pharma group that develops innovative specialty drugs, to raise the health and well-being of people around the world.

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

### **Lundbeck**

Global pharmaceutical company specialized in psychiatric and neurological disorders.

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

*Continued on pg. 14*

# We make healthy possible



Challenging  
Convention,  
Changing Lives



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# KYOWA KIRIN IS PROUD TO SUPPORT THE DAVIS PHINNEY FOUNDATION

in its mission to help people  
with Parkinson's live well today.



# VIRTUAL EXHIBITORS CONTINUED

## Medtronic

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

## QUEST

QUEST Research Institute has been offering clinical trials for people with Parkinson's disease for over 20 years. Their experienced medical team and Movement Disorder specialists implement trials for people in every stage of their Parkinson's journey.  
[www.QuestRI.com](http://www.QuestRI.com)

## Sunovion Pharmaceuticals

Global biopharmaceutical company whose spirit of innovation is driven by the conviction that scientific excellence paired with meaningful advocacy and relevant education can improve lives.  
[www.Sunovion.us](http://www.Sunovion.us)

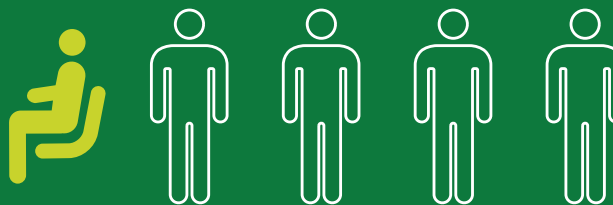
## US WorldMeds

Specialty pharmaceutical company that develops, licenses and brings to market healthcare products that improve the lives of people with Parkinson's.  
[www.USWorldMeds.com](http://www.USWorldMeds.com)

## Do you get dizzy when standing?

About

1 OUT OF 5



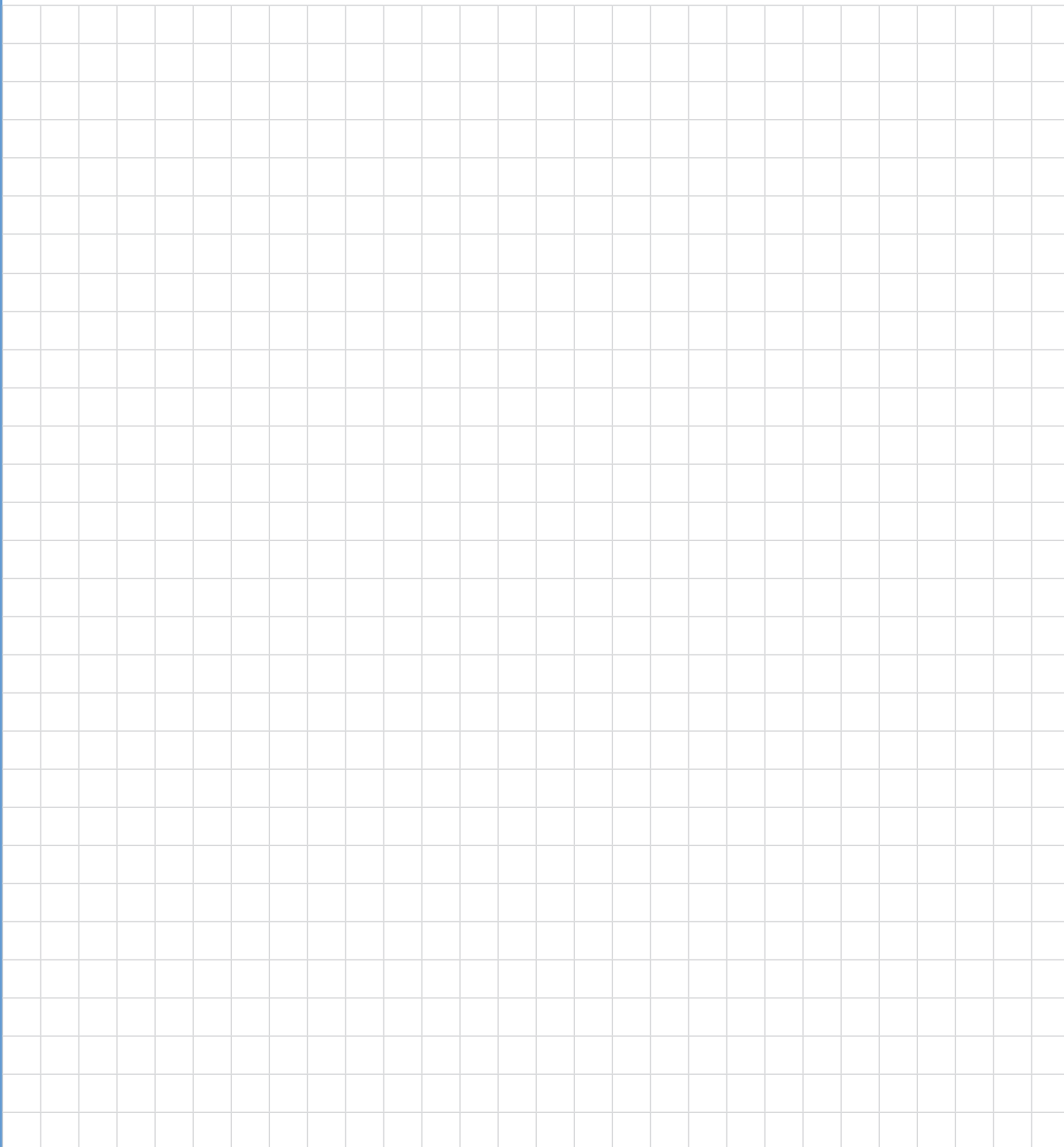
people with Parkinson's may also have symptoms of nOH.

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



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

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!



# MICHIGAN PARKINSON FOUNDATION PROGRAMS AND SERVICES

The vision of “making life better for every Michigan Parkinson patient” is the guidance that steers the Michigan Parkinson Foundation’s (MPF) programs and services. To fulfill this vision, MPF’s programs reach beyond the individual patient to include their families, caregivers and the medical community who care for them.

[www.parkinsonsmi.org](http://www.parkinsonsmi.org)  
800-852-9781

## PARKINSON SUPPORT GROUPS

Support Group meeting  
now held in 76 cities  
across the state.

912 meetings held each year

156 Support Group leaders  
participated in MPF-funded,  
two-day training program

## DIRECT PATIENT SERVICES

MPF social worker available to  
assist Parkinson families access  
community services

164 hours of respite care provided  
per family per year

Financial assistance  
for costly medications

Mobility equipment loan program

Legal advise  
regarding medical disability  
provided pro-bono

## CAREGIVER TRAINING

Education and support  
for family caregivers

Training module  
for staff in extended  
care facilities

## HEALTH CARE PROFESSIONAL EDUCATION

Annual continuing education  
programs for health care  
professionals

Collaborate with  
area Medical Schools  
in Michigan to deliver  
quality education

## PATIENT EDUCATION

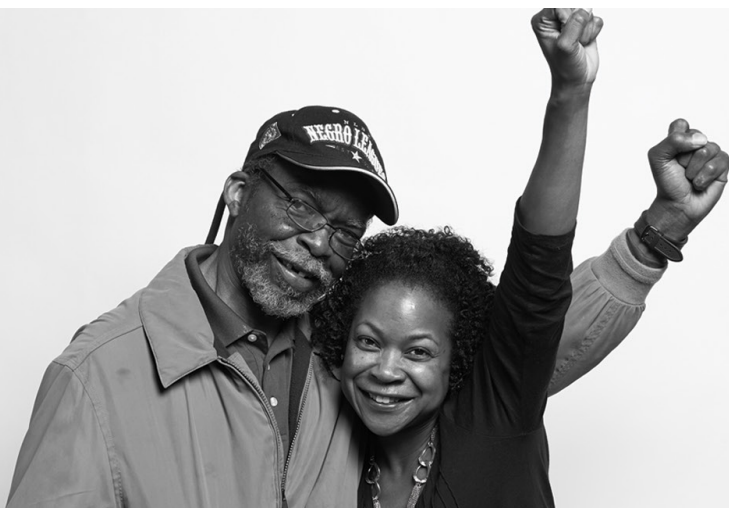
25,000 + received  
Parkinson  
educational material

2,200 + patients participated  
in the MPF education  
program

(The MPF’s challenge is big and growing bigger.

There are now 30,000 diagnosed Parkinson patients in the state of Michigan. It is estimated that number will double in 20 years.)





**DAVIS PHINNEY**  
Foundation For Parkinson's  
*every victory counts®*

## 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.

# LIVE WELL TODAY: BE ACTIVE



## ACTION STEPS

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### **The Science of Intense Exercise**

- Make exercise a habit – part of your daily routine
- Choose a type of exercise that best meets your needs, set measurable goals, and track your progress
- Make an appointment with a Physical Therapist with expertise in Parkinson's
- Be sure to build muscle strength by doing weight-bearing exercises several times a week

### **Nutrition for Living Well with Parkinson's**

- Enjoy a healthy diet
- Eat mindfully
- Focus on fiber
- Hydrate often
- Avoid food/ medication interactions
- Stay active

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## **Cognition, Depression, Anxiety, and How to Manage Them**

- If you have non-motor symptoms, ask your doctor to evaluate them and report their impact on your quality of life
- Recognize that care partner stress is related to the severity of non-motor symptoms
- Most cognitive symptoms are related to the slowing of information processing, similar to motor symptoms
- Keep your brain active with novelty, variety, and challenge
- Focus on learning something new every day
- Commit to remembering and use cues and strategies

## **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

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

- Commit to exercise
- Update your medication list regularly
- Connect with your Parkinson's community
- Recognize at least one non-motor symptom to discuss with your doctor

# SPONSORS

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## PREMIER LEVEL SPONSOR

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## GOLD LEVEL SPONSORS

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## SILVER LEVEL SPONSOR

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## BRONZE LEVEL SPONSORS

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