



SAN ANTONIO



DAVIS PHINNEY
Foundation For Parkinson's
every victory counts®

Saturday, November 14, 2015
San Antonio, Texas

TABLE OF CONTENTS

The Victory Summit Agenda.....	1
Hyatt Regency Venue Map.....	3
Movement Break Descriptions.....	4
Breakout Session Descriptions.....	5
Local Inspirations.....	8
Speaker Biographies.....	9
Parkinson's Glossary.....	16
The Victory Summit Exhibitors, Sponsors and Partners.....	24
Local Parkinson's Resources.....	29
Notes.....	37
Who is the Davis Phinney Foundation?.....	42
Action Steps	44

SPECIAL NOTES

Emergency: If you or someone around you requires emergency or first aid assistance, please contact a staff member or volunteer. The building is equipped with AED's, located in the security office behind the Hill Country Ballroom.

Volunteers: Need a helping hand? Volunteers can be identified by a black shirt with a colorful bike on the back – feel free to ask them questions throughout the day.

Name Badges: Thank you for wearing your badge as it allows you access to all sessions, indicates your lunch order and is a great way to connect with others who may live in or nearby your town!

Evaluation: We'd love to hear from you! The blue survey in your program bag is intended for your feedback on the event. Drop off completed surveys in blue bins or hand them to staff and volunteers.

Online: Today's presentations are available at our website:
www.DavisPhinneyFoundation.org/Victory-Summit/Locations/San-Antonio/

Food: Lunch is served to you at your tables, and coffee/tea is available during the morning in the exhibit hallway. You can also find free snacks in your program bag, courtesy of Bobos Oat Bars™, Food Should Taste Good® and Larabar®. The General Store coffee bar in the Hyatt Regency Hill Country offers snacks and drinks for purchase.

Program Book: A special thanks to AbiliLife and UCB for sponsoring today's program booklet.



Inspired by **patients.**
Driven by **science.**

THE VICTORY SUMMIT AGENDA

- 8:30 – 9:15** **Plenary Session: Parkinson's 101**
Hill Country Ballroom
Juan Ramirez-Castaneda, MD, UT Health Science Center San Antonio
- 8:45 – 9:50** **Visit Exhibit Hall**
Exhibit hall open from 8:45 – 2:15
- 10:00 – 10:20** **Welcome & Opening Remarks**
Tommy Dubuque, Lone Star Parkinson Society
Polly Dawkins, Davis Phinney Foundation (Boulder, CO)
- 10:20 – 10:30** **Moments of Victory®**
Davis Phinney, Founder, Davis Phinney Foundation (Boulder, CO)
- 10:30 – 10:40** **LSVT BIG®: Movement Break**
Kathy Schwartz, PT, Warm Springs Rehabilitation Hospital
- 10:40 – 11:15** **The PD You Don't See: Cognitive & Non-motor Symptoms**
Benzi Kluger, MD, University of Colorado (Denver, CO)
- 11:15 – 11:35** **Coffee & Connection Break**
Browse exhibitors and meet other attendees
- 11:35 – 11:45** **LSVT LOUD®: Movement Break**
Katherine Baine, MA, CCC-SLP, Access Quality Therapy Services
- 11:45 – 12:05** **The Importance of Social Capital**
Al Condeluci, PhD, CLASS (Pittsburgh, PA)
- 12:05 – 12:55** **Lunch**
Delivered directly to tables – Exhibit Hall open
- 12:55 – 1:00** **Local Inspirations**
Honoring people in your local Parkinson's community
- 1:00– 1:15** **Maximizing Your Mobility: Fall Prevention**
Kara Simpson, PT, New Braunfels Rehabilitation Hospital
- 1:15 – 1:40** **Think Like A Dancer**
David Leventhal, Dance for PD® (New York, NY)
- 1:40 – 1:50** **General Session Closing**

1:50 – 2:10

Break

Transition to the Track 1 Breakout Session of your choice

2:10 – 2:50

Track 1 Breakout Session (descriptions on pages 5-6)

Ballroom.....**Panel Discussion:**
Is Deep Brain Stimulation For Me?
Arnold Vardiman, MD, Texas Neurosciences Institute
Subhashie Wijemanne, MD, UT Health Science Center San Antonio
Corey King, Parkinson's Advocate
Barbara Effenberger, Parkinson's Advocate
Moderated by: Tony Chambers, Neurology Associates

Fredericksburg**Alternative Options: Complementary Therapies**
Room 1
Benzi Kluger, MD, University of Colorado

Fredericksburg.....**Ingredients for Healthy Living: Nutrition**
Room 2
Jan Tilley, MS, RDN, LD, JTA Wellness

Fredericksburg.....**Navigating Mood & Depression**
Room 3
Walt Mercer, PhD, Neurology Associates, Texas NeuroRehab Center

2:50 – 3:05

Break

Transition to the Track 2 Breakout Session of your choice

3:05 – 3:45

Track 2 Breakout Sessions (descriptions on pages 6-7)

Ballroom.....**Medication Management & Strategies**
Eric Pappert, MD, Neurology Associates

Fredericksburg.....**Uncovering Pain & Parkinson's**
Room 1
Ellen Lin, MD, Advanced Spine & Pain Center

Fredericksburg.....**Strategies for the Care Team: Living Well**
Room 2
Connie Carpenter-Phinney, member of Davis Phinney Foundation Board of Directors

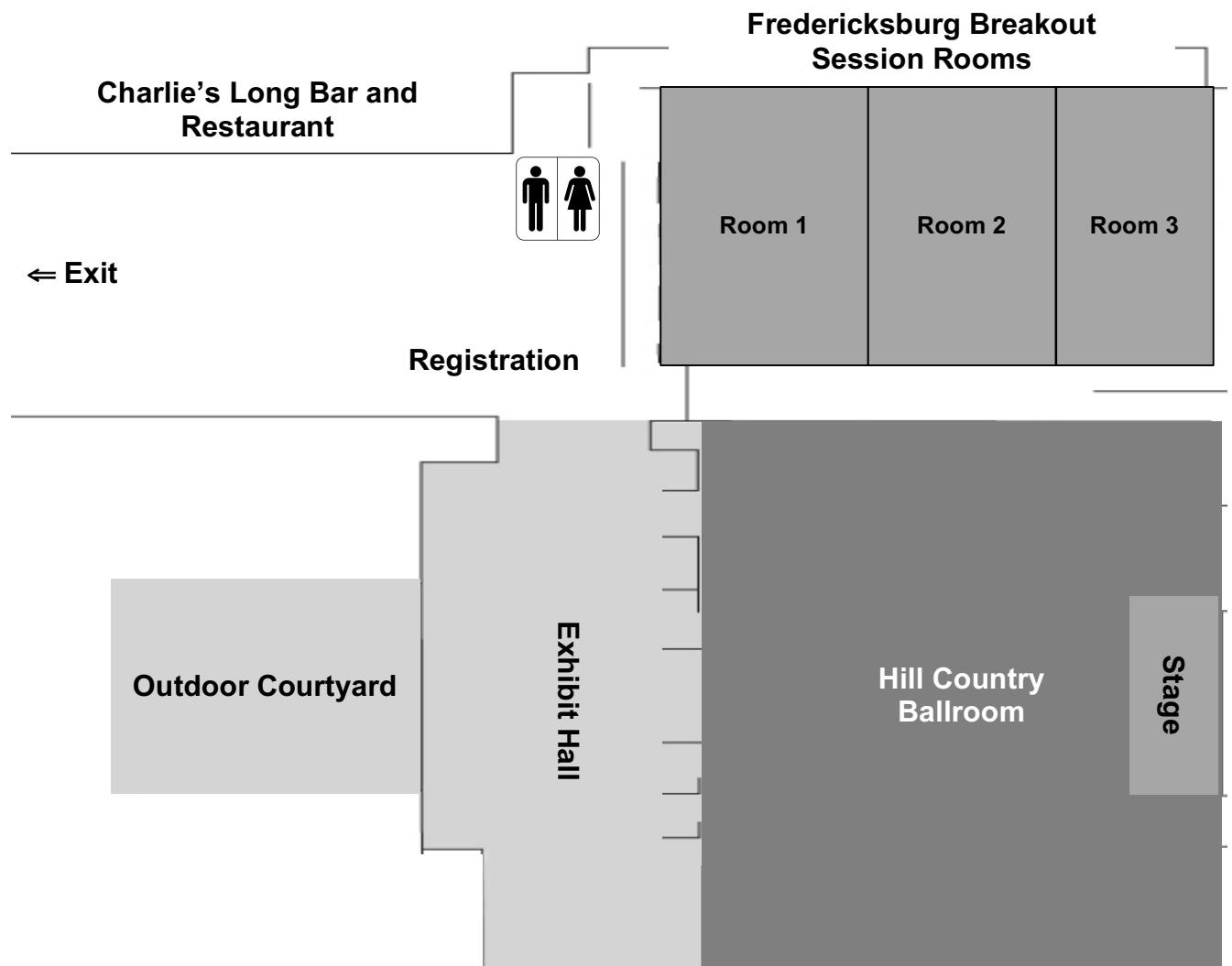
Fredericksburg.....**Getting a Good Night's Rest: Sleep & PD**
Room 3
Yanko Yankov, MD, PhD, Neurology and Sleep

3:45

Head Home!

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

HYATT REGENCY HILL COUNTRY CONFERENCE CENTER



MOVEMENT BREAK DESCRIPTIONS

LSVT BIG®

LSVT BIG® is an exercise treatment program for people with Parkinson's disease. It is based on the principle that the brain can learn and change (neuroplasticity). The program is both intensive and complex, with many repetitions of core movements that are used in daily living. This type of practice allows for optimized learning and carrying over of better movement into everyday life!

The program has been formulated from an existing program to help with speech for people with Parkinson's called the Lee Silverman Voice Treatment (LSVT). Training with LSVT has been documented as associated with increased amplitude of limb and body movement in people with Parkinson's disease that generalized to improve speed (upper/lower limbs), balance and quality of life. In addition, people with Parkinson's were able to maintain these improvements when challenged with a dual task.

LSVT LOUD®

LSVT LOUD® is a speech treatment for individuals with Parkinson's disease and other neurological conditions. It improves vocal loudness by stimulating the muscles of the voice box (larynx) and speech mechanism through a systematic hierarchy of exercises.

Focused on a single goal – “speak LOUD!” – the treatment improves respiratory, laryngeal and articulatory function to maximize speech intelligibility. The treatment does not train people for shouting or yelling; rather, LSVT LOUD uses loudness training to bring the voice to an improved, healthy vocal loudness with no strain.

BREAKOUT SESSION DESCRIPTIONS

See pages 9-15 for speaker biographies

Plenary Session: Parkinson's 101

Juan Ramirez-Castaneda, MD

Hill Country Ballroom

8:30-9:15am

A diagnosis of Parkinson's disease can feel overwhelming and confusing. To learn more about what to expect, strategies for coping and resources available in your area, join the morning plenary session, Parkinson's 101. Discussion will include:

- What is Parkinson's?
- Motor symptoms of Parkinson's to expect
- Non-motor symptoms of Parkinson's to expect
- Parkinson's treatment options overview

Directly following this session, attendees are encouraged to visit the Exhibit Hall, located in the foyer outside of the Ballroom.

Panel Discussion: Is DBS Right for Me?

*Arnold Vardiman, MD; Subhashie Wijemanne, MD;
Corey King, Barbara Effenberger, Tony Chambers*

Hill Country Ballroom

Track 1

You may have heard of deep brain stimulation (DBS) therapy for Parkinson's, but you might not be sure what it is, who it is for or when to consider it. Come learn from a panel of experts in the field and individuals who have undergone the procedure themselves, including:

- Description of DBS therapy
- Potential benefits and risk factors
- Who qualifies as a good candidate
- When to consider the therapy

This interactive panel discussion will feature 20 minutes of moderated discussion between panelists and 20 minutes of audience questions. *Please feel free write a question down on the index cards on the table.* A volunteer will collect them throughout the panel discussion. Questions from the audience will be reviewed and posed to the speakers by the moderator during the second half of the session.

Alternative Options: Complementary Therapies

Benzi Kluger, MD

Fredericksburg Room 1

Track 1

Complementary therapies are treatments used alongside conventional medicine. This can include acupuncture, massage therapy and aromatherapy. Some people with Parkinson's have found that complementary therapies can help them to relax or even relieve certain symptoms. This session will include a discussion of:

- Types of complementary therapies and their evaluated safety
- Evidence supporting complimentary therapies
- Symptom relief potential

The audience will have the opportunity to ask follow up questions during the final 10 minutes of the presentation.

Ingredients for Healthy Living: Nutrition

Fredericksburg Room 2

Jan Tilley, MS, RDN, LD

Track 1

Nutrition can assist in easier digestion, increased energy and medications' effectiveness. Learn which changes in your diet will benefit you most in maintaining a healthy body with Parkinson's. This session will include discussion of:

- Common nutritional deficits
- Advantageous foods and vitamins
- Steps to improve intentional eating
- Strategies for smart swallowing and eating.

The audience will have an opportunity to ask follow up questions during the final 10 minutes of the presentation.

Navigating Depression & Mood

Fredericksburg Room 3

Walt Mercer, PhD; Ursula Alford, MA, MS

Track 1

Living with Parkinson's often includes changes in mood – including depression. Addressing these issues head-on may feel overwhelming and oftentimes shame can play a role in ignoring the symptoms of significant changes in mood. Take the next step in living well by learning how to manage mood changes with Parkinson's disease. Discussion will include:

- Defining depression and mood
- Interpreting the warning signs and symptoms of significant mood changes
- Practical coping and strategies
- When and how to ask for help

The audience will have the opportunity to ask follow up questions during the final 10 minutes of the presentation.

Medication Management & Strategies

Hill Country Ballroom

Eric Pappert, MD

Track 2

As many people living with Parkinson's can attest, keeping track of medications and timing them correctly can vastly improve your quality of life. In this session, learn what you can do right now to more comfortably manage your Parkinson's medications. This session will include discussion of:

- Maximizing benefits of Parkinson's medications
- Interactions between common Parkinson's medications
- Side effects of common Parkinson's medications
- Optimal intake strategies of common Parkinson's medications

The audience will have the opportunity to ask follow up questions during the final 10 minutes of the presentation.

Uncovering Pain & Parkinson's

Ellen Lin, MD

Fredericksburg Room 1

Track 2

Pain in the form of aching, stiffness, numbness and tingling are all commonly experienced by people with Parkinson's. For some this pain is inconsistent and minor, but for others it is an everyday occurrence strongly impacting quality of life. Learn how to identify these issues and what you can do to address them. This session will include a discussion of:

- Identifying pain related to poor posture, rigidity, stiffness, dystonia and medication
- Tracking pain
- Discussing pain with your doctor
- Recommended treatments and therapies

The audience will have the opportunity to ask follow up questions during the final 10 minutes of the presentation.

Strategies for the Care Partner*

Connie Carpenter, MS

Fredericksburg Room 2

Track 2

The role of a care partner is ever-evolving. Learn about navigating the world of the care partner in a positive way through self-care. Care partners, spouses and family members are all encouraged to attend this session. Discussion will include:

- Importance of self-care
- Significance of social engagement
- Strategies for navigating this role
- Practical tips for taking care of your own well-being
- When and how to ask for help

The audience will have the opportunity to ask follow up questions during the final 10 minutes of the presentation.

***This session is for care partners. People with Parkinson's are encouraged to visit a different session. If assistance is needed, volunteers will be outside of Fredericksburg Room 2 to accompany people with Parkinson's.**

Getting a Good Night's Rest: Sleep & PD

Yanko Yankov, MD, PhD

Fredericksburg Room 3

Track 2

Difficulty sleeping, constant fatigue and problems falling asleep are all sleep disturbances commonly experienced by people with Parkinson's. Learn about these disruptions and how to address them. This session will include discussion of:

- Presence of sleep disorders in Parkinson's
- Sleep-related fatigue
- Measuring and tracking sleep disturbances
- Treatments available
- Practical tips for sleeplessness

The audience will have the opportunity to ask follow up questions during the final 10 minutes of the presentation.

LOCAL INSPIRATIONS

At each Victory Summit symposium, the Davis Phinney Foundation recognizes people in the Parkinson's community who are determined to celebrate the Moments of Victory® in their lives. These individuals are proof positive that people with Parkinson's and care partners can live rich, full lives – sometimes even opening up new opportunities and experiencing joys they had never imagined possible before a diagnosis.

It is the Davis Phinney Foundation's privilege to honor:

Judy Binder of San Antonio, TX
In recognition of her constant desire to give back to the community and to always be an inspiration to others.

Anthony Chambers of San Antonio, TX
In recognition of being a tireless fundraiser, advocate and resource for so many.

Kristen Coker, of New Braunfels, TX
In recognition of her spirit of volunteerism and willingness to lend a hand to others in need.

Sheila Dipprey of San Antonio, TX
In recognition of her positivity, optimism and always being a comfort to others.

Thomas Dubuque of New Braunfels, TX
In recognition of his leadership in support groups and serving as a mentor to the newly diagnosed.

Barbara Effenberger of Seguin, TX
In recognition of inspiring others through an engaged life in the Parkinson's community and for always doing it with a smile.

Gretchen Golf of New Braunfels, TX
In recognition of giving back through the local Parkinson's community and for always being a leader and a good friend.

Claire Holshouser of San Antonio, TX
In recognition of her inspiring determination to overcome Parkinson's' challenges.

Corey King of San Antonio, TX
In recognition of his active leadership and guidance in the Parkinson's community.

Marianne Wofford of Kerrville, TX
In recognition of her dedication to leading others in the Parkinson's community.

SPEAKER BIOGRAPHIES

(In Alphabetical Order)

Katherine Baine, MA, CCC-SLP

Katherine Baine is a licensed Speech Therapist with Access Quality Therapy Services in San Antonio in the home health setting. The majority of her experience is in working with adult populations in acute and rehab care as well as in skilled nursing facilities and home health. Ms. Baine received her masters degree in speech language pathology from Lamar University in 2014. She is a LSVT LOUD[®] and VitalStim certified therapist.

Connie Carpenter, MS

Connie Carpenter is an entrepreneur, author, artist, life-long athlete and is extremely passionate about her work as a member 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 master of science in exercise science from the University of Colorado and completed her undergraduate work at the University of California – Berkeley. She has two adult children, Taylor and Kelsey, with her husband, Davis Phinney.

Anthony “Tony” Chambers

Tony Chambers is currently the Practice Research Manager at Neurology Associates, where he oversees and coordinates the practice’s research trials and assists Dr. Eric Pappert, movement disorder specialist. He has been affectionately named the “DBS Whisperer” by the area’s neurosurgeons. Tony is also currently the Vice President of the San Antonio Movement Disorders Foundation (SA Moves) and in the past served on the board of the American Parkinson’s Disease Association’s local chapter.

Al Condeluci, PhD

Al Condeluci has served as CEO of Community Living and Support Services (CLASS), a full service nonprofit organization supporting people with disabilities, for the past 42 years. He has also held faculty appointments with the University of Pittsburgh’s School of Health and Rehabilitation Sciences and School of Social Work.

Dr. Condeluci received his masters and doctorate degrees at the University of Pittsburgh and is a lifelong resident of Pittsburgh, Pennsylvania. Dr. Condeluci’s books, *Interdependence* (1991, 1995), *Beyond Difference* (1996), *Cultural Shifting* (2002), *Advocacy for Change* (2004), *Together is Better* (2008) and *Social Capital* (2014) have been used around the world.

Polly Dawkins, MBA

Polly Dawkins brings 25 years of for-profit and non-profit experience to her position as the Executive Director of the Davis Phinney Foundation. That experience includes transforming a struggling UK-based engineering organization into a multi-million dollar venture and, closer to home, leading a local fundraising chapter of an international literacy organization.

Polly's track record managing organizations responsibly and with transparency dovetails with her humanitarian worldview. She is committed to making wise use of the Davis Phinney Foundation's resources, enabling it to extend its reach while staying true to its mission. Polly holds a masters in business administration in international business from Thunderbird School of Global Management and a bachelor's degree in international studies from Earlham College.

Tommy Dubuque

Tommy Dubuque was diagnosed with Parkinson's while getting a second opinion about having back surgery in October 2004. This led him to retire two years later, and after much prodding from his wife and neurologist, he started the Comal County Parkinson's Support Group in 2007. That group has now grown from six members to over 450 registered members that meet twice a month. What started as a laborious project turned into a project of love. In 2012, Tommy started the Lone Star Parkinson Society with the the purpose of helping support groups get started and grow.

After much consideration, Tommy received deep brain stimulation therapy and has had positive results. He credits the surgery for improving his walk, talk and handwriting. His wife of 36 years, Peggy, is his biggest fan and supports and honors him in everything he does in the Parkinson's community.

Barbara Effenberger

Barbara Effenberger is a 76-year-old retired educator living in Seguin, Texas. She currently serves on the Seguin ISD School Board since 2012. She is a Texas Lutheran University (TLU) graduate and completed her post graduate studies at Texas A&M University and Texas State.

In 2006 she was awarded the TLU Alumni Distinguished Service Award in Church and Community. Barbara has served on the Texas Silver-Haired Legislature, as Guadalupe County Democratic Party Chairman, leader in RSVP Advisory Council and as a CASA volunteer. She was a delegate to the 2005 White House Conference on Aging. Her husband, Don Effenberger, is also a retired teacher. She enjoys travel and counted cross-stitch. Barbara was diagnosed with Parkinson's in 2011 and received deep brain stimulation therapy in 2013.

Corey King

Corey King is the President and Chairman for the Board of Directors of SA Moves, a foundation for movement disorder education and support based in San Antonio, Texas. He also volunteers as an Assistant Director for the State of Texas for the Parkinson's Action Network and is a past President and Chairman of the Board of the Alamo Area Parkinson's Support Group and a Past Member of the Board of Directors of the Lone Star Parkinson's Society in Texas. Corey is a US Air Force veteran. Following his Air Force career, he served as a Laboratory Director, a Vice President for a high-tech defense contractor, a Principal in a computer security start-up company, a Senior Executive in a Fortune 500 software company and a Research Scientist.

Corey was diagnosed with young-onset Parkinson's in 2009 and retired from his professional career in 2011. Since then, he has been active as an advocate for Parkinson's and other causes. He has published a book about his life experiences with Parkinson's, *Walking The Crooked Path*, and writes a blog under the same name. Corey lives in San Antonio with his wife, Amy. They have two children who have left home to pursue fantastically successful lives, and a standard poodle who has not.

Benzi Kluger, MD, MS

Benzi Kluger is an Associate Professor of Neurology and Psychiatry and the Director of the Movement Disorders Center at the University of Colorado Denver. He is also on the Parkinson Disease Association of the Rockies program committee and directs the University of Colorado Hospital's Supportive and Palliative Care Program for Neurology, one of the first programs of its kind in the United States. Dr. Kluger's research focuses on improving understanding of the causes of non-motor symptoms in Parkinson's disease, including fatigue and cognitive dysfunction, as well as on developing better treatment approaches. His research has covers many diverse approaches ranging from a novel neuroimaging approach (*magnetoencephalography*) to developing a diagnostic test for Parkinson's to clinical trials of exercise and acupuncture.

Through his work in palliative care and acupuncture, Dr. Kluger has continued an ongoing interest of how psychological, social and spiritual factors impact Parkinson's and how these factors can be used as a source of strength to live well with Parkinson's. His research has been funded by the Michael J. Fox Foundation, the National Institutes of Health, the Department of Defense, the Colorado Clinical and Translational Science Institute and the University of Colorado Center for Neuroscience.

Ellen Lin, MD

Ellen Lin is a board-certified, fellowship-trained Interventional Pain Management Specialist at the Texas Center for Athletes. She has always had a strong desire to improve and maximize the quality of life for the patients she treats. She chose physical medicine & rehabilitation as her specialty area because it emphasizes restoring patients' quality of life by embracing a comprehensive treatment approach. Dr. Lin is a graduate of the University of Texas Health Science Center of San Antonio.

Dr. Lin is board certified in physical medicine and rehabilitation with subspecialty certification in pain medicine. She completed pain fellowship training at the University of Texas in Houston and the University of Texas Southwestern in Dallas, where she had the opportunity to work and train with some of the top interventional pain management physicians in the country. She was the first person in the history of the program to graduate from the Department of Anesthesiology Pain Management Fellowship with a background in pain medicine and rehabilitation. In her spare time, Dr. Lin enjoys spending time with her husband and two daughters.

David Leventhal

David Leventhal is a Founding Teacher and Program Director for Dance for PD[®], a collaborative program of the Mark Morris Dance Group and Brooklyn Parkinson Group that has now been used as a model for classes in more than 100 communities in 11 countries. Mr. Leventhal leads classes for people with Parkinson's disease around the world and trains other teachers in the Dance for PD approach. As a dancer, he performed with the Mark Morris Dance Group from 1997-2011 and currently serves on the Board of Directors of the Global Alliance for Arts and Health.

Along with Olie Westheimer, Mr. Leventhal is the co-recipient of the 2013 Alan Bonander Humanitarian Award from the Parkinson's Unity Walk. He also received a 2010 Bessie (New York Dance and Performance Award) for his performing career with Mark Morris. Mr. Leventhal has written about dance and Parkinson's for many publications, including *Dance Gazette*, *Room 217* and *Creating Dance: A Traveler's Guide*. He has spoken about the intersection of dance, Parkinson's and healthcare at the medical schools of University of Michigan, Brown University and Columbia University. Mr. Leventhal graduated from Brown University with honors.

Davis Phinney

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 disease. 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. Ten years later, thanks to the work of the Davis Phinney Foundation, hundreds of thousands of people with Parkinson's, their health care professionals, care partners and communities have dramatically changed the way they approach living with and treating individuals with Parkinson's.

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 and pioneering vision to share education, inspiration and effective self-care strategies so that those living with Parkinson's can take action to improve their quality of life.

Walt Mercer, PhD

Walt Mercer is a licensed Psychologist and serves as the Director of Clinical Services at Texas NeuroRehab Center. In addition, he is a Staff Psychologist at Neurology Associates. Dr. Mercer completed his bachelor of science degree at Texas Tech University, his PhD at the University of North Texas and his internship in clinical psychology and postdoctoral fellowship in neuropsychology at Henry Ford Hospital. He participated in the multicenter study on predicting outcome in prolonged posttraumatic disorders of consciousness and the multicenter study examining the efficacy of amantadine hydrochloride in promoting recovery of function following severe traumatic brain injury.

Eric J. Pappert, MD

Eric Pappert is a Movement Disorders Specialist with Neurology Associates. He received his medical degree at the University of Missouri in Kansas City, completed his residency in neurology in San Antonio and completed his movement disorders fellowship at Rush Presbyterian St. Luke's Medical Center. Immediately following his fellowship, Dr. Pappert remained on faculty at Rush Medical College. He returned to San Antonio in 1998 and established his private practice in the area and has previously served as Assistant Professor of Neurology and the Director of the Movement Disorders program at the University of Texas Health Science Center San Antonio. Dr. Pappert has published numerous scientific articles and co-edited the Textbook of Clinical Neurology.

Juan Ramirez-Castaneda, MD

Juan Ramirez-Castaneda is an Assistant Professor and Movement Disorders Specialist at the University of Texas Health Science Center San Antonio, Department of Neurology. He completed a two-year fellowship in movement disorders at Baylor College of Medicine under Dr. Joseph Jankovic, and completed his residency in neurology and served as Chief Resident at Baylor College of Medicine.

Dr. Ramirez-Castaneda obtained his medical degree from Pontificia Universidad Católica del Ecuador. He has experience in deep brain stimulation programming, botulinum toxin injection for the management of multiple movement disorders and baclofen pump management for spasticity. He has collaborated in multiple clinical trials, has multiple publications in peer review journals and has a book chapter about levodopa-induced dyskinesia.

Kara Simpson, PT

Kara Simpson is the Director of Therapy Operations at New Braunfels Regional Rehabilitation Hospital. She has over four years experience as a clinician, all within the Ernest Health system throughout six different facilities. She brings her clinical background as a Physical Therapist, along with the knowledge she has gained from traveling in the company, to the leadership team of the therapy department in New Braunfels.

Ms. Simpson has a special interest in patients with neurological diagnoses, and is currently working towards achieving certification in stroke rehabilitation. She is originally from Indiana and received her undergraduate and masters degree in physical therapy from Saint Louis University.

Kathy Schwartz, PT

Kathy Schwartz is a licensed Physical Therapist with more than 27 years of clinical practice, primarily in the evaluation and treatment of patients with neurological disorders. She currently works for Post Acute Medical/Warm Springs Rehabilitation in San Antonio, Texas, specializing in outpatient neurological rehab treating a large number of people with Parkinson's. She also coordinates the Warm Springs Parkinson's Outreach Program, a wellness exercise program for patients with Parkinson's and Parkinson's like syndromes. Ms. Schwartz earned her bachelor of science degree in physical therapy from the University of Evansville. She is certified in LSVT for Parkinson's and is also a certified MS specialist.

Jan Tilley, MS, RDN, LD

Jan Tilley is the President and CEO of JTA Wellness and is a national leader in nutrition counseling, wellness and chronic disease management. As a Registered Dietitian, she helps at-risk clients develop a healthy lifestyle to combat chronic health issues. Holding a master of science in nutrition, Ms. Tilley has over 20 years of experience in the food and nutrition industry. In addition to managing her successful nutrition consulting practice, She is a highly respected corporate wellness expert and motivational speaker, sharing stories balanced by professional observations and research to propel her audience toward a lifetime of healthy choices.

Ms. Tilley has written numerous cookbooks, including her latest, *Healthy Meals for Hurried Families*, which offers recipes that are simple and satisfying. In addition, she authored *Getting Your Second Wind*, which uses personal stories and client experiences to motivate readers to find their path to wellness. She received the State Media Award from the Texas Academy of Nutrition & Dietetics and the Entrepreneurial Spirit Award from the National Association of Women Business Owners.

Arnold Vardiman, MD

Arnold Vardiman is a Neurosurgeon and Medical Director at The Texas Neurosciences Institute. He is described as a rare neurosurgeon whose popularity with patients may actually equal his vast depth of expertise in multiple subspecialties. While the majority of his cases involve complex problems with the spine, he also treats cerebrovascular disease and remains a national leader in deep brain stimulation therapy. According to Medtronic data, Dr. Vardiman ranks as the third highest physician in the country for deep brain stimulation therapy implants (1998-2014).

World-class treatment from a personable and approachable physician – just one of the many reasons Dr. Vardiman has been recognized as a Top Doctor in both the region and the country. Dr. Vardiman attended the University of Texas Southwestern Medical School and completed his neurological surgery residency at Parkland Memorial Hospital.

Subhashie Wijemanne, MD

Subhashie Wijemanne is an Assistant Professor and Movement Disorders Specialist at the Department of Neurology, University of Texas Health Science Center at San Antonio. She has experience in deep brain stimulation therapy evaluation and programming, botulinum toxin injection and baclofen pump management. She has served as Principle and Sub Investigator in multiple clinical trials and has multiple publications in peer review journals.

Dr. Wijemanne completed a two year fellowship in movement disorders at Baylor College of Medicine with Dr. Jankovic and residency training at Tufts University, where she served as the Chief Resident. She obtained her medical degree from University of Peradeniya in Sri Lanka and further post graduate training in the United Kingdom.

Yanko Yankov, MD, PhD

Yanko Yankov is a Neurologist at his own practice of Neurology and Sleep Medicine. Previously, he was in private practice with the Neurology and Neurophysiology group in San Antonio and was the Medical Director of Alamo Sleep Center in San Antonio. Dr. Yankov is board-certified in neurology, clinical neurophysiology and sleep medicine.

Dr. Yankov was born in Sofia, Bulgaria. He completed his medical degree at the Medical Academy in Bulgaria and started his neurology practice in the City of Gabrovo. He was accepted into the PhD program in neuromuscular diseases at the Medical Academy-Sofia and later promoted to Assistant Professor in the leading Neurology Clinic. In 1992, Dr. Yankov was invited to the Neurology Clinic in Tuscaloosa, Alabama to help with epilepsy monitoring, sleep studies and research. He completed his neurology residency at University Hospital in San Antonio and then returned to the Neurology Clinic in Tuscaloosa, Alabama to work as a neurologist. Dr. Yankov was accepted into the fellowship program of epilepsy and sleep medicine in San Antonio in 2000, and has lived in Texas since then. He is married to Jo Ellen Yankov and has two grown children.

Presentation PowerPoints given at The Victory Summit in San Antonio will be available on the Davis Phinney Foundation event webpage at: www.davisphinneyfoundation.org/victory-summit/locations/san-antonio/



PARKINSON'S GLOSSARY

A guide for the terms you may hear throughout the day and wonder "What is that?"

Brought to you by the
World Parkinson Coalition

Agonists: A chemical or drug that can activate a neurotransmitter receptor. Dopamine agonists, such as pramipexole, ropinirole, bromocriptine and apomorphine, are used in the treatment of PD.

Alpha-synuclein: A protein normally present in nerve terminals (neurons). Present in high concentrations in Lewy bodies. A genetic mutation in this protein is the basis for a rare, inherited form of PD. Alpha-synuclein also accumulates in multiple system atrophy and in Lewy Body Disease. Alpha-synuclein appears to play a key role in the development of PD.

Amygdala: An almond-shaped nucleus located deep in the brain's medial temporal lobe in animals. It is involved in fear and anxiety responses, in particular in the formation of memories involving emotion.

Ataxia: Inability to coordinate voluntary muscle movements; unsteady movements and staggering gait.

Autonomic Nervous System (ANS): Part of the peripheral nervous system, consisting of sympathetic and parasympathetic nerves that control involuntary actions, in particular the heart, smooth muscle (such as bladder and blood vessels) and glands.

Basal ganglia: Clusters of neurons that include the caudate nucleus, putamen, globus pallidus and substantia nigra which are located deep in the brain and play an important role in movement. Cell death in the substantia nigra contributes to Parkinsonian signs.

Biomarker: An early indicator that a person may have a disease, such as Parkinson's. A biomarker, if present, could indicate that the person has a disease before symptoms of that disease appear. Biomarkers could be a chemical, clinical, physiologic or imaging finding.

Bradykinesia: Literally, means slowness of movement. It is commonly used synonymously with akinesia and hypokinesia. Bradykinesia is a clinical hallmark of Parkinsonism.

Brain stem: The part of the brain between the cerebral hemispheres and the spinal cord. The three parts of the brain stem are the medulla oblongata, pons, and midbrain. The brain stem is a vital structure that is a passageway between the brain and spinal cord, and it contains neurons involved in sleep and wakefulness. The substantia nigra, which is damaged in Parkinson's, is located in the midbrain of the brain stem.

Carbidopa: (C-DOPA) A drug given with levodopa. Carbidopa blocks the enzyme dopa decarboxylase, thereby preventing levodopa from being metabolized to dopamine. Because carbidopa does not penetrate the blood brain barrier, it only blocks levodopa metabolism in the peripheral tissues and not in the brain, thereby reducing side effects but increasing the effectiveness of levodopa.

Cerebellum: Part of the hind brain; controls smooth movements. When damaged, it results in ataxia.

CNS: abbreviation of Central Nervous System, which consists of the brain, brain stem and spinal cord.

Clinical trials: Research studies utilizing human volunteers. Observational trials do not test drugs or treatments, as researchers instead observe and monitor participants' health. Interventional trials test the safety and effectiveness of a treatment.

Cognition: Mental processes including attention, remembering, producing and understanding language, solving problems and making decisions.

Deep Brain Stimulation (DBS): A surgical treatment that involves the implantation of a medical device (electrical stimulator) that acts as a brain pacemaker sending electrical impulses to the specific area in which the electrode was inserted. In Parkinson's patients the device is typically inserted in either the subthalamic nucleus or the globus pallidus, less often in the thalamus or pedunculopontine nucleus, depending upon the specific problem.

Dementia: A decline in cognitive function due to damage or disease in the brain beyond what might be expected from normal aging. Areas particularly affected include memory, attention, judgment, language, planning and problem solving.

Alzheimer's disease dementia: The most common form of dementia, typically presents with difficulty in remembering names and events. May also initially include apathy and depression, and later impaired judgment, disorientation, confusion, behavior changes and difficulty speaking, swallowing and walking. Associated with abnormal deposits of the protein fragment beta-amyloid (plaques) and twisted strands of the protein tau (tangles) as well as brain nerve cell damage and death.

Dementia with Lewy bodies (DLB): Similar, but not identical, symptoms as in Alzheimer's dementia. DLB commonly has a greater occurrence of sleep disturbances, well-formed visual hallucinations, and muscle rigidity. Associated with aggregation of alpha-synuclein in the cerebral cortex. Lewy bodies are also a pathologic hallmark in Parkinson's disease. The relationship of DLB and PD remains to be resolved.

Parkinson's dementia: Presents similarly to Alzheimer's dementia or dementia with Lewy bodies, but is typically preceded by clinical Parkinson's disease. Associated with alpha-synuclein aggregates that are more likely begin in the brain stem, including the substantia nigra.

Dopamine: A small chemical molecule that is one of the brain's neurotransmitters. It is found particularly in cells within the substantia nigra. These cells project to the striatum in the basal ganglia. Deficiency of dopamine causes symptoms of Parkinsonism.

Dopamine agonist: A compound that activates dopamine receptors, other than dopamine. Examples include, bromocriptine mesylate (Parlodel), pergolide (Permax), pramipexole (Mirapex), ropinirole hydrochloride (Requip), piribedil, cabergoline, apomorphine (Apokyn), rotigotine (Neupro patch) and lisuride. These act like dopamine, but are not actually dopamine. They can be used in both the early and late stages of Parkinson's disease. They are the second most powerful type of anti-Parkinson medication after levodopa. They can cause side effects such as sleepiness, sleep attacks, ankle swelling, hallucinations and impulse control problems, more commonly than levodopa does.

Dysarthria: Impaired speech function.

Dyskinesia: Abnormal involuntary movements; hyperkinesia. A common side-effect of levodopa medication. (See: *Hyperkinesia*)

Dystonia: Abnormal involuntary movements, often associated with pain and cramping of the muscles.. A common effect associated with when PD medications start to wear off and dopamine levels dip below a specific level.

Dysphagia: Difficulty in swallowing.

Essential Tremor: Nervous system disorder causing rhythmic shaking. Occurs most often in the hands. Can be misdiagnosed as Parkinson's.

Festination: An involuntary quickening of the gait; the acceleration of gait noted in Parkinsonism and similar disorders, literally means "chasing the center of gravity".

Freezing of gait: A brief pause or marked reduction of forward progression of the feet despite the intention to walk.

Gene therapy: The insertion of genes into an individual's cells and tissues to treat hereditary diseases where deleterious mutant alleles can be replaced with functional ones. The genes are usually placed within a non-pathogenic virus, which serves as the vector to penetrate the cells. Gene therapy can also be used to correct non-genetic deficiencies such as the loss of dopamine in Parkinson's, to modify the function of a group of cells (e.g. convert an excitatory structure to one that is inhibitory) or to provide a source of growth factors.

Genotype: The collection of genetic material in an organism that gives rise to its characteristics.

Handwriting: (See: *Micrographia*)

Hyperkinesia: An abnormal increase in movement and/or muscle activity. Synonymous with dyskinesia. (See: *Dyskinesia*)

Idiopathic: Arising from an unknown cause.

Levodopa (L-DOPA): A chemical that is the precursor to dopamine. It can pass through the blood-brain barrier (whereas dopamine cannot). Once it has entered the central nervous system, L-dopa is converted into dopamine by aromatic L-amino acid decarboxylase (DOPA decarboxylase/DDC). L-DOPA is also converted into dopamine within the peripheral nervous system, but this is usually blocked by employing peripherally-active dopa decarboxylase inhibitors.

Lewy bodies: Abnormal clumps of protein that develop inside nerve cells. They are the pathological hallmark of Parkinson's, and found in everyone with the PD.

Magnetic resonance imaging (MRI): A noninvasive medical imaging technique to visualize detailed internal structure and limited function of the body. MRI provides much greater contrast between the different soft tissues of the body than computed tomography (CT), making it especially useful in neurological (brain), musculoskeletal, cardiovascular and oncological (cancer- related) imaging.

Motor skills: The degree of control or coordination provided by brain control of the skeletal muscles.

Motor symptoms: Symptoms that involve movement, coordination, physical tasks or mobility. These include, among others: resting tremor, bradykinesia, rigidity, postural instability, freezing, micrographia, mask-like expression, unwanted accelerations, stooped posture, dystonia, impaired motor dexterity and coordination, speech problems, difficulty swallowing, muscle cramping, and drooling of saliva. (*Related: Non-Motor Symptoms*)

Micrographia: The impairment of a fine motor skill, manifesting mainly as a progressive reduction in size of writing. Handwriting may decrease in size across a single line or as each line gets added with continued writing in a paragraph. A clinical feature commonly associated with PD.

Multiple System Atrophy (MSA): A less common degenerative neurological disorder that causes symptoms similar to Parkinson's disease but with more widespread damage to the central nervous system. Other systems involved besides the basal ganglia include the cerebellum and autonomic systems.

Neuromodulator: A chemical substance other than a neurotransmitter, released by a neuron at a synapse and either enhances or dampens their activities.

Neuroprotection: Mechanisms within the nervous system that would protect neurons from dying due to a degenerative disease or from other types of injury.

Neurotransmitter: A chemical messenger in the nervous system that permits communication between two neuronal cells, normally across a synapse. The neurotransmitter is released from the nerve terminals on the axons. Examples of neurotransmitters include dopamine, acetylcholine, adrenaline, noradrenaline, serotonin, glutamate, and GABA.

Non-motor symptoms: Symptoms that do not involve movement, coordination, physical tasks or mobility, including loss of sense of smell, constipation, sleep disorders or disturbances, mood disorders, orthostatic hypotension, bladder problems, sexual problems, excessive saliva, weight loss or gain, vision and dental problems, fatigue, depression, fear and anxiety, skin problems, and cognitive issues. (*Related: motor symptoms*)

On and Off: The clinical states of PD while being treated with levodopa, which commonly causes clinical fluctuations after a few years of treatment. The “on” state is when the PD symptoms and signs are reduced by levodopa. The “off” state is when the benefit has been reduced or lost. The most common type of “off” is wearing-off, due to the levodopa’s benefit not lasting more than 4 hours after a dose. Sudden and unpredictable “off” states can also occur, but are less common. “Off” states usually will respond to another dose of levodopa. Clinical fluctuations are considered a complication of levodopa therapy.

Parkinson-plus syndromes: A group of neurodegenerative diseases featuring the classical features of Parkinsonism (rigidity, akinesia/bradykinesia, postural instability and less commonly tremor) with additional features that distinguish them from typical Parkinson’s disease. Parkinson-plus syndromes include multiple system atrophy (MSA), progressive supranuclear palsy (PSP), and corticobasal degeneration (CBD).

Parkinsonism: A group of neurological diseases whose features include slowness and paucity of spontaneous movement (bradykinesia), rest tremors, rigidity of the muscles, loss of postural reflexes, flexed posture and freezing of gait.

Parkinsonian gait: With bradykinesia, gait is slow, short paced and with a tendency to shuffle, associated with decreased arm swing. Freezing of gait can also occur in Parkinsonism.

Placebo: A simulated or inert form of treatment without known proven benefit on a symptom or a disease. Placebos are employed in controlled clinical trials along with the active drug being tested. The difference in responses between the two drugs is considered the true effect of the active drug. Surgical trials can also utilize a placebo arm in which sham or simulated surgery is performed in the control group.

REM (rapid eye movement) sleep behavior disorder (RBD): A sleep disorder that involves movement and abnormal behavior during the sleep phase with rapid eye movements – the stage of sleep in which dreaming occurs. In normal sleep, muscles are paralyzed during dreaming, except for the eye movements. In RBD, muscles are not paralyzed so that the dreamer acts out his or her dreams. RBD is common in people with Parkinson’s disease or MSA.

Restless leg syndrome (RLS): A neurological disorder characterized by unpleasant sensations in the legs, like the feeling of ants crawling underneath the skin. These sensations usually occur in the late evening and during sleep. Walking around relieves the sensation, hence the term “restless legs.” RLS interferes with sleep and is common in people with PD. Medications, such as dopamine agonists, levodopa and opioids, can be effective treatments.

Serotonin: A neurotransmitter that regulates mood, appetite, and sleep. It also has some cognitive functions, including memory and learning. The serotonin-containing neurons are in the brain stem. Serotonin is reduced in PD.

Sleep apnea: A sleep disorder characterized by abnormal pauses in breathing or instances of abnormally low breathing during sleep.

Shuffling gait: Refers to short, slow steps, with feet close to the ground or dragging along the ground. This gait is often seen in people with advanced Parkinson's disease. (See: *Freezing of gait and Parkinsonian gait*)

Synapse: The narrow space between two neurons (axon to dendrite) or between a neuron and a muscle. Axons release neurotransmitters at the nerve terminal. The neurotransmitter crosses the synapse to activate or a receptor on the dendrite.

YOPD: The abbreviation for Young Onset Parkinson's Disease, which is defined as a diagnosis under the age of 50.



Save the Date!
September 20-23, 2016

Learn more about the 4th World Parkinson Congress at
www.WPC2016.org

THE VICTORY SUMMIT EXHIBITORS

Represented at the event in the Exhibit Hall outside of the General Session from 8:45am until 2:15pm, these exhibitors represent both local and national Parkinson's resources – stop by their tables to learn more!

AbbVie

North Chicago, IL
www.AbbVie.com

AbiliLife

Pittsburgh, PA
www.AbiliLife.com

Acorda

Ardsey, NY
www.Acorda.com

Alamo Area Parkinson Support Group/APDA

San Antonio, TX
www.APDASG.org

Davis Phinney Foundation

Boulder, CO
www.DavisPhinneyFoundation.org

**GE Healthcare
Life Sciences Core Imaging**

Marlborough, MA
www.GEHealthcare.com

Impax Pharmaceuticals

Hayward, CA
www.ImpaxPharma.com

JTA Wellness

San Antonio, TX
www.MyAppetiteForLife.com

Lone Star Parkinson Society

New Braunfels, TX
(830) 302-7265

LSVT Global, Inc.

Tucson, AZ
www.LSVTGlobal.com

Lundbeck

Deerfield, IL
www.Lundbeck.com/US

Medtronic

Minneapolis, MN
www.MedtronicDBS.com

National Parkinson Foundation

Miami, FL
www.Parkinson.org

Neurology Associates

San Antonio, TX
www.TexasNA.com

Parkinson Alliance

Kingston, NJ
www.ParkinsonAlliance.org

PillPack

Somerville, MA
www.PillPack.com

**Restorative Neurosurgery at
Methodist Hospital**

San Antonio, TX
www.SAHealth.com

SA Moves

San Antonio, TX
www.SAMoves.com

Teva Neurosciences

Marion, IA
www.TevaUSA.com

UCB, Inc.

Smyrna, GA
www.UCB.com

US WorldMeds

Louisville, KY
www.USWorldMeds.com

**UT Health Science Center
San Antonio**

San Antonio, TX
www.Neurosurgery.UTHSCSA.edu

World Parkinson Coalition

New York, NY
www.WorldPDCoalition.org

**FURTHER,
TOGETHER**

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. Seeing our work improve lives is a powerful motivator. The more we do, the more we're driven to push the boundaries of medical technology.

To learn more about Medtronic, visit MedtronicDBS.com.

UC201601992 EN



Medtronic

THE VICTORY SUMMIT CORPORATE SPONSORS

Thank you to our Corporate and Event Sponsors for helping to make this event possible and free of charge for attendees through generous grants!

AbbVie

Supporting the patient journey through the continuum of care to improve health outcomes. By listening and responding to patients' needs, AbbVie develops better products to help people improve their lives. www.AbbVie.com



Acadia Pharmaceuticals

Acadia is a pharmaceutical company dedicated to the advancement of innovative medicines that improve the lives of patients with CNS disorders. Rooted in science and strong leadership, they strive to transform novel discoveries into important drug candidates that may make a meaningful impact.

www.Acadia-Pharm.com



Acorda

Since 1995, Acorda has been a world leading biotechnology company developing therapies to restore function and improve the lives of people with neurological disorders. www.Acorda.com



GE Healthcare Life Science and Imaging

GE Healthcare provides transformational medical technologies and services that are shaping a new age of patient care. Their expertise is helping clinicians around the world re-imagine new ways to predict, diagnose, inform and treat disease. www3.GEHealthcare.com



LSVT Global

LSVT Global, Inc. pioneered the Lee Silverman Voice Treatments (LSVT LOUD® and LSVT BIG®), innovative and clinically-proven methods for improving communication and movement in individuals with Parkinson's disease with application to other neurological conditions.

www.LSVTGlobal.com



Lundbeck

Lundbeck is a global pharmaceutical company highly committed to improving the quality of life of people suffering from brain diseases. For this purpose, Lundbeck is engaged in the research, development, production, marketing and sale of pharmaceuticals across the world.

www.Lundbeck.com/US



Medtronic

Bringing DBS surgical options to the world and beyond. Based in Minnesota, there are representatives in your area who can help you locate a surgeon near you for a DBS consult. Open for business for over 50 years and a trusted name in the medical community.

www.MedtronicDBS.com



Medtronic

Teva Neurosciences

The manufacturer of AZILECT® (Rasagiline tablets), a prescription medicine used as a treatment for Parkinson's Disease symptoms. www.TevaUSA.com



EVENT SPONSORS

AbiliLife

AbiliLife is a company dedicated to designing and developing products to improve the quality of life for patients with Parkinson's and other neurodegenerative diseases. www.AbiliLife.com



UCB

UCB is a global biopharmaceutical company focused on the discovery and development of innovative medicines and solutions to transform the lives of people living with severe diseases of the immune system or of the central nervous system. www.UCB.com



Inspired by **patients**.
Driven by **science**.

US WorldMeds

US WorldMeds is a Kentucky-based specialty pharmaceutical company that develops, licenses and commercializes unique medical therapies that address unmet patient needs. www.USWorldMeds.com



THE VICTORY SUMMIT PARTNERS & SUPPORTERS

Thank you to our local partners, who provided insight into the local community, initiated connections and cultivated a collaborative environment where The Victory Summit could thrive. Partners worked together to help make this regional event a robust, information-filled day!

EVENT PARTNERS

Lone Star Parkinson Society

The Lone Star Parkinson Society is an organization that provides educational and emotional support for People with Parkinson's, their spouses, families and caregivers through support groups.



Restorative Neurology at Methodist Hospital

The mission of Methodist Healthcare is 'Serving Humanity to Honor God' by providing exceptional and cost-effective health care accessible to all. Methodist Hospital features Texas' leading neurosciences facilities, neurosurgeons, technological advancements and treatment programs.

www.SAHealth.com



SA Moves

The San Antonio Movement Disorder Foundation works to educate patients and medical professionals alike about the causes, treatment, management and research outlook for movement disorders like Parkinson's disease, cervical dystonia, Tourette's syndrome and many others.

www.SAMoves.com



UT Health Science Center San Antonio

The Department of Neurosurgery at the University of Texas Health Science Center at San Antonio (UTHSCSA) is dedicated to providing compassionate, skilled and state of the art medical care. Their primary mission is to provide helpful and considerate patient care. They also aim to educate and produce highly qualified, ethical and caring future neurosurgeons.

www.Neurosurgery.UTHSCSA.edu



COMMUNITY SUPPORTER

Neurology Associates

Neurology Associates is a comprehensive neurological center with board certified specialists in general neurology specializing in Clinical Electrophysiology, EMG, Sleep Medicine, Neuropsychology, Parkinson's disease and various Movement Disorders.

www.TexasNA.com



LOCAL PARKINSON'S RESOURCES

Below is a collection of resources specific to the Parkinson's community in San Antonio and the surrounding areas, including support groups, exercise programs and wellness classes. Resources are separated by type.

Support Groups

Alamo Area Parkinson's Support Group

2nd Monday of each month, 1pm
Sunset Ridge Church of Christ
95 Brees Blvd
San Antonio, TX, 78209
Contact: Dianne Johnson
diannejohnsonrn@aol.com

Austin YOPD Young Onset Parkinson's (Under 55)

Last Saturday of each month, 10am
Stinson's Bistro
4416 Burnet Rd
Austin, TX 78756
Contact: Bob Sahm
(512) 914-2132
rsahm99@gmail.com
Contact: Alex Andron
(610) 389-4316
alexander_andron@gmail.com

Austin Parsons House

3rd Tuesday of each month, 6pm
Parsons House Independent & Assisted
Living Community
1130 Camino La Costa
Austin, TX 78752
Contact: Deborah Bryson
(512) 238-6000
deborah.bryson@fms-regional.com

Bastrop Area Support Group

3rd Thursday each month, 2pm
Argent Court Assisted Living
508 Old Austin Hwy
Bastrop, TX 78602
Contact: Jenny Bankston
(512) 252-1512
jennybankston@sbcglobal.net
Contact: Shasta Martini
(512) 321-9500

Care Partner and PD Patient Groups

2nd Tuesday of each month, 10:15am
Covenant Presbyterian Church
Eaton Hall
3003 Northland Dr
Austin, TX 78757
Contact: Michael Rhea
(512) 331-4478
michaelnancyrhea@yahoo.com

Caregivers Support Group

3rd Tuesday of each month, 11am
Medical Arts Research Center (MARC)
Bldg 8300 Floyd Curl Dr
San Antonio, TX 78229
1st Floor Conference Room C

Cedar Park – The Ranch Retirement Living Group

1st Friday of each month, 1pm
1301 Whitestone Blvd
Cedar Park, TX 78613
Contact: Deborah Bryson
(512) 238-6000
deborah.bryson@fms-regional.com

Comal County Parkinson Support Group

2nd & 4th Saturday of each month, 9:30am
New Braunfels Regional Rehabilitation Hospital
2401 Sundance Pkwy
New Braunfels, TX 78130
Contact: Tommy Dubuque
(830) 227-5303
tommydubuque@yahoo.com

Comfort Parkinson's Support Group

1st Tuesday of each month, 10:30am
Immanuel Lutheran Church
318 High St
Comfort, TX 78013
Contact: Cayce Kovacs
(830) 329-3976
cddkovacs@hctc.net

Corpus Christi Parkinson's Support Group

Last Saturday of each month, 10am
YWCA of Corpus Christi
4601 Corona Dr
Corpus Christi, TX 78411
(361) 857-5661

DBS Support Group

3rd Saturday of each month, 10am
Global Rehab Hospital
19126 Stone Hue
San Antonio, TX 78258

Deep Brain Stimulation - DBS-FYI

3rd Friday of each month, 2pm
Neurology Solutions Consultants
12201 Renfert Way
Suite 360
Austin, TX 78758
Contact: Tom Giesberg
tom@giesberg.net

Fredericksburg PD Support Group

1st Monday each month, 10am
Fredericksburg United Methodist Church
1800 North Llano Hwy
Fredericksburg, TX 78624
Contact: Judy Hoopman
(830) 997-7705
ralanh@beecreek.net

Georgetown Support Group

4th Thursday of each month, 2pm
Senior Health at Lake Aire Medical Center
2423 Williams Dr
Georgetown, TX 78628
Contact: Mary Jane Berry
dberry3@suddenlink.net

Heart of Texas Parkinson and Caregiver Support Group (HOTPACS)

Every Tuesday and Thursday, 3pm: seated exercise
2nd and 4th Thursdays: guest speaker, special program
Community Fellowship Church
2001 N. Valley Mills Drive
Waco, TX 76710
Contact: Martha Black
Marthanb1937@att.net
Contact: Dave Verdery
(254) 848-4553

Lakeway Area Support Group

1st Tuesday, 2pm
Vibra Rehab Hospital of Lake Travis
2000 Medical Dr
Lakeway, TX 78734
Contact: Tereasa Ford
(512) 364-3336

Marble Falls/Burnet Support Group

2nd Wednesday of each month, 2pm
Seton Marble Falls Healthcare Center
700 U.S. 281
Marble Falls, TX 78654
Contact: Lynn Wisdom
(254) 715-3363
lwisdom@seton.org

Movers and Shakers Parkinson Support Group (YOPD)

2nd Saturday of each month, 10am
Medical Arts Research Center (MARC)
8300 Floyd Curl Dr
San Antonio, TX 78229
8th Floor Conference Room
Contact: Dianne Johnson
diannejohnsonrn@aol.com

Northeast Austin Support Group

3rd Tuesday Bi-monthly, 4pm
Feb-Apr-June-Aug-Oct-Dec
Legend Oaks Healthcare & Rehabilitation
11020 Dessau Rd
Austin, TX 78754
Contact: Tereasa Ford
(503) 548-8346
tereasa.ford@gmail.com

Peterson Regional Medical Center

1st Tuesday of each month, 4:30pm
Ambulatory Care Center Classroom
260 Cully Dr
Kerrville, TX 78028
(830) 258-7554

Querencia/Barton Creek So. West

4th Wednesday of each month, 2:30pm
The Plaza Bldg 2nd Floor
Lantana 2500 Barton Creek Blvd
Austin, TX 78735
Contact: Robin Friar
(512) 610-9574
rfriar@querenciabartoncreek.com

Rio Grande Support Group

4th Thursday of each month, 10am
2101 Treasure Hills Blvd
Harlingen, TX 78550
Contact: Cheryl Horkman
clhorkman@yahoo.com

Rock Round Support Group

4th Tuesday at 3pm
Wyoming Springs Assisted Living
7230 Wyoming Springs Dr
Round Rock, TX 78681
Contact: Donna Hohm
(512) 765-7733
dhohm@senirocarecentersltc.com

Rockdale PD Support Group

2nd Tuesday of each month, 10:30am
Forest Grove Christian Church
8902 S US Highway 77
Rockdale, TX 76567
Contact: Brandon Navarre
(512) 446-5627

Scott & White - PD Educational Support Group

Last Thursday of each month, 2pm
4945 Williams Dr – Scott & White Meeting Room
Georgetown, TX 78633
Contact: Bev Edwards
(512) 863-8443
edwards107@suddenlink.net

Scott & White – Temple PD Support Group

3rd Thursday of each month, 3:30pm
First United Methodist Church
Dennis Hall
102 S 2nd St
Temple, TX 76501
Contact: Kathleen Brown
(254) 724-6414
ksbrown@swmail.sw.org

**Scott & White – Killeen PD
Support Group**

Last Tuesday of each month, 2pm
Killeen Community Center
2201 Veterans Memorial Blvd
Killeen, TX 76543
Contact: Christy Herff
(254) 724-5309
cherff@swmail.sw.org

Singing PD Casual Group

Wednesdays, 3-4pm
Unity Church of The Hills
Unity Oaks Bldg. 9905
Anderson Mill Rd
Austin, TX 78750
Contact: Robert Kamper
robertkamper@yahoo.com

**Wimberley Area Parkinson's
Association**

2nd Friday of each month, 11am
The Chapel in the Hills Church
14601 Ranch Road 12
Wimberley, TX 78676
Contact: Stan Lucskowski
(512) 558-1612
lucky2@austinn.rr.com
Contact: Kathryn Hayes
(512) 659-7855
kathryn.speech@gmail.com

Exercise and Physical Therapy

Accolade Home Care

1902 Common St #400
New Braunfels, TX 78130
Contact: Michelle Wachsmann
(830) 627-1300

Access Quality Therapy Services

2929 Mossrock #200
San Antonio, TX 78230
(210) 349-0096
www.accessqualitycare.com

Deer Creek of Wimberley

555 Ranch Road 3237
Wimberley, TX 78676
Contact: Emily Anthony
(512) 847-5540

Encompass Home Health

14800 San Pedro
Suite 415
San Antonio, TX 78232
Contact: Ashley Clower, Leslie Settle

**Mission Physical Rehabilitation &
Sports Medicine**

6511 West Loop
1604 North Suite 117
San Antonio, TX 78254
Contact: Guadalupe Hinojosa
(210) 201-0185

**New Braunfels Regional
Rehabilitation Hospital**

2041 Sundance Pkwy
New Braunfels, TX 78130
Contact: Kara Simpson
(830) 625-6700

Nix Home Care

4402 Vance Jackson
San Antonio, TX 78230
Contact: Bruce Carey, PT
(210) 341-0505

Select Rehab

19126 Stone Hue
San Antonio, TX 78258
Contact: Brandi Street
(210) 452-1379

University Health System - Medical Center Pavilion

Reeves Rehabilitation
4647 Medical Dr
San Antonio, TX 78229
Contact: Rebecca Paquette

Warm Springs Rehabilitation Hospital of San Antonio

5101 Medical Dr
San Antonio, TX 78229
(210) 616-0100

Power for Parkinson's – Austin

(exercise classes in multiple locations)
10900 Research Blvd
Ste. 160c #53
Austin, TX 78759
(512) 750-8091
powerforparkinsons@gmail.com

Dance for PD® – Austin

Wednesdays 1:30-2:30 p.m.
Unity Church of the Hills
Unity Oakes room 201
9905 Anderson Mill Rd
Austin, TX 7875
(512) 750-809
powerforparkinsons@gmail.com

Dance for PD® – Austin

Thursdays, 2:15-3:15 p.m.
WellMed Senior Community Center
Bldg A, Ste 100
706 W Ben White Blvd
Austin, TX 78704
(512) 750-809
powerforparkinsons@gmail.com

Dance for PD® – Houston

Mondays, 12:45-2:00pm
The Wortham, Studio 3 (July classes)
510 Preston St
Houston, TX 77002
Houston Ballet Academy
(September-June)
1921 W Bell Street
Houston, TX 77019
Contact: Kathleen Crist
(713) 626-7114

Additional State Resources

Capital Area Parkinsons Society

P.O. Box 27565
Austin, TX 78755
(512) 371-3373
www.CapitalAreaParkinsons.org

Dallas Area Parkinsonism Society

6370 LBJ Freeway
Suite 170
Dallas, TX 75240
(972) 620-7600
www.DAPS.us

Houston Area Parkinson Society

2700 Southwest Freeway
Suite 296
Houston, TX 77098
(713) 521-3964
www.HAPSONline.org

Parkinson Voice Project

46 N Coit Rd #2250
Richardson, TX 75080
(469) 375-6500
www.ParkinsonVoiceProject.org

Southwest Parkinson Society

3610 22nd St Suite 300
Lubbock, TX 79410
(806) 725-0947
www.swparkinson.org



Lundbeck 

Lundbeck is a pharmaceutical company committed to improving the lives of people living with brain disorders, including Parkinson's disease.

We're actively engaged at 100+ Parkinson's events each year, and are deeply invested in Parkinson's research.

Stop by the Lundbeck table to learn more about us, or visit www.LundbeckUS.com.

UBR-D-00317

ADDITIONAL PARKINSON'S RESOURCES

Lift Labs

LiftWare cancels tremor to bring back the joy in mealtime. Stabilize your hand tremor with this special tremor-cancelling device. Other adaptive utilities include Lift Stride and Life Pulse.

www.LiftLabsDesign.com

MagnaReady

Magnetically infused shirts make getting dressed quick and painless. Specifically manufactured for people with Parkinson's and other disabilities. www.MagnaReady.com

Melvin Weinstein Parkinson's Foundation

Purchases equipment and supplies necessary for people living with Parkinson's to sustain a safe and healthy environment and preserve their self-esteem and dignity. Currently responding to funding requests. www.MWPF.org

The Michael J. Fox Foundation

Dedicated to finding a cure for Parkinson's disease through an aggressively funded research agenda and to ensuring the development of improved therapies for those living with Parkinson's today.

www.MichaelJFox.org

Muhammad Ali Parkinson Center

Located in Phoenix, this is one of the most comprehensive Parkinson treatment centers in the world. Coordinating patient care, physical therapy, speech therapy, occupational therapy, pharmaceutical and surgical care, research, and patient education and outreach. www.BarrowNeuro.org

National Parkinson Foundation's Recursos en Español

Varios recursos en español.

www.Parkinson.org/Espanol, (800) 473-4636

Parkinson's Action Network

The unified voice of the Parkinson's community advocating for better treatments and a cure. Educates the public and government leaders on better policies for research and an improved quality of life for people with Parkinson's. www.ParkinsonsAction.org

Parkinson Disease Foundation

National Parkinson's organization that funds scientific research to find the causes of and a cure for Parkinson's. Also offers educational programs and support services for people with Parkinson's and their loved ones. www.PDF.org

Parkinson's Voice Initiative

Aims to record 10,000 voices across the world, collecting enough recordings to address the need for a test for Parkinson's disease. Voices of people with and without Parkinson's are needed.

www.ParkinsonsVoice.org

PWR! Parkinson Wellness Recovery

PWR! teaches health professionals the latest research-based exercise techniques to target the specific motor and non-motor symptoms of PD. It is about early intervention, enrichment, education and empowerment of those living with Parkinson disease with exercise as a first line of defense.

www.PWR4Life.org

Social Security Disability Help

SSDI and SSI are the two largest federal assistance programs that offer financial support to people with disabilities. Learn about benefits, applications and assistance online. www.SSA.gov

SpeechVive

Detects when the person with Parkinson's is speaking (using an accelerometer built into the earpiece), wherein the device plays a background sound into the user's ear. The background sound is a natural clue that elicits louder and clearer speech through an involuntary reflex.

www.SpeechVive.com

Stravida Velcro Belts

Enable users of any ages, capabilities and symptoms to independently and fashionably dress themselves, thanks to the Velcro fastener. Belts look like traditional belts – no one can tell you are wearing a Stravida belt but you! www.Stravida.com

Presentation PowerPoints given at The Victory Summit in San Antonio will be available on the Davis Phinney Foundation event webpage at: www.davisphinneyfoundation.org/victory-summit/locations/san-antonio/

NOTES

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!

This image shows a full page of blank graph paper. The grid consists of small, equal-sized squares formed by thin black lines. There are 20 columns and 20 rows of squares, creating a total of 400 square units. The margins are consistent on all sides, and there are no markings or text on the paper.

[illegible]

[illegible]

This image shows a full page of blank graph paper. The grid consists of small, equal-sized squares formed by thin black lines. There are 20 columns and 20 rows of squares, creating a total of 400 square units. The grid covers the entire area of the page, leaving no margins or additional markings.

[illegible]

Who is THE DAVIS PHINNEY FOUNDATION?

The Davis Phinney Foundation is a US-based, international non-governmental organization whose mission is to help people living with Parkinson's to live well today. While it's critical to find a cure, we feel strongly that people living with Parkinson's need information, inspiration and tools that motivate them to take action to improve their quality of life right now.

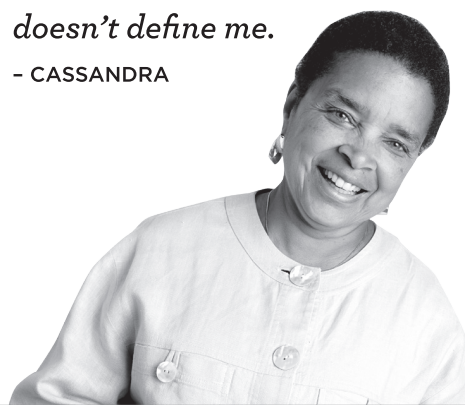
We fund innovative, early-stage research to discover therapies and enable people with Parkinson's to thrive. We build communities and connections across the country and around the world. We call on our Tribe to fight hard, to live fully and to make every victory count.

We believe in the power of positive change, grounded in science. When people with Parkinson's make living well a priority, they undergo a transformation.

Inertia gives way to determination. I can't becomes I can.
Hope becomes real.

*I would stuff my hands in
my pockets to hide it.
But there's nothing
to hide. This disease
doesn't define me.*

- CASSANDRA



Information, Inspiration & Tools for **LIVING WELL TODAY**

EVERY VICTORY COUNTS® Self-Care Manual

Each person's journey with Parkinson's is unique. Not everyone will experience the same symptoms in the same way. With so many variables, the key to living well with Parkinson's is a strong foundation of knowledge that paves the way for self-advocacy, self-efficacy and promotes a treatment plan that reflects the needs of the individual. The *Every Victory Counts®* manual, available in soft cover or e-reader format, provides a comprehensive road map for personalized care and coping strategies. More than 20 worksheets and self-assessments enable readers to pinpoint needs and take appropriate action.

LIVING WELL CHALLENGE™ Educational Webinar

Everyone living with Parkinson's should have access to timely information to help them make informed choices about their own care. The Living Well Challenge™ webinar transcends geography and other barriers to bring presentations by nationally and internationally recognized clinicians and researchers to people living with Parkinson's, on demand, wherever they may be. New videos are added bi-monthly and are available on the Davis Phinney Foundation website, Vimeo and YouTube channels.

PARKINSON'S EXERCISE ESSENTIALS

Developed by the Davis Phinney Foundation, this first-of-its kind video provides a range of workouts that can be modified for any level of fitness, from beginner to advanced, and can be performed at home, in a fitness center or out in the community. More than an "exercise along" video, this program goes significantly further in providing a prescription for customizing and safely progressing exercise activities over a period of years in order to stay motivated and derive the greatest benefit and enjoyment from workouts. Available on DVD or as an HD download.

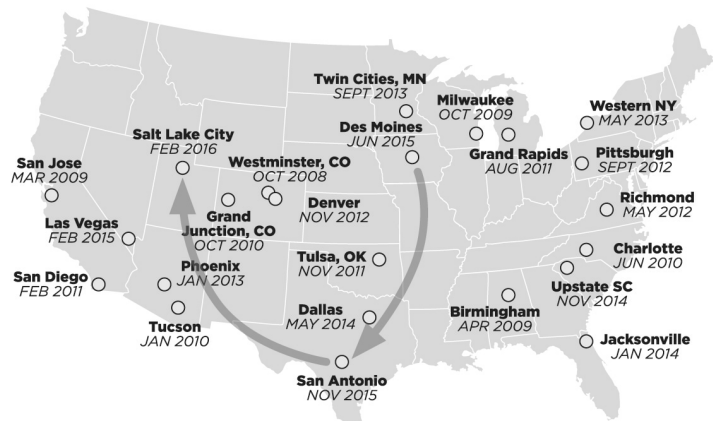
Visit www.davisphinneyfoundation.org to learn more about these resources.

Who is THE DAVIS PHINNEY FOUNDATION?

How Have You Been INSPIRED TODAY?

We hope that the day you're spending with us at *The Victory Summit* event today is a day you won't soon forget. We challenge you to turn this one great day into something lasting. Use today's inspiration to create momentum, to regain momentum. Rather than let the day become a memory, why not ask yourself: "What is my take away? What did I hear that struck a chord, that made me want to do things differently?"

Maybe there was a piece of advice you heard, a coping strategy you learned about or an activity you tried that especially resonated with you or your loved one. Whatever it was, we hope that you walk out of *The Victory Summit* event feeling connected to others living with Parkinson's, motivated and armed with the information and resources you need to create your personal action plan for living well today and every day.



PAY IT FORWARD to Salt Lake City

Attendees at *The Victory Summit* in Des Moines this past June paid it forward to help bring *The Victory Summit* to you! Thanks in part to their donations, you experienced this day of education and inspiration at no cost!

Without them, today's event could not be successful. And, without you, we can't make uplifting, innovative events like this one possible in the future. Help us bring *The Victory Summit* symposium to Salt Lake City on February 26, 2016 so that more people with Parkinson's can share in the experience you are having today.

100% of your Pay it Forward donation will help the Davis Phinney Foundation reach more people who are living with Parkinson's.

Please complete your Pay it Forward card today, so that hundreds in Salt Lake City can raise their arms in victory at the end of the day, inspired to take action to live their best life today.

GENERAL SESSION ACTION STEPS

These are the action steps identified by the General Session speakers as ways
YOU can take control of living well today.

The Importance of Social Capital

- Stay connected with friends and family as much as possible
- Achieve better outcomes by including friends and family into your healthcare plan
- Keep active and involved in your community with friends and family

Think Like A Dancer

- Turn doing into training: think, prepare, go. Repeat.
- Learn new things and practice what you already know – everyday
- Let music be your guide and partner
- Think of yourself as a choreographer
- Harness the power of imagery – and focus on how you move

The PD You Don't See: Cognitive & Non-motor Symptoms

- Speak to your physician about common non-motor symptoms if they affect your quality of life
- Exercise regularly to impact your mood, memory, energy, sleep, constipation or other non-motor symptoms
- Stay mentally active in ways you enjoy
- Stay hydrated to help with blood pressure and constipation
- Reach out to your doctor if you experience anxiety or depression

Celebrating Moments of Victory

- Strengthen ties to your community
- 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
- Tap into local resources to help you reach your goals

THANK YOU TO OUR EVENT PARTNERS.



THANK YOU TO OUR COMMUNITY SUPPORTER.



THANK YOU TO OUR EVENT SPONSORS.





THANK YOU TO OUR CORPORATE SPONSORS.

abbvie

