

# THE VICTORY SUMMIT® VIRTUAL EVENT AGENDA

## HOW TO LIVE WELL WITH PARKINSON'S

*All times listed are MDT. To register for this event, visit [dpf.org/vs-live-well](https://dpf.org/vs-live-well).*

- 9:00 – 9:30 **Choose Your Own Adventure: Movement Choice**  
Dance for PD® with David Leventhal or Rock Steady Boxing with Brett Miller
- 9:45 – 9:50 **Welcome**  
Kat Hill, Ambassador, *Davis Phinney Foundation (Portland, OR)*
- 9:50 – 10:00 **Living Well with Parkinson's**  
Davis Phinney, Founder, *Davis Phinney Foundation (Louisville, CO)*
- 10:00 – 10:30 **Communication and Parkinson's**  
Cidney and Pat Donahoo, Ambassadors, *Davis Phinney Foundation (Las Vegas, NV)*  
Moderator: Kat Hill, Ambassador, *Davis Phinney Foundation (Portland, OR)*
- 10:30 – 10:35 **Screen Break**  
Step away, stretch, use the restroom, take care of what you need
- 10:35 – 11:20 **Exercise and Parkinson's Panel**  
Panelists: Allan Cole, PhD, Runner, Professor and Academic Dean, *Steve Hicks School of Social Work at The University of Texas at Austin (Austin, TX)*  
Frank Swartz, Ironman (*Philadelphia, PA*)  
Judith Wilson, Cyclist (*Littleton, CO*)  
Moderator: Anson Rosenfeldt, DPT, PT, NCS, MBA, Physical Therapist, *Cleveland Clinic (Cleveland, OH)*
- 11:25 – 12:10 **Nutrition and Parkinson's**  
Marty Acevedo, MS, RDN, Ambassador, *Davis Phinney Foundation (Oceanside, CA)*  
Moderator: Edie Anderson, Ambassador, *Davis Phinney Foundation (Venice, FL)*

*Grab your lunch or snack ahead of our next session*

- 12:25 – 12:45 **Nurturing Resilience through Poetry**  
Wayne A. Gilbert, Retired Teacher and Professor of English and Educational Psychology (*Denver, CO*)
- 12:45 – 12:55 **Closing Remarks**  
Davis and Connie Carpenter Phinney, Davis Phinney Foundation staff, and Ambassadors
- 1:00 – 3:00 **Screen Break**  
Step away, stretch, use the restroom, take care of what you need
- 3:00 – 4:00 **Workshops (optional) Advanced registration required.**  
**Sketching for Joy** with Lorraine Wilson, Ambassador, *Davis Phinney Foundation (Abilene, TX)*  
**How to Tell Your (Parkinson's) Story** with Carol Clupny, Ambassador, *Davis Phinney Foundation (Hermiston, OR)*  
**Working with Parkinson's: How to Keep Your Job, Find a New One, or Reinvent Your Career** with Amy Montemarano, Ambassador, *Davis Phinney Foundation (Philadelphia, PA)*