



DAVIS PHINNEY

Foundation For Parkinson's

every victory counts®

THE VICTORY SUMMIT® VIRTUAL EVENT

MENTAL HEALTH AND WELLNESS

Friday, September 17, 2021

THANK YOU FOR JOINING TODAY.

Parkinson's is so much more than meets the eye. While motor symptoms such as tremor, stiffness, slowness, and postural instability — the Parkinson's you see — often get the most attention, less visible symptoms like depression, anxiety, and apathy can have an even greater impact on quality of life. Impacting quality of life is something they do, in fact, for more than half of the approximately 10 million people worldwide who are living with Parkinson's. Managing these mood-related symptoms, therefore, is essential to living well with Parkinson's today and in the future. That's what today's event is all about.

When it comes to mental health and wellness, seeking help is key. By being here today, you have taken an important step in taking care of your whole self. By being here today, you have given yourself the opportunity to learn strategies for feeling grounded, empowered, and mentally well. By being here today, you will have the chance to learn from and ask questions of Parkinson's experts, inspirational speakers, and people living well with Parkinson's about how best to manage the Parkinson's you don't see.

Today is just the beginning. Our staff, sponsors, resources, and speakers are available today, tomorrow, and beyond to support you. We're glad you've joined us.



This program book includes a special resources section starting on page 10.

THE VICTORY SUMMIT® VIRTUAL EVENT AGENDA

MENTAL HEALTH AND WELLNESS

To download today's slides and other resources, visit dpf.org/vs-mental-health.

All times listed are MDT.

9:00 – 9:10	Welcome and Agenda Polly Dawkins, <i>Executive Director, Davis Phinney Foundation (Louisville, CO)</i>	11:30– 12:30	Music and Rhythm for Parkinson's: Improving Physical and Mental Wellbeing Alex Pantelyat, MD, <i>Director, Atypical Parkinsonism Center, Assistant Professor of Neurology – Johns Hopkins University (Baltimore, MD)</i>
9:10 – 9:30	Every Victory Counts® Davis Phinney, <i>Founder, Davis Phinney Foundation (Louisville, CO)</i> Connie Carpenter Phinney, <i>Board Chair, Davis Phinney Foundation (Louisville, CO)</i>	12:30 – 12:45	Recap and Takeaways Davis and Connie Carpenter Phinney, and Polly Dawkins
9:30 – 10:15	Stress Management, Mindfulness, and Parkinson's Brian Luke Seaward, <i>Inspiration Unlimited, Paramount Wellness Institute (Boulder, CO)</i>	12:45 – 12:50	Closing Remarks Davis and Connie Carpenter Phinney and Davis Phinney Foundation staff
10:15 – 10:20	Screen Break Step away, stretch, use the restroom, take care of what you need		
10:20 – 11:20	Managing Depression and Anxiety in Parkinson's Gregory Pontone, MD, MHS, <i>Director, Parkinson's Disease Neuropsychiatry Clinic; Associate Professor of Psychiatry and Behavioral Sciences – Johns Hopkins University (Baltimore, MD)</i>		
11:20 – 11:30	Movement Break – Boxing Melissa Tafoya, <i>Head Coach and Affiliate Owner, Rock Steady Boxing San Francisco (San Francisco, CA)</i>		

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

MEET TODAY'S SPEAKERS



CONNIE CARPENTER PHINNEY

Connie is an entrepreneur, author, artist, and lifelong athlete, and is extremely passionate about her work as Chairman of the Board of Directors for the Davis Phinney Foundation. She particularly enjoys sharing her experiences through the written word and as an eloquent and humorous public speaker. Connie has a MS in exercise science from the University of Colorado and completed her BS at the University of California, Berkeley. She has two adult children, Taylor and Kelsey, with her husband, Davis Phinney.



POLLY DAWKINS

Polly joined the Davis Phinney Foundation as the Executive Director in 2011. Polly's track record managing and growing organizations responsibly and with transparency for over 25 years dovetails with her humanitarian worldview. 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 and connection to community and funding quality of life research that take the guess work out of living well.

Polly holds an MBA in International Business from Thunderbird School of Global Management and a BA in International Studies from Earlham College. When Polly isn't behind her desk or traveling to Parkinson's communities around the world, you'll find her creating music lists for her indoor cycling classes, exploring Colorado on her road bike, swimming laps outside, and hosting family and friends from around the world. She's powered by sunshine, though, so you might also find her lying on a rock and soaking up the sun like a lizard.



ALEXANDER PANTELYAT

Alexander Pantelyat, MD, is an Assistant Professor of Neurology at the Johns Hopkins University School of Medicine. He is the director of the Johns Hopkins Atypical Parkinsonism Center, the co-director of the Johns Hopkins Movement Disorders Fellowship Program, and the co-founder and director of the Johns Hopkins Center for Music and Medicine. His research is focused on the diagnosis and treatment of atypical parkinsonian disorders, such as dementia with Lewy bodies, progressive supranuclear palsy, corticobasal syndrome/degeneration and multiple system atrophy; cognitive aspects of movement disorders; and music-based rehabilitation of neurodegenerative diseases.

Dr. Pantelyat earned his medical degree from Temple University School of Medicine in Philadelphia, completed his residency training in Neurology at the University of Pennsylvania in Philadelphia, and completed a fellowship in movement disorders at the University of Pennsylvania/Philadelphia VA Medical Center. He is a 2013 American Academy of Neurology Palatucci Advocacy Leader and grant recipient, a 2014-15 American Academy of Neurology Emerging Leader, and a 2014 Johns Hopkins University School of Medicine Osler Attending Program inductee.



DAVIS PHINNEY

Davis was fresh off a successful professional cycling career, where he won an Olympic bronze medal in 1984 and was part of the first American team to race in the Tour de France, when he was diagnosed with Parkinson's. He founded the Davis Phinney Foundation in 2004 with the goal of helping people living with Parkinson's to improve their quality of life through education, inspiration, resources, and effective self-care.

Davis' perseverance, coupled with his infectious positive attitude and dedication, inspires the work of the Davis Phinney Foundation and has earned him the reputation as a tireless advocate and mentor for others living with Parkinson's. In spring 2015, he was honored at the White House as a Champion of Change because of his work in the Parkinson's community.



GREGORY PONTONE

Gregory Pontone, MD, MHS, is an Associate Professor in the Departments of Psychiatry and Neurology at Johns Hopkins University School of Medicine in Baltimore, Maryland. He is an Attending Psychiatrist in the Geriatric and Neuropsychiatry division where he treats patients with neurodegenerative disorders (including Parkinson's and related disorders Alzheimer's dementia), and behavioral disturbances resulting from these diseases. Dr. Pontone is the director of the Johns Hopkins Parkinson's disease Neuropsychiatry Clinic, which focuses on diagnosing and treating the neuropsychiatric aspects of Parkinson's and related disorders. His research focuses on the interaction between neuropsychiatric symptoms such as cognitive impairment, anxiety and depression, and motor impairment in Parkinson's.



BRIAN LUKE SEAWARD

Brian Luke Seaward, PhD, is recognized nationally and internationally as one of the foremost experts in the field of resiliency, stress management, and corporate health promotion and is an esteemed and often-quoted inspirational speaker and TEDx speaker. He has authored more than 18 books, including the popular best sellers *Stand Like Mountain, Flow Like Water*; *The Art of Calm*; and *Stressed Is Desserts Spelled Backward* and the award-winning college textbook *Managing Stress (10E)*. His corporate clients include Hewlett Packard, Royal Caribbean, Wells Fargo, TransAmerica, Procter & Gamble, Conoco-Phillips, Motorola, Quaker Oats, John Deere, BP-Amoco, Blue Cross/Blue Shield, Maxtor-Seagate, Organic Valley Dairy, The US Army, and the Air Force. For 25 years he served on the faculty of the University of Colorado Consortium for Public Health. Currently, Dr. Seaward is the Executive Director of the Paramount Wellness Institute in Boulder, CO, and serves on the faculty of The Graduate Institute (Bethan, Connecticut).

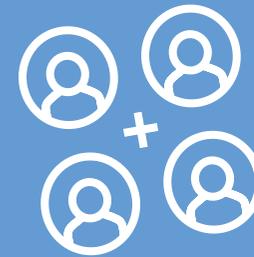


MELISSA TAFOYA

Melissa Tafoya is an activist and advocate for people with Parkinson's to provide hope and improve quality of life. She is a pint-sized powerhouse with a mountain of creativity, experience, and purpose and has been training and coaching special populations for nearly a decade. Growing up she felt different; she was incredibly shy and terrified of the world. In elementary school, she found her voice on the playground and became known as the Mini Mike Tyson of tetherball. Melissa grew to be a voice for others who were too shy or misunderstood. Little did she know it would define her destiny to start Rock Steady Boxing Sacramento, which allowed her to put her love of hitting things and defending others together. This worldwide affiliate program is evidenced-based, non-contact boxing designed to improve quality of life for people with Parkinson's. She recently founded her very own center of hope, Hope In Your Corner, a safe space designed specifically for her fight family and private clients to thrive as well as for support groups to meet. In addition, she currently serves on the Latino outreach committee through Parkinson's Association of Northern California (PANC).

RESOURCES TO HELP YOU LIVE WELL **TODAY.**

You took a great step towards living well by joining today's event. Read on to learn more about other programs and resources available to help you continue on your journey.



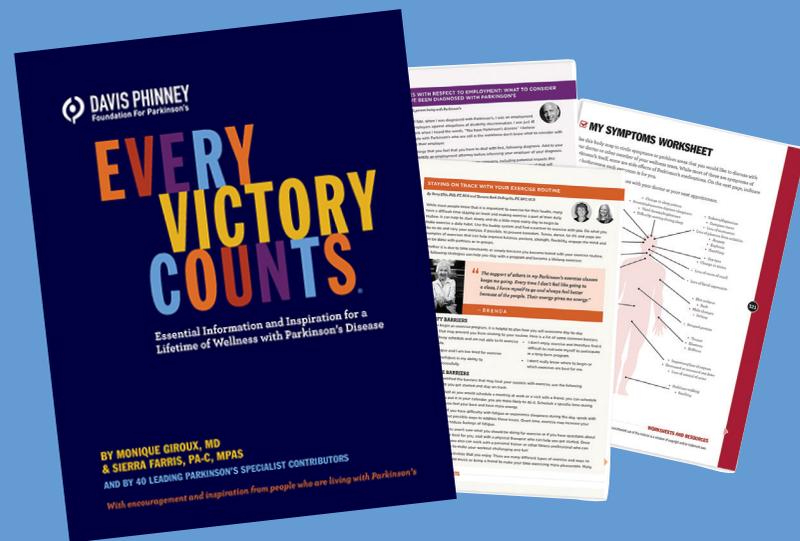
MEET OUR AMBASSADORS



When we created our Ambassador Leadership Program in 2015, we did so because we recognized that, more than anything, our community members want more connection to people who truly understand what it means to live with Parkinson's. We hear so often that the support of our 66 Ambassadors goes far beyond resources and advice. Our Ambassadors offer people a safe place that allows for real processing and change to happen.

The experience and wisdom our Ambassadors bring to the Parkinson's community is transformative, and we hope you will reach out to them throughout your journey with Parkinson's. Connect with an Ambassador in your area or reach out to anyone you think you would connect well with, regardless of location. Ask questions, discover new resources, and get advice on how to live well with Parkinson's.

Ask questions, discover new resources, and get advice on how to live well with Parkinson's at dpf.org/ambassadors.



Your go-to guide for living well
with Parkinson's



Available in print, digital, and audio.



CHARTING YOUR COURSE

A Parkinson's Primer for
the Newly Diagnosed

People living with Parkinson's, their care partners and families, and friends of those living with Parkinson's want reliable and practical information that will help them improve their quality of life **today and every day**. The *Every Victory Counts*® manual is the gold-standard resource to help you live well with Parkinson's and achieve your wellness goals. It in, you'll discover:

- » Essential information about Parkinson's plus dozens of topics that are often overlooked but critical to helping you live well
- » Insights from over 60 people with Parkinson's, physicians, therapists, and scientists who share cutting edge research, strategies, and ideas for living well with Parkinson's
- » In-depth information about exercise, nutrition, emotional health, medication, therapies, and more

Order yours today at EveryVictoryCounts.org.

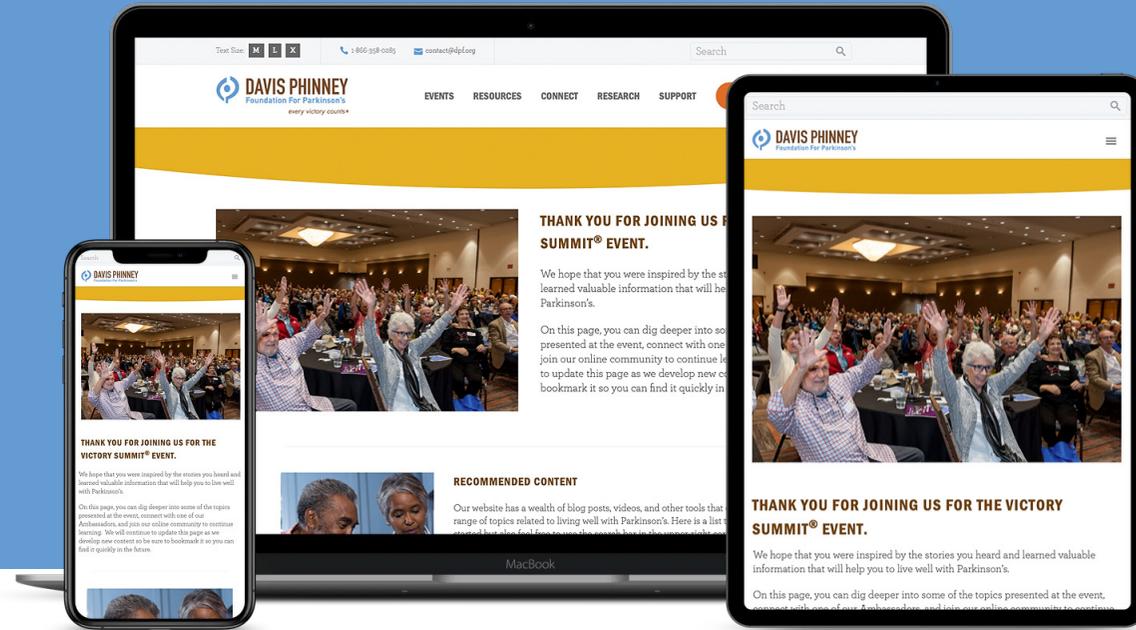
This summer, we launched Charting Your Course, a self-paced four-week online program for people newly diagnosed with Parkinson's. The course consists of:

- » **Week One** – advice about reframing your mindset, taking action, building your Parkinson's care team, and reducing stress and worry.
- » **Week Two** – all about movement—why exercise is medicine for the brain, how to motivate yourself to get moving, how to find a physical therapist, and more.
- » **Week Three** – all about symptoms and how to manage them, with information and advice about many common motor and non-motor symptoms.
- » **Week 4** – a deep-dive into treatments, from medication and surgical therapies to rehabilitative and complementary therapies.

Learn more at dpf.org/charting-your-course.



THE VICTORY SUMMIT® VIRTUAL EVENTS



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

Visit dpf.org/vs-resources and you'll find sections on:

- » Parkinson's tools, techniques, and technology
- » Parkinson's organizations
- » Parkinson's experts and ambassadors
- » 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® Virtual Event and put it into action to live well today and in the future.

The Victory Summit is virtual to reach more people than ever before with information and inspiration to live well today.

Join us for another event coming up this year or watch the sessions from past events:

- » **February 20, 2021** - Newly Diagnosed
- » **April 2, 2021** - How to Live Well with Parkinson's
- » **September 17, 2021** - Mental Health & Wellness
- » **November 13, 2021** - Care Partners

Learn more at dpf.org/events.

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www.MoreToParkinsons.com

Acorda

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

www.Acorda.com

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.

Patient.RytaryBooth.com



We make healthy possible



Challenging
Convention,
Changing Lives



We fight disease,
so more you
shines through.

Protecting what makes you, uniquely you,
drives us every day.

We are Acadia, fiercely committed to elevating life through science for people impacted by CNS disorders every day. By collaborating with each other, inviting new ideas within and beyond our walls, we're dedicated to protecting everything that makes you, uniquely you — enabling brighter moments for patients and their loved ones.

Learn more about our trailblazing breakthroughs in neuroscience at
www.acadia-pharm.com

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KYOWA KIRIN

KYOWA KIRIN IS PROUD TO SUPPORT THE DAVIS PHINNEY FOUNDATION

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



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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, by visiting www.KyowaKirin.com.



Actor portrayal

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Lundbeck

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

www.Lundbeck.com/us

Sunovion

Sunovion is a global biopharmaceutical company whose spirit of innovation is driven by the conviction that scientific excellence combined with meaningful advocacy and relevant education can improve lives.

www.Sunovion.us

Supernus

At Supernus, we hold a fundamental belief that our science has the potential to improve the lives of people with Parkinson's. Our commitment to people with Parkinson's and their care partners is reflected in all that we do. Our pipeline of development projects, along with our three currently available Parkinson's treatments, reflect our resolve to bring innovative solutions to the Parkinson's community.

www.Supernus.com/commercial-products



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Sunovion Is Proud To Sponsor The Davis Phinney Foundation

We are a global biopharmaceutical company focused on the innovative application of science and medicine to help people with serious medical conditions, including Parkinson's disease. Our spirit of innovation is driven by the conviction that scientific excellence paired with meaningful advocacy, research and education can improve lives.

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Fred

- Minnesotan
- Husband
- Father
- Springsteen fan
- DIYer
- Brother
- Hockey fan
- Golfer
- Woodworker
- Person with Parkinson's (PwP)



Working together to

PUT PD^{*} IN ITS PLACE



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*Parkinson's disease.

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FOR WAYS TO TAKE ON ADVANCING PARKINSON'S DISEASE

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Just a decade ago, researchers, clinicians, and people living with Parkinson's did not stress the importance of exercise, stress management, diet, and other positive life choices on Parkinson's. Today, we know that your experience can be affected in a positive way by your choices and actions. Here are some you can take right now to start living well with Parkinson's:

- » **Listen.** Pay attention to your body and report any changes to your healthcare team. Listen also to family and friends who may see changes in you.
- » **Think holistically.** Holistic health means that you look at your whole self and take an integrated approach to care. Every part of you is connected to and influenced by the other parts of you; so, it is important to address Parkinson's through lifestyle, diet, exercise, stress management, relationships, and personal and spiritual care and growth.
- » **Be informed.** Learn how personal and lifestyle habits can affect your symptoms. The more you know about Parkinson's, the more empowered you'll feel to form useful habits to combat your symptoms. For instance, physical activity is critical at all stages of Parkinson's. However, a regular exercise program will take time and energy from other aspects of your life. Knowing which activities to keep or eliminate will maximize the positive impact of the choices you can control.



Inspiration

Read "If Parkinson's Had a Coin" written by Ambassador Lorraine Wilson.

dpf.org/parkinsons-coin

- » **Be prepared.** Organize your healthcare documents and other important information so you always have it on hand. Prepare for your medical appointments in order to get the best results from your time with the doctor.
- » **Be your own best advocate.** Ask for a referral to a rehabilitation therapist if you haven't received one. Talk with your healthcare team about your goals and concerns. Make them aware of areas you want to improve. For instance, if using a keyboard has become difficult, ask your doctor about strategies to improve hand function. If you seek treatment early and are specific about symptoms or problems that are making everyday life frustrating, you'll help your doctor tailor the most effective treatment plan for you.
- » **Be engaged.** Seek support from people with whom you feel comfortable sharing your thoughts and concerns. Your support system may include people you trust, such as specific family members, friends, or individuals from church or work. Support groups can be helpful, as are group exercise classes and gathering with small groups of other people living with Parkinson's who encourage and inspire you.

LIVE WELL TODAY

- » **Prioritize the symptoms you can change.** This may mean taking medicines on time to limit symptoms or beginning rehabilitative therapy to improve your posture or the volume of your voice. It will mean starting or renewing your commitment to daily exercise and may also include changing your lifestyle to promote overall health by losing weight, stopping smoking, and eating a healthy diet.
- » **Learn to live with the symptoms you can't change.** Although a combination of medications, complementary therapies, and lifestyle changes will help you manage Parkinson's symptoms, symptoms will still show up in different ways in your life. Start to learn different ways to live with the reality of symptoms as you manage them or ways to manage those symptoms that may be less responsive to therapies. For instance, if a bothersome tremor doesn't always respond to medications, try reducing the anxiety that can make tremor worse. Practice deep breathing relaxation techniques and intentionally reduce stress as other ways to help manage tremor.



Information

Read “How to Use Expressive Writing to Live Well with Parkinson's” to learn more.

dpf.org/expressive-writing

- » **Learn about clinical research trials.** An especially important area of research is the study of neuroprotective therapies that can slow or potentially even stop the progression of Parkinson's. While taking part in a research trial is not for everyone, you may be empowered by taking part in the latest research and by potentially advancing the science of Parkinson's for the greater community. Learn more online at clinicaltrials.gov and foxtrialfinder.org.
- » **Stay positive.** A positive attitude keeps the focus on what you can do, not what you can't. It fosters hope. If you're having a bad day, search for the small victories and celebrate them. Remember, tomorrow will bring another opportunity to live well.

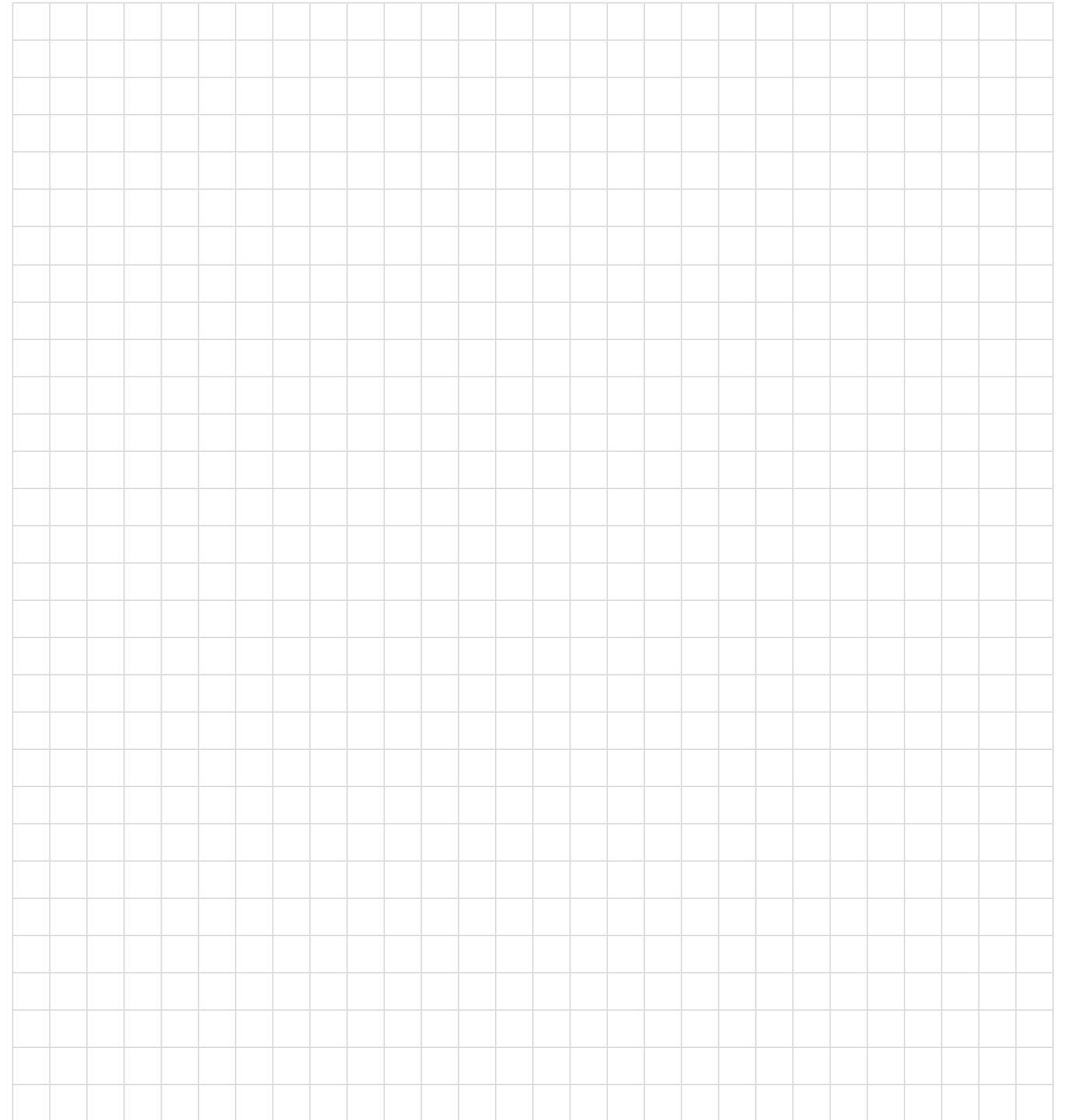
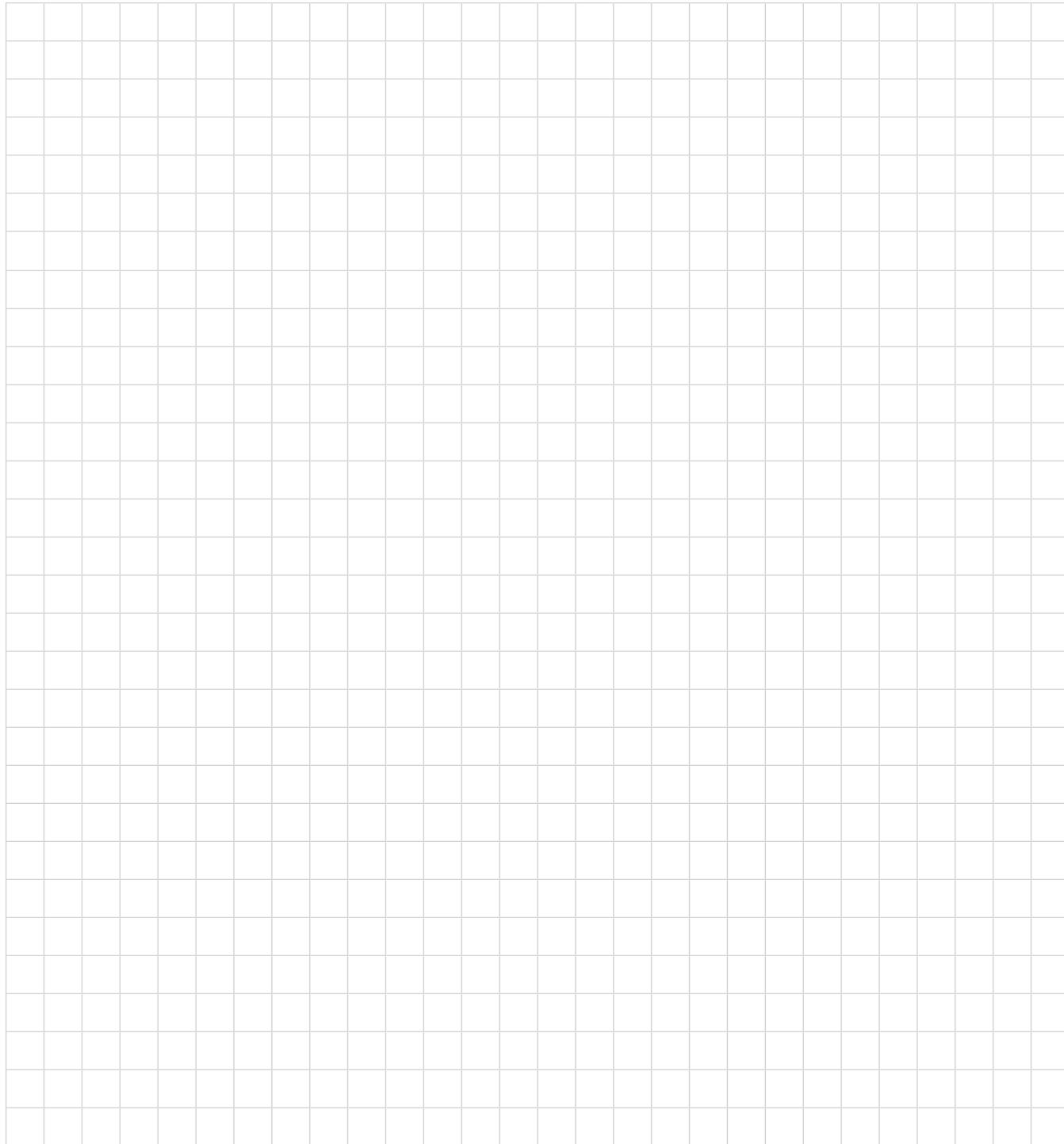


Information

Read “6 Myths About Parkinson's Clinical Trials” to learn more.

dpf.org/clinical-trial-myths

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!





PAY IT FORWARD

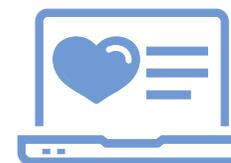
Our event today and those that will follow are made possible by individuals just like you who donate to “Pay It Forward.”



By going virtual with this year’s series, we have reached more people than ever before with information and inspiration to help them live well today. Each event focuses on information relevant to specific concerns. All share expert advice, experiences, information, tools, and inspiration so people with Parkinson’s and their care teams can take control and live well today.

With your tax-deductible donation to the Davis Phinney Foundation, you can be a part of creating these events and helping us reach more people with the message that **it IS possible to live well with Parkinson’s**.

Thank you for helping us to create these inspirational events.



Contributions can be made online at dpf.org/pif-mental-health or by telephone at (866) 358-0285.

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