

UNIVERSITY OF MARYLAND
ANNUAL PARKINSON'S DISEASE
SYMPOSIUM

Within — OUR — *Reach*

**Moving Forward
Together**

FRIDAY, APRIL 26, 2019

BWI Hilton Hotel



KEYNOTE SPEAKER:
DON MOST
ACTOR, DIRECTOR, SINGER
BEST KNOWN AS RALPH MALPH
ON "HAPPY DAYS"



UNIVERSITY
of MARYLAND



AMERICAN
PARKINSON DISEASE
ASSOCIATION
Strength in optimism. Hope in progress.



SYMPOSIUM SCHEDULE OF EVENTS

8:00 AM

Move On In

Registration; Schedule Massages and Guided Meditations
Breakfast Opens
Helping Hands Resource Fair Open
Vendor Fair Open

8:45 AM

Settle Down

Welcome Remarks & Agenda
Lisa Shulman, MD, Director, University of Maryland PD and Movement Disorders Center

9:00 AM

Making the Most of the Matter

Keynote Speaker: Don Most
Don Most is probably “most” remembered as Ralph Malph from the popular TV sitcom “Happy Days.” He is also an accomplished director, actor and singer. Don brings his journey as care partner to life in a presentation filled with anecdotes that promises to be both inspirational and informative.

10:00 AM

Movement Break

Opportunity for photos with Don Most and coffee break.
Visit Resource Fair, Vendor Fair, Photo Booth and Relaxation Room.

10:15 AM – 12:00 PM

Moving Forward Together Movement Health Fair (choose two)

Join movement specialists to learn strategies that can make a difference in your life, both physically and mentally. Both patient and care partner have their choice of 50 minutes at each of two movement skill centers:

- » **Tai Chi** (Movement Level: Low/Moderate)
Host: Sean Vasaitis, PhD, MS, EHS
- » **Boxing** (Movement Level: Moderate/Intense)
Host: David Fletcher, PT and Rock Steady Boxing Certified Personal Trainer
- » **Pickle Ball** (Movement Level: Moderate/Intense)
Host: Charlie Brown, PhD
- » **Parkinsonics Entry-Level Course** (Movement Level: Low)
Hosts: Leo Wanenchak, Music Director and Ellen Talles, LCSW-C, BC-DMT, BFA, Managing Director
- » **Rhythm Drums** (Movement Level: Low)
Host: Katy Gaughan, Drum Circle Facilitator and Owner, Drumming for Wellness

10:15 am – 12:00 PM

Relaxation Room and Vendor Tables

Visit the Relaxation Room to enjoy chair massages, guided meditation, coloring and puzzles. Sign up for sessions during registration the day of the event. Vendor tables will feature representatives from symposium sponsors available for discussion.



12:00 PM

Lunch

A seated lunch will be served in the main ballroom. Please be sure to complete the dietary portion of your registration card for any special meals.

1:00 PM

It Comes with Experience: Q/A Panel Discussion

Hear about the latest treatments, technologies and study results from a panel of expert physicians who will answer your PD questions.

Moderator: Lisa Shulman, MD; Panelists: Stephen Reich, MD; Paul Fishman, MD, PhD; Joseph Savitt, MD, PhD, Friedrich Rainer von Coelln, MD

1:45 – 3:00 PM

Moving Forward Together Workshops (choose one)

» **Is “Miss Communication” a Guest in Your House?**

Prepare for the evolution of the patient-care giver relationship. As patients become more reliant on their care partner, how does the “partnership” weather all of the challenges? Are both care partner and patient thinking the same way? Is the patient acknowledging the shortcomings that the care partner is noticing? Learn how communication about both big and little issues can be improved to avoid Miss Communication overstaying her welcome. Group will be divided into care partners and patients for open discussion, then share in a general discussion

Host: Justin Martello, MD

» **Learning to Enjoy Your Own Company — Everyone Benefits from “Me Time”**

Whether you are the PD patient or the care partner, self-care is essential. If you neglect yourself, it’s difficult to give back to others. Do you have an intentional plan for physical, mental and spiritual health initiatives for yourself? Will you do something for yourself without guilt? Doing things for other people naturally arises from the good feelings we get from caring for ourselves. When we feel good about ourselves, it is reflected in our attitude and actions. How do you and your care partner advocate for yourselves and each other in medical treatments, activities and community?

Host: Michelle Peralta, Health and Wellness Educator, Wellness Hub

» **Get Off the Care Partner Treadmill**

In this care partner-only workshop, we’ll discuss the many issues care partners face in an open, honest forum. Bring your ideas to help others in the same situation, and learn about resources specifically for care partners.

Host: Deb Shpritz, RN, PhD

» **Shake It Up: A Look at PD in the Year 2030**

What does technology and advancement in treatment hold for PD patients 10 years from now? Hear about research and developing therapies that promise to change the way PD patients live in the future.

Host: Joseph Savitt, MD, PhD

Forward, March!

Moving forward. Living well with Parkinson's Disease. It's within our reach.

Whether you or a loved one have just been diagnosed, or you've lived with the disease for years ... whether the progression is slow or symptoms are advancing more quickly ... you already have the two most important tools to move forward:

1. YOU 2. YOUR CARE PARTNER/TEAM*

This year's symposium will show you how living a full life with Parkinson's is within your reach. The event is designed to highlight self-care for both care partners and patients. For care partners, if you don't take care of yourself, you can't take good care of the patient. For the patient, if you don't advocate for your own self-care, who will? No matter where you are on the spectrum of symptoms, self-care is essential. We'll delve into what it means, who benefits, and where to find life-changing resources.

Our keynote speaker, Don Most, is care partner for his wife, Morgan. He'll talk about the challenges and (yes) rewards in his humor-infused account of the couple's journey that includes 18 years with PD. Afterwards, you'll find workshops on topics that you told us are important to you: cognition, self-care, relationships, and the latest treatments and technology. You can interact with expert physicians and researchers, and meet others whose lives have been touched by PD. The Movement Health Fair is back, featuring Pickle Ball, tai chi, boxing, and two new additions — exercise doesn't just benefit the patient!

*Care partner is usually defined as anyone involved in the support or assistance of the patient.

Join us for the 7th annual
Within Our Reach Parkinson's Disease Symposium:

Friday, April 26, 2019 • 8 AM – 3 PM • BWI Hilton
1739 West Nursery Rd., Linthicum, MD 21090

THE SYMPOSIUM WILL FEATURE:

Communication and Community: We welcome actor, director and singer Don Most, well-known for his character Ralph Malph on TV's "Happy Days" sitcom, as our keynote speaker. He became part of the PD community when his wife, Morgan, was diagnosed with PD 18 years ago. Following the speech, notable University of Maryland neurology specialists will join us for a Q/A-format panel discussion on the latest surgical updates, drugs, studies and genetic research results. Come with questions!

Dialogues and Data: Action-packed workshops are designed to educate, enlighten and engage you. Attend a session designed especially for the care partner, or choose one of the other interactive options to create your own personal plan for living well with Parkinson's. Pre-registration required.

Movement and Muscles: Get moving forward! The Movement Health Fair is back and better than ever. Try a few new trends in movement and visit a few old friends. Pre-registration required.

Resources and Relaxation: Get information on PD activities available throughout the Baltimore area at our Helping Hands Resource Fair. Meet PD support teams from vendors and non-profit associations at the Vendor Fair. Enjoy a few minutes of calm in the Relaxation Room, including coloring, puzzles, massage and guided meditation. Book appointments on event day. First come, first served.

REGISTRATION

To register, please complete both sides of this form and return it with your payment to the address below by **April 12, 2019**. Or, register online at www.umm.edu/withinourreach. Seminar space is limited and will be filled on a first-come, first-served basis.

Please remit registration form and payment to:
(Checks payable to University of MD Baltimore Foundation)
University of Maryland
Parkinson's Disease and Movement Disorders Center
Department of Neurology
110 South Paca Street, 3rd Floor
Baltimore, MD 21201

Are you a:

- Care Partner Patient
 Health Care Worker Other

Luncheon Menu:

House garden green salad

Herb roasted chicken breast, mushroom risotto, green beans,

Individual berry crumble

Please check if you have any special dietary restrictions:

- Vegetarian Dairy-free
 Gluten-free Kosher

The Movement Health Fair:

10:15 am - 12:00 pm (Choose 2)

Please select your top two choices for a Movement Health Fair activity. (Letters in parentheses indicate the activity's level of intensity.) We will try to accommodate everyone's preferences, but space is limited and assignments will be made on a first-come, first-served basis. L=Low / M=Moderate / I=Intense

- ____ Tai Chi (L/M) ____ Pickle Ball (M/I)
____ Boxing (M/I) ____ Parkinsonics (L)
____ Rhythm Band (L)

Afternoon Workshop:*

1:45 - 3:00 pm (Choose 1)

- "Miss Communication"
 "Me Time"
 Care Partner Treadmill (care partners only)
 Shake it Up 2030

*Topics and speakers subject to change.

Continued on reverse side.

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ATTENDEES:

NAME (AS IT SHOULD BE PRINTED ON YOUR NAMETAG)

EMAIL ADDRESS

NAME

EMAIL ADDRESS

NAME

EMAIL ADDRESS

Cost: \$50 per person by April 12, 2019.

(includes continental breakfast, seated luncheon and snacks)

\$55 per person after April 12 and at the door, space permitting.

Please make check payable to:
University of Maryland Baltimore Foundation, Inc.

Your generous donations support our innovative research to improve the quality of life of people and families living with Parkinson's Disease.



UNIVERSITY of MARYLAND

“I don’t have any choice whether or not I have Parkinson’s, but surrounding that non-choice is a million other choices that I can make.”

– MICHAEL J. FOX

WE HEAR YOUR VOICE

Our attendee evaluation research for past events shows an overwhelmingly positive response to the Within Our Reach Symposium:

- Nearly 100 percent of the respondents agreed or strongly agreed that the Movement Health Fair activities met their needs, and they said they would participate again and recommend to others.
- More than 90 percent of the respondents said they would highly recommend the symposium to others.
- 92 percent of the respondents said they learned things at the symposium that would help them in daily life.
- More than 90 percent of the respondents told us they found the keynote address inspirational.