

2022 APDA IOWA PARKINSON'S CONFERENCE

Stronger Than Ever!

 Friday, June 17th, 2022

 8.00 AM - 4.00 PM

\$15 Individual

 \$25 Individual & Care partner

REGISTER at apdaparkinson.org/iowa
Contact hours available

Lutheran Church of Hope

925 Jordan Creek Pkwy,
West Des Moines, IA 50266



Strength in optimism. Hope in progress.

apdaiowa@apdaparkinson.org
515-782-3833 or 515-782-4386

KEYNOTE SPEAKERS



Write a New Chapter in Your PD Journey...And Make It an Inspiring One

Brenda Clark Hamilton, MA Ed.
Fresh Coffee Professional Growth Programs



Exercise – Medicine for Parkinson's Disease and the Aging Brain

David Zid, BA ACE APG and
Jackie Russell, RN BSN CNOR
Total HealthWorks
Co-Founders OhioHealth Delay the Disease



Fusing the Virtual and Real-worlds to Aid in the Diagnosis and Treatment of Parkinson's Disease

Jay L. Alberts, Ph.D.
Vice Chair of Innovations, Cleveland Clinic
Founder Pedaling for Parkinson's



Non-Motor Symptoms of PD

Lynn Struck, MD
Neurology Movement Specialist, Unity Point
APDA Iowa Medical Director

BREAK OUT SESSIONS

Finding Helpful Local Resources

Valerie Stickel-Diehl, RN MS MSN, MercyOne
Kay Vanags, BS LBSW Aging Resources of Central Iowa

Unleashing the Power of Nutrition in Managing Parkinson's

Jessica Schroeder, RDN LD Expedition Wellness

Get Your Affairs in Order! Estate Planning After (and before) A Diagnosis

Chris Johnston and Jason Yates, Attorneys at Law
Law Group of Iowa

Sleep in Parkinson's Disease and Related Disorders

Stuart McCarter, MD Mayo Clinic

Deep Brain Stimulation

Jeremy Greenlee, MD University of Iowa Hospitals

Healthworks Exercise Workshop

David Zid, BA ACE APD and Jackie Russell, RN BSN CNOR
Total HealthWorks Co-Founders

Research at ISU; Stronger than Ever

Elizabeth Stegemöller, Ph.D.
Iowa State University College of Human Sciences

Young Onset Parkinson's Unique Challenges

Karen Halder, RN, Patty Kumbera, RPh
Mischelle Denison and Scott Kalway, Persons Living with PD

*Schedule subject to change