

APDA Iowa Parkinson's Conference 2024

Friday, June 7 | SCHEDULE

Conference Opens

8:00-9:00 am - Registration Open

8:00 am - 2:30 pm Exhibits/Vendors - Atrium

Plenary Session - Worship Center

9:00-9:10 am - Welcome - APDA Iowa Board President, Jeff Raines, and Emcee, Todd Magel

9:10 - 9:45 am - Tips and Tools to Live Your Best Life - Kay Arvidson, and Lyle Gibson - These two professionals are living with PD and will share evidence-based tips and tools to live your best life.

9:45 - 10:30 am - Why do I need to move? Exercise, Dance, Singing and More - Elizabeth Stegemöller, PhD - People with PD are often encouraged to exercise. However, knowing how or even what type of exercise to do can be daunting, especially if exercise was never a regular part of your life before diagnosis. This presentation suggests thinking of exercise as physical activity and offers research backed evidence on different types of physical activity and ways to make physical activity enjoyable and sustainable, such as incorporating music. Hands-on examples and ideas of how to increase physical activity in your everyday life will be included.

Break - Atrium

10:30 - 11:15 am - Vendors/Exhibits

Break Out Session 1

11:15 - 12:00 3 Lectures and 3 Workshops

Lectures:

- **PD 101 and Managing Stress and Anxiety - Gail McGaughey, MPT, C/NDT, CLT, CBIS, PT, and Tammy Miller, COTA/L, MHH, CBIST, CCM, On with Life -** This course provides an introduction to Parkinson's disease (PD) with a focus on understanding its symptoms, progression, and management strategies. Additionally, it addresses the importance of managing stress and anxiety for individuals living with PD and their care partners. Through a combination of

informative content and practical tips, participants will gain insights into effective coping mechanisms and strategies for enhancing overall well-being while navigating life with Parkinson's.

- **PD and Pelvic Floor Solutions - Lily Jorgenson PT, On with Life-** This session will explore common pelvic health changes associated with Parkinson's Disease and how pelvic health therapy can help. This topic is important to assist those with Parkinson's Disease in decreasing the risk for urinary tract infections, improving sleep quality, reducing fall risk, and improving overall quality of life.
- **The Latest Research - Kevin Klos, MD, Movement Specialist** - This session will explore the latest advancements and trends in Parkinson's disease research. Topics will include ongoing disease modifying trials, symptomatic medication trials, innovative device trials, and impact of diet and exercise interventions. There will also be discussion on specific trials and their outcomes providing an overview into the latest Parkinson's research.

Workshops

- **Handwriting Workshop and Easter Seals Adaptive Equipment – Jessie Rudin, Rural Rehabilitation/AT Center Statewide Professional and Tomoko Yajima, MSE, Rural Rehabilitation/AT Center Technician** - This workshop provides practical demonstrations, hands-on practice sessions, and valuable insights into managing handwriting challenges associated with Parkinson's disease. Led by Easterseals Iowa, participants will explore a variety of adaptive equipment and techniques to enhance their handwriting capabilities, empowering them with the tools and knowledge needed for improved writing comfort and legibility.
- **Smart Home Demo and Home Modifications - Sydney Marshman, OTD, OTR/L, Happy at Home Consulting** - People with Parkinson's disease, care partners, and healthcare professionals are invited to the smart home demonstration. Learn about innovative technologies and home modifications that promote convenience and accessibility.
- **Exercise Options Panel with Moderator Elizabeth Harden, DPT; APDA Exercise, Ashley Phelps and Ashley Forrester; Esada Lakovic, OTR/L, LSVT, and Kelsey Paul Charlson, MS, SLP, CDP** - Panel discussion featuring leading exercise professionals specializing in working with individuals with Parkinson's disease. Our panelists will provide insights into various exercise modalities, including exercise, LSVT BIG, and speech-language exercise, aimed at improving the physical and cognitive well-being of individuals living with Parkinson's disease. Learn about the unique approaches, benefits, and outcomes associated with each exercise intervention.

Lunch/Vendors/Exhibits - The Bridge/The Atrium

12:00 - 1:00 pm Box Lunch

12:00 - 1:00 pm Support Group Leader and Exercise Instructor Lunch - Lower Level Rm.

101

Break Out Session 2

1:00 - 1:45 4 Lectures & 3 Workshops

Lectures:

- **Care Partners Tips for Success - Kevin Klos MD, Author, and Movement Specialist “You are a better Parkinson’s caregiver than you think.”** - This session will explore tips and strategies from Klos’ book, “You are a Better Parkinson’s Caregiver than you think”. After extensive research and personal caregiving experiences, Dr. Klos will help attendees gain confidence and skills to better navigate the challenges of caregiving for loved ones with Parkinson’s disease.
- **Deep Brain Stimulation, Is it Right for Me? - Jeremy Greenlee, MD** - Deep brain stimulation may help if you suffer from Parkinson’s disease and other movement disorders. It is not a cure, but if recommended by your doctor, may be a good choice to improve your quality of life. This surgery places a neurostimulator to deliver tiny electrical signals to the parts of your brain that control movement. These new signals will block the others that cause your symptoms. It works with medication to keep the tremors at bay and allow you to focus on better parts of life.
- **Overcoming Financial Barriers: Paying for PD Meds - Dr. Matthew Korte, PharmD, and Medicare 101 - Aaron Peterson, Insurance Advisor** - This session will discuss levers that providers can pull to decrease patient’s out of pocket cost of Parkinson’s medications. This will include discussion of patients with Commercial insurance, Medicare, Medicaid and uninsured. There will also be an overview of Medicare and preparing for situations that are not covered by Medicare.
- **Connecting Through Art, Music Movement** - Sam Erwin, Art Therapist - Many will state that they are not able to draw a straight line or create a stick figure when art therapy is mentioned. Yet we create daily in our lives. From dressing, preparing a meal, repairing a car, mowing the grass and yes even when we shower. Many individuals diagnosed with Parkinson’s disease have discovered art has given them an opportunity to create, to step out and discover more about their own personal

abilities. A time for an introduction into creating, moving, and most importantly laughing!

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Break/Vendors/Exhibits - The Bridge

1:45 - 2:15 Snack

Plenary Session - Worship Center

2:15 - 3:00 Psychiatric Management in Parkinson's Disease - Leonard S. Richards, DO, Psychiatrist, Unity Point - This session will discuss psychiatric symptom management and medications for the treatment of Parkinson's disease. Attendees will gain insight into recognizing and understanding common psychiatric symptoms among those with PD, as well as medication options available for these psychiatric symptoms.

3:00 -3:45 Non-Motor Symptoms of PD - Lynn Struck, MD, Movement Specialist, Unity

Point - This session will discuss non-motor symptoms of PD, including how to recognize and identify symptoms, as well as identify treatment options available to address these symptoms. Attendees will have a deeper understanding for effective symptom management of non-motor PD symptoms.

3:45 - 4:00 Closing Announcements/Thank You with Todd Magel