

**A Powerful
Gathering:****2025 APDA VIRTUAL PARKINSON'S
CONFERENCE HIGHLIGHTS**

The third annual **APDA Virtual Parkinson's Conference**, held in February, was a remarkable event with more than 3,100 registrants from across the United States and beyond — as far-reaching as Australia, Brazil, Finland, and Egypt (just to name a few)!

The conference featured more than 20 exceptional presenters, including leading medical experts and individuals living with Parkinson's disease (PD) who shared their personal journeys. Attendees had the opportunity to participate in live Q&A sessions, fostering an interactive and engaging environment.

The agenda was rich and diverse. Special keynote sessions included *"New PD Treatments on the Horizon,"* which explored the latest advancements in Parkinson's research, and *"Pain Management in PD"* — two hot topics that we get asked about often. Additional sessions included *"Emergency Preparedness & Parkinson's,"* offering crucial strategies for managing unforeseen challenges, and *"Falls Management: How to Avoid Falling Head Over Heels With PD,"* providing attendees with practical advice to stay safe and enhance their daily lives.

A poignant session, *"Together, Not Alone: The Power of Connection & Care,"* emphasized the importance of community and support networks in managing PD. Additionally, *"How*

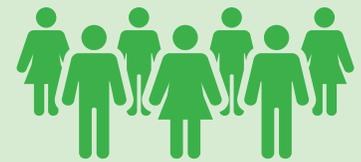
Palliative Care Can Help People Living With PD" shed light on a topic that is often misunderstood, offering insights into comprehensive care approaches.

The conference also incorporated fun and interactive activities designed to engage participants holistically, including sessions about drumming, journaling, improvisation, and fitness — all aimed at promoting physical well-being and creative expression.

The event platform offered community message boards and chat features that were abuzz with activity throughout the event, enabling participants to connect, share ideas, and support one another. This interactive component transformed the conference into a vibrant gathering, fostering a sense of unity and shared purpose.

For those who couldn't attend live or wish to revisit the sessions, scan below or visit [YouTube.com/@APDAParkinsons](https://www.youtube.com/@APDAParkinsons) where all presentations are available on the 2025 Virtual Parkinson's Conference playlist.

Scan here to visit
[YouTube.com/@APDAParkinsons](https://www.youtube.com/@APDAParkinsons)



3,100+
REGISTRANTS

20 
**EXCEPTIONAL
PRESENTERS**



A MESSAGE FROM OUR PRESIDENT & CEO



Dear Friend,

As we welcome a new season, I want to extend my deepest gratitude for your continued support. Your dedication allows us to bring hope, care, and strength to individuals and families living with PD.

In this edition of *Insights*, we share some highlights from our two-day Virtual Parkinson's Conference that took place in February, demonstrate the critical role our donors play in supporting our mission, and much more. I'm especially excited to share the inspiring story of Bev who uses activity, connection, and support to live her best life with PD.

I'm incredibly proud of the transformative work we're accomplishing together, as we continue to uplift and empower the PD community. The progress we've made is all thanks to your kindness, and I look forward to what we can achieve in the months ahead.

Wishing you a joyful spring,

A handwritten signature in black ink that reads "Leslie A. Chambers".

Leslie A. Chambers

President & CEO

American Parkinson Disease Association

LIVING LIFE TO THE FULLEST: BEV'S INSPIRING PARKINSON'S JOURNEY

When Bev was diagnosed with Parkinson's disease in November 2022, after noticing a small tremor in her hand, stiffness, and feeling "clunky" — she was devastated. "It was the feeling of the unknown," she recalls. "I just didn't know what to expect." But rather than letting fear take over, she faced her diagnosis with resilience and determination.



A retired physical education teacher from rural Iowa, Bev has always lived an active lifestyle, and she isn't about to stop now. She is committed to staying as physically engaged as possible—whether it's gardening, bicycling, boxing, or ballroom dancing. "I try to do something physical every day," she says. "It makes a difference."

Her biggest challenge has been fine motor skills, making daily tasks like dressing and cooking take a little longer.



But instead of getting discouraged, she adapts. "You just have to give yourself extra time, and that's okay," she shares.

One of her proudest achievements? Hitting her goal of biking 2,000 miles per year! She hit 2,100 miles in 2024, and she's got her sights set on the year ahead. "In 2025, I plan to ride 2,025 miles—all outside miles, in every month of the year!"

Support has been key to Bev's journey. She first joined an APDA support group 20 miles from home but soon helped establish one in her own community. "It just feels good to be with other people like you who understand," she says. Her husband is very supportive and encourages her to stay active. Initially keeping her diagnosis quiet, Bev also found strength and support through attending the APDA Iowa Conference. "After attending my second APDA conference, I felt ready to share my diagnosis."

Her advice to others facing a Parkinson's diagnosis?

"Don't go home and sit in a chair. Stay active, learn as much as you can, and surround yourself with support."

Bev is proof that life with Parkinson's can still be full of movement, connection, and joy.

FINDING INDEPENDENCE IN NEW WAYS WITH PARKINSON'S

Losing independence due to Parkinson's can be frustrating and emotional. But what if these changes weren't always viewed as setbacks, but tools to keep you moving and engaged in life?

Could you look at a walker as a way to stay active, rather than a sign of defeat? Or could "driving retirement" be viewed as a chance to explore new transportation options and stay connected to the things you love, rather than a loss of freedom? Small adjustments can make a big difference — like using adaptive tools for everyday tasks.

▶ ***"I have a gadget that helps with fastening buttons and special utensils that make eating easier. I also wear clothes that are easy to pull on, like sweatpants."*** – Steve P.

▶ ***"I listen to audiobooks when reading is difficult."*** – Enid S.

Adjusting to these changes isn't easy, but with support from loved ones and a little creativity, some things can be better. Read the full article about loss of independence at apdaparkinson.org/Blog.

SHERWOOD LUMBER CELEBRATES 70 YEARS WITH A SPECIAL FUNDRAISER FOR APDA

When a company reaches a milestone like a 70th anniversary, it's a time for celebration, reflection, and giving back. That's exactly what Sherwood Lumber, led by longtime APDA supporter Andy Goodman, did this year!

In honor of this incredible achievement, Sherwood Lumber launched a month-long fundraiser benefiting APDA, raising more than \$25,000 to support critical Parkinson's research and programs. But this wasn't just about corporate giving — it was deeply personal.

The fundraiser paid tribute to Bernard Goodman, the company's founder and Andy's father, whose battle with Parkinson's inspired this special initiative. Bernard's dedication to Sherwood Lumber and his unwavering spirit left



The Sherwood Lumber staff in Palmer, MA, at their 70th Anniversary Celebration

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WHAT'S HAPPENING AT APDA

Step Forward with Optimism!



The 2025 Optimism Walk series kicks off this spring! Join us for an inspiring event that raises funds and awareness for the Parkinson's community. Each family-friendly Walk is a great way to make a personal difference in the fight against PD, connect with others in your local area, and get some exercise while you're at it! Find a Walk near you and be part of the movement. **Visit apdaparkinson.org/optimism-walks to register today.** We hope to see you out on the route!

Thriving Through Occupational Therapy is Back!



Our popular **Thriving Through Occupational Therapy** webinar series returns, bringing expert advice on increasing independence, improving safety, and achieving daily success with Parkinson's. Catch up on past episodes covering **memory strategies, home safety, and tips for independence in everyday activities** on our **Thriving Through Occupational Therapy** playlist on YouTube (search @APDAParkinsons). And keep an eye on our Virtual Events Calendar for future episodes. Don't miss this valuable resource!



“ASK THE DOCTOR”

with Dr. Rebecca Gilbert

Q: What can be done to control anxiety in PD patients?

Anxiety can be a very prominent non-motor feature of PD and can significantly impact quality of life. Many of the treatments for anxiety in the general population can help with the anxiety associated with PD as well. These treatments include cognitive behavioral therapy, as well as medications such as SSRIs (e.g. Lexapro, Celexa, Zoloft) or SNRIs (e.g. Effexor, Cymbalta). There are other medications that can also be considered. If your neurologist feels that your anxiety is more complicated to treat, they may refer you to a psychiatrist who is familiar with PD.

Q: Should you take carbidopa/levodopa at bedtime?

Many neurologists will tell you not to take your last dose of carbidopa/levodopa right before bed, but rather to space out the doses so that they work

to improve your mobility when you are active and not sleeping. However, some people need medication at night because otherwise they will have trouble going to sleep because of stiffness or tremor. Some people need medication through the night because otherwise, when they invariably wake up in the middle of the night, they will not be able to go back to sleep because of PD symptoms, or they will not be able to get out of bed to go to the bathroom. Due to these reasons, there are some people who are specifically prescribed doses right before bed. Depending on your clinical situation, the timing of your doses can be set.

Dr. Rebecca Gilbert is the Chief Mission Officer at APDA. She oversees APDA's research portfolio in conjunction with APDA's Scientific Advisory Board. She also provides medical and clinical expertise to support APDA programming as well as print and web content.

SHERWOOD LUMBER CELEBRATES 70 YEARS...

(continued from inside)

a lasting mark on the company, and this anniversary was the perfect opportunity to celebrate his legacy while making a meaningful impact in the Parkinson's community.

The entire Sherwood Lumber family embraced the cause, with employees coming together for celebration events in New York and Massachusetts to rally support and donations. Their generosity and enthusiasm embodied the very values Bernard instilled in the company — hard work, resilience, and a commitment to helping others.

APDA is incredibly grateful to Andy Goodman for his longtime partnership and to the entire Sherwood Lumber team for their generosity and support!

Inspired by their efforts? You can create your own fundraising event to benefit APDA! Contact apda@apdaparkinson.org to learn how. Or, make an easy online donation today at apdaparkinson.org/Donate.

TOGETHER, WE CAN MAKE A DIFFERENCE!



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For more information, or to learn about the many ways you can support APDA, visit our website at apdaparkinson.org/PDInsights or call (800) 223-2732.