

2020 PARKINSON'S DISEASE CONFERENCE: *Living Well with Parkinson's*

FRIDAY, SEPTEMBER 25, 2020



LOCATION Join live via webinar
DATE Friday, September 25, 2020
REGISTRATION 8:30 am–9:00 am
PROGRAM 9:00 am–4:10 pm

EARLY REGISTRATION FEES THROUGH SEPT 18, 2020!

\$75.00 per person Healthcare Provider
\$25.00 per person Student (*student ID required at check-in*)
\$25.00 per person Person with Parkinson's or Caregiver
\$40.00 per couple Person with Parkinson's plus Caregiver

DESCRIPTION

Join with healthcare professionals, Persons with Parkinson's (PwPs), and Caregivers as all learn from experts about the various facets of living well with this disease.

This educational activity was planned with Mission Health Neurosciences; planned with and supported by an educational grant from the Parkinson's Foundation; and supported by an educational grant from the Carolina Geriatric Workforce Enhancement Program.

AUDIENCE

Healthcare Providers, Persons with Parkinson's, and Family Members/Caregivers.

OBJECTIVES

Upon completion of this continuing education activity, conference participants will be able to:

- Describe current medical management of Parkinson's Disease
- Empower persons with Parkinson's Disease to increase activity and healthy habits
- Utilize regional resources to enhance living well with Parkinson's Disease

[CLICK HERE TO REGISTER](#)

PROVIDED BY



IN COLLABORATION WITH



SUPPORTED BY EDUCATIONAL GRANTS FROM



This project is supported by funds from the Bureau of Health Professions (BHP), Health Resources and Services Administration (HRSA), Department of Health and Human Services (DHHS) under grant number #2U1QHP28734 Carolina Geriatric Workforce Enhancement Program. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by the BHP, HRSA, DHHS, or the U.S. Government. The Center for Aging and Health, Carolina Geriatric Workforce Enhancement Program also provided support for this activity.

CONFERENCE AGENDA

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TO REGISTER](#)

- 8:30–9:00** Webinar Check-in
- 9:00–9:10** Parkinson's Foundation: What You Need to Know — Diana Parrish
- 9:10–9:55** Parkinson's Overview and Update — Rebecca McGowan, PA-C
- 9:55–10:00** Movement Moment — Cynthia Camp, RYT
- 10:00–10:30** Break
- 10:30–11:15** Living with Parkinson's: Handling the Tough Stuff — Duff A. Rardin, MD
- 11:15–11:20** Movement Moment — Cynthia Camp, RYT
- 11:20–11:50** Lifestyle Medicine for Persons with Parkinson's — Brian Asbill, MD
- 11:50–12:00** Overview of Parkinson's Foundation: Funded Grant Projects at the YMCA of WNC — LoriKay Paden
- 12:00–1:00** Lunch Break
- 1:00–2:00** **Concurrent Sessions** (*choose one to attend*)
- A.** Caring for the Caregiver and Memory Issues in Parkinson's — Della J. Simon, MD, MPH
- B.** Dance for Parkinson's — Connie Schrader, MA, PhD, BCIA Certified Bio/Neurofeedback
- 2:00–2:30** Gender Differences in Parkinson's — Annie Long
- 2:30–2:35** Movement Moment — Cynthia Camp, RYT
- 2:35–2:45** Break
- 2:45–3:15** Parkinson Wellness Recovery (PWR!) — Becky G. Farley, PhD, MS, PT
- 3:15–3:45** Living Well with PD — Steve Quam, Davis Phinney Foundation Ambassador
- 3:45–4:10** We Have Parkinson's, but It Doesn't Have Us!
— Robert DeBrecht, MS; Linda Sprouse, MEd; and Steve Miller, DDS
- 4:10** Adjourn

FACULTY

Brian Asbill, MD, is a board-certified cardiologist formerly with Mission Health Asheville Cardiology Associates. Dr. Asbill is also passionate about, and board-certified in, Lifestyle Medicine.

Cynthia Camp, RYT, is a registered yoga teacher with Yoga Alliance and teaches yoga at YMCAs in WNC. She is also a “care partner” for a family member who has Parkinson's and is an Ambassador for the Davis Phinney Foundation.

Robert DeBrecht, MS, is a retired electrical engineer with Parkinson's Disease. In 2016, he decided to take on the difficult “South Beyond 6,000” hiking challenge, a hike to forty of Western North Carolina's mountain peaks above 6,000 foot elevation.

Becky G. Farley, PhD, MS, PT, is a physical therapist, neuroscientist, Parkinson exercise specialist, and the Chief Scientific Officer and Founder of Parkinson Wellness Recovery (PWR!) in Tucson, AZ.

Annie Long is the Senior Community Program Manager with the Parkinson's Foundation for Georgia and the Carolinas.

Rebecca McGowan, PA-C, is a physician assistant at Asheville Neurology Specialists.

Steve Miller, DDS, is a retired dentist who lives in Asheville, NC. Dr. Miller is also a current Certified PWR! Moves Instructor and a Certified Pedaling for Parkinson's Coach.

LoriKay Paden is the Executive Director of the YMCA at Mission Pardee Health Campus & Ferguson Family YMCA in Asheville, NC, and Hendersonville, NC.

Diana Parrish is the Development Manager of the Carolinas Chapter of the Parkinson's Foundation.

Steve Quam is a Davis Phinney Foundation Ambassador and a person with Parkinson's. Currently a music therapist along with his wife, Jeanne, Steve spent most of his professional career working in the mental health field. As Steve began exercising more after he was diagnosed, he discovered cycling and wanted to give back to the Parkinson's community. He has since completed multiple coast-to-coast bicycle and motorcycle odysseys to raise funds and awareness about living well with Parkinson's. Mr. Quam has disclosed the following appointments, for which he donates his time: Ambassador for the Davis Phinney Foundation; Co-Vice President for Anderson Area Parkinson's Support Group of Greenville Area Parkinson's Society; and an Advisory Board Patient's Advocate and Student Mentor for Anderson University, Doctorate in Physical Therapy Department.

Duff A. Rardin, MD, is a board-certified neurologist at Mission Health Neurology in Asheville, NC. He has been practicing neurology in Asheville since 1990 and has a particular interest in Parkinson's Disease.

Connie Schrader MA, PhD, BCIA Certified Bio/Neurofeedback, is a Wertheimer Fellow with the Dance for Parkinson's program, established in 1982 as a branch of the Mark Morris Dance Company in NYC. She holds a PhD in Expressive Arts and an MA in Dance. For 30 years, she was the director of the Dance Program at UNCA. She has been offering the Dance for Parkinson's program at the VA for two years.

Della J. Simon, MD, MPH, is a board-certified internal medicine physician with MemoryCare in Asheville, NC. She focuses on geriatrics.

CREDITS

Physical Therapists/Assistants

MAHEC, as part of the North Carolina AHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. NCBPTE **5.0** contact hours. Report in the category of "Registered attendance at courses or conferences offered through electronic media live, in real time, by approved providers."

Occupational Therapists/Assistants

As of July 1, 2018, the NCBOT no longer accepts applications for pre-approval of CCAs. OT practitioners need to make sure they are completing activities that comply with Section .0800 of the NCBOT Rules. **5.5** CCAs. Please select contact hours for your certificate.

Speech-Language Pathologists

MAHEC will issue Certificates of Completion only; the participant must self-track and record the certificate for ASHA Certification documentation. Up to **5.5** hours. Please select contact hours for your certificate.

CEUs

MAHEC designates this live continuing education activity as meeting the criteria for **0.6** CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours

MAHEC designates this live continuing education activity as meeting the criteria for **5.5** contact hours.

PLANNING COMMITTEE

Pamela Budd, MSLS, Caregiver Advocate

Ripley Hotch, PhD, Caregiver Advocate

Annie Long

Senior Community Program Manager
Parkinson's Foundation

Barbara Massey, BSN, RN

Mission Health Neurosciences, Asheville, NC

Steve Miller, DDS, Patient Advocate

Diana JC Parrish

Development Manager
Parkinson's Foundation

Calvin Underwood, MSW, Patient Advocate

Rosalyn Wasserman, PT, DPT

Continuing Education Planner
UNC Health Sciences at MAHEC, Asheville, NC

REGISTRATION

Early registration deadline: September 18, 2020

Healthcare Provider:

\$75.00 per person

Student (must provide valid student ID at check-in)

\$25.00 per person

Person with Parkinson's or Caregiver

\$25.00 per person

Person with Parkinson's plus Caregiver

\$40.00 per couple

Fees include administrative costs and educational materials. If your registration is received after the deadline, the total fee will be the registration fee + \$15.00. MAHEC has a pay-up-front policy for all CE programs. The only exception is for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program. Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

HAVE A QUESTION?

Contact the Program Planner

Rosalyn Wasserman, PT, DPT

rosalyn.wasserman@mahec.net or 828-257-4437



Special Services

828-257-4485

REGISTRATION INFORMATION

828-257-4475

FAX REGISTRATION

828-257-4768

ONLINE REGISTRATION

www.mahec.net/cpd

EMAIL

registration@mahec.net

MAIL

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803



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2020 PARKINSON'S DISEASE CONFERENCE: *Living Well with Parkinson's*

FRIDAY, SEPTEMBER 25, 2020



REGISTRATION FORM

By registering for this conference, you are granting permission for some of your participant information to be shared with the Parkinson's Foundation.

Updated contact information. *Event #62388*

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- ____ ____ ____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME COUNTY _____

HOME # _____ WORK # _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ STATE _____ ZIP _____

WORK COUNTY _____

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Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

Send completed registration form to: *Event #62388*
MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803 **Fax:** 828-257-4768

Please choose one option for the 1:00–2:00 time slot.

A. Caring for the Caregiver and Memory Issues in Parkinson's

B. Dance for Parkinson's

HEALTHCARE PROVIDER

\$75.00 per person \$90.00 (if after September 18, 2020)

STUDENT (must provide valid student ID at check-in)

\$25.00 per person \$40.00 (if after September 18, 2020)

PERSON WITH PARKINSON'S OR CAREGIVER

\$25.00 per person \$40.00 (if after September 18, 2020)

Name of Person with PD _____

Name of Caregiver _____

PERSON WITH PARKINSON'S PLUS CAREGIVER

Both members of the party must register separately. Please remember to select your desired breakout session above.

\$40.00 per couple \$55.00 (if after September 18, 2020)

My fee was paid for by the other member of my party

Name of Person with PD _____

Name of Caregiver _____

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed Credit card information provided

Visa MasterCard Discover Card American Express

ACCOUNT # _____

EXP ____ / ____ CODE ON BACK OF CARD _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____