9:00  WELCOME REMARKS

Steve Wright, MPA  >  Executive Director
Melissa Tribelhorn, MPA  >  Deputy Director
[Northwest Parkinson’s Foundation]

9:25  MEDICAL KEYNOTE: WHERE ARE WE HEADED?  
An Update on Current Research Trends in PD

Daniel Burdick, MD  >  Movement Disorders Specialist  
[Booth Gardner Parkinson’s Care Center at EvergreenHealth]

- An overview of the latest information and research on treatments and medications, as learned at the recent World Parkinson Congress.

10:15  BREAK + TRANSITION

10:30  BREAKOUT SESSION #1

1. PWR!

Nate Coomer, DPT, NCS  >  Physical Therapist,  
Owner of The Parkinson’s Fitness Project  
[Swarth Neurosciences Institute]

- An interactive movement session where attendees will participate in a new exercise program.

2. Psychosis & PD

Jeff Shaw, Psy D  >  Neuropsychologist
[Booth Gardner Parkinson’s Care Center at EvergreenHealth]

- Learn about how hallucinations and delusions sometimes occur with PD, and what you can do about them. Dr. Shaw will discuss how to treat and minimize the often frightening experiences. We will explore neurological, behavioral and environmental causes and treatments.
11:20  **BREAKOUT SESSION #2**

**Room 405**

**3. The Right to Risk**

*Jane Tornatore, PhD, LMFT* > Counselor & Speaker

- This workshop for caregivers/carepartners and family members of PWPs will cover some of the challenges and opportunities associated with helping your PWP to remain independent within their PD diagnosis. A chance for carepartners to balance respecting independence and recognizing their need for safety and control.

**Room 404**

**1. Three Years Later: What I’ve Learned about My PD**

*A.C. Woolnough* > Person with Parkinson’s, [Parkinson Disease Foundation]

- An interactive presentation with tips, suggestions and ideas for living a rich and full life with PD. We learn best when we learn from each other.

**Room 405**

**2. Mid-Stage Parkinson’s: What to Expect**

*Alida Griffith, MD* > Movement Disorders Specialist, [Booth Gardner Parkinson’s Care Center at EvergreenHealth]

- Here by popular demand: Learn the medical information you need to plan for mid-stage Parkinson’s and the strategies for dealing with onset of more serious symptoms.

**Room 405**

**3. Receiving Joy**

*Amanda Aikman* > Retired Unitarian Minister, Designer of “Full-Spectrum Joyfulness” Curriculum

- Carepartners may find it especially hard to identify and experience the moments of joy that are our birthright. Learn some playful and easy-to-remember practices to experience more joy in your everyday life. Camaraderie, mutual support, a safe environment, quiet time for processing, and take-home instructions will be included.
12:10  LUNCH IN MAIN HALL

12:45  SPECIAL NOTE FROM A PWP
Gloria Gottesman > Board of Directors
Northwest Parkinson’s Foundation

12:50  VICTORY
Video By Lori Campbell > Winner of the 2016
World Parkinson Congress Video Competition

1:00  KEYNOTE: EMBRACE THE SHAKE
John Lapham > General Counsel & SVP of Business Affairs
Rover.com
- How this dad and professional moved from PD diagnosis through
disease management with honesty, intent, humor and commitment.

1:45  7TH INNING STRETCH
Renee Le Verrier, RYT & Peter Lynch, E-RYT > Yoga for Parkinson’s

2:00  BREAK + TRANSITION

2:10  BREAKOUT SESSION #3
1. Living Creatively with Chronic Disease
Carrie Pope Smith, MSW, LICSW > Clinical Supervisor
ElderWise
- This workshop will help empower people living with chronic
disease and their carepartners to embrace their own creativity
by delving into the present moment, engaging the senses, and
communicating through art, movement, music and more.
2. PD 101 & Treatment Options

Jennie Davis, DO > Movement Disorders Specialist
[Neuroscience Institue UW Medicine, Valley Medical Center]

- What to expect with a recent diagnosis of Parkinson’s disease. This session will cover treatment options for the non-motor and motor symptoms of PD, as well as Deep Brain Stimulation surgery and other medical and surgical treatments.

3. Understanding and Managing PD-Related Shame and Embarrassment

Julio Angulo, PhD > Retired Psychologist, Person with Parkinson’s

- For many PWPs, the experience of living with PD confronts them with episodes where they experience painful shame, embarrassment and even humiliation. This session will examine these emotions, noting how, when unattended, they can place us at risk for serious deterioration of psychological and social functioning. The session will also discuss strategies to manage them.

3:00   ADJOURN