

Program Agenda

- 12 pm EST / 11 am CST / 10 am MST / 9 am PST

Welcome from the Foundation

- *John Lehr, President and Chief Executive Officer*

- 12:05 pm EST / 11:05 am CST / 10:05 am MST / 9:05 am PST

Your Questions: Mental Health

This Panel will focus on how to combat mental health challenges for both the person with PD and the care partner.

- **Caryn Balaban, MPH**, Care Partner, Parkinson's Foundation People with Parkinson's Advisory Council (PPAC) Member
- **Linda Pituch**, Parkinson's Foundation (PF) Helpline Information Specialist
- **Travis Turner Ph.D.**, Assistant professor and Director of the Neuropsychology Division, MUSC

- 12:45 pm EST / 11:45 am CST / 10:45 am MST / 9:45 am PST

Interactive Meditation

- **Angela Johnson, MSTOM, MPH, LAc, Dipl OM**, Assistant Professor in the Division of Behavioral Sciences, Rush Medical College; Practitioner of Chinese Medicine

- 1 pm EST / 12 pm CST / 11 am MST / 10 am PST

Your Questions: Cognitive Changes

This panel will discuss the challenges of cognitive changes in PD and ways to adapt and cope with those changes.

- **Amanda Janicke, MA, LCSW, CDP**, PF Helpline Information Specialist
- **Jill Lowell**, PF Helpline Information Specialist
- **Adriana Strutt, Ph.D., ABPP**, Associate Professor of Neurology and Psychiatry & Behavioral Sciences, Baylor College of Medicine

- 1:40 pm EST / 12:40 am CST / 11:40 am MST / 10:40 am PST

Interactive Yoga

- **Nicholas Cherup**, *Yoga Instructor: Yoga for Parkinson's, Casa Vinyasa, a 2019 Parkinson's Foundation Community Grant Recipient in Miami, FL*
- 1:55 pm EST / 12:55 pm CST / 11:55 pm MST / 10:55 am PST

Your Questions: Self Care

This panel will discuss the importance of self-care - prioritizing time to care for yourself - when caring for a loved one with PD.

- **Elaine Book, MSW, RSW**, *Center Coordinator and Clinic Social Worker at the Pacific Parkinson's Research Centre*
- **Joan Hlas, MSW, LISW**, *CREATE Program Supervisor and Clinic Social Worker at Struthers Parkinson's Center*
- **Jessica Shurer, MSW, LCSW**, *Center Coordinator and Clinic Social Worker at the University of North Carolina at Chapel Hill*
- 2:35 pm EST / 1:35 pm CST / 12:35 pm MST / 11:35 pm PST

Preparing for a hospitalization – Planned or Emergency

- **Tom Manak**, *Care Partner, People with Parkinson's Advisory Committee Member, Care Partner Summit Planning Committee Member*
- 2:45 pm EST / 1:45 pm CST / 12:45 am MST / 11:45 am PST

Your Questions: Resources and Care Coverage

This panel will discuss resources that are available to people with PD and their care partners, including respite care and informational resources.

- **Kara Barton, MSW, LCSW**, *Clinical Instructor and Social Worker at Keck Medical Center of USC*
- **Amy Goyer**, *AARP's National Family and Caregiving Expert*
- **Annie Wallis, MSW**, *Associate Director of Education at the Parkinson's Foundation*