

## Program Location:

Spaulding Rehabilitation Hospital  
Cape Cod  
311 Service Road  
East Sandwich, MA 02537

Spaulding Rehabilitation Hospital  
Cape Cod is located just off Route 6 in  
East Sandwich. The program will be  
held in the Spaulding Cape Cod  
cafeteria on both evenings.

## Registration:

Please contact the APDA Information  
and Referral Center at Boston  
University Medical Center. Although  
there is no fee for the program,  
registration is required.

**800-651-8466 | 617-638-8466**  
**apdama@apdaparkinson.org**

## Sponsors:



*This program was developed by  
the Movement Disorder Center at  
Boston University Medical Center  
and the Center for  
Neurorehabilitation at Sargent  
College at Boston University.*

# Parkinson's Good Start Program

*An educational program  
for individuals recently  
diagnosed with  
Parkinson's Disease and  
their family members.*

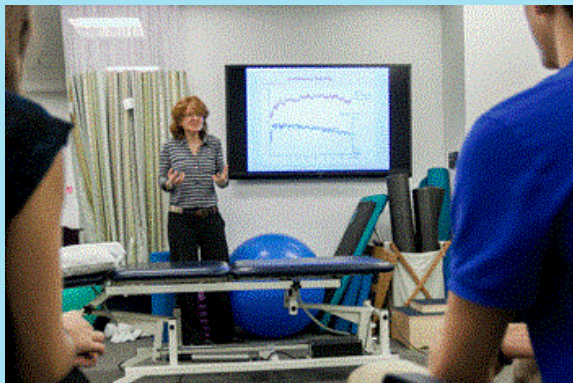
**May 14 & 21, 2019**

**6:00—8:00 PM**

Spaulding Rehabilitation  
Hospital Cape Cod  
311 Service Road  
East Sandwich, MA 02537

The Good Start Program is a two part series presented by a team of Parkinson's Disease specialists from the Boston University Medical Campus, Spaulding Rehabilitation Hospital Cape Cod, and the American Parkinson Disease Association. Participants will receive up-to-date information on diagnosis and treatment. Community resources will be identified to assist in managing and coping with Parkinson's disease. Our target audience for this program include individuals diagnosed with Parkinson's within the past five years.

Opportunity will be provided to answer frequently asked questions and address common concerns. There is no cost for this program.



## Session One:

**Tuesday, May 14, 6—8 PM**

*A light supper will be served starting at 5:30 PM*

### **Welcome and Program Overview**

*Cathi A. Thomas, RN, MS*

### **What is Parkinson's Disease?**

*Stephanie Bissonnette, DO  
Movement Disorder Specialist, Boston  
University Medical Center*

- ◆ Diagnosis
- ◆ Symptoms
- ◆ Treatment Strategies

### **The Importance of Exercise**

*Heather Merrill, MSPT  
Spaulding Orleans Outpatient Center  
Physical Therapist  
High Intensity Training for Parkinson's  
Disease Program*

*Michelle Mathey, PT, DPT  
Spaulding Plymouth Outpatient Center  
Physical Therapist  
Certified LSVT Big, Parkinson's Disease  
Wellness and Exercise Program*

## Session Two:

**Tuesday, May 21, 6—8 PM**

*A light supper will be served starting at 5:30 PM*

### **Introduction to the Health Care Team**

- ◆ Psycho-Social Support  
*John Allen, PhD  
Health Psychologist, Healthy Mindset  
Program*
- ◆ Physical Therapy  
*Barbara Kimmey, PT  
Physical Therapist, Advanced Clinician,  
Brain Injury Specialist, Certified RSB  
(Rock Steady Boxing) Instructor*
- ◆ Speech & Language Therapy  
*Minal Kadam, CCC-SLP  
Speech and Language Pathologist,  
Raise Your Voice*
- ◆ Occupational Therapy  
*Jaclyn Davin, OT  
Occupational Therapist, Advanced  
Clinician, Certified Driving Instructor*

*All Presenters from Spaulding Cape Cod*

### **Medication Management**

*Okeanis Vaou, MD  
Movement Disorder Specialist, Boston  
University Medical Center*

- ◆ Drug Classification
- ◆ Individualizing Therapy