

Thank You to our  
**2022**  
"Stronger Than Ever"  
Attendee Experience Sponsor



Graciously funding 2022 conference programs

**SPONSORS**

<b>Platinum Level</b>	<b>Gold Level</b>	<b>Silver Level</b>	<b>Bronze Level</b>
 	   		  

**SPECIALTY SPONSORS**

<b>Lunch Sponsor</b>	<b>Speaker Lounge</b>	<b>Snack Sponsor</b>	<b>Hydration Sponsor</b>
			

**Iowa Chapter APDA**  
PO Box 643, Ankeny, IA 50021  
(515) 782-4386, [apdaparkinson.org/iowa](http://apdaparkinson.org/iowa)

**Natasha Winterbottom**  
Fundraising and Event Manager  
(515) 782-3833  
email: [nwinterbottom@apdaparkinson.org](mailto:nwinterbottom@apdaparkinson.org)

**Susan Callison**  
Program Coordinator  
(515) 782-4386  
email: [scallison@apdaparkinson.org](mailto:scallison@apdaparkinson.org)

.....2022.....

Annual APDA Iowa  
Parkinson's Conference

# Stronger Than Ever!



.....apda.....

**AMERICAN  
PARKINSON DISEASE  
ASSOCIATION**

IOWA CHAPTER

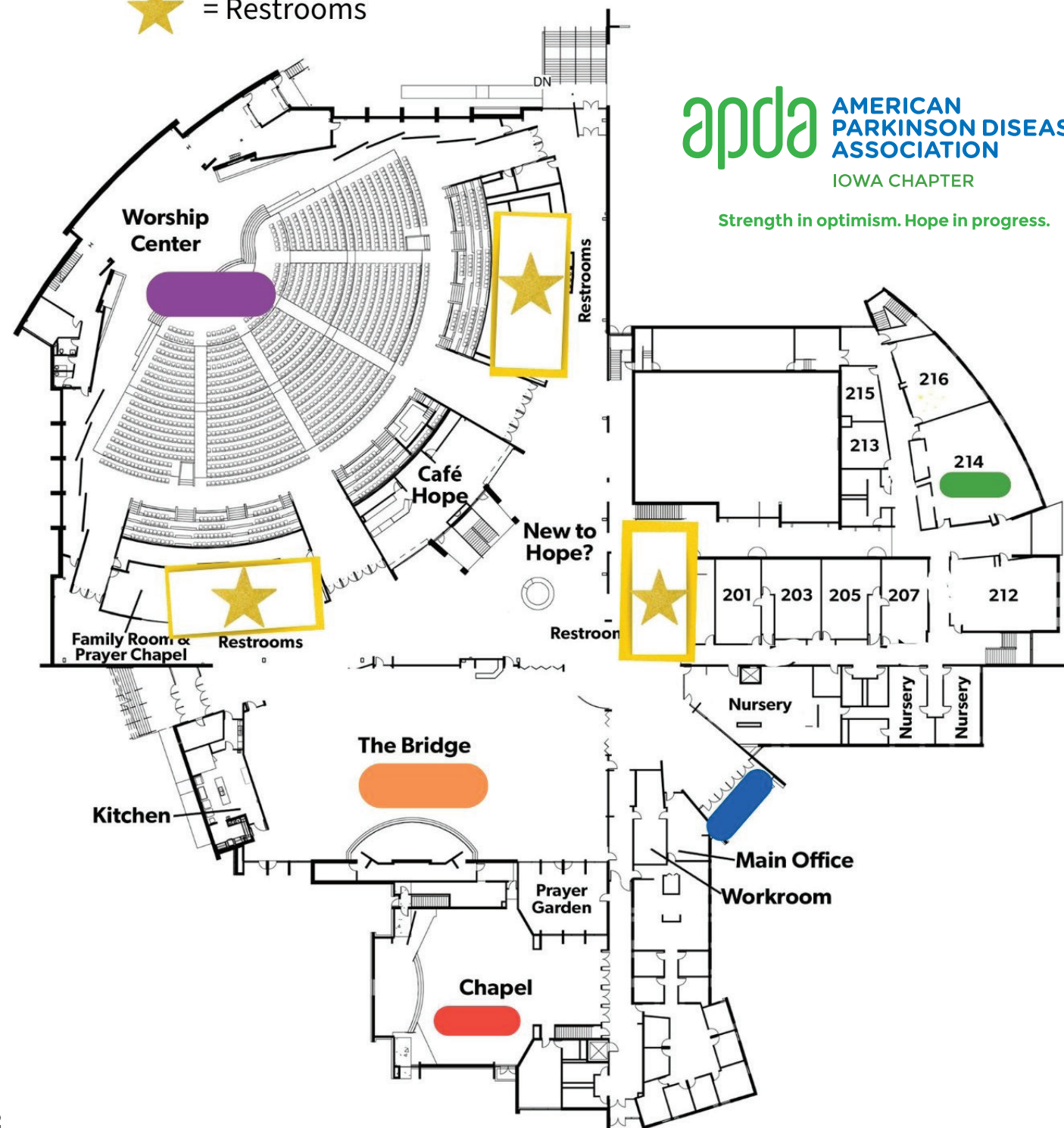
Strength in optimism. Hope in progress.



# MAP: Lutheran Church of Hope

- = Main Entrance
- = Room 214
- = Chapel
- = Worship Center
- = The Bridge
- = Restrooms

- For any questions, please find one of our wonderful volunteers in a bright green shirt



## Thank You!

A special thank you goes to Lutheran Church of Hope for hosting this conference. The conference planning committee this year includes, Natasha Winterbottom, Susan Callison, Kay Arvidson, Bob and Victoria Miller, Kris Meldrum, Becky Montgomery, Dee Simmons, and Karen Halder, IT volunteer Benton Maas and Volunteer Coordinator, Marcy Ostrander.

We couldn't do this without you! We are so grateful for the strength and compassion of the Parkinson's community of Iowa and your attendance. Thank you for your continued support of Iowa events and programs.

## About the APDA Iowa Chapter

The APDA Iowa Chapter works tirelessly every day to support and empower those in our community who are impacted by Parkinson's disease (PD). We promote hope and optimism through innovative services, programs, education, and support, while also funding vital research. We are here to help you and your loved ones every step of the way.

### Services we provide:

- Educational programs and resources
- Support groups
- Exercise and wellness classes
- Information and referrals
- Financial support programs
- and much more

## APDA Board of Directors

- Jeff Raines, *President*
- Craig Haas, *Vice President*
- Kay Arvidson, *Vice President*
- Tom Hromatka, *Treasurer*
- Gail McGaughy, *Secretary*
- Board Members:** Connie Bever, Elizabeth Harden, Abby Harlacher, Jo Hromatka, Esada Lacovic, Aaron Lee, Brenton Maas, James Scott, Dee Simmons, Jennifer Voorhees
- Dr. Lynn Struck, *Medical Director*

## Connect with Us!

**Natasha Winterbottom**  
Fundraising and Event Manager  
(515) 782-3833  
email: nwinterbottom@apdaparkinson.org

**Susan Callison**  
Program Coordinator  
(515) 782-4386  
email: scallison@apdaparkinson.org

**Iowa Chapter APDA**  
PO Box 643, Ankeny, IA 50021  
(515) 782-4386  
website: apdaparkinson.org/iowa

## Ways to Donate

**ONLINE:** [apdaparkinson.org/iowa](https://apdaparkinson.org/iowa)

**MAIL:** make checks payable to APDA Iowa (American Parkinson's Disease Association), PO Box 643, Ankeny, IA 50021

**SCAN THIS QR CODE:**



## Volunteers

Dedicated and compassionate volunteers make this conference a reality. If you need any help throughout the day, please see one of our volunteers in lime green T-Shirts.

**Conference Raffle Table** - Please visit the raffle table in the atrium. All proceeds from the raffle benefit the Iowa Chapter of the American Parkinson Disease Association.

**Exhibitors** - All exhibitors and area vendors will be in the atrium of Lutheran Church of Hope.

- Aging Resources
  - Alzheimer’s Association
  - APDA Iowa Resources
  - Avion Pharmaceuticals
  - Central Iowa Early Onset Support Group
  - Disability Rights Iowa
  - Easter Seals
  - Expedition Wellness
  - Genesis Neuro Wellness
- Grand Living
  - Home Instead
  - Iowa Home Care
  - Iowa State University Outreach
  - Law Group of Iowa
  - MercyOne Health & Fitness
  - MercyOne Hospice
- Neptune Cremation Service
  - Nucara Home Medical Outreach
  - Nu Motion
  - On With Life
  - ProMedica
  - Senior Helpers
  - Speechology
  - St. Croix Hospice
- Total Healthworks
  - True Roots Chiropractic
  - Unity Point Health Neurology - Lakeview
  - Unity Point Health - Younker Rehabilitation
  - Veteran’s Affairs
  - Wesley Life at Home

**Contact Hours** - Des Moines Area Community College (IBN #22) has approved 4.5 contact hours. No partial contact hours will be given. Participants must attend all session times to receive continuing education credit. The fee for Contact hours is \$30 and is paid in advance. Please check in at the beginning of the day and check out at the end of the day to receive credit.

**Sponsors:**

**Platinum Level**



**Gold Level**



**Silver Level**



**Bronze Level**



**Specialty Sponsors**

Lunch: Acadia Pharmaceuticals

Snack: Tai Chi Iowa

Speaker Lounge: Letsch Law Firm

Hydration: UnityPoint Health

**Agenda**

- 8:00 - 9:00 a.m.**

**Registration Open and Light Breakfast Served (The Bridge)**
- 8:00 a.m. - 2:15 p.m.**

**Exhibits/Vendors (Atrium)**
- 8:00 a.m. - 4:00 p.m.**

**Quiet Room Available (ROOM 213)**

**WORSHIP CENTER**

- 9:00 - 9:10 a.m.**

**Welcome Remarks** – Jeff Raines, APDA Board President and Todd Magel, KCCI
- 9:10 - 9:20 a.m.**

**Warm-Up “Let’s Get Moving”** – Kris Meldrum, Genesis Neuro Wellness Program Lead
- 9:20 - 10:05 a.m.**

**Write a New Chapter in your PD Journey...And Make it an Inspiring One**  
Brenda Clark Hamilton, MA Ed. Fresh Coffee Professional Growth Programs
- 10:05 - 10:50 a.m.**

**Exercise - Medicine for Parkinson’s Disease and the Aging Brain** – David Zid, BA ACE APG, and Jackie Russell, RN BSN CNOR, Total HealthWorks
- 10:50 - 11:15 a.m.**

**Break / Exhibits / Vendors / Transition to Breakout Sessions**

**BREAKOUT SESSION 1**

- 11:15 - Noon**

  - **Total Healthworks Exercise Workshop** – David Zid, BA ACE APG, and Jackie Russell, RN, BSN CNOR, Total HealthWorks **(Chapel)**
  - **Unleashing the Power of Nutrition in Managing Parkinson’s** – Jessica Schroeder, RDN, LD, Expedition Wellness **(Bridge)**
  - **Finding Helpful Local Resources** – Valerie Stickel-Diehl RN MS MSN, MercyOne, and Kay Vanags BS, LVSW, Aging Resources of Central Iowa **(ROOM 214)**
  - **Sleep in Parkinson’s Disease and Related Disorders** – Stuart McCarter MD, Mayo Clinic **(Worship Center)**

- 12:00 - 1:00 p.m.**

**Lunch / Vendor / Exhibits** – Vendor Showcase Presentation
- 1:00 - 1:45 p.m.**

**Fusing the Virtual and Real-Worlds to Aid in the Diagnosis and Treatment of Parkinson’s Disease** – Jay L. Alberts Ph.D., Cleveland Clinic **(Worship Center)**
- 1:45 - 2:05 p.m.**

**Break / Exhibits / Vendors / Ice Cream**

**BREAKOUT SESSION 2**

- 2:05 - 2:50 p.m.**

  - **Deep Brain Stimulation, Is it right for me?** – Jeremy Greenlee MD, University of Iowa **(Worship Center)**
  - **Get Your Affairs in Order! Estate Planning After (and before) A Diagnosis** – Chris Johnston and Jason Yates Attorneys at Law, Law Group of Iowa **(Bridge)**
  - **Research at ISU; Stronger than Ever** – Elizabeth Stegemoller Ph.D., Iowa State University **(Chapel)**
  - **Early Onset Parkinson’s Unique Challenges** moderated by Karen Halder RN, UnityPoint Health, with panelists Patty Kumbera, RPh, Mischelle Denison, and Scott Kalway **(ROOM 214)**

- 2:50 - 3:00 p.m.**

**10-minute Break**
- 3:00 - 3:45 p.m.**

**Non-Motor Symptoms of Parkinson’s** – Lynn K. Struck, MD, UnityPoint Health – Des Moines
- 3:45 - 4:00 p.m.**

**Closing**

**Today’s Welcome and Warm Up**

**Jeff Raines**

Jeff is the president of the Iowa chapter of the American Parkinson Disease Association as well as the owner of Senior Helpers of Central Iowa; an in-home non-medical Care company that offers higher quality home care. He enjoys spending time with his family, his church family, helping in the community, and being outdoors doing almost anything.



**Todd Magel**

Todd is an Emmy award winning weekend anchor and reporter for KCCI 8 News. He joined the KCCI team in 1982. Todd is a Des Moines native. He graduated from Valley High School and attended Iowa State University, where he received a degree in journalism and political science.



**Kris Meldrum**

Kris is a Parkinson’s Wellness Coach, the Genesis Health Club’s Neuro Wellness Program Lead, an ACE Certified Senior Fitness Specialist, Fitness Instructor, and Parkinson’s Cycle Coach, Certified Rock Steady Head Coach, Certified Delay the Disease Instructor, Certified Madd Dog SPINNING Advanced Instructor, and has completed the APDA Parkinson’s Training for Fitness Professionals.





Keynote Program Descriptions

All Keynote presentations are in the Worship Center

**Write a New Chapter in Your PD Journey...And Make It an Inspiring One** - Brenda Clark Hamilton, MA Ed. Fresh Coffee Professional Growth Programs

According to APDA data, one million people are living with Parkinson’s disease and a new diagnosis of the disease is given every nine minutes. Once diagnosed, individuals and caregivers have choices to make, including to what extent they will continue to live as full of a life as possible. In this engaging, upbeat presentation, Brenda will focus on strategies for managing the changes that come with a PD diagnosis with wisdom, positivity, and resilience. Participants will be inspired to thoughtfully ‘write’ this new chapter in their lives...and to consciously make it an active, enriching, and inspiring one.

**Exercise – Medicine for Parkinson’s Disease and the Aging Brain** - Jackie Russell, RN, BSN, CNOR, ACE and David Zid, BA, ACE, APG, Total HealthWorks. Co-Founders OhioHealth Delay the Disease

Join David Zid, BA ACE APG and Jackie Russell, RN BSN CNOR - Co-Founders of their new neurofitness platform, Total HealthWorks, for this interactive and energy-filled presentation. Find out how exercise can rewire the brain, promote wellness, and may positively impact neurologic diseases including Parkinson’s Disease and progression of other age-related changes in the brain.

**Fusing the Virtual and Real-worlds to Aid in the Diagnosis and Treatment of Parkinson’s Disease** - Jay Alberts, Ph.D. Vice Chair of Innovations, Cleveland Clinic, Founder Pedaling for Parkinson's

Cleveland Clinic neurological researchers have received a \$2 million grant to study a common symptom of Parkinson’s disease called freezing of gait (FOG), which is currently untreatable. The study is led in part by Jay Alberts, PhD, Department of Biomedical Engineering.

Freezing of gait prevents PD patients from initiating movement, thereby “freezing” them in place. Since FOG usually occurs while individuals with PD are performing activities of daily living, it is rarely observed in a clinical environment. Hear Dr. Alberts discuss the design of a virtual reality study to recreate these situations and identify the brain activity leading up to FOG events and, ultimately, developing an effective treatment

**Non-Motor Symptoms of PD** - Lynn Struck, MD, Neurology Movement Specialist, UnityPoint Health, APDA Iowa Medical Director

Parkinson’s disease (PD) is generally thought of as a disease that only involves movement. But in addition to motor symptoms such as slowness of movement, tremor, stiffness and postural instability, most people develop other health problems related to Parkinson's. These symptoms are diverse and collectively known as non-motor symptoms.

While family and friends may not be able to see these symptoms, it is important to realize that non-motor symptoms are common and can be more troublesome and disabling than motor symptoms. Dr. Struck will discuss possible non-motor symptoms that can occur in Parkinson’s disease and treatment options.

NOTES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Breakout Session 1: Descriptions

**Sleep in Parkinson’s Disease and Related Disorders** - Stuart McCarter, MD, Mayo Clinic (Worship Center)

Sleep dysfunction is common in patient with Parkinson’s disease and similar disorders, leading to worsening of quality of life for both patients and their caregivers. We will review common sleep disturbances seen in patients with Parkinson’s disease and both pharmacologic and non-pharmacologic strategies to address these sleep issues.

**Total HealthWorks Exercise Workshop** - David Zid, BA, ACE, APG and Jackie Russell, RN, BSN, CNOR - Total HealthWorks (Chapel)

Join David and Jackie for the opportunity to actively participate in this interactive and energy-filled workshop.

**Unleashing the Power of Nutrition in Managing Parkinson’s** - Jessica Schroeder, RDN LD, Expedition Wellness (Bridge)

While no food or combination of foods have been proven to help in Parkinson's Disease, foods may be able to help ease symptoms. Let's Unleash the Power of Nutrition in Managing Parkinsons by learning why food is important, what type of foods should be chosen more often, and how to execute and apply these foods to daily life while managing symptoms of Parkinson's Disease.

**Finding Helpful Local Resources** - Valerie Stickel-Diehl, RN, MS, MSN, MercyOne; and Kay Vanags, BS, LBSW, Aging Resources of Central Iowa (Room 214)

When you are dealing with PD it's important to not only find the treatment and education to best manage symptoms but to also find helpful programs, services, and resources to manage the unique challenges along the journey, Kay and Valerie have a wealth of experience providing information about local resources to help lowans live well and safe in the midst of health and well-being challenges.

Breakout Session 2: Descriptions

**Deep Brain Stimulation - Is it Right for Me?** - Jeremy Greenlee, MD, University of Iowa Hospitals (Worship Center)

Dr. Greenlee will discuss DBS surgery: how it works, who are the best candidates for this type of surgery, and the pros and cons of the effectiveness of DBS. DBS is the most frequently performed surgery to treat Parkinson’s symptoms, but not everyone with Parkinson’s qualifies for this surgery. There are many factors to consider before deciding to pursue DBS surgery. This session is for those who are considering DBS or for those who are curious about the process. Dr. Greenlee will provide information in regard to how one becomes a candidate and the path towards undergoing the procedure.

**Early Onset Parkinson's Unique Challenges** - Karen Halder, RN, Moderator Panelists - Patty Kumbera, RPh and Advocate, Mischelle Denison and Scott Kalway, Persons Living with PD (Room 214)

When someone receives a diagnosis of young onset Parkinson’s disease, they will experience unique life circumstances. While the symptoms of the disease are mostly the same at whatever age it develops, managing the disease can be particularly challenging for younger people and their families from a medical, psychological, and social standpoint. Join us to learn some strategies and resources from our panel.

**Get Your Affairs in Order! Estate Planning After (and before) A Diagnosis** - Chris Johnson and Jason Yates, Attorneys at Law, Law Group of Iowa (Bridge)

An overview of estate planning options and techniques with an emphasis on strategies that provide benefits during the lifetime of the planner, highlighting methods of asset management during times of incapacity and the impacts of incomplete plans.

**Research at ISU; Stronger than Ever** - Elizabeth Stegemoller, PhD., Iowa State University College of Human Sciences (Chapel)

Parkinson’s disease affects an area of the brain that controls movement. While music and other forms of art are gaining recognition for their potential to improve health outcomes, it’s important to understand exactly how these therapies affect the human system. Using music therapy in research can address how people with Parkinson’s disease move, their stress level, their bonding and social experiences, depression, and anxiety. The research results will lay the groundwork for designing treatments that have the most impact on improving the overall health of people with Parkinson’s disease. Join this session to understand how Dr. Stegemoller’s research project will get science closer to understanding why music is a powerful tool for health and healing.

Keynote Speaker Profiles



Jay Alberts, Ph.D.

Jay L. Alberts, Ph.D., is the Vice Chair of Innovations within the Neurological Institute, holder of the “Edward F. and Barbara A. Bell Family Endowed Chair,” and Staff member within the Department of Biomedical Engineering. He holds an appointment in the Department of Biomedical Engineering at Case Western Reserve University. Prior to joining the Cleveland Clinic, Dr. Alberts was a Professor in the Department of Applied Physiology at Georgia Institute of Technology. Dr. Alberts research is focused on understanding the effects of neurological disease or injury on motor and cognitive function and developing disease-specific interventions to improve motor and cognitive performance. He has worked extensively in the development of exercise programs for individuals with Parkinson’s disease. He founded *Pedaling for Parkinson’s* and has worked to establish more the 125 *Pedaling for Parkinson’s* programs across the North America, primarily in YMCAs and community centers. He was presented with an Alumni Achievement Award from Iowa State University in 2011 for his translational research related to Parkinson’s disease and exercise. In 2013, he earned the Sones Innovation Award at the Cleveland Clinic.

Parkinson’s disease treatment team at the University of Iowa which includes neurologists with special training in Parkinson’s, neuropsychologists, nurses, neuroanesthesiologists, and therapists.



Brenda Clark Hamilton

Brenda Clark Hamilton is a dynamic keynote speaker who offers fresh perspectives in leadership, communication, change management, and offering one’s personal best to life, relationships, and career. Brenda is a nationally-recognized conference speaker and audience favorite, keynoting at hundreds of events in twenty-four states.

Audiences are quick to note Brenda’s sense of humor, in-depth knowledge, high energy, and skill at keeping them engaged. She refers to her programs as ‘Fresh Coffee,’ noting that she strives to keep them new, fresh, and invigorating.



Jackie Russell, RN, BSN, CNOR, ACE

In her 35-year career as a nurse, Jackie Russell boasts a dedicated interest in the treatment of those fighting dementia, Parkinson’s and soon MS. She is a graduate of Ohio State University and has been employed in a variety of surgical nursing specialties (neurologic, orthopaedic, cardiac, and oculoplastic surgery). Jackie is credentialed with the American Council on Exercise (ACE) as a certified personal trainer. Along with David Zid, she is the CoFounder of Total HealthWorks, an online neurofitness platform and CoFounder of the Parkinson’s program, Ohio Health Delay the Disease™.



Lynn Struck, MD

Dr. Struck, Neurologist and Movement Disorders Specialist, is on staff with Unity Point Health Physicians, in West Des Moines. She is a leading expert in movement disorders in Iowa. She completed a fellowship in Movement Disorders & Botulinum Toxin Infections and is board certified from the American Board of Psychiatry and Neurology. Dr. Struck has focused her career on advances in treatment of her many patients with Parkinson’s disease and ongoing research to find better treatments and, ultimately, a cure. In addition to her research and written articles, she has made presentations to support groups, medical professional groups, and conferences on a variety of topics related to Parkinson’s Disease. Dr. Struck is also the Medical Director for the Iowa Chapter of the American Parkinson Disease Association.



David Zid, BA, ACE, APG

David Zid, a graduate of Ohio State University, has been a professional fitness instructor in Columbus, Ohio since 1997. Certified through ACE and APG as a personal and functional fitness trainer, he is the owner and president of Total HealthWorks, a personal training company that he launched in 1999. He developed a special interest in the older adult, the Parkinson’s client and now those with dementia. He is the CoFounder of Total HealthWorks, an online neurofitness platform, and CoFounder of the PD program, Ohio Health Delay the Disease™. Total Healthworks platform targets the individual with Parkinson’s, Alzheimer’s, the Aging Brain and soon MS. This platform offers live virtual/ Zoom classes, in person group exercise, and individual training.

Breakout Session 1 Speaker Profiles



Stuart McCarter, MD

Dr. Stuart McCarter is an Assistant Professor of Neurology and current Sleep Medicine Fellow at Mayo Clinic in Rochester, MN where he treats patients with a wide variety of sleep disorders. He received his MD from the University of Minnesota and completed Neurology Residency at the Mayo Clinic. Dr. McCarter has been researching REM sleep behavior disorder for the last 10 years and his research interests include the relationship between sleep and neurodegenerative disorders such as Parkinson’s disease and dementia with Lewy bodies.

Jackie Russell, RN, BSN, CNOR, ACE & David Zid, BA ACE APG (please reference keynote speaker profiles on the previous page)



Jessica Schroeder

Jessica is the Owner and CEO of Expedition Wellness, a local nutrition consulting business that improves the health of our clients by providing personalized nutrition plans, lifestyle coaching and an accountability partnership to reach their wellness goals effectively and efficiently. Established in 2019, Expedition Wellness has quickly grown to locations in West Des Moines, Ankeny, and West Liberty. Outside of owning a thriving business, Jessica is a mother of two, and is an avid marathon runner, world traveler, and outdoors woman always looking for her next adventure.



Valerie Stickel-Diehl, RN

Valerie has been an RN at MercyOne for 40 years. The past 23 years she has provided patients and families with education, symptom management strategies and resources to help live well and safe. The past 15 years, Valerie and MercyOne Riverside PT/OT team have co-facilitated a PD support/education group. She is also certified to teach classes for Delay the Disease and promotes all specific PD exercise in Iowa.



Kay Vanags

Kay Vanags is the Director of the LifeLong Links’ staff that consists of Family Caregiver Specialists, Information & Assistance Specialists and the Elder Abuse Prevention and Awareness Specialists at Aging Resources of Central Iowa. LifeLong Links is Iowa’s Aging and Disability Resource Center. She is also a Licensed Bachelor of Social Work, a Certified Information and Assistance Specialist, received a Certificate on Aging from Boston University and is a certified mediator of elder issues. Kay became interested in working in the aging field while providing cares for her aging in-laws. She started her eldercare career at Employee and Family Resources (Efr) where she worked with older adults who were deaf. She went on to develop Efr’s Family Caregiving Program which served the caregiving employees of national companies such as Pioneer, EMC, and Principal Financial. Kay continues to learn and lead the staff at Aging Resources toward working with adults with disabilities and their caregivers.

NOTES: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

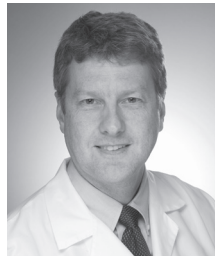
\_\_\_\_\_



## Breakout Session 2 Speaker Profiles

## Mischelle Denison

Mischelle and her husband, Jeff, are lifelong residents of Des Moines. At age 56, she was diagnosed with Early Onset Parkinson's Disease and placed on multiple medications to manage her symptoms. Two years later, Mischelle underwent Deep Brain Stimulation (DBS) surgery to enable better control of her symptoms and reduce the amount of medication needed. For over 40 years Mischelle has worked in the healthcare field. She currently serves as Senior Vice President of Business Development and Sales Operations for Tabula Rasa Healthcare.



**Jeremy Greenlee, MD**

Dr. Greenlee is a Neurosurgeon and Professor of Neurosurgery at the University of Iowa Carver College of Medicine and has been practicing for 21 years. He has been named to 'Best Doctors in America' and has received the Leonard Tow Humanism Award. He also received the Presidential Early Career Award for Scientists and Engineers.

Dr. Greenlee has special expertise in the surgical treatment of Parkinson's disease using Deep Brain Stimulation (DBS). Dr. Greenlee has implanted over 400 DBS systems since he began his practice in 2005. He has special interest in understanding the effects of Parkinson's disease and its treatment on speech and conducts research to study the brain mechanisms involved. Dr. Greenlee is part of a multi-disciplinary Parkinson's disease treatment team at the University of Iowa which includes neurologists with special training in Parkinson's, neuropsychologists, nurses, neuroanesthesiologists, and therapists.

**Karen Halder, RN**

Karen has been the Clinical RN for Dr. Lynn Struck, Movement Specialist for over 30 years. She provides education and referral to local resources to people with Parkinson's and other neurological disorders.



## Chris Johnson

Attorney Chris Johnston, now in his 21st year of practicing law, is the owner of Law Group of Iowa where he focuses on estate planning, elder law, and trial work. Chris has been named Up and Coming Attorney of the Year. He holds the Civil Trial Specialist certification, and, most recently, was named on outstanding alumni of DMACC.

## Scott Kalway

Scott was diagnosed with Parkinson's in 2005 and has since then tried numerous medications and started Carbidopa/Levodopa in 2018. He had DBS surgery in Dec 2019. Scott has balance issues but still takes walks with his wife, bicycles, and drives. He does everything he did prior to the diagnosis, only a little bit slower.

## Patty Kumbera

Patty works professionally as a pharmacist and willingly serves as a Care Partner and friend to Mischelle Dennison on this PD journey. She is the "extra set of ears at neuro appointments," is a voracious note taker and being a pharmacist is helpful understanding medication and treatments. Patty brings a unique perspective and great strategies to living Well with Parkinson's.



**Elizabeth Stegemoller, PhD.**

Dr. Stegemöller earned her bachelor's degrees in Music Therapy and Biology with a minor in Chemistry from the University of Missouri - Kansas City. Following her degrees, she worked as a clinical music therapist before returning to graduate school earning

her doctoral degree in Neuroscience at Northwestern University. Dr. Stegemöller completed a postdoctoral fellowship in the Department of Neurology and Department of Applied Physiology and Kinesiology at the University of Florida. She joined Iowa State University in 2013 and is an Associate Professor in the Department of Kinesiology and is the Director of the Graduate Program in Neuroscience. Dr. Stegemöller's main research focus is to understand the neurophysiology associated with the therapeutic effect of music in persons with Parkinson's disease (PD).



## Jason Yates

Attorney Jason Yates leads the estate planning & elder law practice at Law Group of Iowa. Jason is a member of Elder Counsel, Wealth Counsel, and is a VA certified estate planner.

## NOTES

## NOTES

## NOTES

## NOTES

## NOTES



## NOTES

## NOTES

## NOTES

*Thank You*  
Bob and Victoria Miller



APDA Iowa wishes to extend its appreciation to Bob and Victoria Miller for their many years of service on the Board of Directors. Victoria, a person living well with Parkinson's, served on the Board for 8 years. Bob served as APDA Iowa President for 6 of his 8 years on the Board. Together they helped expand APDA Iowa to reach every county in the State, and built resources for Support Groups, Exercise Programs, and people living with Parkinson's and their caregivers.

If you see Bob or Victoria at the conference today, please say hello.