

To help us determine room sizes for breakout sessions, please check your top choice for each session:

Breakout Session 1:

- ❑ Motor and Nonmotor Symptoms and Treatment Strategies of Each - Alex Eischeid, MD, Movement Specialist, MercyOne Neurology
- ❑ Medicare and You, Making the Most of your Benefits - Ann Goodman, Shiip Counselor
- ❑ Staying Motivated on your Fitness Journey - Javier Tuel, BS, ISSA Certified Personal Trainer, Tuelshed Training
- ❑ The Nuts, Bolts and History of Focused Ultrasound for Parkinson’s Disease Tremor - Travis Tierney, MD, PhD, Staff Neurosurgeon, St. Mary’s Hospital, Nebraska City, Nebraska
- ❑ Building your Healthcare Team - Gail McGaughy, MPT, C/NDT, CLT, CBIS, Physical therapist and Tammy Miller, COTA/L, MHS, CBIST, CCM, Dir. Outpatient Services, On With Life

Breakout Session 2:

- ❑ Deep Brain Stimulation, Is it right for me? - Jeremy Greenlee, MD, University of Iowa Hospitals & Clinics
- ❑ Managing your Mental Health and the Variations in Advancing Parkinson’s Disease - Dianne Alber, PhD
- ❑ Navigating Disability Rights and PD in the Workplace - Cynthia P.Letsch, J.D.
- ❑ PD and Strategies to Live Well - Valerie Stickel-Diehl, RN, MS, MSCN
- ❑ Management of Swallowing Disorders in PD - Jennifer Scharn, M.A. CCC-SLP and Jodie Roesler, M.A., CCC-SLP, Management of Swallowing Disorders in PD

Mail registration form to:

APDA Iowa
PO Box 643, Ankeny Iowa, 50021

OR register online at:
apdaparkinson.org/iowa

Location

Lutheran Church of Hope
925 Jordan Creek Parkway
West Des Moines, Iowa 50266

Questions

Susan Callison: (515) 782-4386
Natasha Winterbottom: (515) 782-3833

Parking

Parking at the Lutheran Church of Hope is free. Greeters will be available at the circle drive for anyone needing assistance or needing to be dropped off. Golf cart shuttle will be available. The facility is wheelchair accessible.

Exhibits and Vendors

Several exhibits and vendors will be on display beginning at registration through the afternoon break.

Lunch and Breaks

A box lunch will be available to attendees registered by June 9, 2023. Attendees with special dietary needs should specify this on the registration form. Coffee, tea and water will be available all day. Light Breakfast and afternoon snack also included. Registration after June 9, 2023, is available, however may not guarantee lunch availability.



Strength in optimism. Hope in progress.

American Parkinson Disease Association
Iowa Chapter
PO Box 643
Ankeny Iowa, 50021

2023
Annual APDA Iowa
Parkinson’s Conference
**Boldly
Living
with PD!**

Friday, June 16, 2023
9 a.m. to 4 p.m.
Registration starts at 8 a.m.

Lutheran Church of Hope
925 Jordan Creek Parkway
West Des Moines, Iowa 50266



Strength in optimism. Hope in progress.

AGENDA/TOPICS

8 – 9 a.m. – **Registration Open/Light Breakfast Served - The Bridge**

8 a.m. – 2:20 p.m. – **Exhibits/Vendors - Atrium**

WORSHIP CENTER:

9 – 9:10 a.m. – **Welcome** – Todd Magel

9:10 – 9:20 a.m.
Warm-Up “Choose your Move” – Becky Robel,
Tai Chi Iowa

9:20 – 10:05 a.m.
Get Out and Go – Linda K. Olson, MD, FACR,
Motivational Speaker, Author, Triple Amputee

10:10 – 10:15 a.m. – **5-minute Move Break - LSVT Big demo**

10:15 – 10:50 a.m.
Moving Along to New Horizons in Parkinson Research-
exercise, balance, and vision – Aasef Shaikh, MD, PhD,
Penni and Stephen Weinberg, Chair in Brain Health and
Vice Chair for Research, Dept. of Neurology, Cleveland
Medical Center

10:55 – 11:20 a.m. – **Break / Exhibits / Vendors**

11:20 – 12:05 p.m. – **Breakout Session 1** –
Worship Center, Chapel, and Breakout Rooms

- **Motor and Nonmotor Symptoms and Treatment Strategies of Each** – Alex Eischeid, MD, Movement Specialist, MercyOne Neurology
- **Medicare and You, Making the Most of your Benefits** – Ann Goodman, Shiip Counselor
- **Staying Motivated on your Fitness Journey** – Javier Tuel, BS, ISSA Certified Personal Trainer, Tuelshed Training
- **The Nuts, Bolts and History of Focused Ultrasound for Parkinson’s Disease Tremor** – Travis Tierney, MD, PhD, Staff Neurosurgeon, St. Mary’s Hospital, Nebraska City, Nebraska
- **Building your Healthcare Team** – Gail McGaughy, MPT, C/NDT, CLT, CBIS, Physical therapist and Tammy Miller, COTA/L, MHS, CBIST, CCM, Dir. Outpatient Services, On With Life

12:05 – 1:05 p.m. – **Lunch / Vendor / Exhibits** – Vendor
Showcase Presentation, the Bridge

1:05 – 1:50 p.m. – **Breakout Session 2** –

Worship Center, Chapel, and Breakout Rooms

- **Deep Brain Stimulation, Is it right for me?** – Jeremy Greenlee, MD, University of Iowa Hospitals & Clinics
- **Managing your Mental Health and the Variations in Advancing Parkinson’s Disease** – Dianne Alber, PhD
- **Navigating Disability Rights and PD in the Workplace** – Cynthia P.Letsch, J.D.
- **PD and Strategies to Live Well** – Valerie Stickel-Diehl, RN, MS, MSCN
- **Management of Swallowing Disorders in PD** – Jennifer Scharn, M.A., CCC-SLP and Jodie Roesler, M.A., CCC-SLP

1:50 – 2:20 p.m. – **Break / Exhibits / Vendors**

2:20 – 2:55 p.m.

Psychiatry Management in Parkinson’s Disease –
Leonard S. Richards, DO, Psychiatrist, UnityPoint Health

2:55 – 3 p.m. – **5-minute Move Break - ISU Outreach, Yoga**

3 – 3:45 p.m.

PD and Managing Medical Emergency, Urgent Care,
ER, or Hospitalization – Lynn Struck, MD, UnityPoint Health

3:45 – 4 p.m. – **Closing Thank You for Coming!** – Todd Magel

PURPOSE

This annual conference is essential to provide education and referral to resources to Iowans impacted with Parkinson’s disease. People living with PD and their care partners, family and friends come together to learn and connect for support.

OBJECTIVES

- Identify strategies for medical and mental health management of Parkinson’s disease.
- Identify and promote movement and surgical therapies to manage Parkinson’s symptoms.
- Explain Parkinson’s disease and therapies.

Contact Hours:

Contact hours available through DMACC. 4.3 nursing contact hours.

Certificates will be handed out to participants by DMACC, IBON Provider #22 after the last session. The cost of Contact Hours is \$30 in addition to conference registration. Target audience includes nurses and other health care professionals involved in the treatment of Parkinson’s disease.

- It is the licensee’s responsibility to determine if the continuing education programs that attend meet the requirements of their professional licensure board.
- No Refunds will be available unless the event is canceled.
- Check in at the beginning of the conference and check out at the end of the conference required to receive contact hours.

Registration Details:

- Pre-registration is necessary for us to properly plan for handouts, lunches, and other supplies. Register by June 9, 2023. (Registration after June 9 is available however will not guarantee lunch included)
- Register with mail-in form or online at apdaparkinson.org/iowa
- Individual registration includes access to exhibits, meals, and online links to handouts.
- No Refunds will be available unless the event is canceled.
- Pay with check or money order and send with brochure form. Make payable to “APDA Iowa.” Credit Card payment is available with online registration.

Breakout Sessions Options:

Please check your top choice for both breakout sessions on the back of the registration form. This information is only to help us determine the room size needed. We will try to accommodate as many as possible per session. For more in-depth descriptions of sessions, visit apdaparkinson.org/iowa

Register using this form OR online at:
apdaparkinson.org/iowa

Registration Form

Attendee (Please print)

First and Last Name

Address

City/State/Zip

Phone

Email

Care Partner (Please print)

First and Last Name

Address

City/State/Zip

Phone

Email

Registration:

- ☐ Individual, \$15
- ☐ Individual and Care Partner, \$25
- ☐ Healthcare Professionals Admission (Individual Admission plus Contact Hours) \$45

Lunch: (check below if dietary needs)

- ☐ Gluten-Free
- ☐ Vegetarian
- ☐ Other _____

Other Assistance Required (examples: audio, visual, mobility, etc., please be specific)

☐ Specify: _____

(Continued on back)

Registration Deadline: June 9, 2023

(Registration after June 9
may not include lunch)