

2024 IOWA PARKINSON'S CONFERENCE



Speaker Bios

Kay's Arvidson's career has focused on leading change. Her background includes project management, business analysis, training, website development, and marketing eCommerce applications for state and local governments. She has also dedicated her time and skills to coaching individuals through career changes for more than 20 years. Kay earned a BA degree in psychology from the University of Iowa and received an MBA with a concentration in marketing from Georgia State University in Atlanta. She was diagnosed with Parkinson's disease in 2017.

The **Easterseals** Iowa Assistive Technology Program works with Iowans to learn about and access the assistive technology they need as part of their daily lives to learn, work, play, and participate in community life safely and independently. The Easterseals Iowa assistive technology team serves Iowans of all ages with all types of disabilities, including persons who are aging.

Sam Erwin is an art therapist and spiritual director. She is invited to classrooms, conferences, retreats and small groups as a speaker and facilitator. Sam presently is contracted with Broadlawn Medical Center, Iowa Lutheran Hospital and Stoddard Cancer Center for inpatient, outpatient, and substance abuse art therapy. Sam also has a personal connection with Parkinson Disease as she presented and advocated in the past at local, state, and federal level for research, information, and resources.

Ashley Forrester serves as both the trainer and program coordinator, overseeing a team of trainers and collaborating on new class start-ups. She ensures that all trainers adhere to Live 2 B Healthy® standards, providing education and confirmation of compliance. Ashley actively fosters relationships within senior communities, both established and emerging, while also offering valuable support within the senior space.

Lyle Gibson has been an athlete all his life. His background includes coaching sports and teaching Physical Education and is a retired HR and Safety Director. Lyle has a BS in Physical Education, is a Parkinson's Advocate, and has written 3 books. Lyle uses his life

stories, sports experiences, professional training, and his sense of humor, to emphasize the importance of movement and exercise in living your best life with Parkinson's. He encourages people with tips on how to begin exercising, increase their exercise, and vary their exercise.

Dr. Jeremy Greenlee, MD, is a Neurosurgeon and Professor of Neurosurgery at the University of Iowa Carver College of Medicine and has been practicing for 21 years. He graduated from Indiana University School of Medicine in 1998 and specializes in Neurosurgery.

Elizabeth Harden received her bachelor's degree from University of Arizona in 1986. She graduated from Mayo School of Health-Related Sciences with a certificate in Physical Therapy in 1988 followed by a Doctor of Physical Therapy from Des Moines University in 2006. She has worked at MercyOne Riverside Rehab for almost 34 years in outpatient therapy. Her primary areas of specialty are Parkinson's disease, vestibular dysfunctions and patients with gait and balance disorders. She received her certification in LSVT BIG in 2015. She lives with her husband and has three children and three grandsons.

Lily Jorgenson is a Doctor of Physical Therapy specializing in pelvic health, dry needling, and neurorehabilitation. Since graduating from Des Moines University, she has been dedicated to educating and serving those with pelvic health needs within the community.

Dr. Kevin Klos, Movement Disorder Specialist and founder of the Movement Disorder Clinic of Oklahoma, oversees a large clinical practice in Tulsa caring for over 2000 individuals with Parkinson's disease. His practice includes medical management of symptoms, management of infusion pumps and deep brain stimulation therapy. He is a principal investigator for international research studies in PD designed to find new therapeutics for disease modification and symptomatic relief. He is also the author of "You are a Better Parkinson's Disease Caregiver than You Think" and is set to release, "What I Need from You" in Spring 2024. Dr. Klos is an international speaker on research advances in Parkinson's and caregiving for loved ones with PD, as well as host of a podcast for caregivers. After firsthand experience caring for his mother, Judy, who battled Parkinson's for over a decade, Dr. Klos has made it his mission to bring better treatment solutions to those living with PD and to equip care-partners and caregivers to better care for their loved ones. He loves spending time with his wife of 24 years, four daughters, and three sons, and enjoys coaching and playing basketball.

Dr. Matthew Korte graduated from Drake university in 2013 and has worked for Walgreens since 2010. Dr. Korte joined the specialty pharmacy in 2020, where he works with Parkinson's patients across Iowa and Minnesota.

Esada Lakovic, OTR/L practices at UnityPoint Health Physical Therapy and Rehabilitation Services, West Des Moines Iowa. Esada graduated from the University of North Dakota

School of Medicine and Health Sciences and completed her internship at Regions Hospital Inpatient Acute Rehabilitation, St. Paul MN

Sydney Marshman is the founder and occupational therapist with Happy at Home Consulting, based in Des Moines, Iowa. Happy at Home Consulting formed in 2020 to serve adults wishing to live well at home. The organization provides in-home outpatient therapy services to adults across Iowa. Services include physical, occupational, and speech therapy in addition to consultative services. Happy at Home Consulting partners with organizations to facilitate fall prevention initiatives and evidence-based programs. Sydney is the current president of the Iowa Occupational Therapy Association. She received her Doctor of Occupational Therapy from Drake University and undergraduate degree in community and Public Health from Iowa State University.

Gail McGaughy has been a Physical Therapist for 25 years with emphasis and specialty in neurological disorders. Gail worked in Inpatient Rehab for 15 years and Outpatient Neuro Rehab at On With Life since 2012 where she currently serves as the Clinical Team Lead. As a certified LSVT BIG provider and member of the Parkinson's Committee at On With Life, Gail has a keen interest in the treatment of Parkinson's through the lifespan from early diagnosis to end stage Parkinson's. Gail and staff have committed their time, energy, and efforts to be the provider of choice for persons with PD and their care-partners. Gail is the Secretary on the Board of Directors for Iowa Chapter of APDA. Gail is also certified in Neuro-Developmental Treatment (NDT), Lymphedema Treatment (CLT) and Certified Brain Injury Specialist (CBIS). Gail has also provided various lectures and CEU opportunities in NDT for Adult Hemiplegia in IA, IL, and WI.

Tammy Miller has worked at On With Life for 19 years and is entering her 25th year as a Certified Occupational Therapy Assistant. While at On With Life, Tammy has had the opportunity to work in the inpatient rehabilitation program as a certified occupational therapy assistant, in the case management department as the admission coordinator and is currently heading the outpatient program as the director of outpatient services. She has additional certifications as a Certified Brain Injury Specialist and Certified Case Manager. She has served on the APDA-Iowa Board of Directors and is a CARF surveyor.

Kelsey Paul-Charlson, is an accomplished Speech Language Pathologist and Certified Dementia Practitioner with expertise in acquired and progressive neurological disorders in adults and geriatrics, with an interest in neuro-rehabilitation, dysphagia, AAC, respiration, dementia support, person-centered cognitive training, motor speech, and functional language therapy. In addition to her qualifications, Kelsey is certified in SPEAK OUT! (R) from Parkinson's Voice Project. She has received additional trainings in dysphagia treatment and manual therapy for voice and swallowing disorders. She excels at working closely with clients, care partners, and fellow health professionals to deliver optimal care. Kelsey holds a Master of Science (M.S.) in Speech-Language Pathology from the

University of Central Oklahoma. She is the Owner and Speech Pathologist for Iowa Speech Solutions, PLLC in Johnston, Iowa.

Aaron Peterson is an 18-year veteran in the health insurance industry and the head of AKP Health Insurance. After graduating from UNI, Aaron spent time working for a non-profit in Kansas City before returning to Des Moines where he was voted “Best Local Insurance Agent” in CITYVIEW’s annual Best Of Des Moines poll. He strives to provide a no-nonsense and simplified approach to help demystify the complexities of health insurance and successfully guide people to the best health insurance companies and the right policy that suits their lifestyle. Aaron now lives in West Des Moines with his wife, Meleah, and their two sons.

Ashley Phelps is a dedicated fitness professional with a passion for enhancing the lives of aging adults. As the proud franchise owner of Live 2 B Healthy® Ashley focuses her efforts on promoting senior wellness and fall prevention longevity. Specializing in working with individuals diagnosed with Parkinson’s, Dementia, and traumatic brain injury, Ashley is committed to improving the quality of life for her clients. Her expertise lies in core strengthening and adaptive functional movement, empowering individuals to overcome physical limitations and personal obstacles. Ashley’s holistic approach to senior health encompasses everyone's unique journey towards wellness. Her dedication to client success is evident in every session, as she works tirelessly to create a supportive and empowering environment for her clients.

Dr. Leonard Richards is a Psychiatry Specialist in Des Moines, IA and has over 30 years of experience in the medical field. Dr. Richards has more experience with Psychotic Disorders than other specialists in his area. He graduated from Des Moines University College of Osteopathic Medicine medical school in 1991. He is currently affiliated with UnityPoint Health.

Dr. Elizabeth Stegemöller, music therapist and neuroscientist, joined Iowa State University in 2013 and is an Associate Professor in the Department of Kinesiology and the Director of the Graduate Program in Neuroscience. Dr. Stegemöller’s research focus is to understand the neurophysiology associated with the therapeutic effect of music in persons with Parkinson’s disease (PD). She has completed multiple funded projects examining the effects of singing in persons with PD and has over 60 publications in her career. In addition, Dr. Stegemöller offers several outreach programs for persons with PD, including weekly singing, dance, and boxing groups, as well as yearly events such as the PD Singing Festival. Dr. Stegemöller is very passionate about her work and hopes that through her research and outreach efforts, she can contribute to the development of new and innovative therapies involving music for persons with PD.

Dr. Lynn Struck is the Medical Director for the Iowa Chapter of the American Parkinson Disease Association. She completed a fellowship in Movement Disorders & Botulinum Toxin Infections and is board certified from the American Board of Psychiatry and Neurology. 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.