



AGENDA

(updated 10/10/2025)



Saturday Agenda 10/25

8:30am	Registration & Welcome Coffee ☕	
	General Session 1	Moderator: Jeremy Likness - Person Living with YOPD
9:30am	Living Well with YOPD	Ray Dorsey, MD, MBA - Atria Health Larry Gifford - PD Avengers Sara Whittingham - PwP
10:30am	You, Me and YOPD: Let's Move Into Connection	Nate Coomer, PT, DPT, NCS - The Parkinson Fitness Project
10:45am	Morning Break & Individual Connections	
11:15am	Breakout Session Block 1	Speakers
	Creative Journaling for YOPD Care Partners	Rebecca Gifford, care partner
		Jason Aldred, MD FAAN - Selkirk Neurology Maria Marsans, MCMS, PA-C - Virginia Mason Medical Center
	DBS Considerations for YOPD	Ryder Gwinn, MD - EvergreenHealth Alan Brawley (Medtronic) Whitney Hanson (Boston) Brian Harris (soon to be a graduate)
	Continuing the Conversation with Ray Dorsey & Sara Whittingham	Ray Dorsey, MD, MBA - Atria Health Sara Whittingham, MD
	Harnessing Technology in Managing PD	Liz Fergula, MD - Synapticure Jennie Davis, DO - Maple Valley Movement Neurology Dustin Werner and Jeremy (panelists/moderators)
12:15pm	Lunch	
1:15pm	General Session 2	Liz Fergula, MD - Synapticure
	Mental Health, Cognition & Resilience in YOPD	Karen Torres, Psy. D, ABPP-CN - University of Washington Sam Evans, ND - Seattle Integrative Medicine Kat Hill, Person Living with YOPD Ken Hill, Care Partner Larry Gifford, Person living with YOPD Rebecca Gifford, care partner

NORTHWEST CHAPTER

130 Nickerson Street, Suite 300, Seattle WA 98109 | 206-695-2905 | www.apdaparkinson.org/Northwest



AGENDA

(updated 10/10/2025)



Saturday Agenda 10/25 Continued

2:45pm Breakout Session Block 2

Brains in Motion: Cognitive Fitness Session	Nate Coomer, PT, DPT, NCS - The Parkinson Fitness Project
Mindful Caregiving: Supporting Your Wellness with Meditation and Self-Care	Katie Freeman, MSW - APDA
Ask the Experts: Medication Management	Kimmy Su, MD, PhD & Dr. Anny Lin - University of Washington
Women in YOPD	Kat Hill, Person Living with YOPD Dr. Sam Evans, Seattle Integrative Medicine
Ask Me Anything: Life with YOPD	Various People with Living with YOPD Hiro Randy Devitt Sara Whittingham

3:45pm Afternoon Break

4:00pm	General Session 3 Tried True Novel New	Jason Aldred, MD FAAN - Selkirk Neurology Ray Dorsey, MD, MBA - Atria Health
--------	---	---

5:00pm Community Wrap up

5:30pm	Post-Conference Reset – Restorative Yoga	Peter Lynch, Yoga for PD
--------	--	--------------------------



AGENDA

(updated 10/10/2025)



Sunday Agenda 10/26

8:00am	Doors Open, coffee and light refreshments	
8:15am	Movement & Interaction Offerings (for the early birds)	Start at 8:30am - 9:15 A.M.P - fun high energy workout with France from the Parkinson Fitness Project Morning Yoga with Leah Mann Group Walk - Seattle Waterfront Guided Meditations with Katie Freeman
9:45am	General Session 4	Denelle Reilly, Macey-Cushman & Reilly, PLLC
	Financial & Legal Considerations	Roy Hsu, Evoke Financial Services Brian Harris, Person living with YOPD
10:45am	Breakout Session Block 3	
	Movement/Creative Activity	Tatakazome: Pounded Japanese Flower Prints
	Ask the Experts: Caregiving Over the Long Haul	Suzanne Cameron and Leanne King-Devitt, Moderator Katie Freeman
	DBS Considerations for YOPD	Kimmy Su, MD, PhD - University of Washington Jennie Davis, DO - Maple Valley Movement Neurology Ben Grannan, MD, University of Washington Dustin Werner (Boston) Rebecca Spitnas (medtronic) Carl Carter-Schwendler (Abbott) Randy Devitt (surgery in November)
	THE POWER OF WE: Building Your Community	Brian Harris, SEAYOPD Group Amy Lavallee, PDXYOPD Group Larry Gifford, PD Avengers
	Ask the Expert: Medication Management	Liz Fergula, MD - Synapticure
12:00pm	General Session 5	Laurie Mischley, ND, PhD. MPH - Seattle Integrative Medicine
	Impact of Nutrition on YOPD: A practical approach	Amy Lavallee, PDXYOPD Group
12:50pm	Lunch & Closing Remarks	
1:30pm	Event Concludes	

NORTHWEST CHAPTER

130 Nickerson Street, Suite 300, Seattle WA 98109 | 206-695-2905 | www.apdaparkinson.org/Northwest