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With the new day comes new strength  
and new thoughts.

~ Eleanor Roosevelt

Spring 2018  
PD  
Symposium

## *The Bold Side of Parkinson's*



Wednesday, April 18th

10am to 2:30pm

9:15am - Registration Begins

Xenia Community Center

1265 W. Second Street—next to GCCOA Office

There is no registration fee and a light lunch is included

Presented by the Greene County Council on Aging  
In partnership with the Parkinson's Foundation,  
Premier Clinical Neuroscience Institute, and Rehab at Home

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*This Symposium is for individuals with Parkinson's disease and their caregivers. The final schedule, topics, presenters and lunch menu are the result of input received from PD individuals participating in one or more of the PD classes and groups taking place in Greene County.*

*We are pleased to have the Parkinson's Foundation, Rehab at Home and Dr. Mary S. Feldman as our partners for this informative and interactive day and thank them for their support.*

*We are also pleased to have two of our knowledgeable and passionate movement instructors assisting with the program. They will make sure we practice what we preach by getting us to move with great purpose throughout the day!*

*Space is limited so sending, calling or e-mailing your registration as soon as you can and no later than the April 10th deadline is imperative. For those living in Greene County with transportation challenges, we will do our best to make the necessary arrangements.*

*We look forward to spending the day with you!*

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## **PD Symposium Registration Form**

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Name/s: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City Zip

Which, if any, PD activities and supports are you involved with:

\_\_\_\_\_  
Please share any special diet considerations:

\_\_\_\_\_  
Do you require any special accommodations? If so, please explain:

\_\_\_\_\_  
Greene County Residents: For possible assistance with transportation, your registration is needed no later than March 30th. A GCCOA care manager will follow-up for additional information and to confirm if arrangements can be made. Please check for transportation assistance: \_\_\_\_\_

Please share any specific questions you hope our presenters will be able to answer/address as well as issues and items to be considered for future educational programs.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
**Space is limited and registration is required**

We will not be able to accept walk-in registrations the day of the Symposium.

Please send/drop off /e-mail your completed registration form by **April 10th** to:

Greene County Council on Aging  
1195 W. Second Street  
Xenia, Ohio 45385  
**OR** info@gccoa.org

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## **GREENE COUNTY PD RESOURCES**

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### ***PD Support Groups***

Typically the 3rd Wednesday of the Month

10:30am to 12:00pm

Xenia Community Center

1265 W. Second Street, Xenia (next to the GCCOA office)

Two groups facilitated by GCCOA team members; one for individuals with Parkinson's and the second for caregivers.

### ***PD Movement Classes***

#### ***Dancing with PD***

Instructor ~ Jill Becker

Mostly seated in chairs using music from around the World

**Mondays ~ 11:00am to 11:45am**

**First Baptist Church**

**3939 Swigart Road, Sugarcreek Township**

#### **AND**

**Wednesdays ~ 2:00pm to 3:00pm**

**Yellow Springs Senior Center**

**227 Xenia Avenue, Yellow Springs**

#### ***Exercising with PD***

Instructor ~ Lois Milligan

Fitness Stations with a variety of exercises that can be recreated at home. Dyna bands, mats, Ziddy Sticks and other items used to aid with strength, balance, and movement

**Tuesdays ~ 10:30am to 11:30am**

**First Baptist Church**

**3939 Swigart Road, Sugarcreek Township**

## **SCHEDULE**

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9:15 am	Registration Begins, Lobby and Hallway Informational Displays Coffee, Tea, Water, Fruit & Cheese
10:00am	Welcome, Room 408 Karen Puterbaugh, GCCOA
10:05am	<i>Power Moves</i> Lois Milligan, Fitness Instructor
10:30 am	<i>PD Resources through the Parkinson's Foundation</i> Annie Wallis, MSW, LSW
11:00am	Break
11:15 am	Featured Speaker <i>PD: Where We Were, Where We Are and Where We Are Going</i> Dr. Mary S. Feldman
12:00 pm	Boxed Lunch, Rooms 406 & 407
12:45pm	<i>LSVT LOUD: A Behavioral Treatment Program for Speech in PD</i> Lydia Engle, Speech Therapist
1:30 pm	Break
1:45pm	<i>Movement with Music</i> Jill Becker, Dance and Tai Chi Instructor
2:05pm	Closing Remarks, Evaluation
2:30pm	Safe Travels Home

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## **FEATURED SPEAKER**

We are delighted to have **Dr. Mary S. Feldman** as our featured speaker. Dr. Feldman is a graduate of Lake Erie College of Osteopathic Medicine in Pennsylvania, completing her residency at Hamot Medical Center and her fellowship at Cleveland Clinic.

Dr. Feldman is Board certified in Neurology and Movement Disorders. Dr. Feldman has numerous specialties, including comprehensive movement disorders evaluation specializing in Parkinson's disease, tremors, gait disorders, Huntington's disease, tics, ataxia, and deep brain stimulation selection and programming for tremors and dystonia.

Dr. Feldman's presentation, entitled ***PD: Where We Were, Where We Are and Where We Are Going***, will explore the history of Parkinson's treatments, the evolution of PD treatment, what's "new" in Parkinson's treatment and medications, and what is "up and coming" related to Parkinson's disease. Dr. Feldman will be able to answer some of our questions and we are hopeful that her schedule will permit her to participate in one or more of the other sessions.

## **SESSIONS**

### ***PD Resources through the Parkinson's Foundation***

**Annie Wallis, MSW, LSW, Program Manager  
Parkinson's Foundation, Ohio Chapter**

Ms. Wallis leads the support, education and community granting programs for the Parkinson's Foundation out of the Columbus office. As a licensed Social Worker she is passionate about making sure that Ohioans with PD and their loved ones have all the support and tools they need to live well with Parkinson's.

## **SESSIONS**

### ***Power Moves***

#### ***Lois Milligan, Fitness Instructor***

Lois Milligan, RN, CHTP is an ACE certified fitness instructor, a certified Healing Touch practitioner, and an IDEA member. Lois also has certifications from Delay the Disease and PWR (Parkinson's Wellness Recovery). In the weekly GCCOA sponsored Exercising With PD Class, specific exercises are used to provide help for various Parkinson's disease concerns. Music is used to help provide motivation and enjoyment. Lois has been a fitness/wellness instructor for over twenty years and has taught Parkinson's exercise classes for over 10 years. When not teaching exercise classes, Lois appreciates spending time with her family, and especially with her grandchildren.

### ***LSVT LOUD: A Behavioral Treatment Program for Speech in PD***

#### ***Lydia Engle, Speech Therapist with Rehab at Home***

Ms. Engle is a speech therapist with Rehab at Home Nursing and Therapy Services out of Beavercreek. Lydia graduated with a Master's degree in speech-language pathology from the University of Akron and has been working as a speech therapist for the past 20 years. Her areas of expertise include swallowing disorders and memory and other cognitive deficits. She is LSVT certified and enjoys working with PD patients and empowering them with a stronger voice to increase their communication with others. LSVT LOUD improves vocal loudness by stimulating the muscles of the voice box and speech mechanisms through a systematic hierarchy of exercises.

### ***Movement with Music***

#### ***Jill Becker, Dance and T'ai Chi Instructor***

Ms. Becker teaches dance and creative movement to people from 3-94 years old. She teaches Dancing with PD at the Yellow Springs Senior Center and Dancing with PD and T'ai Chi for Balance, through the GCCOA. She teaches modern dance at Ohio Wesleyan University and Antioch College. She offers Creative Arts Camps for children through Kula Collaborative in Yellow Springs and through College for Kids at Clark State.