

# Within Our Reach

## REGISTRATION

To register, complete this form and return it to the address listed below.

### LIST NAMES OF ATTENDEES:

NAME

NAME

NAME

TOTAL REGISTRANTS    AMOUNT PAID (x \$40 by 3/21/14)

ADDRESS

CITY

STATE

ZIP CODE

DAYTIME PHONE

EMAIL ADDRESS (ATTENDEE 1)

EMAIL ADDRESS (ATTENDEE 2)

### Please make check payable to:

University of Maryland Baltimore Foundation, Inc.

### Please remit registration form to:

Attn: UM Maryland Parkinson's Disease & Movement Disorders Center  
Department of Neurology  
110 South Paca Street, 3rd Floor  
Baltimore, MD 21201

For more information or a description of the break out sessions,  
email [MCines@som.umaryland.edu](mailto:MCines@som.umaryland.edu), call 410-328-0157, or visit  
[www.umm.edu/parkinsons](http://www.umm.edu/parkinsons).

I DO NOT WANT MY NAME ADDED TO THE AMERICAN PARKINSON DISEASE  
ASSOCIATION (APDA) MAILING LIST



Maryland Parkinson's Disease & Movement Disorders Center  
110 South Paca Street  
Baltimore, MD 21201

First Class Prsrt  
U.S. Postage  
**PAID**  
Permit #35  
Baltimore, MD

*\*Ah, but a man's reach should exceed his grasp, Or what's a heaven for?\**  
-Robert Browning, 1855

BWI Airport Marriott 1743 West Nursery Road, Linthicum, MD 21090

**FRIDAY, APRIL 4, 2014**

The University of Maryland Annual Parkinson's Disease Symposium

# Within Our Reach \*



## AGENDA

**8:00 am** Breakfast

**8:30 am** Welcome & Keynote Address

The WoR Vision  
*Lisa Shulman, MD*

**9:00 am** Break Out Session I

People with PD (PWP) and their Carepartners split into 2 groups to discuss common issues, to engage in problem solving, find shared-solutions and promote networking.

- **Patient Group 1:** Glass Half-Full or Half-Empty?  
*William T. Regenold, MD, Michelle Cines, RN & John Hurley, PWP*
- **Patient Group 2:** Managing Symptoms that Don't Respond Well to PD Medications  
*Lisa Shulman, MD, Nancy Zappala, RN, Elizabeth Guardiani, MD, Anna Sanchez, MD & Patrice Campbell, DPT*
- **Carepartner Group 1:** Caregiver Strain  
*Melissa Armstrong, MD, Shari Powell, RN, MPH & Katie Holmes, BS*
- **Carepartner Group 2:** Dealing with Changing Relationships: Family Dynamics  
*Alyssa Andrews, LCSW-C & Katrina Schrader, MA*

**10:15 am** Refreshment Break (Opportunity for Networking and Visiting Booths)

**10:45 am** "Update on Medical Management of Parkinson's Disease"

*Stephen Reich, MD*

**11:15 am** Promises for Parkinson's Hike for PD Presentation

*Stacey Mann, Executive Director, Promises for Parkinson's*

**11:30 am** Lunch

**12:15 pm** "Update on Surgical Management of Parkinson's Disease"

*Paul Fishman, MD, PhD*

**12:45 pm** Break Out Session 2:

Patients and Carepartners choose from 4 different topics

- **General Topic 1:** Physical and Cognitive Training in PD  
*Lisa Shulman, MD, Nancy Zappala, RN, Kristen Mordecai, PhD, Kim Brooks, IYT & Carl Schuetz*
- **General Topic 2:** Staying Connected in the World— Social Media and Health Information Technology  
*Alyssa Andrews, LCSW-C & Katrina Schrader, MA*
- **General Topic 3:** Focus on Early/Newly Diagnosed PD: PD 101: I have PD— What Should I Expect?  
*Stephen Reich, MD, Michelle Cines, RN & John Hurley, PWP*
- **General Topic 4:** Focus on Intermediate/Advanced PD: When PD Progresses: Challenges and Strategies  
*Melissa Armstrong, MD, Shari Powell, RN, MPH & Katie Holmes, BS*

**2:00 pm** Break-out Round-About

Each break-out group presents 1 key take-away from their discussion

**2:30 pm** Conclusion of Program

**WITHIN OUR REACH** (formerly the Parkinson's Matters Community Education Seminar) is a new conference format where both patients and carepartners develop new skills to address problems in living with PD. Patients and carepartners will be guided through a step-by-step process to **1)** identify shared problems and solutions to common problems in living with PD **2)** identify networking resources that will enable attendees to communicate successful solutions in managing problems **3)** Understand the current medical and surgical treatment options available for early, mid and late PD.

To help us prepare, select a Break Out Session you plan to attend (choose one per person):

### BREAK OUT SESSION I

- Patient Group 1:** Glass Half Full or Half Empty?
- Patient Group 2:** Managing Symptoms that Don't Respond Well to PD Medications
- Carepartner Group 1:** Caregiver Strain
- Carepartner Group 2:** Dealing with Changing Relationships: Family Dynamics

### BREAK OUT SESSION 2

(choose one per person)

- General Topic 1:** Physical and Cognitive Training in PD
- General Topic 2:** Staying Connected in the World— Social Media and Health Information Technology
- General Topic 3:** Special Focus on Early & Newly Diagnosed PD: PD 10 1: I have PD— What Should I Expect?
- General Topic 4:** Special Focus on Intermediate/Advanced PD: When PD Progresses: Challenges and Strategies

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