

Parkinson's Network North

Serving Northern Michigan

37th Annual

Parkinson's Summer Forum

Thursday, May 25, 2023

In the Mood

NMC Hagerty Center

715 E. Front Street

Traverse City, MI 49686



Featuring

Susan M. Maixner, MD

presenting *Mind and Mood in PD*

Hello,

Are you ready to get *"In the Mood"*? We invite you to join us, May 25th, at the beautiful Hagerty Center in Traverse City.

Dr. Susan Maixner will offer her expertise on developing a positive mindset to live a better life and reduce anxiety. Our 40 invited exhibitors will come ready to share the latest research, services and products for Persons with Parkinson's. Movement and music will permeate the day's program.

Best of all is the opportunity to interact with others who share your quest for reliable PD information.

Please register soon! Capacity is limited.

Get *"In the Mood"* and join us at the 37th Annual Parkinson's Summer Forum!

The PNN Education Committee

Margo Ammons
Chris Esper
Heather Gaffney
Margy Goss
Kara Koeplin
Hettie Molvang
Ann Parker
Patricia Storrer
Cheryl Wheeler



Support groups

**"News you can use" for our local
Parkinsonians, families and care-partners:**
Traverse City Day 2nd Tuesday at 1 pm
Traverse City Evening 1st Tuesday at 6 pm

**Companionship, counseling, coping ideas –
and fun. No fees. Just come!**

Call Hettie Molvang at 231-947-7389
www.pnntc.org or
www.ParkinsonsNetworkNorth.org

Parkinson's Network North is a
nonprofit (501-c3) organization.

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Parkinson's Network North

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Your schedule

MORNING SESSION

- 8:45 Registration and Resource Fair
(Visit the exhibitors)
- 10:00 Welcome: Chris Esper,
PNN Education Committee
Richard Lewis, Mayor of Traverse City
- 10:10 Darryn Pulanco,
Michael J Fox Foundation –
*“Live from New York! What’s New
at the Michael J. Fox Foundation!”*
- 10:25 *“Lighten the Mood – Retro Style”*
- 10:30 Featured Presentation:
Susan Maixner, MD, Director, U of M
Geriatric Psychiatry Fellowship and
Geriatric Psychiatry Section,
Ann Arbor – *“Mind and Mood in
Parkinson’s Disease: Feeling and
Living Better”*
- 11:15 Resource Fair,
Fresh fruit break
- 11:45 Questions for Dr. Maixner
- 12:05 Just breathe!
- 12:10 Life Beyond Barriers Rehabilitation –
*“Tips and Tools to Optimize YOU
in Everyday Living”*



- 12:30 Buffet lunch served
(Assistance is available.)



AFTERNOON SESSION

- 1:30 Julia Wall, Director of Education,
Michigan Parkinson Foundation –
“MPF Benefits for You”
- 1:45 Olivia McCrillis and company –
“Mood, Food and Movement”
- 2:15 Program concludes

Featured presenter

Susan M. Maixner, MD

Dr. Sue Maixner is a Clinical Associate Professor and the Director of the Geriatric Psychiatry Fellowship and the Geriatric Psychiatry Section at the University of Michigan. She is triple board certified in general psychiatry, geriatric psychiatry and hospice and palliative medicine. For 20 years, she has been providing outpatient geriatric psychiatry care, including treating many patients with Parkinson's.



Popular speaker Sue Maixner's "PD and You" presentations have been featured at numerous Parkinson's Disease support group meetings and other events.

With personal experience of Parkinson's Disease in her family, Dr. Maixner speaks on this topic from her own insights and practical knowledge.

Your hosts at the Forum

Parkinson's Network North – Your local personal network for living with Parkinson's. We offer support in the following ways:

- Support groups with lively socialization, shared ideas on managing ADL's
- Research and treatment updates
- One-on-one counseling, advocacy, identifying solutions
- Summer Forum

Independent, Traverse City-based, volunteer-operated, no fees.

All services are based on personal contact.

To learn more:

- Call Hettie Molvang 231-947-7389
- Or, check our website, www.pnntc.org

Conference room "Triple Play"

We've scored a big hit this year!

Representatives from the Michael J. Fox Foundation, Michigan Parkinson Foundation and Parkinson's Network North will be located within a common space in the main conference room to share the latest in Parkinson's research and practices and answer your questions.

At the podium

Chris Esper, MA (in Educational Administration), manages PNN business connections. *“Recovering educator”* Chris has long been an effective and popular MC of our Summer Forum.

Margo Ammons, Graduate Certificate (in Gerontology), Aquatic Therapy & Rehabilitation Institute Certified – leads group chair therapies to help seniors with mobility issues to a better life.

Kara Koeplin, BS (in Occupational Therapy) – *Balanced Home Therapy Solutions* – enjoys working with clients to improve function and restore fulfillment in their lives.

Ann Parker, BS (in Physical Therapy), LSVT Certified – *Health on the Move* – is passionate about *“meeting you where you are”* and focuses on *“moving you forward”*.

Kyle Medearis, MS, OTR/L, CBIS – *Life Beyond Barriers Rehab* – treats Parkinson’s and general neurological and orthopedic dysfunction. He specializes in LSVT and brain injury therapies.

Anna Semelbauer, PT, DPT – *Life Beyond Barriers Rehabilitation* – treats neurologic conditions, including Parkinson’s, and leads Parkinson Wellness Recovery exercise classes.

Olivia McCrillis, PTA, LVST BIG – *New Routes Wellness* – is a lover of movement and holistic health. She has a passion for healing the body from the inside out.

Brochure sponsors

We thank those who helped fund this year’s brochure:

- Cornelius Robens, MD
- Glen Ackerman, MD and Kersti Bruining, MD – Munson Neurohospitalist Program
- Reynolds-Jonkhoff Funeral Home

At the Forum

- The Hagerty Center is wheelchair accessible.
- An RN will be in attendance throughout the day.
- Come early and visit all 40 of our select exhibitors.
- Visit our Parkinson’s Network North table in the conference room and ask us about our mission to support our local PD community.
- Is your tushy touchy? BYO chair cushion to make your experience more comfortable.
- Can’t remember everything you learned from our Forum speakers? Purchase a DVD of the entire day.



Registration 2023

Register on-line, deadline is May 13

- Online credit card payment:
<https://events.bytepro.net/pnn-forum>

Or, by mail: envelope post-marked by May 8

- Mail your form and check payable to PNN to:
Parkinson's Summer Forum
P.O. Box 5734, Traverse City, 49696-5734

*Note: mail delivery takes longer these days.

Questions? Forum scholarships?

Call Chris at 231-392-4216

Accommodations

Bayshore Resort www.bayshore-resort.com

Tel. 1-800-634-4401

Mention the Forum to receive a special rate!

Fee

\$25 per person, includes program and lunch

Capacity is limited at this year's Forum.

Please register early to ensure your place!

Participant's name #1 (Please print)

Address

City, State, Zip

Email

Phone

Participant's name #2 (Please print)

Address

City, State, Zip

Email

Phone

Participant's name #3 (Please print)

Address

City, State, Zip

Email

Phone

Amount of check enclosed:

Number of attendees x \$25 = amount due



Parkinson's Network North

P.O. Box 5734, Traverse City, MI 49696-5734



**Announcing the
2023 Parkinson's Summer Forum
www.pnntc.org**

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