

Parkinson's Network North  
presents the 38<sup>th</sup> Annual  
**Parkinson's Summer Forum**

# Essential Connections

Thursday, May 23, 2024  
NMC Hagerty Center  
715 East Front Street  
Traverse City, MI 49686



Featuring guest speaker  
**C. Chauncey Spears, MD**  
presenting *Brain and Gut in PD*

## Hello friends,

Good health depends on so many factors. Brain stimulation, food choices, movement, socializing and lots of fun are just some of the *Essential Connections* that help us live our best life.

Join us at the 38<sup>th</sup> Annual Parkinson's Summer Forum on Thursday, May 23<sup>rd</sup>. The day's program highlights activities essential to optimum Parkinson's Disease (PD) health. The featured speaker, Dr. C. Chauncey Spears, will share the latest PD "brain/gut" findings.

Our 34 sponsors are just waiting to share PD-specific information with you. Be sure to visit every exhibit at the Resource Fair!

Connect with others who, like you, are seeking reliable PD information and everyday living tips. Please register soon! Capacity is limited.

We look forward to seeing you at the Forum.

### THE PNN BOARD OF DIRECTORS

Margo Ammons

Chris Esper

Kara Koeplin

Hettie Molvang

Ann Parker

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Cheryl Wheeler

John Zimmerman

## Support group meetings

**"News you can use" for our local Parkinsonians, families and care-partners:**

The PNN support group meets on the second Tuesday of each month at 1 pm at 701 Westminster Drive, Traverse City, MI 49686

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

Call Hettie Molvang at 231-947-7389

[pnntc.org](http://pnntc.org) or

[ParkinsonsNetworkNorth.org](http://ParkinsonsNetworkNorth.org)

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# Your schedule

## MORNING SESSION

- 8:45** Registration, Resource Fair, Coffee Bar  
(Sponsor exhibits open)
- 10:00** Welcome, and Forum Essentials:  
Chris Esper, PNN Education Committee  
Amy Shamroe, Mayor of Traverse City
- 10:10** The Lighthouse Neurological  
Rehabilitation Center  
*“Are you being heard?”*  
*“LSVT Loud” for your Essential Voice*
- 10:20** Essential Fun: The Hokey Parky Singers  
*“Are you having fun yet?”*
- 10:25** Featured Presentation:  
C. Chauncey Spears, MD,  
Director, U of M Movement  
Disorders Fellowship Program  
*“The Essential Connection:  
Brain and Gut in Parkinson’s”*
- 11:10** Resource Fair  
Fresh fruit break
- 11:40** Questions for Dr Spears  
*Essential Answers*
- 12:00** Essential Moves for Daily Living  
Life Beyond Barriers  
Rehabilitation Group  
*“How are you moving today?”*
- 12:20** Buffet lunch served  
(Assistance is available.)

## AFTERNOON SESSION

- 1:15** Kristin Rossi, Chief Executive Officer,  
Michigan Parkinson Foundation  
*“Essential Updates”*
- 1:30** Paula Martin, Health Served Well  
*Essential Foods: “Are you being served?”*  
*Hot Topics in Culinary Medicine*
- 2:00** Fun! It’s Essential!  
Lisa George, Ageless Grace  
*“Are you still having fun?”*
- 2:15** Program concludes

## Featured presenter

### **Dr. C. Chauncey Spears, MD**

is a Parkinson's and Movement Disorders Specialist at the University of Michigan, where he joined the faculty in 2018 following a two-year fellowship at the University of Florida.



In addition to caring for those affected by Parkinson's, Dr. Spears directs the Movement Disorders Fellowship Program. At his core, he is a clinician-educator, routinely teaching medical students, residents, and fellows the arts of neurology and medicine. More importantly, he strives to educate patients and their

families, in his own clinics, at local support groups, and as a web content editor for the National Parkinson's Foundation.

When not seeing patients, teaching, or evaluating patients for clinical trials, Dr. Spears enjoys making the most of his time in Michigan with family and friends. And fishing.

## Your hosts at the Forum

### **Parkinson's Network North (PNN): Your local personal network for living with Parkinson's.**

We offer support in the following ways:

- Support Group meetings, with lively socialization and shared ideas for managing Activities of Daily Living
- Research and treatment updates
- One-on-one counseling, advocacy, identifying solutions
- Summer Forum and other special events

### **Serving Northern Michigan, PNN is independent, Traverse City-based, volunteer-operated and charges no dues or consultation fees.**

All services are based on personal contact.

To learn more:

- Call Hettie Molvang at 231-947-7389 or
- Check our website: [pnntc.org](http://pnntc.org)

## Our sponsors

We sincerely thank our 2024 sponsors and donors for helping to make this year's Forum possible!

## At the podium

### **Chris Esper, MA (in Educational Administration)**

Chris manages PNN business connections. *“Recovering educator”* Chris has long been an effective and popular MC of our Summer Forum.

### **Anna Semelbauer, PT, DPT**

#### ***Life Beyond Barriers Rehabilitation Group***

Anna specializes in treating neurological conditions, including PD, and leads Parkinson Wellness Recovery exercise classes.

### **Emily Ciabattoni, PT, LSVT**

#### ***The Lighthouse Neurological Rehabilitation Center***

Emily treats neurological and orthopedic injuries, specializing in concussions. She enjoys helping clients maximize function and enhance their quality of life.

### **Rachel McManus-Wagner, MA, CCC-SLP, LSVT LOUD**

#### ***The Lighthouse Neurological Rehabilitation Center***

Rachel uses speech therapy to help adults with communication and swallowing difficulties to achieve greater independence.

### **Lisa George, MFA**

#### ***Ageless Grace for People with Parkinson’s***

Lisa will overview the “Ageless Grace” program that combines all five primary brain functions with body movements, all done seated and to music.

### **Paula Martin, MS, RDN**

#### ***Health Served Well***

Paula uses cooking “interventions” to treat and prevent lifestyle-related health conditions and participates in the Groundwork Center’s CPE program for healthcare professionals.

## At the Forum

- The Hagerty Center is wheelchair accessible.
- An RN will be in attendance throughout the day.
- Come early and visit all 34 of our sponsor exhibits.
- Wondering about a hot-topic Parkinson’s medication? Get answers from the professionals at our sponsor exhibits.
- Parkinson’s Network North’s representatives will be ready to share details about our mission to support our local PD community.
- BYO chair cushion to make your sitting experience more comfortable.
- Want to review everything you learned from our Forum speakers? A DVD of the entire day will be available for purchase.



# Registration 2024

**Register on-line, deadline is May 11**

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

**Or, by mail: envelope post-marked by May 6**

- 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](http://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!***

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Participant's name #1 (Please print)

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Address

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City, State, Zip

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Email

Phone

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Participant's name #2 (Please print)

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Address

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City, State, Zip

---

Email

Phone

---

Participant's name #3 (Please print)

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Address

---

City, State, Zip

---

Email

Phone

**Amount of check enclosed:**

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Number of attendees x \$25 = amount due



**Parkinson's Network North**  
P.O. Box 5734, Traverse City, MI 49696-5734



**Announcing the 38<sup>th</sup> Parkinson's Summer Forum**  
**Register now!**

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