Program Location:

Spaulding Rehabilitation Hospital Cape Cod
311 Service Road
East Sandwich, MA 02537

Spaulding Rehabilitation Hospital Cape Cod is located just off Route 6 in East Sandwich. The program will be held in the Spaulding Cape Cod cafeteria on both evenings.

Registration:

Please contact the APDA Information and Referral Center at Boston University Medical Center. Although there is no fee for the program, registration is required.

800-651-8466 | 617-638-8466
apdama@apdaparkinson.org

Sponsors:

Parkinson Support Network of Cape Cod
A Branch of the American Parkinson Disease Association MA Chapter

apda
American Parkinson Disease Association
Massachusetts Chapter
Strength in optimism. Hope in progress.

Boston University

Spaulding Rehabilitation Hospital Cape Cod

This program was developed by the Movement Disorder Center at Boston University Medical Center and the Center for Neurorehabilitation at Sargent College at Boston University.

Parkinson’s Good Start Program

An educational program for individuals recently diagnosed with Parkinson’s Disease and their family members.

May 14 & 21, 2019
6:00—8:00 PM
Spaulding Rehabilitation Hospital Cape Cod
311 Service Road
East Sandwich, MA 02537

A Branch of the American Parkinson Disease Association MA Chapter
The Good Start Program is a two part series presented by a team of Parkinson’s Disease specialists from the Boston University Medical Campus, Spaulding Rehabilitation Hospital Cape Cod, and the American Parkinson Disease Association. Participants will receive up-to-date information on diagnosis and treatment. Community resources will be identified to assist in managing and coping with Parkinson’s disease. Our target audience for this program include individuals diagnosed with Parkinson’s within the past five years.

Opportunity will be provided to answer frequently asked questions and address common concerns. There is no cost for this program.

**Session One:**

**Tuesday, May 14, 6—8 PM**

A light supper will be served starting at 5:30 PM

**Welcome and Program Overview**

Cathi A. Thomas, RN, MS

**What is Parkinson’s Disease?**

Stephanie Bissonnette, DO

Movement Disorder Specialist, Boston University Medical Center

- Diagnosis
- Symptoms
- Treatment Strategies

**The Importance of Exercise**

Heather Merrill, MSPT

Spaulding Orleans Outpatient Center

Physical Therapist

High Intensity Training for Parkinson’s Disease Program

Michelle Mathey, PT, DPT

Spaulding Plymouth Outpatient Center

Physical Therapist

Certified LSVT Big, Parkinson’s Disease Wellness and Exercise Program

**Session Two:**

**Tuesday, May 21, 6—8 PM**

A light supper will be served starting at 5:30 PM

**Introduction to the Health Care Team**

- **Psycho-Social Support**
  John Allen, PhD
  Health Psychologist, Healthy Mindset Program

- **Physical Therapy**
  Barbara Kimmey, PT
  Physical Therapist, Advanced Clinician, Brain Injury Specialist, Certified RSB (Rock Steady Boxing) Instructor

- **Speech & Language Therapy**
  Minal Kadam, CCC-SLP
  Speech and Language Pathologist, Raise Your Voice

- **Occupational Therapy**
  Jaclyn Davin, OT
  Occupational Therapist, Advanced Clinician, Certified Driving Instructor

All Presenters from Spaulding Cape Cod

**Medication Management**

Okeanis Vaou, MD

Movement Disorder Specialist, Boston University Medical Center

- Drug Classification
- Individualizing Therapy