

# 2009 HOPE Conference

The American Parkinson Disease Association, Washington Chapter, and the Northwest Parkinson's Foundation are co-hosting the region's largest educational symposium for patients, family, friends, and caregivers.

**Saturday, November 7, 2009**

## PROGRAM

**9:00 – 9:15** Welcome and opening remarks  
*Craig Howard, Chairman of the Board, Northwest Parkinson's Foundation*

**9:20 – 9:30** The Pacific Northwest Udall Center  
*Dr. James B. Leverenz, Associate Professor of Neurology and Psychiatry & Behavioral Sciences, University of Washington and Veterans Affairs Puget Sound Health Care System*

**9:30 – 10:30** An Update on Parkinson's Research  
*Dr. William Langston, CEO and Scientific Director, the Parkinson's Institute*

**10:30** Break

**10:45 – 11:45** Beyond Drugs and Surgery: What Does Alternative Medicine Have to Offer?  
*Dr. Laura Mischley, Seattle Integrative Health*

**11:45 – Noon** Stretch break with Ann Zylstra, PT

**Noon – 12:30** Second Chances  
*Dr. Robert Wu, Patient and Anesthesiologist*

**12:30 – 1:15** Lunch

**1:15 – 2:15** The Role of Chicken Soup and Medications  
*Dr. Stephen M. Setter, Associate Professor of Pharmacotherapy, Washington State University*

**2:15 – 2:30** Yoga Break with Tim Seiwerath

**2:30 – 3:15** Parkinson's Disease and the Art of Moving  
*John Argue, Author*

## REGISTRATION FORM

Register online at [nwpf.org](http://nwpf.org) or toll-free at **877.980.7500**—or complete and mail this portion of the page to:

Northwest Parkinson's Foundation  
Attn: Conference Office  
400 Mercer Street #401  
Seattle, WA 98109-4641

## ATTENDEE INFORMATION

Please supply the name of each attendee. This form may be copied for additional attendees.

**Attendee 1:** O Mr. O Ms. \_\_\_\_\_

I am a: O Patient O Caregiver O Family O Friend

**Attendee 2:** O Mr. O Ms. \_\_\_\_\_

I am a: O Patient O Caregiver O Family O Friend

**Address** \_\_\_\_\_

**City** \_\_\_\_\_

**State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Telephone** \_\_\_\_\_

O Home O Work O Cell

**Email address** (for your registration confirmation)

\_\_\_\_\_

## LUNCHEON SELECTION

ATTENDEE

1 2

O O Grilled chicken

O O Mushroom risotto

## OTHER REQUESTS

O Escort at drop-off entrance

O Scholarship request—limited number available

O Special dietary request:

\_\_\_\_\_

O Other: \_\_\_\_\_

\_\_\_\_\_

## CONFERENCE FEE

The conference fee includes conference speakers, activities, continental breakfast, lunch, afternoon snack, conference folder, and vendor exhibits.

**On or before October 30—\$30.00**

**After October 30 and on November 7—\$35.00**

Please mail this completed registration form with your payment. Additional donations to help underwrite the costs of speakers and program materials are welcomed. Thank you!

Enclosed is my check for \$ \_\_\_\_\_  
(payable to Northwest Parkinson's Foundation)

Master Card  Visa

Please bill my credit card \$ \_\_\_\_\_

Card # \_\_\_\_\_

Expiration date (month/year) \_\_\_\_\_ / \_\_\_\_\_

Name on credit card (please print)  
\_\_\_\_\_

Signature \_\_\_\_\_

Address of cardholder:  Same as attendee

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Volunteers needed:** This conference relies on a team of volunteers who assist the event coordinator for all or part of the day. We especially welcome teens, who are eligible to earn community service hours for school. To learn more about volunteering, contact Evie Davis at 425.443.8269 or [evedavis@gmail.com](mailto:evedavis@gmail.com).

Questions? Call 877.980.7500 or email [info@nwpcf.org](mailto:info@nwpcf.org).

## CONFERENCE DETAILS

**What time?** 9 a.m. to 3:30 p.m.

**What date?** Saturday, November 7, 2009

**Where?** Hilton Seattle Airport & Conference Center, 17620 International Blvd., Seattle, WA 98188

**Free garage parking is available at the Conference Center and is wheelchair accessible. Off-site parking is not free. Drop-off accessibility is at the north Conference Center main entrance on 176<sup>th</sup> Street.**

The 2009 HOPE Conference will offer information on exercise, diet, medications, movement, speech, and research that patients and families can use to live well and improve their quality of life with Parkinson's.

Exhibitors will include a variety of organizations and companies that will share information and resources for people with Parkinson's disease and their care providers. Additional exhibits will feature Parkinson's medications, research, treatments, and care options.

If you are unable to afford the conference fee, please let us know on the registration form. No one will be excluded due to financial hardship.

Special thanks to our sponsors:



BOOTH GARDNER  
PARKINSON'S CARE CENTER



**Medtronic**

*Cooper Martin*  
cooper-martin.com

