



MEET THE SPEAKERS



Dr. Rebecca Gilbert, American Parkinson Disease Association
www.apdaparkinson.org

Dr. Gilbert is the Chief Scientific Officer at American Parkinson Disease Association (APDA). She is responsible for overseeing APDA's research portfolio in conjunction with APDA's Scientific Advisory Board, and provides medical and clinical expertise to support APDA programming, web content and publications. She is also a movement disorders neurologist and maintains a practice one day a week in New York City.



Dr. Kimmy Su, University of Washington & VA Puget Sound
<http://www.uwmedicine.org/locations/neurology-uwmc>
<http://www.pugetsound.va.gov/>
 Phone: 206.598.7688

Dr. Su is a movement disorders specialist who practices at both the Veterans Affairs Puget Sound Health Care System and at the University of Washington Medical Center. She is dedicated to the interdisciplinary team approach, working closely with the patient, family, caregivers, therapists (physical, speech, occupational), social workers and nurses to provide individualized and comprehensive care. She is actively involved in Parkinson's disease patient education and community outreach programs, as well as research through clinical trials.



Dr. Arash Fazl, Booth Gardner Parkinson Care Center at EvergreenHealth
www.neuro-spine-ortho.com
 425-899-3123

Dr. Fazl is fellowship-trained and board-certified in neurology. While he specializes in a host of different neurological disorders, he specifically treats patients with Parkinson's Disease and those who have atypical Parkinsonism syndromes like progressive supranuclear palsy and multiple system atrophy.

Dr. Fazl's primary care goal is to give his patients the best quality of life possible. "A diagnosis of movement disorders opens the gate to a complex landscape. Together, we will navigate it toward a treatment that best fits you."



Dr. Susie Ro, Puget Sound Neurology
www.psneurology.com
 253-284-4488

Dr. Ro is a board-certified neurologist who is fellowship-trained in both movement disorders and electrodiagnostic medicine (EMG/NCS). For the past 20 years, she has specialized in treating complex conditions such as Parkinsonism, tremors, dystonia, and others. Dr. Ro enjoys forming long-lasting relationships with her patients and believes in empowering people. Understanding that everyone has a unique history, life values, and goals, she strives to listen, learn, and tailor treatments to maximize each patient's quality of life. Her goal is to provide comprehensive, holistic care to people in the South Sound.

Dr. Ro is a member of the American Academy of Neurology, the Movement Disorders Society, and the American Academy of Neuromuscular & Electrodiagnostic Medicine, and is currently pursuing a Master's Degree in Mental Health Counseling. Outside of work, she enjoys long-distance running, cycling, travel, and her dogs.



MEET THE SPEAKERS



Apurva Zawar, Doctor of Physical Therapy, BeyondRehab
www.beyondrehab.health

Dr. Zawar is a passionate neurologic physical therapist, educator, and mentor. She owns and practices at BeyondRehab, a digital Neuro-Rehab & Wellness clinic covering California, Massachusetts, Florida and Washington.

Additionally, she is a board certified geriatric clinical specialist with expertise in managing movement disorders & persistent pain care. She received her Master's from MGH IHP and Doctor of Physical Therapy from Neuro Recovery Training Institute. She has worked across various rehab settings in the US with highly expert multi-disciplinary teams in treating neurological conditions.

Her primary focus of work involves serving and managing complex care conditions such as Parkinson's Disease, Dystonia, Functional movement disorder and Chronic Pain through an integrative care approach. She strives to provide an intensive, total body approach to fitness, rehabilitation and wellness.



Laura Vaillancourt MA, LMHC, GMHC, Eldercare Counseling & Guidance Service
www.eldercarecounselor.com
 360-205-5989

Laura began her private practice in 2012 after working several years in hospitals, skilled nursing facilities, and dementia unit settings. She recognized a need in the community for guidance when navigating difficult decisions in the complex world of aging.

She has extensive experience as a consultant, coach, and providing counseling and care management to families that are in the midst of making difficult decisions related to their loved one's care and health transitions. She also hosts the popular Life on Repeat podcast for dementia caregivers.

Her passion and her experience have been working with individuals and family members who have been affected by Alzheimer's disease and other types of dementia.



Jessica Aubin, MS CCC-SLP, Aubin Speech & Language Center
www.aaslc.net
 206-451-4308

Jessica is a 2005 Graduate from the University of Washington. Her work experience covers a broad range of settings from in-patient rehabilitation, long-term care, and rehabilitation facilities to the public school setting. She started this business in 2010 to help improve needed access to services on Bainbridge Island.

Apart from being a Washington State licensed Speech-Language Pathologist she holds multiple specialty certifications including certifications from the American Speech-Language-Hearing Association (ASHA), Vital Stimulation NMES certification for dysphagia, competence with the Claudia Allen Dementia Scales, Lee Silverman Voice Treatment (LSVT), and PROMPT training for Apraxia of Speech.

"I believe in making a functional difference in people's lives. I rely on researched-based practices to provide the best services possible, and if I need to be creative with my treatment approach or reach out to the community to connect people with what they love to do, then I explore those options as well. My goal is to help others obtain the best quality of life possible."

MEET THE SPEAKERS



Kelsey Hines, Doctor of Physical Therapy
thegaitkeeper253@gmail.com

Kelsey Hines is a Washington native with quick wit and a love for movement. Her formative years as a dual sport athlete (soccer and softball) led to an interest in physical therapy. Upon graduating in 2004 from the University of Puget Sound with a B.S. in Exercise Science while on the softball diamond for the Loggers, she returned to Puget Sound and received her Doctorate in Physical Therapy in 2009. Kelsey has over 13 years of inpatient and outpatient hospital and private practice experience. While her plans as a youngster to marry a doctor and become a kindergarten teacher didn't exactly pan out, she became a doctor and married a teacher. Kelsey's goals are simple – helping others improve their quality of life and reach their personal goals through education, exercise, and manual therapy. Special interests include chronic pain and Parkinson's Disease (LSVT BIG and BIG for LIFE certified). Outside the clinic, and in addition to relaxing on her own, Kelsey enjoys time with her family – John, Garyn (9) and Lauryn (5) – and favorite activities include hiking, kayaking, karaoke, exploring Tacoma, and trips to The Happiest Place on Earth.



Heidi Huynh, CTRS, OTR, Ascend Therapy Services
www.ascendtherapypnw.com/
253-900-2295

Heidi has always had a passion for finding joy in daily life and helping others achieve that as well. She has years of experience working with aging adults as an Occupational Therapist in many settings including skilled nursing, memory care, assisted living, independent living facilities, and their own homes. Her focus is to assist those she works with in maximizing their independence and safety so they can continue to spend time doing what they love, as well as the daily things they need to do. Once seeing the value of serving aging adults in their own natural environment, she has taken her prior experience and became an entrepreneur, creating Ascend Therapy Services, in which she provides mobile outpatient occupational therapy services and provides online resources to better reach the greater community.



Matt Santelli, Pierce County Aging & Disability Resources
www.piercecountywa.gov/1986/Aging-and-Disability-Resources
253-798-4600

Matt has worked at Pierce County Human Services for over 20 years. He currently holds the position of Community Outreach and Education Specialist. Matt enjoys engaging the senior and disabled residents of Pierce County to provide them information about programs and services designed to keep them healthy, safe, and financially stable in their homes. Matt possesses a Master of Arts degree in psychology from Duquesne University and is a Licensed Mental Health Counselor in the State of Washington.



A.C. Woolnough, Author & Parkinson Advocate
acwooly@gmail.com

A.C. was an English teacher and high school principal in California, Idaho and Alaska for 37 years. Shortly after retiring, he was diagnosed with PD--making him a second generation PWP. He became involved with the Parkinson's Foundation as a member of their People with Parkinson's Advisory Council and as a Research Advocate. He has participated in more than 25 research studies and projects. He has authored two books (On Fire and Still on Fire) about living with Parkinson's. He stays involved with political advocacy, raising awareness, reviewing grant proposals, leading a support group, and as a member of the OHSU patient advisory council in Portland, Oregon



SOUTH SOUND

MEET THE SPEAKERS



Jenny Austin-Krzemien, Concierge Care Advisors

www.conciergecareadvisors.com/
855-444-7364

Before starting a career in senior care in 2010, Jenny Krzemien spent a decade working in the hotel industry right out of college. A WSU graduate, Jenny knew her calling was in senior care not long after she began working at an assisted living community in Tacoma. She spent over ten years at this community as first the move-in coordinator, and then sales manager. Jenny helped train and mentor new staff and traveled to other communities as needed. Jenny joined the non-profit organization Health Care Providers Council of Pierce County in 2012 and was elected to the Board of Directors in 2015 and continues to serve on the Board and many committees. She is currently a certified senior advisor with Concierge Care Advisors and has been helping find solutions for seniors and their families since 2020.



Stacey Bohrer, Lincoln Pharmacy

www.lincolnrx.com
253-473-1155

Stacey has been in the health care business for over 30 years. She is a Pharmacy Liaison at Lincoln Pharmacy where she educates & support people in need of medical supplies. As a local & family-owned business that has been servicing the area since 1965, they take pride in personalizing our customers' needs from each individual to their Assisted Living customers. Their full-service pharmacy, retail and long-term care, specializes in medication management, medical supplies, equipment and specialty compounding.



JJ Hudson, Rock Steady Boxing

jj@global.t-bird.edu
Morgan Family YMCA: (253) 564-9622

J.J. Hudson is the founding coach of Rock Steady Boxing South Sound in addition to being a certified PWR! Moves (Parkinson's Wellness Recovery) Instructor and a certified pole walking instructor with Urban Poling. In addition, he is a certified group fitness instructor with the American Council on Exercise and has led group exercise for over 18 years.



Christie Agtarap, Thrive Fitness

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Christie is a certified personal trainer and group fitness trainer specializing in helping people manage Parkinson's disease through exercise and lifestyle changes. She has been working in the health and wellness field since 1998 and has extensive teaching experience in a variety of group fitness classes. In addition to her professional career, Christie is passionate about raising awareness of this condition and providing support to those affected by it. Christie's journey began when her father was diagnosed with Parkinson's in 2008; since then, she has been dedicated to learning more about the disease and how to help those with Parkinson's live better despite the everyday challenges. Through education, motivation and inspiration, Christie strives to help others find their inner strength and achieve success no matter what obstacles they face!