

**MATTER OF MIND:
MY PARKINSON'S**

DISCUSSION GUIDE

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Letter from the Filmmakers

As medicine has become better at treating so many of the diseases and ailments that come with aging, Americans are enjoying longer and longer lives. But advances in treatment of neurodegenerative diseases have not kept pace, which means that more of us will suffer from such diseases, including Parkinson's and Alzheimer's. Currently, over 7 million Americans are living with a neurodegenerative disease¹—a number that is expected to increase dramatically in the coming years as the U.S. population ages.² As we reach adulthood, we're watching our loved ones be transformed physically and psychologically by a neurodegenerative disease.

These diseases are devastating for patients and for their families and caregivers. A mechanic loses their ability to hold a wrench. An illustrator becomes unable to put pen to paper. Daily rituals cultivated over years of partnership are erased. The symptoms they cause are also profound and strange—they transform personalities, leaving people uninterested in their former passions or unable to recognize their own children. Yet in the face of these diseases that take so much, many individuals and families also find rare depths of fortitude, optimism, and even gratitude.

As filmmakers, we are not focused only on the search for a cure, but on the questions of what we can do now to live with neurodegenerative diseases—as individuals, as caregivers and families, and as communities. We ask: How can we name these diseases, raise awareness, and create community? How can we create a more physically and conceptually accessible world where people aren't isolated or stigmatized? How can we relieve the burdens of care and temper the loss we all experience?

We are bringing a human lens to a scientific question by sharing stories of the brain told from the heart. We tell the stories of individuals and their families as they ask what it is to live a good life with these diseases now while keeping a hopeful eye toward the future of treatment.

— Anna Moot-Levin, Director and Producer; Laura Green, Director and Producer; David Alvarado, Producer; and Jason Sussberg, Producer

¹ [NIEHS](#) retrieved December 13, 2023

² [Alzheimer's Association](#) and [Parkinson's Foundation](#) retrieved December 13, 2023

About the Film

FILM SYNOPSIS

Matter of Mind: My Parkinson's is part of the *Matter of Mind* series exploring neurodegenerative diseases. The other films in the series include *Matter of Mind: My ALS* and *Matter of Mind: My Alzheimer's* (forthcoming).

In *Matter of Mind: My Parkinson's*, three people navigate their lives with resourcefulness and determination in the face of a degenerative illness, Parkinson's disease. An optician pursues deep brain stimulation surgery; a mother raising a preteen daughter becomes a boxing coach and an advocate for exercise; and a cartoonist contemplates how he will continue to draw as his motor control declines.

Learn more [here](#).

SCREENING OBJECTIVES

- To educate the public about Parkinson's disease and its impact on individuals, caregivers, families, and communities
- To discuss the impact a Parkinson's disease diagnosis has on one's mental health
- To highlight the range of treatment options available for people with Parkinson's disease
- To build support, understanding, and community for people with Parkinson's disease and their caregivers
- To showcase underrepresented stories of Parkinson's disease, including women, people with early onset, people of color, and people in rural and medically underserved communities, to increase visibility and hope

PEOPLE IN THE FILM

Peter Dunlap-Shohl is a former political cartoonist for the *Anchorage Daily News*. His diagnosis led him to use his illustration skills to create a graphic novel as a resource for others with Parkinson's as well as for caregivers and healthcare providers.

Veronica Garcia-Hayes received her diagnosis of early onset Parkinson's when she was 39 years old and pregnant. In the film, viewers follow her as she raises a preteen daughter while her health deteriorates, forcing her to grapple with significant questions about how her life will change.

Juan Solano is a Puerto Rican-American optician in Brooklyn, New York. His remarkable experience with deep brain stimulation (DBS) is a dramatic last chance to save his business and gain a new lease on life.

Discussing the Film

FRAMING THE CONVERSATION

As much as this film is about understanding Parkinson's disease, it goes beyond medical facts to explore the more human questions of how Parkinson's affects one's sense of self and people's highly individualized responses to this progressive disease. The personal toll of this disease is staggering, but the individual journeys featured in the film encompass both devastations and triumphs. By highlighting a diverse group of individuals with Parkinson's, viewers will begin to understand their daily struggles and the impact of the disease on relationships while also learning about a range of therapies available to patients. Through this, viewers will gain a robust view of the many facets of Parkinson's and the experiences of those living with this diseases.

Topics and Themes

OVERVIEW

Matter of Mind: My Parkinson's follows three people diagnosed with Parkinson's as they navigate healthcare access, complex medical decisions, shifting family and caregiver relationships, and an unknown, precarious future. The personal narratives explore the wide range of emotions experienced with the diagnosis of an incurable neurodegenerative disease, including anger, depression, resilience, and hope.

HOW TO USE THIS SECTION

The film touches on many issues, so to help you, this discussion guide offers detailed guidance on facilitating discussions on these five topics:

1. Understanding Parkinson's Disease
2. Diagnosis, Mental Health, and Loss
3. Medical and Therapeutic Options
4. The Power of Community, Caregivers, and Family Relationships
5. Visibility, Advocacy, and Hope

For each topic, you will find the following:

- **Overview and background information:** Framing language and helpful insights about the topic
- **Discussion questions:** Guided prompts to help get the conversation started
- **Resources:** Organizations to reach out to and sources to research to help you prepare for your event
- **Potential partners:** Community groups and partners that can contribute additional knowledge during moderated conversations
- **Engagement activities:** Ideas to promote active participation in the film topics and discussion questions that support in-depth conversations and personal reflection

Understanding Parkinson's Disease

“The main thing people associate with Parkinson's is tremor, and that is the least of your worries in some ways.”

– PETER DUNLAP-SHOHL

OVERVIEW AND BACKGROUND INFORMATION

Parkinson's disease is a progressive disorder that affects the nervous system.³ There are 10 million people worldwide living with the disease, and the Parkinson's Foundation estimates that in the United States alone, an additional 90,000 people are diagnosed annually.⁴

A wide range of motor and nonmotor symptoms are associated with Parkinson's, including rest tremors, slowness of movement, muscle rigidity, changes in walking, loss of automatic movement like eye blinking, slurred speech,⁵ and phantom smells.⁶ Additional symptoms include dementia, cognitive impairment, difficulty swallowing, digestive issues, sleep disorders, depression, and anxiety. Symptoms are usually mild initially, and many of these symptoms, especially depression, can be effectively treated to improve the quality of life for the patient.⁷ However, symptoms can evade notice and diagnosis, particularly nonmotor symptoms.⁸

Each person's progression is unique, especially when factoring in age. Patients with an early onset diagnosis often have a different experience than those with late onset.⁹ In addition, men and women experience the disease differently, which highlights the need for diverse representation both in media depictions of Parkinson's and in medical research.¹⁰

Scientists do not know exactly what causes Parkinson's disease, but have traced both genetic and environmental factors to its presentation. Risk factors beyond genetics and environmental toxins include advanced age and sex. Men are one and a half times more likely to be diagnosed with Parkinson's than women.¹¹

³ [Mayo Clinic](#) retrieved December 12, 2023

⁴ [Parkinson's Foundation](#) retrieved December 12, 2023

⁵ [Mayo Clinic](#) retrieved December 12, 2023

⁶ Dunlap-Shohl, P. (2016). *My degeneration: A journey through Parkinson's*. Pennsylvania State University Press.

⁷ [APDA](#) retrieved December 12, 2023

⁸ [Cleveland Clinic](#) retrieved December 12, 2023

⁹ [Healthline](#) April 23, 2019

¹⁰ [National Library of Medicine](#) July 30, 2019

¹¹ [Parkinson's Foundation](#) retrieved December 12, 2023



DISCUSSION QUESTIONS

1. What do you think of when you hear “Parkinson’s disease”? Do specific images come to mind? Do you know someone who has been diagnosed with Parkinson’s?
2. Beyond tremor, what were the most remarkable nonmotor symptoms of Parkinson’s shared in the documentary? Which ones were most surprising or new to you?
3. What do you think Peter meant when he called Parkinson’s a “magic curse”? How does his description expand your view of Parkinson’s?
4. Did the film complicate your understanding of who gets Parkinson’s and when? Did it change your vision of what it means to live with this disease?

PANELIST QUESTIONS

- What is the most common misconception people have about Parkinson’s disease?
- With increased media coverage of Parkinson’s, have you noticed changes in patients’ reactions to and knowledge of the disease over the last 20 years?

RESOURCES

- American Parkinson Disease Association (APDA) – [Common Symptoms of Parkinson’s Disease](#)
- Johns Hopkins Medicine – [Parkinson’s Symptoms](#)
- Mayo Clinic – [Parkinson’s Disease: Overview and Symptoms](#)
- Michael J. Fox Foundation – [The State of the Field](#)
- Stanford Medicine – [Parkinson’s Disease Symptoms](#)

POTENTIAL PARTNERS/SPEAKERS

- Local doctors and healthcare workers experienced with Parkinson’s
- Community members with Parkinson’s who can share what it is like to live with this disease
- Current or former caregivers of people with Parkinson’s in your community

ENGAGEMENT ACTIVITIES BEYOND THE PANEL

- Create a table with information and resources that people can take with them. Include books, like Peter’s *My Degeneration*, and resources from local Parkinson’s disease support groups.
- Create a space for people to leave Post-it messages about what they learned and what they wish for the future of Parkinson’s and Parkinson’s patients.

Diagnosis, Mental Health, and Loss

“I feel very angry about the way my brain has changed. I feel like I didn’t do anything wrong, and I’m being punished.”

– PETER DUNLAP-SHOHL

OVERVIEW AND BACKGROUND INFORMATION

A conclusive medical test for Parkinson’s disease does not exist. A neurologist will diagnose patients based on clinical exams, including brain imaging and blood work. By ruling out other diseases and after careful consideration of symptoms and medical history, a patient will receive a diagnosis and can begin exploring treatment options.¹² This process can be lengthy and, at times, frustrating.

Mental health is often affected both by the experience of receiving a diagnosis and by the disease itself, which changes brain chemistry.¹³ The fear and uncertainty of a Parkinson’s diagnosis, along with the loss of an expected future life, is significant. Relationships, careers, and a sense of safety can all feel precarious to those diagnosed and their caregivers. According to the Parkinson’s Foundation, 50 percent of people with Parkinson’s will experience depression, and 40 percent will experience anxiety. Medication and therapy can be effective and should be sought with other treatments.¹⁴

DISCUSSION QUESTIONS

1. When first diagnosed, people often feel shock, depression, anxiety, and even suicidal ideation. What role do you think mental health support can play after a person receives a neurodegenerative disease diagnosis? Has mental health support ever been offered to you in a medical setting? Have you experienced a medical situation where mental health support would have been welcome and helpful?
2. Peter, Veronica, and Juan grapple with the effect of Parkinson’s on their careers. Consider how each adjusted their work as the disease progressed. How might the ability to pivot be a key to resilience in difficult circumstances?
3. Consider the grief of parenting while suffering from a neurodegenerative disease. What are some specific impacts of such a significant disease? In what ways might such a disease positively affect a parent/child relationship?
4. Juan is facing the possibility of losing his glasses store as his disease progresses. Besides income, what would closing cost him? Consider his long-standing relationships in the business community with other shop owners and with his customers.

¹² [Parkinson’s Foundation](#) retrieved December 12, 2023

¹³ [Parkinson’s Foundation](#) retrieved December 12, 2023

¹⁴ [Parkinson’s Foundation](#) retrieved December 12, 2023



PANELIST QUESTIONS

- Can you discuss how patients are diagnosed? Is there a specific protocol? Are patients offered mental health counseling with the diagnosis?
- What are the best ways for friends and family to support someone newly diagnosed with Parkinson's? Can you give specific advice on what to say and what to avoid?

RESOURCES

- APDA – [Something on Your Mind? Mental Health & Parkinson's Disease](#)
- Metàfora – [Applications of Art Therapy for Patients with Parkinson's](#)
- Parkinson's Foundation – [Emotional & Mental Health](#)
- People – [Michael J. Fox Opens Up About How Living with Parkinson's Disease Affects His Mental Health](#)

POTENTIAL PARTNERS/SPEAKERS

- Medical professionals who work with Parkinson's patients
- Local mental health counselors with experience helping clients overcome trauma in medicine
- Local individuals who provide support and/or spiritual guides

ENGAGEMENT ACTIVITIES BEYOND THE PANEL

- Ask a meditation expert to lead the audience in a simple meditation to calm an overanxious mind in the face of uncertainty.
- Ask an art therapist to demonstrate techniques and/or activities and invite guests to try several art therapy techniques. Provide guests with a handout listing activities they can do at home on their own.

Medical and Therapeutic Options

“I think everyone who’s diagnosed with Parkinson’s should be prescribed some sort of exercise regimen.”

– VERONICA GARCIA-HAYES

OVERVIEW AND BACKGROUND INFORMATION

Although there is no cure for Parkinson’s disease, there are many medical and therapeutic options available to patients that can alleviate symptoms.¹⁵ Medically, carbidopa-levodopa is a highly effective dopamine booster that may reduce motor symptoms of the disease, including tremors, stiffness, and slowness of movement.¹⁶ A patient’s reaction to the medication is sometimes used as part of their diagnosis.¹⁷ As Parkinson’s progresses, however, the medication may become less effective.¹⁸

There is a misconception that the sooner one begins the drug, the quicker one builds resistance to it. It is true that a higher dosage is often needed as time goes on. However, the reduced efficacy over time comes from changes in the brain brought on by Parkinson’s itself, not from the body building up resistance to the drug.¹⁹

Deep brain stimulation is a surgical treatment in which “leads” are implanted into the brain. These leads send electrical impulses that disrupt the signals that cause tremors, stiffness, and slowness of movement. This surgery is not recommended for every patient and involves many visits and tests to verify a patient’s suitability for treatment. However, for those for whom it is successful, the outcome can be significant and restore quality of life for some years.²⁰

Other treatments—for example, physical therapy, speech therapy, occupational therapy, acupuncture, massage, meditation—can reduce symptoms and pain, making day-to-day living manageable.²¹

Cardioactive exercise is an accessible and low-risk treatment that improves symptoms. Studies have also indicated that exercise can actually slow the disease’s progression.²² Staying active and adhering to an exercise program can buy patients time and improve their quality of life.

¹⁵ [Parkinson’s Foundation](#) retrieved December 12, 2023

¹⁶ [Michael J. Fox Foundation](#) retrieved December 12, 2023

¹⁷ [Mayo Clinic](#) retrieved December 12, 2023

¹⁸ [National Library of Medicine](#) retrieved December 12, 2023

¹⁹ [APDA](#) retrieved December 12, 2023

²⁰ [John Hopkins Medicine](#) retrieved December 12, 2023

²¹ [National Library of Medicine](#), July 5, 2019

²² [Healthline](#) July 25, 2023

DISCUSSION QUESTIONS

1. Juan says about DBS surgery, “If I don’t do it, the next 10 years will be hell. If I do it, the next 10 years might be good. I want my life back.” Discuss Juan’s and Veronica’s attitudes and conflicts regarding DBS surgery. What factors do you think had the most significant impact on their hesitancy and decisions?
2. Veronica says, “I think everybody who’s diagnosed with Parkinson’s should be prescribed some sort of exercise regime.” What are the benefits of exercise on participants’ lives as reported in the documentary? Do you have experience with the alleviation of medical symptoms through physical activity?
3. Early on, we see Peter outside taking large steps, moving his arms widely, and loudly vocalizing. Were you aware of Lee Silverman Voice Treatment (LSVT) BIG and LOUD therapy for Parkinson’s? Besides vocal volume, what else might this calibration treatment restore for Parkinson’s patients?
4. Many people live in areas without access to neurologists specializing in Parkinson’s disease, known as movement disorder specialists. Can you brainstorm potential solutions to this situation?
5. Exercise has been shown to have many benefits for many different health conditions, yet many people just don’t enjoy exercise or participate in it regularly. This goes double for people with Parkinson’s, who are dealing with cramps and muscle stiffness on top of the usual complaints people have about exercise. How do you relate to exercise? Are there ways that you have found to motivate yourself or others to get involved in exercise?

PANELIST QUESTIONS

- Can you walk through the steps of a general treatment plan for a patient with Parkinson’s?
- How can patients and their caregivers best advocate for themselves as they seek treatment?

RESOURCES

- CBS Mornings interview – [Michael J. Fox on Latest Parkinson’s Research and How He’s Managing the Disease](#)
- Johns Hopkins Medicine – [Deep Brain Stimulation](#)
- LSVT Global – [Changing Lives with Proven Therapies](#)
- Mark Morris Dance Group – [Dance for PD: Researched-Backed Programs for People with Parkinson’s](#)
- [Rock Steady Boxing](#)

POTENTIAL PARTNERS/SPEAKERS

- Medical professionals who work with Parkinson’s patients
- Local organizations that offer Parkinson-focused activities
- Local speech therapists who work with individuals with Parkinson’s
- Local organizations or individuals who run inclusive exercise programs

ENGAGEMENT ACTIVITIES BEYOND THE PANEL

- Invite local gyms, dance studios, theater movement classes, and other exercise and movement providers that offer adaptive and therapeutic classes to lead a simple routine of movements with the audience.
- Have local government officials share which public recreation sites offer adaptive access. Provide audience members with a map or QR code to visit the locations.

The Power of Community, Caregivers, and Family Relationships

“I’m just hoping that you get better because, for us, you’re an essential part of the neighborhood. Love you, alright? Love you. Everything’s going to be okay.”

— HARDWARE STORE OWNER NEAR JUAN SOLANO’S GLASSES STORE

OVERVIEW AND BACKGROUND INFORMATION

The power of personal relationships is explored through each subject’s unique life situation, and what is striking is not only how family and friends rally around each person, but also how Veronica, Peter, and Juan give back and enrich their communities. This sense of belonging is important to well-being and can affect mental and physical health.

Juan’s business neighbors show concern and support as his health degrades and he prepares for DBS surgery. They reassure him that he is loved and considered a vital part of the neighborhood. Their collective optimism about his recovery is rewarded as the surgery is successful, and he returns to his shop and finds work enjoyable again.

Veronica’s role as a boxing coach for people with Parkinson’s enables her to stay physically strong while helping others, including the newly diagnosed, navigate their disease with energy and camaraderie. Her daughter, Isa, perhaps inspired by her mom’s dedication, prepares a school presentation to teach her classmates about Parkinson’s, destigmatizing the disease and offering a safe place for students to ask questions.

Peter’s graphic novel, *My Degeneration*, explores the emotional, physical, and medical landscape of Parkinson’s, filling a gap Peter encountered when he was first diagnosed: stories of hope and resilience. Doctors and patients now use his book to learn about Parkinson’s through a humorous and reassuring voice that does not avoid the dark issues, but instead shines a light on them, offering to walk with the reader into the unknown.

Support groups, both organized and casual, are vital to people with Parkinson’s and their families. Finding or creating a group enables people to share information, emotionally support one another, and build confidence and visibility within a community. Peter explains, “There are few things as powerful and reassuring to a PD patient as seeing other patients who cope with the disease with dignity and resilience.”

In all these cases, a proactive and community-oriented approach is beneficial to people with Parkinson’s and their family members and friends. By sharing stories, offering support, and maintaining open communication, people with Parkinson’s can live engaged lives with hopeful futures.

DISCUSSION QUESTIONS

1. What kind of support might help families the most? Consider support groups, mental health therapy, meal trains, respite services, and positive community-based activities. Which have you experienced? Which would you be willing to offer?

2. The partner of each person with Parkinson's offers significant physical and emotional support. Discuss the role of partner caregivers. What do you think are the most difficult changes to relationships when one partner becomes the caregiver of the other? Do you have personal experience with this? What supports do you believe can help caregivers the most?

3. When Juan is preparing for brain surgery, he visits his business neighbors, who offer support and encouragement. One tells him, "You don't give up. Don't you dare. Right?" How do you think community support affects a patient's willingness to pursue medical treatment and subsequent outcomes? Generally, what does it mean to know that you are cared for and needed in your community?

4. Discuss the importance of community in Veronica's Rock Steady class. How does she relate to her students in ways someone without Parkinson's would be unable to? Viewers learn she will use her experience and perspective to become a life coach for Parkinson's patients. What other ways can you imagine using one's illness as an opportunity to build community and support one another?

5. What are some ways you can advocate for and support individuals in your community who are facing a chronic illness? Consider the different communities you participate in (education, employment, spirituality, hobbies). How could you accommodate and welcome someone with a physical, cognitive, or communicative impairment?

6. One helpful form of community building that was not specifically addressed in this film is support groups, which exist for people living with Parkinson's as well as for many other identities, experiences, and conditions. What are some unique ways people who share an experience or identity can support each other and connect? Have you found connecting with others who share a particular experience helpful in your life?

PANELIST QUESTIONS

- What are the best ways a neighbor or friend can support a family who cares for a loved one with Parkinson's? How can one approach the family to offer help respectfully?

- How can family members advocate for their own health and well-being while caregiving? What are some safety nets family members should put in place so they can offer the best care to their loved ones?
- How can people with Parkinson's and their caregivers connect with in-person and/or virtual support groups? What are the potential benefits of support groups to people with Parkinson's as well as caregivers?

RESOURCES

- Administration for Community Living – [A federal program offering support to family caregivers](#)
- Michael J. Fox Foundation – [Support Groups](#)
- National Library of Medicine, U.S. Department of Health and Human Services – [Caregiver Health](#)
- [Today's Caregiver](#) online magazine
- Unshakeable MD – [Patient education and medical blog by a doctor who has Parkinson's and who advocates for Parkinson's patients](#)

POTENTIAL PARTNERS/SPEAKERS

- Local in-home respite providers
- Leaders at local nonprofits that support people living with chronic illness and/or caregivers
- Local mental health and palliative care specialists who can offer caregivers strategies and support
- Local social workers who can speak about the services that are available
- Facilitators of Parkinson's support groups or other similar organizations that foster community among people living with Parkinson's

ENGAGEMENT ACTIVITIES BEYOND THE PANEL

- Commit to learning more about the resources and programs in your local community for people with Parkinson's and their caregivers. Share with your work, school, church, and friend groups.
- Break into groups and brainstorm ways to advocate for community caregivers. Share your ideas with the larger group.

Visibility, Advocacy, and Hope

“I think I’m going to be better. That’s what everybody’s telling me. That’s the reason I’m doing it.”

– **JUAN SOLANO,**
SPEAKING ABOUT HIS UPCOMING
DBS SURGERY

OVERVIEW AND BACKGROUND INFORMATION

The film and its participants represent a variety of experiences with Parkinson’s. The impact of hope on patients’ outcomes and quality of life is powerful. Through Peter, Juan, and Veronica’s stories, viewers see how staying engaged in the world, being part of a community, and having advocates on your side can improve life.

DISCUSSION QUESTIONS

1. What is the importance of visibility within the Parkinson’s narrative? Consider the significance for underrepresented communities, including women, people of color, and rural residents, in seeing themselves centered in the broader Parkinson’s conversations. What might be the effect on their well-being?
2. The goal of Isa Hayes’ school presentation was to destigmatize her mother’s slurred speech and impaired mobility. “If my classmates know [about Parkinson’s], there’s nothing to really hide about it,” Isa explains. How can frank discussion and intentional presence be used to liberate Parkinson’s patients from stigma or misunderstanding by others? What do you think are the costs and challenges of people like Veronica, Juan, and Peter being visible about their disease and symptoms?
3. Peter created his graphic novel post-diagnosis after searching and failing to find hopeful stories about Parkinson’s. Now, medical professionals and patients are reading his book to build an understanding of the disease from a personal perspective. What might be the impact of getting more books like Peter’s that represent neurodegenerative diseases from a patient’s point of view into the hands of doctors, caregivers, and the newly diagnosed?
4. Veronica’s boxing practice is not only a helpful form of physical exercise, but also a metaphor for living. She asserts, “I am not going to lay down and let this take me without a fight.” How does she use boxing for her benefit as well as to connect with and mentor other people with Parkinson’s?
5. Juan tells the audience, “My advice to other people that have Parkinson’s is don’t give up. You never know what’s going to happen if you don’t give up. You might live.” Each person in the documentary carries a hopeful outlook while struggling with this disease. Reflect on how hope has helped you or someone you know through a devastating time. Share with the group.



PANELIST QUESTIONS

- How have you seen a hopeful attitude directly affect people with Parkinson's in your care?
- In addition to the stories of Veronica, Juan, and Peter, what other ways have you seen Parkinson's patients support and give back to their community? How vital is it to be of service, even when facing health problems yourself?

RESOURCES

- [Barrow Neurological Institute: The Muhammad Ali Parkinson's Center](#)
- [My Degeneration: A Journey Through Parkinson's](#), by Peter Dunlap-Shohl
- [PD Avengers: Global Alliance to End Parkinson's Disease](#)
- [Women's Parkinson's Project](#)

POTENTIAL PARTNERS/SPEAKERS

- Medical professionals who work with Parkinson's patients
- Medical professionals who work with underrepresented and/or underserved communities
- People with Parkinson's who can share stories of service and resilience

ENGAGEMENT ACTIVITIES BEYOND THE PANEL

- Create a wall of hope where participants share optimistic messages.
- Host a brief trivia game highlighting the information guests learned over the evening.
- Give away copies of Peter's graphic novel, sessions at places that offer adaptive classes, and even gift certificates for massages.

Credits

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INDIE LENS POP-UP

Indie Lens Pop-Up is a neighborhood series that brings people together—virtually and in-person—for film screenings and community-driven conversations. Featuring documentaries seen on PBS's *Independent Lens*, Indie Lens Pop-Up draws local residents, leaders, and organizations to discuss what matters most, from newsworthy topics and social issues to family and community relationships. Since its inception in 2005, more than 6,700 Indie Lens Pop-Up events have brought an estimated 400,000 participants together to discuss issues that impact local communities. For more information, visit its [website](#).

INDEPENDENT LENS

Independent Lens is an Emmy® Award-winning PBS documentary series. With founding executive producer Lois Vossen, the series has been honored with 10 Academy Award nominations and features documentaries united by the creative freedom, artistic achievement, and unflinching visions of independent filmmakers. Presented by ITVS, *Independent Lens* is funded by the Corporation for Public Broadcasting, Acton Family Giving, John D. and Catherine T. MacArthur Foundation, Ford Foundation, Wyncote Foundation, and National Endowment for the Arts. Stream anytime on the PBS app. For more visit its [website](#).

Join the conversation with
#MatterofMindPBS on X, Facebook, and
Instagram at @IndependentLens.

ITVS

ITVS is a San Francisco-based nonprofit organization that has, for more than 25 years, funded and partnered with a diverse range of documentary filmmakers to produce and distribute untold stories. ITVS incubates and co-produces these award-winning films and then airs them for free on PBS via our weekly series, *Independent Lens*, as well as on other PBS series. ITVS is funded by the Corporation for Public Broadcasting, the National Endowment for the Humanities, American Rescue Plan, Acton Family Giving, the John D. and Catherine T. MacArthur Foundation, the Ford Foundation, and the Wyncote Foundation. For more information, visit its [website](#).

CORPORATION FOR PUBLIC BROADCASTING

The Corporation for Public Broadcasting (CPB), a private, nonprofit corporation created by Congress in 1967, is the steward of the federal government's investment in public broadcasting. It helps support the operations of more than 1,500 locally owned and operated public television and radio stations nationwide. CPB is also the largest single source of funding for research, technology, and program development for public radio, public television, and related online services. For more information, visit its [website](#).

