Dear WPC friends,

I am writing from Asia where I spent the last week in Japan gearing up for the WPC 2019 next year. I met with Nobel Laureate Dr. Shinya Yamanaka (below center) and Dr. Jun Takahashi (below right), one of the lead researchers on the exciting stem cell study taking place at Kyoto University right now!

Dr. Takahashi commented to me that the work they are doing was possible because of the great work others had done over the years laying the groundwork for this study to take place. This goes back to my earlier message about cathedral thinking, we find success by standing on the shoulders of the great people who came before us.

No one succeeds on their own, and fortunately for the Parkinson's community, we are surrounded by some of the most brilliant scientists and clinical researchers on
the planet, all searching for a cure or way to slow or reverse PD as we know it today. The program for the WPC 2019 is even more exciting, knowing who will be attending and the work they will be discussing. Download the program here and see what you'll get to learn by attending WPC.

The community is ready here! I met with medical students from Kyoto University who are ready to volunteer (left) and patient groups from Kyoto, Osaka, Kobe and Tokyo. Thanks to the typhoon, one of my meetings was done from my hotel room via video conference... but that's okay!

Despite the bad weather, the group still gathered in Tokyo around one computer so we could talk and they are excited to meet the Parkinson's world from outside Japan.

I also met three of the local teachers who will be teaching in the Renewal Room at the WPC. They are getting ready to teach boxing, PF fitness, and tai chi to delegates who need to move and stretch while in Kyoto.

Thank you for your ongoing support and help in getting the word out! Registration pages are open and slots are filling! Make sure you secure your registration early.

Elizabeth "Eli" Pollard
Executive Director

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WPC Blog Highlight
Procrastinator or Planner? At the Crossroads

by Lissa Kapust, LICSW

Are you by nature a planner or a procrastinator? As a clinical social worker in a PD Center of Excellence I work with people with Parkinson’s (PWP) and their care partners at critical crossroads of decision making, it is challenging to balance planning ahead versus staying focused in the present. My social work training and decades of experience help me appreciate that how and when we take action in the PD arena, is similar to how we behave in other arenas. So, back to the opening question: do you tend to be a planner or a procrastinator? Are you unsure which category you fall into? Perhaps that’s because we don’t fall neatly into these discrete categories. However, we do have styles and patterns for how we make decisions.

Continue Reading . . .

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Sponsor the 5th World Parkinson Congress!

For two evenings, delegates will be able to
participate in **Guided Poster Tours**. Hosted by leaders in the field, tours will be broken down by topic and offer participants a chance to hear from a select few poster authors. Make it more fun by sponsoring the evening to ensure participants have a beverage and snack in hand. More details on page 22 of the Prospectus.

**Download Prospectus**

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**Are you prepared for WPC 2019?**

Registration for the 5th World Parkinson Congress is open! Take the time to join us in Kyoto in June 2019 to add your knowledge and enthusiasm to the global Parkinson's dialogue.

**Register for the 5th World Parkinson Congress**

**Download the WPC 2019 Provisional Program**

Now through December 7, 2018 we are accepting applications for travel grants to the 5th World Parkinson Congress. We offer a limited number of grants to:

- junior researchers and clinicians
- health professionals from developing parts of the world
- people living with Parkinson's

Learn more and **apply here**

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**Call for Abstracts**
Through Friday, November 23, 2018, we will welcome the submission of abstracts in the categories of:

- Basic Sciences
- Clinical Sciences
- Complementary Care & Quality of Life
- Living with Parkinson's

**Read more about the Call for Abstracts here.**

**Video Competition**

The WPC invites ALL members of the global Parkinson's community to make a video for the WPC 2019 Video Competition about their experiences living with, treating, researching, or caring for people with Parkinson's. Submission for the competition is NOW OPEN.

Grab some popcorn and watch the submissions that have come in to date!

**Impossible is Nothing** by Alfredo Ruiz  
**KNOCKOUT** by Anders M. Leines  
**I Get My DBS** by Conder Seaholtz  
**Who Needs and Alarm** by Eros Bresolin  
**Get Your Parkinson Gym Shoes On** by Jonny Acheson  
**The Tulip featuring the Parky Kits** by Lori Campbell  
**Every Story is Different** by Isabell Senft-Daniel  
**Pick Your Card** by Marilyn Neault  
**Living with Parkinson's** by Matt Eagles
Soaring With Hope For PD

**The Project**

The WPC is proud to present Soaring with Hope for PD, an Art Exhibit that will be on display during the WPC 2019. This project was made possible with support from US WorldMeds and Britannia Pharmaceuticals. 10,000 hand folded paper cranes each inscribed with a message of hope will be displayed throughout the exhibit halls and will serve as a powerful reminder of the hope we all have for a future without Parkinson's disease. Learn more at: [soaringwithhope4pd.org](http://soaringwithhope4pd.org)

**The Raffle**

Two lucky participants will receive a travel grant of $2,500 USD to attend the WPC 2019. This raffle is made possible by US WorldMeds. Each participant has two opportunities to win.

- For your first chance to win, submit at least ONE message of hope to be displayed on a paper crane at WPC 2019.
For your second chance to win, submit a photo of yourself holding a paper crane OR your message of hope to be shared on the WPC social media accounts.

The competition ends November 30, 2018, with winners announced in December! Enter the raffle.