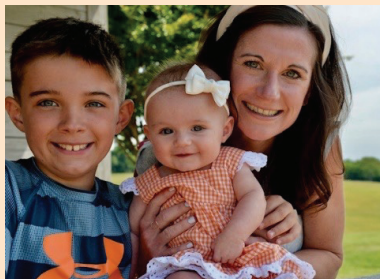


# Meet Today's Special Guests



## Courtney Irons, DPT, LSVT BIG Certified

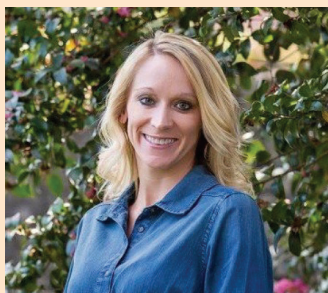
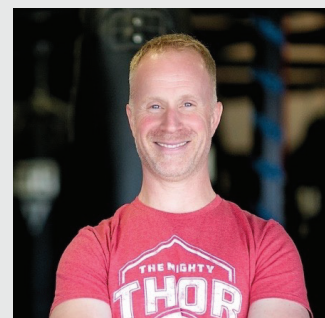
Courtney Irons is a Physical Therapist for The University of Tennessee Medical Center at UT Rehab Services Outpatient Clinic in Hardin Valley. Courtney received her Doctorate in Physical Therapy from The University of Tennessee, Chattanooga. She has been practicing as a PT for over 16 years with a focus on neurological conditions such as post stroke, Parkinson's disease, traumatic brain injury as well as vestibular disorders, and post concussions. She is certified in LSVT BIG and PWR! Moves, both of which are known comprehensive treatment protocols for people with Parkinson's disease. Courtney is available weekly on Tuesday afternoons in the clinic at the Cole Center. Courtney enjoys spending her free time with her family, including her two precious children.

## Zach Guza, CPT

Zach Guza is a Certified Personal Trainer, Rock Steady Boxing Coach, PWR! Moves Instructor and Parkinson's Exercise Specialist. Zach graduated from the Air Force Academy and was a helicopter pilot in the United States Air Force for nine years. After the military, Zach had a career in the civilian world but quickly realized that his calling was in fitness. He originally founded Black Dog Fitness as a private personal training program to help his clients learn how to fight anxiety and depression with exercise. After learning about the benefits of exercise for people with Parkinson's disease, Zach started Rock Steady Boxing-Knoxville in honor of his father who died with Parkinson's disease.

Black Dog Fitness is now host to Rock Steady Boxing - Knoxville, The Parkinson's Gym (an at-home exercise program for people fighting Parkinson's), Black Dog Boxing (high intensity boxing workouts), PWR! for Life, Spin and Stretch, Tai Chi and personal training. Special events at Black Dog include dance lessons, ping-pong tournaments, Punching for Parkinson's and anything else to help local people in their fight against Parkinson's.

In his free time Zach helps his beautiful and patient wife, Jenny, raise their identical twin teenage boys, Brice and Blair. He is well known for his love of Dad-jokes, helicopters, and pizza.



## Margaret Keele, DPT, GCS, CSRS

Margaret Keele graduated from Clemson University in 2007 and then received her Doctorate in Physical Therapy from the Medical University in 2010. Margaret has been rehabilitating people with neurological conditions since 2010. She is certified in LSVT BIG and PWR! Moves (Parkinson's Wellness Recovery). She is Geriatric Board Certified and a Certified Stroke Rehab Specialist. Margaret is also a Certified Exercise Expert for the Aging Adult. She successfully completed her Vestibular Competency from Emory University in 2023. She is a P.T./Coordinator at Covenant Therapy Center West in Knoxville, TN and offers LSVT BIG for Life and PWR with Black Dog Fitness.

## Whitney Sharp, PT, Vestibular Certified, LSVT BIG Certified

Whitney Sharp, P.T. is a Physical Therapist at The UT Medical Center's Balance and Hearing Center and specializes in Movement Disorders, general neurologic physical therapy, vestibular rehab and balance training. She is certified in LSVT BIG and PWR! Moves along with vestibular rehabilitation. She is available for physical therapy consultations at the Cole Center's Movement Disorder Clinic weekly and is part of the deep brain stimulation team. Whitney performs pre-operative testing to help determine eligibility for deep brain stimulation surgery. She has a true passion for exercise for her patients as well as for herself and family. She loves yoga, hiking, biking, and walking for exercise. She is married and is a proud mom to three adult sons.





### **Cecilia Wright, MM, MT-BC**

Cecilia Wright is a board-certified music therapist, educator, and musician based in Knoxville, Tennessee. She received a BA in Music at the University of Tennessee and a Masters in Music Therapy from the University of Kentucky. Her graduate research focused on supporting diverse LGBTQ+ clients through increased educational opportunities for music therapy students.

Previously, Cecilia provided contracted music therapy services for students with disabilities in Lexington, Kentucky in the public school system. Her current clinical work includes music therapy groups for adults with dementia in residential living, adults receiving treatment or in recovery from substance use disorders, elementary aged students, and adults with

Parkinson's Disease and their care partners. Additionally, she provides therapeutic music experiences at community concerts as part of the "Music is Healing" program, sponsored by Hope in the Hills. She currently produces and hosts the podcast "Pass the Mic: Creating a Stage for Change" for the Tennessee Theatre, which highlights local and regional artists representing marginalized communities. Performing highlights include recording on Grammy-Nominated album "Long Violent History" by Tyler Childers, touring nationally with Lucette in support of Sturgill Simpson, and touring and recording with Kentucky songwriter Senora May, most recently performing at the 2023 Newport Folk Festival.

### **Martha Pack, OTR/L, CDP, CAPS, ECHM**

Martha Pack is the president and CEO of Adapt & Stay, L.L.C. Martha has a passion for helping others. For more than a quarter century, she has been doing that as an Occupational Therapist (OT) in multiple settings. This experience serves her well when assessing the physical or cognitive needs of a new client. This baseline is important for developing a highly customized plan to help adapt your home to keep your independence or lighten the load on caregivers.

Martha started her OT career in 1992 in a long-term nursing facility in Central Kentucky. From there, she moved to East Tennessee and has worked in hospitals, rehabilitation facilities, long-term care, home health care, outpatient services, and the public school system. These varied clinical experiences are invaluable in serving a variety of clients from the young to the young at heart.

While working in home health care, Martha identified a need for those who could remain independent longer. This led to a Certified Aging in Place Specialist (CAPS) certification through the National Home Builders Association, an Executive Certificate in Home Modification Programs (ECHM) from the University of Southern California's Leonard Davis School of Gerontology, a Certified Dementia Practitioner (CDP) earned through the National Council of Certified Dementia Practitioners (NCCDP), as well as specialized dementia caregiver training through the Skills2Care program offered through Thomas Jefferson University. Martha is one of only two in the state of Tennessee trained with the prestigious, research-tested Skills2Care program.



### **Mike & Lori Walter (and Goose)**

Mike and Lori have been married for 36 years. They have two children. Lori was diagnosed with Parkinson's in 2010. In 2021, she was diagnosed with early onset dementia. Mike and Lori have been training dogs for more than 30 years, and working specifically with assistance dogs (service, therapy, and emotional support) for eight years. They enjoy traveling and do so several times a month to work with different groups on therapy work. They also do numerous presentations about their assistance program. They are active members of the rescue dog community.