At every Moving Day walk I attend I meet inspiring people who refuse to be defined by Parkinson’s disease (PD). As the CEO of the Parkinson’s Foundation I get the opportunity to connect with scientists, care teams and leaders in the Parkinson’s field, but the people who inspire us to make life better for people with Parkinson’s are the mothers, fathers, children and grandparents who show up at all our Moving Day walks across the country.

Last year, I had the honor to meet Tom, who lovingly does everything for his wife, from dressing her to brushing her hair. I’m so struck by the courage of people who live with this disease and the limitless dedication of their care partners, like Tom, who inspire us to do more.

The 40 walks we held in 2018 fueled our mission to help the nearly 1 million Americans living with Parkinson’s. Since 2011, Moving Day events across the country have raised $22 million to improve care and advance research toward a cure. Every walk allows us to continue supporting our national network of Centers of Excellence that cares for nearly 145,000 people with Parkinson’s, and lets us provide free educational resources and programs, including wellness and exercise classes right here in your neighborhood.

Funds raised at Moving Day allows us to take the next step in Parkinson’s research, like launching the first national genetics study that will connect Parkinson’s with counseling. Our hope is that through genetics, we can better treat Parkinson’s and provide more individualized care.

Each Moving Day participant, including you, brings us one step closer to a cure. Join us in 2019 as we take on Parkinson’s as a nation and as neighbors — together.

Thank you for your support,

John L. Lehr, Chief Executive Officer
How Carmen Brought Moving Day to Her State

After her husband, James, was diagnosed with Parkinson’s disease (PD), Carmen Brooks wanted to find her PD community. However, there was no Moving Day walk in her area…so she worked alongside the Parkinson’s Foundation to host South Alabama’s first Moving Day.

First, she found and secured a venue. Next, she recruited friends from her sorority, church and job to volunteer and attend. Then she began spreading the word about Moving Day at the support group she leads, while also finding event sponsors. “Everyone I asked, businesses included, couldn’t tell me no,” she said.

Everything was in place and Carmen was excited. “I kind of felt like I did on my wedding day,” she said. “When I went into that room and saw all our volunteers, I started crying. They all came out in support of our community.”

Moving Day was a success, raising more than $75,000. The event also introduced the PD community to free PD resources and the importance of exercise. “The walk led me to find out about boxing and Pedaling for Parkinson’s, which I want in the area,” said Carmen.

For Carmen and James, their PD community has evolved into much more. “We’re a family,” she said. “It gives my heart joy to go to our local exercise class and help men and women put their boxing gloves on and be in their corner.”

“This Foundation is amazing, and I love it. Moving Day is going to happen again, and will be even bigger,” said Carmen.

In 2019, the Parkinson’s Foundation will host new Moving Day events in Ohio, New York, California, Pennsylvania, Louisiana, Arizona and New Mexico.

Find your nearest Moving Day at MovingDayWalk.org. Can’t find one? Contact MovingDay@Parkinson.org to learn how you can start a walk in your community.

See all 2019 Moving Day events at MovingDayWalk.org.
After receiving the life-changing diagnosis of young-onset Parkinson’s disease (PD), patients at Rush University Medical Center, a Parkinson’s Foundation Center of Excellence, are introduced to Lucia Blasucci, BSN, RN, clinic coordinator.

“The first thing I tell them to do is join our support group, reassuring them that they’ll meet people just like them who are working and raising a family,” said Lucia, who has led the Rush young-onset PD support group for seven years.

“Meeting Lucia and the group has been the best thing that’s ever happened to me,” said Mary Ellen Oliver, who runs the program with Lucia and is living with PD.

Mary Ellen and her support group have attended Moving Day Chicago as team “Young Stiffs Shaking It Up,” named after their support group for three years — recently winning the award for most participants on a team. “Our team wants to succeed because we know that Rush receives Parkinson’s Foundation grants, which helps our entire Parkinson’s community,” Lucia said.

“It’s a great feeling when you see how many people come out for Moving Day to support you and help the Foundation find a cure,” said Mary Ellen. “We love going to Moving Day to meet each other’s spouses, children and parents.”

Rush plans to start a new support group to reach the underserved PD minorities in Chicago. “It’s important that we reach out. Our support group has done such a fantastic job and proves it when we see our community show up for our Moving Day walk,” Lucia said.

Rush is one of the 45 centers in the Parkinson’s Foundation Center of Excellence global network that provides expert care to more than 145,000 people with PD.

Find a Center of Excellence near you at Parkinson.org/Search.
Parkinson’s Foundation Hosts First-Ever Volunteer Leadership Summit

“I want to deal with my Parkinson’s and help others deal with theirs. Parkinson’s made me realize we have one life to live and I need to spend time with those most important to me while gaining new experiences,” said Brian Grant, retired NBA player, person living with PD and keynote speaker at the first-ever Parkinson’s Foundation Volunteer Leadership Summit.

In September 2018, the Parkinson’s Foundation brought together more than 150 of its top volunteers in Irvine, CA — research advocates, Moving Day team captains, fundraisers and community leaders — to learn from each other and think of creative ways to help further the Foundation’s mission to make life better for people with Parkinson’s.

At the summit, Parkinson’s advocates were recognized for their inspiring efforts. Scott Rider was presented with the “Top Fundraiser” award for raising nearly $100,000 for Moving Day Columbus and leading the top fundraising team in the nation for the past three years.

San Francisco Bay Area PD advocate and inspirational leader, Bill Winslow, won “Volunteer of the Year” for raising awareness and more than $20,000 for Moving Day San Jose through “Pushups for Parkinson’s.”

On day two, attendees warmed up with yoga or a boxing session led by summit steering committee member and Rock Steady Boxing instructor, John Kolaya, who is living with PD. Throughout the event attendees learned about exclusive Foundation insights, like upcoming research initiatives and new programs.

“Every attendee left excited about the Foundation and equipped with new ways to make an even bigger impact in their own PD communities,” said Jim Morgan, summit steering committee member who is living with Parkinson’s.

The summit was just the beginning. The Foundation is hosting monthly volunteer webinars to exchange ideas. The Volunteer Leadership Summit was made possible thanks to Adamas Pharmaceuticals and the Jeffery Donnelly Trust.

To volunteer with the Parkinson’s Foundation visit Parkinson.org/Volunteer.

How Anna Raised $10,000 in 30 Days

It took 30 days for Anna Grill to sign up for Moving Day DC, recruit 25 team members and raise more than $10,000. It’s why she won the “Rising Star” award at the Parkinson’s Foundation 2018 Volunteer Leadership Summit.

After being diagnosed with Parkinson’s disease (PD) at 38, Anna hid her symptoms from her employer for almost eight years. She recently made the difficult decision to retire early. “I stopped working and gave myself six months to focus on my health and figure out how I want to get engaged in this cause,” Anna said.

Less than six months later, she decided to play a role in the Moving Day DC committee as event chair. Her drive and dedication were key in the event’s success, which raised more than $110,000.

“I really like the Foundation’s well-rounded approach to making life better for people with Parkinson’s, like me,” Anna said. “The Foundation embraces education, research and resources, each being really important.”

Anna and her team are well underway with fundraising for Moving Day DC 2019. Their fundraising calendar includes:

• **January:** cycling studio donated class proceeds to team
• **February:** vendor to host a clothes party and donate a portion of sales
• **March:** local microbrew to host a team fundraising night
• **April:** the team to host pancakes for Parkinson’s event
• **May:** team to host and sell tickets to a party with a silent auction

Even though Anna is volunteering through her early retirement, she is happy she can utilize her 28-year career to fight Parkinson’s. "Getting involved with the Foundation has allowed me to leverage my leadership strengths and desires as well as focus on a critical cause," Anna said.

Register your Moving Day team today at MovingDayWalk.org/Events.
2018 TOP PARTICIPANTS
Gordon Beckham, Jr. $54,640
Andy Albert $41,745
Sherwin Zuckerman $39,500
John Kozyak $31,024
Mindy McIlroy $27,435
Scott Payne $24,800
Kent Donley $23,448
Steve Messing $19,876
Jan Wuliger $16,813
Glenn Davis $16,045

2018 TOP TEAMS
Team Beckham $54,640
Team Albert $50,005
Pops’ Peeps $41,736
Team Zuckerman $41,735
Team Kozyak & Reno $41,329
Shaking Not Stirred (PDers with a Twist) $39,880
Team Terranova $34,483
Berkowitz Pollack Brant/Provenance Wealth Advisors $28,827
Edward Jones-Kent Donley $27,098
Rush: Young Stiffs Shaking It Up $25,963
Corporate Team Supports One of Their Own

One year can make a big difference, especially for Steve Messing. For his first Moving Day Miami in 2017, Steve did not write that he had Parkinson’s disease (PD) in his fundraising emails. However, his corporate team “Berkowitz Pollack Brant/Provenance Wealth Advisors” still raised an impressive $16,165 and won the “Rookie of the Year” award.

“It was a successful year for us and it was an absolute great experience to get involved and see how kind and generous people are,” Steve said.

Steve was no longer a rookie in 2018. After categorizing his 3,000 email contacts, he sent a personalized email to all his colleagues at Berkowitz Pollack Brant Advisors and Accountants, which has supported Steve through his PD journey and Moving Day efforts.

“This time I included my PD story, a photo of the team at Moving Day last year, and most importantly, provided links with the option to join my team or donate. You just have to make it easy,” Steve said.

In 2018, Steve and his corporate team raised more than $28,000. “2018 was a team effort,” he said. “People really volunteered to fundraise. One person on my team raised close to $5,000.”

The corporate team quickly gained the support of family members, like Adrienne, Steve’s wife. “Adrienne recruited all her friends to get involved,” Steve said. “There were some I didn’t know too well who generously contributed.”

Moving Day Supports Women with Parkinson’s

Sharon Krischer did not want to tell anyone about her Parkinson’s disease (PD) diagnosis until her movement disorder specialist suggested she see a psychologist to help her cope.

At her first session, she was asked to write her story, which inspired her to start, what is today, a well-read blog called “Twitchy Woman.” Sharon fearlessly writes about living with Parkinson’s — from her inability to sleep to learning how to eat with her left hand because of her tremor.

Her blog research eventually led her to the Parkinson’s Foundation program Women and PD Teams to Advance Learning and Knowledge, the first national effort to address long-standing gender disparities in Parkinson’s research and care. She attended a Women and PD forum that allowed her and other women in the PD community the chance to advocate for the specific needs of women with PD.

After returning home, Sharon planned a lunch for 11 local women living with Parkinson’s. For some, it was the first time meeting someone else with PD. After several lunches, they became each others support system and decided to participate in Moving Day LA. “Our team wasn’t enormous, but we came together and raised money for Parkinson’s research,” Sharon said.

Steve was surprised by how much he enjoyed fundraising. “I felt so great,” he said. “Through Moving Day, I became involved, got to know and understand all the great things the Parkinson’s Foundation does. It is a moving experience to raise money for something that I was so knowledgeable about and affects me personally.”

For the full list of 2019 Moving Day events visit MovingDayWalk.org.

Sharon and her team, “Twitchy Women,” have raised more than $3,000. “It’s always fun to see new friends having a good time at Moving Day,” Sharon said.

Moving Day allows the Parkinson’s Foundation to introduce and host free, local educational programs, like Women and PD that will take place in Omaha, Chicago, Ohio and Florida in 2019.

To find local events taking place near you visit Parkinson.org/Events.
“Moving Day gives you the chance to speak up about Parkinson’s disease, to spread awareness, bring in funding, and to gain a better understanding of this disease that affects so many of our family and friends.”
- Moving Day Boston participant

“Moving Day is the affirmation that there are thousands of people giving their time, energy and money towards making life better for people like me. It is humbling.”
- Moving Day NC Triangle participant

“Moving Day is a chance to meet with other members of the Parkinson’s community — events that bring us together as a community help make life with PD better.”
- Moving Day North LA County participant

From Caregiver to Moving Day Team Captain and Support Group Leader

Lisa Scott and Doug Griffith love to travel, but they don’t enjoy the one-hour car ride it takes to get to Doug’s Parkinson’s disease (PD) appointments. “I was frustrated with the lack of resources where we live, so I decided to start a local support group and do a little fundraising,” Lisa said.

One day, her online search for Parkinson’s news led her to Moving Day Rochester. “I wanted to go, but Doug was not sure, so I told him we would leave if it was overwhelming.”

Not only did they stay, Lisa and Doug have attended Moving Day four years in a row. “It was such an amazing experience that I decided I had to get involved and do more,” she said. The event introduced her to free Parkinson’s Foundation resources, like the caregiver guide book, Caring and Coping.

Every year Lisa amps up her Moving Day efforts. Last year she hosted “Partyin’ for Parkinson’s” — a series of unique fundraising events that brought the town together to support their Moving Day team, “Team Griff.”

In addition to working full-time, Lisa began her fundraising events with a 5K walk and run, followed by live music at the park, where her professional musician friends donated their time and talent. Next, she planned a classic car show and a chicken barbecue that included a 50/50 raffle and door prizes.

Team Griff raised $6,400 in 2018. For Lisa, Moving Day brings hope and allows the Parkinson’s Foundation to continue providing free resources that help not only her, but everyone who attends her local support group. “As caregivers, we have to push on, try and keep that hope alive,” Lisa said.

Moving Day funds allow the Parkinson’s Foundation to provide free resources. Visit Parkinson.org/Caregivers to learn more about our caregiver resources.

Thank You to Our National Partners

The Parkinson’s Foundation can only host Moving Day because of our local sponsors and 2018 National Partners. Thank you to our sponsors for making life better for people with Parkinson’s.
Who Will You Move For In 2019?

SPRING 2019 MOVING DAY WALKS
Moving Day Tampa Bay ........................ April 6
Moving Day Fresno ................................ April 7
Moving Day South Alabama .................... April 13
Moving Day Ventura County .................. April 13
Moving Day Little Rock ........................ April 27
Moving Day Omaha .............................. April 27
Moving Day Winston-Salem .................. April 27
Moving Day Twin Cities ....................... May 4
Moving Day Broward ............................ May 5
Moving Day Sacramento ...................... May 5
Moving Day San Francisco .................... May 5
Moving Day Albuquerque .................... May 18
Moving Day Charleston ....................... May 18
Moving Day Nashville ....................... May 19
Moving Day Baton Rouge ..................... June 1
Moving Day DC ................................... June 1
Moving Day San Jose ........................... June 1
Moving Day Louisville ........................ June 1
Moving Day Central NY/Syracuse ............. June 2
Moving Day Baltimore ......................... June 8
Moving Day Fargo .............................. June 8
Moving Day Kansas City ...................... June 8
Moving Day Milwaukee ....................... June 8
Moving Day Orange County .................. June 8
Moving Day Rhode Island ..................... June 8
Moving Day Southeastern PA ................. June 8
Moving Day Cleveland ....................... June 22
Moving Day San Diego ....................... June 22
Moving Day Dayton ............................ June 29

FALL 2019 MOVING DAY WALKS
Moving Day Atlanta .......................... Moving Day Los Angeles
Moving Day Boca Raton ....................... Moving Day Miami
Moving Day Boston ................................ Moving Day NC Triangle
Moving Day Buffalo .......................... Moving Day New Jersey
Moving Day Chicago .......................... Moving Day NW Arkansas
Moving Day Columbus ...................... Moving Day Phoenix
Moving Day Dallas/Ft. Worth ............... Moving Day Rochester
Moving Day Jacksonville .................. Moving Day Venice
Moving Day Las Vegas ........................

Be Somebody’s Champion
Help us raise Parkinson’s awareness and join Parkinson’s Champions to run in an endurance race or create your own fundraiser today.
Parkinson.org/Champions

Visit MovingDayWalk.org to find a Moving Day near you!