

# Moving Toward A Parkinson's Cure



## Parkinson's Community Raises Record-Breaking \$8.8 Million in 2023

Dear friend,

As a fellow member of the Parkinson's disease (PD) community, and a person with PD, I want to thank you for making the 2023 Parkinson's Foundation community fundraisers a monumental success! In 2023, **Moving Day, A Walk for Parkinson's, Parkinson's Revolution** and **Parkinson's Champions** raised a record-breaking \$8.8 million to advance research, improve access to care and provide life-changing resources to people with PD and their loved ones.

I know firsthand how demanding this disease can be, physically and mentally. Managing a progressive disease and its symptoms is challenging. But I've seen how positive and powerful this community is, and fighting for new treatments and a cure alongside you gives me hope. I've participated in all three Parkinson's Foundation community events, and I know I'm not alone in my commitment to raise PD awareness and advocate for this community.

Every walk, run, bike ride and creative do-it-yourself fundraiser pushes us closer to a cure. Every dollar raised helps people like me live better with Parkinson's and provides much needed hope to our entire community. I'm proud to walk, run, cycle and fundraise right alongside each and every one of you.

Thank you for all you do to support the Parkinson's Foundation!

**Vikas Chinnan**



People with Parkinson's Advisory Council Member

Join us in 2024 at an event near you. Help us move toward a cure at [Parkinson.org/GetInvolved](https://Parkinson.org/GetInvolved).

# 2023

## By the Numbers



**\$4.8M**  
RAISED BY  
MOVING DAY

**\$3.5M**  
RAISED BY  
PARKINSON'S  
CHAMPIONS



**46**  
STATES

**\$500,000**  
RAISED BY  
PARKINSON'S  
REVOLUTION



**15,356**  
COMBINED  
PARTICIPANTS

## Movement Disorders Specialist Helps Make First-Ever Moving Day Connecticut a Success

Toni de Marcaida, MD, Medical Director of the Chase Family Movement Disorders Center at Hartford HealthCare, was thrilled to help bring the first-ever Moving Day to Connecticut.

"We were designated as a Comprehensive Care Center in 2023, but even before that we used Parkinson's Foundation resources for our patients because they have extensive offerings that we find to be thoughtfully developed and impactful," Dr. de Marcaida said. "As such, to be instrumental in bringing the Foundation's physical presence to Connecticut was of extreme importance to me. It was an honor to finally have Moving Day in our state."

Even with uncooperative weather, Dr. de Marcaida said the inaugural Moving Day Connecticut was wonderful. "Everyone came out in ponchos, and although it was cold, it was a heartwarming day. We danced and exercised together, had some great vendors, and members of my team, of the Yale New Haven and UConn Health Movement Disorders

programs all came out strong."

Dr. de Marcaida said she is excited to continue partnering with the Parkinson's Foundation to make her patients'

lives better. "What motivates me and my team are our patients," she said. "They fight Parkinson's disease with passion, courage, strength and constant hope. That's why bringing Moving Day here was so important. We continue to fight their fight every day because they keep fighting every day, and we will never quit on this community we care for so deeply."



Dr. de Marcaida and members of the Hartford HealthCare Team at Moving Day Connecticut.

**We're here for you! Find resources at [Parkinson.org/Library](https://www.parkinson.org/Library) and call our Helpline at 1-800-4PD-INFO (1-800-473-4636) for answers to your PD questions.**

## Volunteering Helps Kathleen Find Community and Comfort



Team "Katz Krew" Moving Day Albuquerque

After struggling with her young-onset Parkinson's disease diagnosis, Kathleen Ortiz's doctor suggested she attend Moving Day Albuquerque to connect with the Parkinson's

Foundation. Curious, she gave it a shot, and had a blast. But Moving Day was just the beginning.

**"After that first year, I decided to volunteer because I wanted to see how the gears turned," she said. "I saw right away that Moving Day was more than just a walk, and I wanted to see how it changes people. I also wanted to help raise even one extra dollar for research so that the next person to get diagnosed doesn't feel like I did. I want them to feel that there is hope."**

In 2023, not only did Kathleen volunteer, but her team, "Katz Krew," was a top fundraising team at Moving

Day Albuquerque. She played a pivotal role in securing support from local businesses, recruiting new teams and sharing her story on a local TV morning show. She admits that it took time to find the motivation, but volunteering has helped her become more positive. This newfound positivity fuels her determination to work tirelessly in the fight against Parkinson's.

"To give the next person who will be diagnosed more hope than I had, we have to get out there and walk, raise money and talk about Parkinson's," she said. "Volunteering with the Parkinson's Foundation has taken me into a direction I never thought I would go. I've always been more of a quiet person and never saw myself volunteering, but I love it and I look forward to it every year. At Moving Day, I feel accepted and that feels so good. I will do anything I can to help someone else find that comforting feeling."

**Find out how you can volunteer with the Parkinson's Foundation at [Parkinson.org/Volunteer](https://www.parkinson.org/Volunteer).**

**WE CARE. WE FIGHT. WE MOVE.**

# Cornerstone Parkinson's Fit Community Combats Parkinson's By Moving Together

Michele Amerman first heard about Moving Day when the Parkinson's Foundation held its first Southeastern PA event in 2019. She knew she had to get her gym community from Cornerstone Parkinson's Fit involved. Team "Cornerstone Parkinson's Fit" has raised more than \$80,000 since 2019 and bring 70 people to Moving Day Southeastern PA each year.

"We love Moving Day," Michele said. "We all think the Parkinson's Foundation is important because they have so much to offer people with Parkinson's. When someone new comes to the gym, the first thing I tell them is to connect with the Foundation and use their resources. We are so happy we can help raise money to support the Parkinson's Foundation."

The Cornerstone Parkinson's Fit group created its own supportive community, offering PD-specific classes five days a week, including Rock Steady Boxing, cycling, small group, power classes and personal training, along with support groups for care partners and women with Parkinson's. Bev Reilly, one of the program's Parkinson's fitness specialists, said the

gym helps members prioritize movement consistently, which is vital for people with PD, and is a great source of support. They are proud to come together to give back through Moving Day.

"We use Parkinson's Foundation resources for our members regularly," Bev said. "When Michele found this opportunity to support the Foundation and give back to the Parkinson's community, everyone jumped right in. We have Cornerstone members, their families and staff join us and it's a great, inspiring experience. Every day, our members get up and make a choice — to move to fight PD. And at Moving Day, we all get to celebrate that together while benefitting a great cause."

**Register as a team or an individual and begin fundraising at [MovingDayWalk.org](https://MovingDayWalk.org).**



Team "Cornerstone Parkinson's Fit"  
Moving Day Southeastern PA

## Top Fundraiser Fights Parkinson's While Welcoming Friendly Competition



Team "Walking Warriors"  
Moving Day Kansas City

Ray Miller and his Moving Day team, "Walking Warriors," raised \$13,702 in 2023, making them one of the top teams in Kansas City, MO. To Ray, participating in Moving Day is all about connection

and supporting a cause that is important to him.

**"Moving Day is special for my family," he said. "It's not just a fundraiser, it is part of my Parkinson's journey.**

Everyone's support, whether through donations, calls or heartfelt notes, is a reminder of the incredible network of friends we have gained. It also feels good to do something to help. Instead of asking for help, I'm contributing to the Parkinson's Foundation and

doing something to help someone else."

Ray also finds motivation from a friendly cross-country fundraising competition with his friend, Jim McLaughlin, who participates in Moving Day Memphis. When Jim saw how much Ray raised in past years, he was inspired to raise more than him. The end result? Both Ray and Jim were one of the top fundraisers in their communities!

For Ray, Moving Day serves as a platform to raise Parkinson's awareness and do something positive to fight PD. For people who were recently diagnosed, he said, "Don't be scared of it. It's not something you can run from, so you have to embrace it and just keep moving forward."



**Moving Day, A Walk for Parkinson's, takes place in cities across the U.S. and brings communities together in celebration of movement. Register at [MovingDayWalk.org](https://MovingDayWalk.org).**



# Allie Takes Action Against Parkinson's Diagnosis through Parkinson's Revolution

After receiving a Parkinson's disease (PD) diagnosis in December 2022, Allie Signorelli turned to her Peloton bike, knowing exercise is a key factor in delaying progression and easing symptoms. Then, she found the Parkinson's Revolution website and decided to put her fundraising background and urge to do something concrete to fight PD to work.

"I was feeling really down after my diagnosis and signing up and fundraising for Parkinson's Revolution, along with joining a research study, made me start to feel like I had some control over the situation," she said. "It helped me gain back some hopefulness."

Allie and "Team Siggy" quickly got to work, raising more than \$11,000 in just one month, making her the top fundraiser for Parkinson's Revolution DC. She's not stopping there. Allie is committed to increasing PD awareness and supporting the Parkinson's Foundation along the way. She even created an Instagram (@imstillallie) to track her journey with PD, gaining more than 44,000 followers.

"When I was first diagnosed, I was given a packet of information and noticed the only pictures of young people and women were of care partners," Allie said. "Part of my goal is pushing for a cure for Parkinson's and making sure people are aware of it, but the other part is finding people who look like me. The Parkinson's Revolution ride reminded me I have a long road ahead but right now, I'm fighting and feeling great. Through my Instagram, I hope I can find the other people like me and change the perception the public has about people living with PD."

Allie finds that the more she engages with the PD community, the better she feels — and she's grateful to Parkinson's Revolution for spurring her connection to the Parkinson's Foundation. "Action feels good to me," Allie said. "Parkinson's Revolution is a great way to raise money to support the resources and vital research the Parkinson's Foundation provides, engage your friends and family and build community."

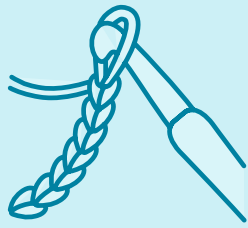


Parkinson's Revolution is a one-day indoor cycling experience taking place in 26 cities and virtually. Join the Revolution! [Parkinson.org/Revolution](https://www.parkinson.org/Revolution)

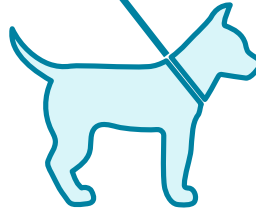


**\$21 Million**  
raised since 2006

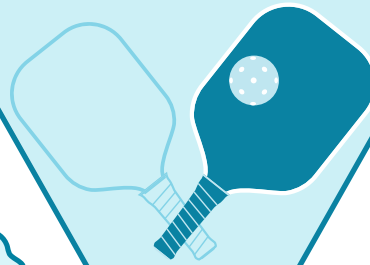
**2,230**  
stitches knit



**305**  
dogs walked



**45**  
pickleball games played



**11,790**  
miles run

## Karan Completes Remarkable World Marathon Challenge for His Father



*Karan Rai*

Karan Rai completed seven marathons on seven continents in seven days to raise money for the Parkinson's Foundation — completing every race in honor of his father, Ranjit Rai, who lived with PD for several years and passed away in October 2023.

"One of the lessons my dad taught me early on is you're meant to test your limits and

if you're going to do that, find a cause that's near and dear to your heart and raise awareness and money for it," Karan said.

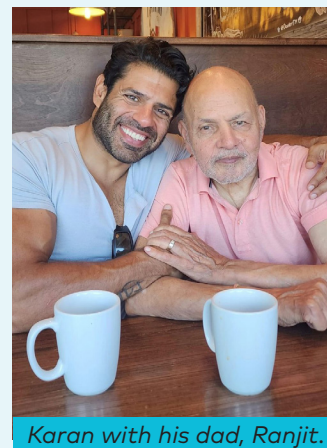
When he came across the World Marathon Challenge, it was so far out of his comfort zone that he just had to do it. "In part, this was to test myself and my boundaries mentally and physically," he said. "More importantly, it is to raise awareness and funds for the

Parkinson's Foundation and to honor my dad who lived with this condition for the past six years."

On January 31, 2023, Karan flew to Antarctica to compete in his first race. From there he traveled to and ran a marathon in Cape Town, Perth, Dubai, Madrid, Brazil and, finally, Miami. His father cheered him on from home every step of the way and made the journey to Miami, FL, to cheer him on in person.

Karan completed the World Marathon Challenge and raised more than \$80,000 as a Parkinson's Foundation Champion. "There was this sense of relief more than anything else, but also a sense of accomplishment, just kind of gutting it and getting it done," he said.

Including Karan, only 200 people in the world have completed this challenge. And, while doing so, he helped spread Parkinson's awareness and honor his dad.



*Karan with his dad, Ranjit.*



**Become a Parkinson's Champion. Run in an endurance race or create your own fundraiser.**  
[Parkinson.org/Champions](https://Parkinson.org/Champions)



## 2023 TOP MOVING DAY PARTICIPANTS

**Sherwin Zuckerman**, Chicago, \$49,428  
**Andrew Albert**, Chicago, \$39,950  
**Christine Howard**, Twin Cities, \$33,047  
**Susan Brown**, Atlanta, \$25,043  
**John Kolaya**, New Jersey, \$19,420

**Jan Wuliger**, Tampa Bay, \$19,077  
**Laura Morris**, Chicago, \$18,305  
**Carey Durham**, Dallas/Fort Worth, \$15,435  
**Shari Wolf**, Chicago, \$14,381  
**Margaret Samaha**, Santa Fe, \$13,380



## 2023 TOP MOVING DAY TEAMS

**23andMe**, San Francisco, \$59,646  
**Edward Jones Heartland**, Kansas City, \$54,265  
**Team Zuckerman**, Chicago, \$50,678  
**The Atlanta Movers and Shakers**, Atlanta, \$43,214  
**Team Albert**, Chicago, \$43,180

**Bob Squad**, Dallas/Fort Worth, \$34,800  
**Team Howard**, Twin Cities, \$34,041  
**Laura's Posse**, Chicago, \$33,065  
**Parkinson's Boxing LLC**, Buffalo, \$32,880  
**Carey's Clan**, Dallas/Fort Worth, \$31,088



## 2023 TOP PARKINSON'S REVOLUTION RIDERS

**Melanie Hannon**, Chicago, \$17,878  
**Deborah Lucchesi**, San Francisco, \$12,388  
**Jennifer Goldman**, USA, \$11,165  
**Chas Schaner**, Grand Rapids, \$11,050  
**Brett Pinegar**, Salt Lake City, \$11,010

**Allison Signorelli**, DC, \$9,857  
**Scott Balke**, Twin Cities, \$9,113  
**Kevin Donnellon**, Chicago, \$6,328  
**Kaley Adamson**, Jacksonville, \$6,276  
**Vikas Chinnan**, San Francisco, \$6,257



## 2023 TOP PARKINSON'S CHAMPIONS: ENDURANCE RACE

**Jamie Harrison**, TCS NYC Marathon, \$38,483  
**Bruce Braswell**, TCS NYC Marathon, \$29,432  
**Liz Hughes**, TCS NYC Marathon, \$28,000  
**Craig Fuller**, TCS NYC Marathon, \$14,250  
**Amy Gottlieb**, Falmouth Road Race, \$13,028

**Ladd Harrison**, TCS NYC Marathon, \$12,895  
**Annie Taylor**, TCS NYC Marathon, \$11,435  
**Catherine Griggs**, TCS NYC Marathon, \$10,968  
**Saul Qersdyn**, TCS NYC Marathon, \$9,350  
**Melanie Johnson**, TCS NYC Marathon, \$8,318



## 2023 TOP PARKINSON'S CHAMPIONS: DO-IT-YOURSELF FUNDRAISING

**Karan Rai**, [World Marathon Challenge](#), \$80,374  
**Mike Debartolo**, [Playing for Parkinson's](#), \$76,646  
**Roland Frankel**, [Graeme Frankel Memorial Golf Tournament](#), \$70,145  
**Christian Spence**, [Going the Distance for PD](#), \$22,000  
**Steven Goode**, [The Great American Scenic Byways Tour](#), \$21,795

**Joyce Tracy**, [Zero Mile Fun Run](#), \$15,221  
**Carl Munyon**, [60th Birthday Golf Tournament](#), \$14,992  
**Paul Farahvar**, [Comedy Night at Zanies](#), \$13,676  
**MIG Bearden**, [Pickleball for Parkinson's](#), \$12,435  
**Jimmy Violi**, [Memorial Golf Tournament](#), \$8,800







MOVING DAY LOS ANGELES



MOVING DAY CHICAGO



MOVING DAY OMAHA



LOUIS BRUNER JR., PARKINSON'S CHAMPION

## People who *inspire* us: Meet Roman



"Team Roman"  
Moving Day Miami

I got involved in Moving Day Miami because supporting the Parkinson's Foundation and raising awareness about Parkinson's disease is important to me. Parkinson's affects millions of people, not just me, and we need more research. I want to fund research that aims to slow or stop progression of Parkinson's, and I know the money raised during Moving Day helps support that.

I got my family and colleagues together for Moving Day for the first time in 2023. We wore bright shirts that said "Team Roman" and when people asked about them, I told them about Parkinson's. Spreading the word is important, and Moving Day is the perfect time to raise money and awareness.

- Roman Frenkel, Living with Parkinson's



MOVING DAY LAS VEGAS



MOVING DAY TAMPA BAY



MOVING DAY DAYTON

## Thank You to Our Sponsors

Moving Day is only made possible because of our local sponsors and our 2023 National Partner, Amneal. Thank you!

To become a sponsor, email [MovingDay@Parkinson.org](mailto:MovingDay@Parkinson.org).



# Better Lives. Together.



DALLAS FORT WORTH KNIT FOR PD



PARKINSON'S REVOLUTION SAN FRANCISCO



COMMUNITY WALK DEER PARK, WA

## 2024 EVENTS

### SPRING MOVING DAY EVENTS

- |                    |                  |                   |                |                    |
|--------------------|------------------|-------------------|----------------|--------------------|
| Mobile, AL         | Palm Beach, FL   | Twin Cities, MN   | Las Vegas, NV  | Knoxville, TN      |
| Costa Mesa, CA     | Tampa Bay, FL    | Kansas City, MO   | Ithaca, NY     | San Antonio, TX    |
| Sacramento, CA     | The Villages, FL | Winston-Salem, NC | Valhalla, NY   | Salt Lake City, UT |
| San Francisco, CA  | Lexington, KY    | Omaha, NE         | Cleveland, OH  | Milwaukee, WI      |
| San Jose, CA       | Baton Rouge, LA  | Concord, NH       | Columbus, OH   |                    |
| Ventura County, CA | Baltimore, MD    | Albuquerque, NM   | Newton, PA     |                    |
| Washington, DC     | Portland, ME     | Santa Fe, NM      | Charleston, SC |                    |

### FALL MOVING DAY EVENTS

- |                 |                 |                  |                |                       |
|-----------------|-----------------|------------------|----------------|-----------------------|
| Oxford, AL      | New Britain, CT | Indianapolis, IN | Clark, NJ      | Dayton, OH            |
| Phoenix, AZ     | Miami, FL       | Boston, MA       | Buffalo, NY    | Memphis, TN           |
| Tucson, AZ      | Atlanta, GA     | Jackson, MS      | Oyster Bay, NY | Nashville, TN         |
| Los Angeles, CA | Chicago, IL     | Raleigh, NC      | Rochester, NY  | Dallas/Fort Worth, TX |
|                 |                 |                  |                | Richmond, VA          |

### PARKINSON'S CHAMPIONS ENDURANCE EVENTS

- |  |           |  |              |
|--|-----------|--|--------------|
| United Airlines NYC Half Marathon . . . . .        | March 17  | HOKA Chicago Half Marathon & 5K . . . . .  | September 29 |
| Los Angeles Marathon Weekend. . . . .              | March 17  | Twin Cities Marathon Weekend . . . . .     | October 6    |
| Disney World Springtime Surprise Weekend . . . . . | April 18  | Bank of America Chicago Marathon . . . . . | October 8    |
| Big Sur Marathon Weekend. . . . .                  | April 28  | Marine Corps Marathon Weekend . . . . .    | October 27   |
| Eugene Marathon Weekend. . . . .                   | April 28  | Disney World Wine & Dine Weekend . . . . . | November 1   |
| Falmouth Road Race . . . . .                       | August 18 | TCS New York City Marathon . . . . .       | November 3   |
|  |           | Philadelphia Marathon Weekend . . . . .    | November 24  |



Parkinson's Revolution is a one-day indoor cycling experience that combines determination and community.

[Parkinson.org/Revolution](https://Parkinson.org/Revolution)



Can't find a Moving Day near you? Organize a Community Walk to bring the spirit of Moving Day to your community!

[MovingDayCommunityWalk.org](https://MovingDayCommunityWalk.org)