Our spring Moving Day® season was a huge success! We had over 520 walk teams and nearly 5,000 participants MOVE to beat Parkinson’s disease (PD).

From coast to coast, people with PD, caregivers, friends and family members raised funds to support critical research and patient care, and celebrated life and the importance of movement and exercise for us all!

Together, we raised more than $1 million to improve the lives of people living with PD—truly an accomplishment worth celebrating!

While all of you contributed to the success of our events, there are some teams and individuals who went above and beyond with their fundraising efforts!

2015 Top Teams
Shaking Not Stirred (PDers with a Twist).... $81,871
Team Impax ............................................... $34,208
Stew’s Crew ............................................... $17,945
Shake It Off - Support Stephanie.......... $16,590
Wuliger team and family ..................... $15,885
Gregggers Leggers ................................. $14,276
Shake It Up Baby! (SF PD Support Gp) .... $13,314
Parkinson's Women Support ................. $13,336
Twins Gilbert ........................................... $13,010
Team Garvey ............................................ $11,990

2015 Top Walkers
Joe Burger ................................................. $48,460
Stephanie Stull .......................................... $16,590
Jan Wuliger .............................................. $14,825
Peter Hassen ........................................... $13,950
Brian Stewart .......................................... $11,785
Wendy Krakower .................................... $10,850
Bernard and Judy Fogel ......................... $10,100
Lisa Garvey .............................................. $8,885
Melanie Barr ........................................... $7,431
Shirley Bealor .......................................... $6,726

2015 Spring Moving Day® Walks Raise More Than $1 Million and Counting!

Best of 2015 Top Teams and Walkers!
There are so many people that make the Moving Day® program successful — we wish we could highlight you all! We do want to give special recognition to our Top Teams and Walkers from this past 2015 spring walk season. It is truly amazing what can happen when a community comes together and supports a cause. Congrats and THANK YOU for all you do!

For a complete list of top teams and walkers, please visit www.npfmovingday.org.
Last year, the National Parkinson Foundation (NPF), raised more than $3 million through 24 Moving Day® walks held around the country and collectively, Moving Day has raised more than $8 million since its inception in 2011. We are so proud of the millions of dollars that have been raised through Moving Day and what those monies have allowed NPF to do to fulfill our mission.

Moving Day® does so much more than raise funds. Moving Day provides a platform for NPF to support hundreds of thousands of constituents in local communities across the country through grants that provide health, wellness, support and other critically important services in their area. It’s because of Moving Day and these grants that NPF can stay true to its mission and help make life better for people with Parkinson’s disease (PD) and their loved ones.

NPF is proud to announce that the 2014 fall Moving Day® walks have funded nearly $1 million in mission services to make life better for people living with Parkinson’s. NPF recently awarded local community grants for health, wellness and education programs in six cities for people living with Parkinson’s disease (PD) and their caregivers. These grants included:

- Boxing for PD training Atlanta
- Dance for PD classes in Boston
- Music therapy in Chicago
- Exercise classes for body and voice in Los Angeles
- Art therapy in Miami
- Parkinson’s interdisciplinary care – training for healthcare professionals – in NC Triangle

“We have seen therapeutic arts-based programming achieve tremendous results with regard to improving physical, psychological, and social functioning, as well as quality of life for people with Parkinson’s,” said Nancy Mazonson, Director of Parkinson’s Family Support and recent grant recipient.

NPF’s 2015 spring walks will soon fund additional services in Washington, DC, Tampa, FL, and the Bay Area in California.

Your Support In Action

NPF’s commitment to providing grants and investing in services in local communities across the country is important to our mission. Funds raised through Moving Day® also support NPF’s national mission by supporting the NPF Center of Excellence network that delivers care to more than 50,000 Parkinson’s patients worldwide; by funding cutting-edge research like the Parkinson’s Outcomes Project, aimed at better treatment and care; by providing free patient resources for patients and their families, such as a toll-free Helpline (1-800-4PD-INFO) and free hospital kit.

“As generous supporters and participants of Moving Day®, we would like to thank you for your involvement and commitment to our mission. Every dollar raised and every person that benefits from one of the grants in their area is getting that service because of you. Thank you, we couldn’t fulfill our mission without you and your continued support!”

—Jewish Family & Children’s Service
Every year in the U.S., 60,000 people hear the words “you have Parkinson’s disease” at the National Parkinson Foundation (NPF). We understand the importance of supporting these people on their journey, helping them lead the best lives possible today. We also understand the necessity of funding critical research to find better treatments for the future.

Thanks to your support of NPF and Moving Day®, we can continue doing what we do best – supporting people living with Parkinson’s disease and working with top medical experts to ensure that patients are getting the best possible care. Thank you for joining our mission and helping us change lives.

We are proud of our efforts and progress – and look forward to your continued support as we do more in the years to come.

2014 was a big year at NPF – with your help and participation in Moving Day®, we know that 2015 will be even better!

Here is a snapshot of what you are helping the National Parkinson Foundation do for patients, caregivers and families across the country.

**Exciting Moving Day® Statistics**

- Over 80,000 participants have participated and raised more than $8 million since 2011
- Average raised by Moving Day® Participant = $297
- Average raised by Moving Day® Walk Team = $1,536
- Amount raised by top fundraising team from spring Moving Day® season = $81,871
Nothing could hamper the spirits of a large crowd assembled for the Moving Day® San Francisco walk on Sunday, April 19th. In the middle of this crowd stood a team of walkers in their bright teal t-shirts. Team Shaking Not Stirred (PDers with a Twist), led by Joe Burger, was ready to celebrate the life they have, and the friends they hold close to their hearts. Joe was diagnosed with Parkinson’s disease at the age of 49. Joe remembers the advice his neurologist gave him: “My first prescription for you is exercise, exercise, exercise! My second prescription is to take medication because it will enable you to exercise.” Joe’s enthusiasm for exercise and passion for change enabled him to recruit 64 team members who raised an incredible $81,871 – making them the highest fundraising friends and family team in Moving Day® history! Together, Joe and his team walked in honor of a close friend and former member of their Napa Valley Support Group, Gary Brown, who passed away in 2013. Joe described Gary as “a perfect example of how to live gracefully with Parkinson’s disease. He continued to be active, found ways to achieve what he could at work and let go of the things that were difficult. He maintained a joyful life and refused to let it be all about Parkinson’s.”

Our deepest thanks and appreciation go out to Joe and his wife Debbie who, with friends, family and members of their Napa Valley Support Group, raised the bar high for Moving Day®. They added energy and excitement to the teams in the Bay Area, and played a huge role in the success of the event.

My dad was always a kid at heart. He liked to play sports and games like Jarts, golf, bocce ball, bowling, softball and pinball machines; and he loved to swim. Dad always had a home project he was working on and family time meant everything!

Diagnosed at 48, my dad lived with Parkinson’s disease (PD) for 26 years. The years were filled with many ups and downs as the disease progressed, but Dad did his best to stay active and live his life to the fullest, even while living at the Minneapolis Veterans Home the last three and a half years of his life.

In 1996, we walked as a family in the local “walk for Parkinson’s” that would eventually grow into what we now call Moving Day® Twin Cities. As the years went on, our family got more and more involved. My sister and I joined the Walk Committee in 1997 and my daughter joined us in 2009. In 2011, I became the Walk Committee Chair and Moving Day® Twin Cities was born. Dad was so proud that our whole family was involved. This year there were 20 of us volunteering!

Year over year I am motivated to continue this work because of the people in the PD community. Their inspiration and hope for the future is all I need. I hope that next year we can raise even more funds and awareness. Each time someone new learns about PD we have helped another family live better.

Moving Day® Twin Cities is truly a family affair. Engage your family and friends in Moving Day – and watch what happens!
On Sunday, June 7, 2015, at the foot of the Washington Monument, the National Parkinson Foundation (NPF) teamed up with the Parkinson’s Action Network (PAN) for Moving Day® DC!

As a Community Partner, PAN helped raise awareness, spread the word and hosted a tent at the event where participants had the opportunity to email Members of Congress asking them to support the Advancing Research for Neurological Diseases Act (H.R. 292/S. 849). This Act focuses on creating a national data collection system for Parkinson’s disease and other neurological disorders. Participants were then encouraged to take a photo in the PAN tent and share it on social media to encourage others to act for PD!

Kids also had the opportunity to get involved and make their voices heard! They were encouraged to create posters referencing “#Act4PD” or “Count Me In” – all of which were displayed at the event and along the walk route.

“Moving Day® is fun and exciting, bringing everyone together for the benefit of the person with Parkinson’s as well as their loving families.”

— Marti Miller, NPF Central Florida President, Moving Day® Orlando
Get MOVING on Social Media

Each of us has been moved. We’ve come to give our time and energy to fight Parkinson’s because we’ve been inspired – by friends, family members, coworkers and ourselves.

We thank you for committing to MOVE with us at Moving Day® – in honor of those who move you.

As part of that commitment, we need your help spreading the word about the National Parkinson Foundation’s (NPF) mission and Moving Day®. Post photos on your favorite social media sites (Facebook, Twitter, Instagram) and encourage your friends to get involved with Moving Day.

Type the following hashtags to connect with others who share your passion for movement and beating Parkinson’s: #YouMoveMe, #Move4PD and #BeatParkinsons.

Spring Moving Day® Highlights

Rocking It – Rain or Shine – in Kansas City

A little rain didn’t keep participants in Kansas City from moving in style with their raingear, umbrellas and tutus! Moving Day® Kansas City has raised more than $100,000 (and counting). What a way to wrap up the spring Moving Day season!

Congrats to Moving Day® Twin Cities: the Longest-Held PD Walk!

Not only is Moving Day® Twin Cities the longest-held walk for Parkinson’s disease (beginning in the late 80’s), but it’s also one of our largest Moving Day events. This year, Barb and her amazing team recruited over 4,000 participants and raised more than $283,000!

Parkinson’s Awareness Choir Performs in Tallahassee

Members of The North Florida Parkinson’s Awareness Choir performed at “the best Moving Day Tallahassee yet!” The group meets regularly and focuses on strengthening their voices under the direction of a certified Music Therapist. As one member put it, “Audiences can clearly hear our smiles when we sing. Through our voices, we can share our continued joy of life and hope for a bright future.”

Rasheda Ali Walks in Tampa

Rasheda Ali – daughter of former champion boxer Muhammad Ali, who was diagnosed with Parkinson’s disease over 30 years ago – joined hundreds of Tampa Bay residents on April 11 for Moving Day®.

Rasheda knows the importance of events like Moving Day®: “As an advocate and family member of one touched by Parkinson’s, I believe in what the National Parkinson Foundation’s Moving Day® event has accomplished. This inspiring event empowers individuals and families to meet the challenges of living with Parkinson’s disease through active participation in walking and other movement activities.”
Join Your Local Moving Day® Planning Committee

Did you have a wonderful experience at Moving Day® and want to be more involved? Consider helping us plan the next event in your area. Check out our fall event calendar on the back page or visit www.npfmovingday.org to see which event you want to get involved with this fall. And stay tuned for our spring calendar – we will launch those dates and locations soon!

Joining your Local Planning Committee is a great way to get more involved with Moving Day® while connecting with an amazing and passionate group of people. It’s your opportunity to make your voice heard and really make an impact!

Moving Day® would not be possible without the generous support of our Local Sponsors and National Partners, including Lundbeck, US WorldMeds, UCB and Right at Home. Corporate support allows NPF to make an even bigger impact on people living with Parkinson’s disease and gives companies the opportunity to get their employees involved in local events, special programs and creates champions for the Parkinson’s disease community.

Get your company involved today. Support our efforts across the U.S. as a National Partner or support your local community as a Local Sponsor. You can even form a corporate walk team and encourage your employees to fundraise and spread the word! A special thanks to our first National Moving Day® Team – GE Healthcare!

For more information on National Partnership Opportunities, please contact Rob Shaw at rshaw@parkinson.org or your local event office.

Why I Chose Moving Day®

Erica Mandelbaum, Moving Day® Tampa Bay Co-Chair

My body decided to age before I was ready. A slight tremor in my left hand at age 39 led to a diagnosis of Parkinson’s disease. I lived with the classic symptoms of severe tremor and foot dragging until my medication wore off, at which point my neurologist suggested deep brain stimulation (DBS). Three procedures later, I was ready to find a way to combat this disease and put my event-planning skills to good use.

In 2014, I chose Moving Day® — or maybe it chose me.

After several informational meetings with what would become our local Planning Committee, I felt inspired to help with every aspect of the planning process and assumed the role of Co-Chair without hesitation. Our local Committee met once a month leading up to the inaugural walk in Tampa. We discussed logistics, team recruitment and fundraising. But most importantly, Moving Day® gave us a chance to support one another along very similar and sometimes very different journeys.

Not only has Moving Day® given me a renewed sense of purpose and structure, but it’s also given me a chance to show my two kids that an awful diagnosis can have a positive impact on our lives.

Our first event on April 11 at the University of South Florida was a huge success – as we recruited 81 walk teams and raised more than $160,000. But what really took my breath away was seeing hundreds of people streaming out of the parking garage the morning of the event. I remember thinking to myself, “Oh my gosh – these crowds are here for Moving Day.”

I plan to be just as involved in our 2016 walk and look forward to seeing our Committee continue to strengthen and grow.

Looking for Other Ways to Get Involved?

Team Hope™ is the National Parkinson Foundation’s community fundraising program that gives individuals in communities across the U.S. the opportunity to plan their own fundraising event! or participate in an endurance race. From golf tournaments, planning a community walk, to donating your birthday and everything in between – you can host a fundraiser that works for you. The possibilities are endless and we help you every step of the way! For more information and to get involved today, please visit www.parkinson.org/teamhope.
We are having a terrific 2015 Moving Day® year! Here are the upcoming fall walks. Consider joining us as a Team Captain and let your friends across the country know that Moving Day® will be in their area soon.

**Fall 2015**

- **Moving Day® South Dakota** – Saturday, August 22. [www.movingdaysouthdakota.org](http://www.movingdaysouthdakota.org)
- **Moving Day® Buffalo** – Sunday, September 13. [www.movingdaybuffalo.org](http://www.movingdaybuffalo.org)
- **Moving Day® Columbus** – Sunday, September 20. [www.movingdaycolumbus.org](http://www.movingdaycolumbus.org)
- **Moving Day® Rochester** – Sunday, October 4. [www.movingdayrochester.org](http://www.movingdayrochester.org)
- **Moving Day® Boston** – Saturday, October 10. [www.movingdayboston.org](http://www.movingdayboston.org)
- **Moving Day® Augusta** – Saturday, October 10. [www.movingdayaugusta.org](http://www.movingdayaugusta.org)
- **Moving Day® Hawaii** – Saturday, October 17. [www.movingdayhawaii.org](http://www.movingdayhawaii.org)
- **Moving Day® Chicago** – Sunday, October 18. [www.movingdaychicago.org](http://www.movingdaychicago.org)
- **Moving Day® Los Angeles** – Saturday, October 24. [www.movingdaylosangeles.org](http://www.movingdaylosangeles.org)
- **Moving Day® Atlanta** – Sunday, October 25. [www.movingdayatlanta.org](http://www.movingdayatlanta.org)
- **Moving Day® NC Triangle** – Saturday, October 31. [www.movingdaynctriangle.org](http://www.movingdaynctriangle.org)
- **Moving Day® Boca Raton** – Sunday, November 8. [www.movingdaybocaraton.org](http://www.movingdaybocaraton.org)
- **Moving Day® Miami** – Sunday, November 15. [www.movingdaymiami.org](http://www.movingdaymiami.org)

Stay tuned for our spring 2016 event dates — coming soon! Visit [www.npfmovingday.org](http://www.npfmovingday.org) for a complete list of events.