2014 Record-Breaking Year for Moving Day

2014 was an inspirational year for Moving Day®. We have so much to celebrate! 25,000 walkers came together across the country to raise an incredible $3 million. Congratulations Miami and Chicago for each raising more than one million dollars in your short 3-year history!

Because of you, the National Parkinson Foundation (NPF), in partnership with our Chapter network, was able to invest time and resources back into local communities to help launch new programs, exercise classes and support groups.
A Special Note from 
Joyce Oberdorf

I wanted to express a sincere “thank you” to you, our wonderful Moving Day® family, for all of your support this past season. Moving Day continues to break records and this season was no exception. We know the power of Moving Day and what it brings to the community, and we know that you are the backbone to our success! Here at the National Parkinson Foundation, we are excited to see this program thrive and to have the opportunity to provide resources and support to all of our local communities.

Again, thank you for ALL that you do. We look forward to seeing you in 2015!

Joyce Oberdorf, President and CEO
National Parkinson Foundation

CONGRATULATIONS
Best of 2014
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 year. It is truly amazing what can happen when a community comes together and supports a cause. Congrats and THANK YOU for all you do!

2014 Top Teams

<table>
<thead>
<tr>
<th>Team</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Team Terranova</td>
<td>$394,090</td>
</tr>
<tr>
<td>Team Albert</td>
<td>$49,911</td>
</tr>
<tr>
<td>Monhart’s Movers</td>
<td>$43,715</td>
</tr>
<tr>
<td>Team Zuckerman</td>
<td>$32,800</td>
</tr>
<tr>
<td>Team Kozyak &amp; Reno</td>
<td>$30,253</td>
</tr>
<tr>
<td>The Green Machine</td>
<td>$22,650</td>
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<tr>
<td>The Young Onsetters</td>
<td>$22,320</td>
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<tr>
<td>Perdan’s Movers @ Parker</td>
<td>$21,650</td>
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<tr>
<td>Stew’s Crew</td>
<td>$19,806</td>
</tr>
<tr>
<td>Team Kolaski</td>
<td>$19,221</td>
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</tbody>
</table>

For a complete list of top teams and walkers, please visit www.npfmovingday.org.

2014 Top Walkers

<table>
<thead>
<tr>
<th>Walker</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mindy Mcilroy</td>
<td>$381,549</td>
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<td>Gordon Beckham</td>
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<tr>
<td>Andy Albert</td>
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<tr>
<td>James Monhart</td>
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<tr>
<td>Sherwin Zuckerman</td>
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<td>Herb Hopkins</td>
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<td>Bill Perdan</td>
<td>$18,925</td>
</tr>
<tr>
<td>Donald Arnheim</td>
<td>$16,342</td>
</tr>
<tr>
<td>John Kozyak</td>
<td>$16,266</td>
</tr>
<tr>
<td>Kenneth Kolaski</td>
<td>$13,996</td>
</tr>
</tbody>
</table>
Terranova’s Executive Vice President, Mindy McIlroy, was diagnosed with Parkinson’s disease (PD) in 2014. After months of being troubled about what to say and to whom, she came to the conclusion that the best way to deal with her recent diagnosis was to be a leader in finding a solution. While she is not a doctor or scientist, she led Team Terranova to the National Parkinson Foundation (NPF).

Mindy began her career with Terranova Corporation — a full-service commercial real estate firm based in Miami Beach — 17 years ago. While it was difficult, Mindy shared her diagnosis with the team that has supported her for all those years, knowing that the care and generosity would endure. As a company, they decided to participate in Moving Day® Miami and Team Terranova (Team Mindy) was formed.

There was nothing that could stop them from not only being a leader in the commercial real estate market, but also a champion in the fight against PD. In just six months, Team Terranova raised $394,000 and became an inspiration to other Moving Day® teams across the nation. Dedicated to improving the quality of care for people with PD, Team Terranova is committed to NPF and will continue to surpass any milestones in its path.

“I am stronger with the support of my Terranova family.”

-Mindy McIlroy

Team Terranova Raises $394,000 & Counting!

Secrets to Team Terranova’s Success

- Support from friends in the business, including former Terranova employees
- Year-round fundraising and special events
- Custom Team Mindy bracelets and handouts for donors
- Strong social media presence (Instagram page: TeamMindyNPF)
- Dollar-for-dollar matches and support from Terranova’s Chairman Stephen Bittel
Robert Baittie ("Bob") was diagnosed with Parkinson’s disease (PD) in 2012 at the age of 52. For Bob, what started as a personal setback, has turned into a much stronger push forward to fight PD and make every day count.

In 2013, Bob’s daughter Amanda started team Martini Shakers for Moving Day® Chicago. The team’s incredible efforts raised well over $13,000! In 2014 the team set their goal even higher, and decided to host an array of fundraising events, such as a Teenie Martini Party and a Trash to Treasure garage sale.

In addition to reaching their team fundraising goal, Bob’s dream was to recruit an honorary co-captain from all 50 states and as many countries as possible.

It wasn’t long before his dream became a reality. Not only did the Martini Shakers list an honorary co-captain from all 50 of the United States, but also from five other countries, including England, Austria, the Netherlands, Canada and South Africa.

Blown away by the support shown by so many worldwide, Bob recognizes the importance of events like Moving Day® to “inspire and bring together families, friends and communities in the fight against PD. For me personally, that creates an empowering, nationwide-network of love and support.”

The Martini Shakers had 114 team members and collected 176 personal donations for an overall incredible fundraising total of $18,065 to support Moving Day® Chicago in 2014.

Bob still runs his award-winning design firm, Bob Baittie Design, Inc., and recently turned his blog about PD into a book, “Tremors in the Universe” (www.tremorsintheuniverse.com)

I would like to show that a cause can connect people. And through those connections ANYTHING is possible.

GET YOUR COMPANY INVOLVED

Moving Day® National Partnerships and Local Sponsorships provide companies with a high-profile commitment to fighting Parkinson’s disease (PD) and establish brand loyalty and an opportunity to engage employees and partners in focused charitable giving. Additionally, Moving Day provides an opportunity for companies to promote their brand, products and services directly to people with Parkinson’s and their champions.

If you’re a local company or business owner and want to get involved or learn more about partnering with Moving Day®, take the first step in improving the lives of people with Parkinson’s. Please contact Rob Shaw at rshaw@parkinson.org or reach out to your local NPF Chapter/Market Representative to learn more and become a partner today! For a complete list of Moving Day® events, please visit www.npfmovingday.org.
Parker Hannifin employees and their family members participated in Moving Day® Columbus to raise awareness and funds to improve the quality of care for people with Parkinson’s disease (PD). Together they raised $21,650, making them the 8th highest fundraising team in the country! The company got involved to support executive Bill Perdan who was diagnosed with PD five years ago.

When the diagnosis was made, life changed. After 33 years in the business, traveling and the day-to-day job responsibilities became difficult to manage. Bill knew change was necessary but wasn’t sure what would happen once he told everyone about his disease. He and his wife Marlene went in search of information about PD and what can be done to stop the symptoms, who can help and what will happen next.

Marlene’s quest for information led her to the National Parkinson Foundation (NPF) website (parkinson.org) – which has become one of Bill and Marlene’s favorite go-to sites for information about PD. The site also led them to the Central & Southeast Ohio Chapter of NPF where he learned about local support services and Moving Day®.

This past September, over 900 people gathered at Crew Stadium in Columbus, Ohio for Moving Day®. Attendees engaged in a range of exercises, including a walk around the stadium. Educational opportunities were also available to help participants better understand PD and its impact on people’s lives.

Parker was well-represented at the event, with over 50 employees and their family members. In addition to raising $22,000 from a variety of fundraising events (including a ping pong tournament and putting challenge), Parker was a Gold Sponsor of the event.

Bill now serves as a Board Member for the NPF Central and Southeast Ohio Chapter and plans to remain involved in supporting the organization’s growth in the future. He also has a new job with Parker that requires less travel, giving him more time to focus on improving his own health as his PD journey continues.

Thank You! to our National Moving Day® Partners

The overall success of the National Parkinson Foundation’s (NPF) Signature Walk Program is due to the overwhelming response from our local communities – as well as the incredible support from our National Partners!

NPF’s National Corporate Partners consistently go above and beyond in their efforts to raise awareness and support NPF’s mission to improve the quality of care for people with Parkinson’s disease. NPF’s National Partners truly do Whatever it Takes to Beat Parkinson’s®.

With their support, NPF is able to increase awareness and expand our reach in the Parkinson’s community. Our National Partners have adopted NPF as a charity of choice and encourage their employees to volunteer their time through local events and leadership roles and engage their customers and vendors on our behalf. We thank each of our National Partners for their generosity and their commitment in helping us make Moving Day® the most successful national Parkinson’s walk program in the country!
MOVING DAY® HELPS LAUNCH NEW COMMUNITY PROGRAMS

Due to the overwhelming success of Moving Day® events, the National Parkinson Foundation (NPF) was able to award community grants to fund new health, wellness and educational programs. The goal of these new programs is to help Parkinson's patients and caregivers improve their quality of life.

“The NPF 2014 Community Grants enable us to partner with local organizations which provide life-changing services to the Parkinson’s community,” said Amy Gray, Vice President, NPF Chapter Relations & Community Partnerships. “From music therapy to dance classes, these programs embody NPF’s mission in action!”

Additionally funds from Moving Day® events help support national support programs and research initiatives that focus on finding new and innovative treatment options for people with Parkinson's disease. For more information, please visit www.parkinson.org.

BOXING CLASS ROCKS CHICAGO

In Chicago, a $5,000 grant was awarded to Rock Steady Boxing – the first and only boxing for Parkinson's program of its kind in the country – founded in 2006 by Parkinson’s patient, Scott C. Newman.

The seed for what would eventually become Rock Steady Boxing was planted when Newman began intense, one-on-one, boxing training a few years after he was diagnosed with early-onset Parkinson’s disease (PD) at the age of 40. Newman witnessed the dramatic improvement in his physical health, agility and daily functioning through the intense and high-energy workouts. Newman’s quality of life improved dramatically in a short time, encouraging him to open a small gym and boxing ring as Rock Steady's first home.

As word of this boxing program spread and the demand for classes increased, Rock Steady created training programs to meet the fitness levels of all stages of Parkinson’s. It wasn’t long before Susan Eichensher and Mark Andersen joined forces in Chicago to make this program available to the Chicago PD community (Rock Steady Boxing Chicago). With a grant from NPF, they were able to get more equipment and rent additional space to expand their class offerings, as well as provide financial assistance to those who needed it.

Rock Steady Boxing is a place where friendships are formed, inside and outside the ring, with others who truly understand what it’s like to live with PD.

For more information and to find a class or trainer near you, please visit www.rocksteadyboxing.org or call our National Helpline at 1.800.4PD.INFO (473.4636).
**A PICTURE IS WORTH A THOUSAND LIKES**

Meet Ron, a Moving Day® Los Angeles participant – and the first to finish the three-mile walk using his walker! Ron’s story was our most liked Moving Day post on Facebook throughout the entire season with thousands of views, likes and comments. Who will be next!?!?

Did you know that social media is a great way to help spread the word AND fundraise for Moving Day®?

**LITTLE DEVILS CELEBRATE LIFE IN SILICON VALLEY**

**Contributing author: Shannon Ciortea**

“My life has been an elegant party,” is what my father-in-law, Mircea “Vatti” Ciortea, said to me when we last spoke just weeks before he passed away in October. Knowing there was nothing I could do to help him and knowing my family would need our friends, I signed up to participate in the Moving Day® Silicon Valley event.

As the Team Captain of “Little Devils” I sent out a request to friends, family and colleagues to support Vatti, my husband Marius, and our family with words of love and support. I chose the name Little Devils because our last name Ciortea (choretayuh) means just that, “little devil”! After only a few short weeks, we quickly exceeded our initial fundraising goal of $1,500.

In the months leading up to the walk we will continue to ask for support and are putting together our own fundraising event.

Together with the National Parkinson Foundation, the Little Devils are making a difference. We are helping to fight for an END to Parkinson’s disease and giving folks a chance for a better quality of life. I refuse to let this cause be a sad and morose situation.

“While we have lost Vatti, we can help future generations and have an enjoyable time doing so.”

Please, join us at Moving Day® Silicon Valley. The more Little Devils the merrier! For the full story, please visit www.movingdaysiliconvalley.org.
We look forward to a successful 2015 Moving Day® year! To kick things off, here are the upcoming spring 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.

**Spring 2015**

- Moving Day® Orlando – March 15 [MovingDayOrlando.org]
- Moving Day® Tampa Bay – April 11 [MovingDayTampaBay.org]
- Moving Day® Tucson – April 12 [MovingDayTucson.org]
- Moving Day® San Francisco – April 19 [MovingDaySanFrancisco.org]
- Moving Day® Silicon Valley – April 25 [MovingDaySiliconValley.org]
- Moving Day® Twin Cities – May 2 [MovingDayTwinCities.org]
- Moving Day® Tallahassee – May 16 [MovingDayTallahassee.org]
- Moving Day® DC – June 7 [MovingDayDC.org]

Stay tuned for the launch of our 2015 fall walks and websites in February!

**Get started early and register your team at www.nfpmovingday.org**