This is the story of how a remarkable woman in Chile, an airline, a consulate and the National Parkinson Foundation, all working together, made a dream come true. It is the story of shared determination and passion to improve the lives of people with Parkinson’s.

There are no borders when it comes to the needs of people with Parkinson’s, and no boundaries to NPF’s dedication to better care for everyone with the disease. I was recently privileged to help put this philosophy into action. Here’s what happened...

I first heard from Patricia Garcia in June of 2015. Patricia has Parkinson’s and runs a support group in Concepción, Chile, with approximately 100 members. She found NPF through Claudia Martinez, the Hispanic Outreach Coordinator at our Center of Excellence at the Muhammad Ali Parkinson Center in Phoenix, AZ.

In her email, Patricia explained that she hoped to obtain the Spanish language version of NPF’s Aware in Care hospitalization kit for her group members and for people in nearby cities. I replied, in Spanish, that we wanted to help. However, I explained, while we had support for producing the kits, we had no way to cover the cost of shipping them internationally.

Patricia wrote back, “We will fundraise to cover the costs.” She and I agreed to research freight options. By the end of July, I’d learned that the shipping cost was $1,000 for 100 kits, and that Chile’s custom duties and import taxes would add to that cost. “This is very bad news,” wrote Patricia. “The cost is almost half a million Chilean pesos, an impossible amount for me and our group to put together.”

The matter could have ended there. But it didn’t.

Patricia wrote an impassioned appeal to the Consul General of Chile in Miami. Here, translated, is her letter:

(continued pg 10)
Two Marathons in Two Weeks
By Amy Bukszpan

My dad owns a lot of shoes — dress shoes for dining out, a wide array of monochromatic New Balance, Nike and Asics sneakers for everyday activities, flip-flops and supportive sandals for the South Florida sunshine, and slippers for cool New York nights. But I’ll stop you right there before you label Dad a “shopper.” Make no doubt about it, Dad’s preference is for The New York Times, a clarinet concerto, and the gently blowing sea breeze, not for shopping for another pair of shoes. What my dad sought in shoes was not vanity, beauty, the newest or the best. He was looking for answers.

In the 10 years leading up to my dad’s diagnosis with Parkinson’s disease, these shoes were the only answer to the confusion, uncertainty, and yes, even annoyance, that we as a family felt whenever Dad would stumble, drag his feet, or trip on a step. “Oh it must be those new sandals,” one of us would say. “He probably could use a more supportive sneaker,” another would chime in. But alas, though my father’s closet filled with shoes, his walking never improved. In fact, it continued to deteriorate. Then, in the summer of 2011, we had our answer: Dad was diagnosed with Parkinson’s disease.

Okay, so now what? “Dad has Parkinson’s” – I remember repeatedly rolling this sentence over in my head. I wasn’t quite sure what it meant, or what I could do. The diagnosis conjured up images of Michael J. Fox, Muhammad Ali, people with tremors. But Dad didn’t have tremors; he just had trouble walking, was a bit stiffer in the legs and arms than his contemporaries, needed an extra moment to get out of the car or up from the couch. This, I was told, was Parkinson’s. As a behavior analyst who works to improve the lives of others, I felt helpless in assisting my own dad. Searching for answers, I found the National Parkinson Foundation.

Through NPF’s free periodicals, my knowledge of Parkinson’s disease has grown. I supplied my parents with free literature on caregivers, medication, movement and exercise. I started following NPF on Facebook, keeping tabs on the new research and examining what we could do as a family to support my dad. This year, dad started attending a movement and music class for people with Parkinson’s at the Jewish Community Center in New York City. The class not only got Dad moving, but also connected my parents to a community of people with Parkinson’s and their caregivers. I later discovered that this class came through the Edmond J. Safra National Parkinson’s Wellness Initiative, based on research at NYU Langone Medical Center and NPF.

In high school, I had competed in track and cross-country. But no races held more importance (continued pg 5)
I’ve been using sensors lately to track the activities and symptoms of people with Parkinson’s. Several companies make sensors – for example, pedometers, activity trackers, sleep monitors and cardio-vascular monitors – that could be useful for monitoring the hour-to-hour impact of Parkinson’s. The big question is: How can these devices and the data they offer be used most effectively?

For basic care, an expert neurologist is your best resource. True experts, like my friend and NPF’s medical director, Michael S. Okun, MD, can talk to you for 20 or 30 minutes, listen to you describe how Parkinson’s affects you, and then tell you just the right combination of medications to optimally manage your symptoms.

Some really smart people at a couple of different companies have figured out ways to use sensors to try to achieve the same insight Dr. Okun has when he sees his patients, and they have achieved some level of success.

You and your doctor adjust your medications so you get the best effect for the longest time. In math, I would call this a two-dimensional problem. We need to figure out: (1) What does your best effect look like? (2) How long can we sustain it? It turns out that solving two simultaneous problems in a brief clinic visit is very hard, and that’s why experts make such a difference. However, using a sensor to track activities and symptoms over a day or a couple of days can simplify the work needed to get the best results. The information gathered by the sensor expands the data your physician gathers during the office visit. This enriched personal data helps your doctor fine-tune medication that becomes more potent for you.

Of course, your doctor’s goal is to manage your symptoms, not your life. There’s only so much your doctor can do for you. Think of it this way: A good neurologist helps prevent bad things. Like training wheels, an expert neurologist helps you get going. But progress is up to you. The good things in your life will come from moving beyond your care. Your neurologist can help make it possible for you to succeed, but you achieve success on your own and with friends and family.

Taking an active role in improving your own quality of life can be easier with sensors. A good activity tracker can help you push yourself. You can see how active you were yesterday and try to beat it, or how active you were last year and try to match it. You can also look for patterns in your activity. You might find you can exercise better when you go to the gym in the morning, or that your sleep is better when you take a brisk walk in the evening.

I was at a meeting recently where a friend with Parkinson’s showed what she had discovered about fluctuations in her symptoms by using a sensor to track daily movements. One of the neurologists at the meeting turned to me and said, “I could have told you that someone who took her medications that way would experience those fluctuations in symptoms.” However, to my friend, what was important was not that she had wasted her time discovering something that someone else could have told her. What struck her was that the neurologist confirmed that her process of self-discovery had led to correct and beneficial answers. This gave her confidence that she could understand her situation and recognize when her situation changed.

There’s a researcher at Dartmouth who studies how our confidence in our own ability to understand and manage our health is the most powerful driver of outcomes, much better than wealth and education. A neurological disease – a complex condition that may affect our very ability to understand it – can be the ultimate challenge to this confidence. Using tools like an activity monitor to track your Parkinson’s can help empower you to understand the impact of the disease, and to track your progress in fighting it.

Hope is not passive. Hope comes from the knowledge that you are doing all you can to achieve your goals. I endeavor every day to help people with Parkinson’s achieve hope by feeling empowered and in control, confident in the support of friends, family, and our team at the National Parkinson Foundation.
Hitting It Out of the Park

By Sam Robson

A
fter our family, baseball has been my dad’s greatest love – hands down. We lived in Boston, where my father, Kenneth Robson, was a child and adolescent psychiatrist and professor of psychiatry at Tufts Medical School, and a die-hard Red Sox fan. Dad was a season ticket holder to the Red Sox, and Fenway Park was my second home. Some of my greatest memories are of going to games with him.

When one of my mother’s closest friends was getting married, Dad took his little radio with him to the wedding. He couldn’t miss a play-off game. “But you can’t do this! This is Barbara’s wedding,” Mom said. When it comes to anything else, Dad is one of the most sincerely considerate people you’ll ever meet. Except… this was baseball. He took the radio.

Dad was diagnosed with Parkinson’s disease in 1996. As the disease progressed, he attended fewer games each year. After we watched the Red Sox win the 2013 World Series, on his 80th birthday, dad gave away his remaining tickets. He also stopped watching baseball on TV and listening to it on the radio – painful reminders of what he had lost.

In 2015, I found out about Moving Day® Boston. Dad was hesitant about participating. But I was passionate about it. I live in Los Angeles and told my family, “I’m going to fly across the country to do this with you guys. It’s very important that you do this.” So in October, Dad, Mom, Aunt Kathy and I went to Moving Day®.

Dad was always very active, even in his early years with Parkinson’s. Now, at Moving Day® Boston, he discovered Rock Steady Boxing – designed to improve mobility in people with Parkinson’s – and Tai Chi. In recent years, as his Parkinson’s progressed significantly, Dad had become quieter, self-conscious about his weak, soft voice. But at Moving Day®, he socialized and chatted up people he had never met. Though he struggles to walk, and sometimes needs a walker, he was literally running in circles, leading the group. It was like the old days.

Boxing changed my dad’s outlook. He now attends a Rock Steady class in East Hartford, Conn., along with my mom. It has re-energized him. Dad now knows he can do more. Boxing, stretching, exercise bike and Tai Chi all make things somewhat easier. Before, he was negative – he didn’t feel like himself. My formerly gregarious father had always loved chatting with a taxi driver, a good friend, a waiter in a restaurant. He was always interested in people, in their lives. Now Dad is talking to people again and enjoying it. And he is smiling again.

Last September, we spoke on the phone as baseball season was winding down. All of a sudden, Dad said, “Mookie Betts [a centerfielder for the Red Sox] was looking pretty good last night.” I exclaimed, “Wait, wait! You were watching the game?” Dad replied, “Yes” – and sounded happy. I lit up. Even though it was a small thing, it wasn’t a small thing.

If Dad hadn’t gone to Moving Day®, he wouldn’t have discovered Rock Steady Boxing and Tai Chi. Moving Day® improved his condition, physically and emotionally. I’m eternally grateful to the National Parkinson Foundation (NPF) for what they do for all of us.

Moving Day® Boston made my dad realize he is still himself. Yes, he has Parkinson’s. But he’s still Ken Robson.

To find out about a Moving Day® event near you, please visit NPFMovingDay.org

Working together, Sam Robson, Robert Shaw, NPF’s Vice President of Constituent & Corporate Relations, and Leilani Pearl, NPF’s Vice President of Marketing & Communications, have created a partnership between Major League Baseball and the Parkinson’s community. This April, during Parkinson’s Awareness Month, NPF will be honored in the opening ceremonies of two Red Sox games at Fenway Park, and a portion of the proceeds will be donated to NPF for research into better treatments. The Red Sox have agreed to increase the number of “Parkinson’s Day” games each April until all April games are included. For his father, Sam Robson hopes to take the program nationwide, across the entire Major League.
Two Marathons in Two Weeks cont. from pg 2

for me than my two most recent marathons: the 2015 Marine Corps Marathon on October 25 and the 2015 TCS New York City Marathon on November 1, in which I ran, on back-to-back Sundays, for NPF’s Team Hope™.

In May 2015, I started a Facebook page entitled, “Two Marathons in Two Weeks: a Fundraiser for Team Hope™ and the National Parkinson Foundation.” Through the page, I reached a new and supportive community – friends, family, runners and others – all coming together to support me as I took on this 56.4-miles-in-eight-days challenge. As support for the page grew, so did donations. To thank donors, and to bring further attention to NPF, I created and posted short, often embarrassing, occasionally humorous, music videos to the Facebook page, culminating in a video entitled “Amy Runs New York” on YouTube. Ultimately, my Facebook community and I raised more than $2,000 for Team Hope™.

I currently own five pairs of running sneakers, each set patiently awaiting its turn for a tour through New York City’s bustling sidewalks and streets. Some shoes have holes, others no tread, two are bright pink and barely used, while others are faded and brown. These shoes give me hope, and remind me each day that I can take steps towards defeating Parkinson’s disease, steps that support my father’s steps, as well as those of millions of others.
Walking with Parkinson’s
By Robert Baittie, Author, Tremors in the Universe; and Committee Member, National Parkinson Foundation, Moving Day® Chicago

“T”he next time you’re imagining the worst, look up the definition of imagination.”

I wrote those words in 2012, shortly after being diagnosed with Parkinson’s at the age of 52. I did so to remind myself that this path I now had to walk could be a positive one. It all hinged on my imagination, and the attitude and expectations I brought along with it.

You see, the only certainty my doctors could give me was that I had Parkinson’s. They couldn’t tell me with any accuracy how it was going to progress, which symptoms I’d have to endure, and which ones I would not. It was a disease left entirely to my imagination.

To me, Parkinson’s was a challenge to overcome. The challenge was not in overcoming the disease itself, because Parkinson’s is what it is. Rather, the challenge concerned my attitude and expectations: It involved not allowing myself to see any aspect of the experience in a negative light; it meant giving my Parkinson’s purpose, giving myself hope. It has worked. Every day with Parkinson’s is no different than the next. Each is made up of 24 hours and they’re mine to make of them what I will.

The first thing I did was to begin writing. I started a blog called “Tremors in the Universe,” which was published as a book in 2014. It gave voice to my Parkinson’s and allowed me to share my belief that each of us is in control of this experience we call life. While we may not be able to control the events that come into our lives, like Parkinson’s, we can control how we experience them through the attitude and imagination we bring to them.

From there, I chose to empower myself – to give myself a sense of control over the disease rather than allowing myself to sit back and

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A Big Thanks to Our National Partners!

NPF’s National Partners share our mission and commitment to making life better for people with Parkinson’s disease. We thank each National Partner for embracing NPF as a charity of choice, and helping us raise awareness and support for beating Parkinson’s.
A Win-Win Strategy
By C.E. “Bud” Smith III

Throughout my professional career, I’ve done every conceivable type of work in the world of life insurance and estate planning. Today, as founder and president of The Smith Organization, based in Atlanta, GA, I work with clients and their advisors on innovative and beneficial financial strategies.

So I suppose it’s only natural when my wife, Rosemary, was diagnosed with Parkinson’s disease three years ago, and we discovered NPF, that I draw on my financial expertise to give back to this organization that has helped us deal with the illness, and is helping so many others live better.

I support NPF because what is most important to me is Rosemary’s quality of life today. I hope that a cure will come one day. But my priority is to make her world the best world – the most beautiful world – it can be. And that is what this organization is all about.

I have contributed to Moving Day® Walks in Atlanta and will continue to support them. But I would like to do more.

I wish to recommend a strategy for making a planned gift to NPF that will benefit every NPF supporter, as well as help ensure that NPF remains strong far into the future.

My advice is to consider an effective tax-sheltered strategy.

This strategy allows your money to grow and grow – without being taxed. When you withdraw money, you do pay tax. However, you pay no tax on whatever part of your money you leave to charity.

This makes a planned gift to NPF a win-win situation. You are growing your money in a tax-free environment, so you are able to leave more to this wonderful organization, while at the same time, you are reducing or eliminating your own tax burden on what you have grown.

Planned giving is like planned saving for college. Let’s be honest: It’s never a good time to write the check. One of the best ways to approach this future expense is to save toward it on a regular basis over time. That way it becomes part of your fabric. If you spend first, then save, there’s never anything left. That’s why I myself live by the maxim: Save first, then spend.

I recommend that you consider making a planned gift to NPF, and that you look into a tax-sheltered strategy to make that happen in the most advantageous way possible for you and the organization. I know you share my desire to do what you can to further and help the National Parkinson Foundation, and to make the quality of life better for every person with Parkinson’s.

For more information on this type of planned gift, please contact Amy Gray at 305-537-9906 or at agray@parkinson.org.

C. E. Smith is a registered representative of Lion Street Financial LLC, 515 Congress Avenue, Suite 2500, Austin, Texas 78701.
It Ain’t Over ‘Til It’s Over.

The following post is from Bob Baittie’s “Tremors in the Universe” blog, in which Bob explores, with honesty and humor, how he achieves a positive perspective on living with Parkinson’s. Published as a book in 2014, Bob’s empowering blog continues to inspire readers. – The Editors

From the time I was six years old until I was well into my 40s, I loved playing organized baseball. I was never really that good at it, but I did love playing the game. I did have my few occasions of greatness on the diamond over the years, like pitching a no-hitter, making the all-star team, and being part of turning a triple play. But otherwise, I was mediocre at best. But that never deterred me. I continued to play, year after year.

During the entire time I played organized baseball, I wore the number 3 on my jersey. That was Babe Ruth’s number. Babe Ruth was one of the greatest home run hitters of all time. And I always thought if I had Babe Ruth’s number, maybe I’d be able to hit like Babe Ruth. That wasn’t the case.

In little league baseball, my weakness was definitely my hitting. I was a terrible hitter. But pitchers weren’t supposed to be good hitters because statistically, they had fewer at-bats, which meant fewer opportunities to see pitches and get the experience of hitting in game situations. At least that’s what I told everybody. Truth of the matter was, I was afraid of the ball. A hanging curve ball especially. I just didn’t want to get hit. I assumed it was going to really hurt. My problem was fear. Babe Ruth was fearless.

“Good pitch Grandma!” the catcher would bark out as he threw the ball back to the mound, and then looked at me and laughed.

But the real laugher was that to me, it still beat sitting and watching from the stands. There was no other place I wanted to be but in the game, and there was absolutely no way I ever would have given up. Because no matter how often I found myself walking back to the bench instead of running down to first, I always knew there would be another opportunity for me. And maybe, just maybe, that next time, with hope, faith and determination, things might turn out different. Why, I might even manage to hit a home run, or better yet, a grand slam that wins the game. It could happen.

(continued pg 11)

NEW from Dr. Michael S. Okun, renowned neurologist, leading Parkinson’s researcher, and NPF’s National Medical Director...

Discover new progress.
Feel new hope.

Progress in defeating Parkinson’s is real. In his inspiring new book, Dr. Okun clearly explains the exciting news from the front lines of Parkinson’s research. Learn about potential breakthroughs in therapies and the best of today’s existing treatments.

Order your copy today on Amazon.com!
“Wines on the Bay” Raises More than $87,000

The National Parkinson Foundation’s first annual “Wines on the Bay” was held at the beautiful Coral Reef Yacht Club in Miami on November 18, 2015. The exclusive event, featuring wine tastings and an online auction, was hosted by Alberto Dosal, NPF Board Member and Chair of “Wines on the Bay,” and John W. Kozyak, Esq., NPF Chairman of the Board.

Auction items included a bottle of 2012 Screaming Eagle, a tour and lunch for four at Continuum Estates on Pritchard Hill, St. Helena, with the Mondavi family, and a week-long stay at a private home in Mt. Crested Butte, Colorado. The online auction, alone, raised $47,500!

NPF was proud to have a special guest in attendance, Marcia Mondavi Borger, co-founder of Continuum Estates and daughter of Robert Mondavi, founder of Robert Mondavi Winery. All featured wines were donated by Southern Wine & Spirits, and more than 125 supporters attended. The event raised more than $87,000 through sponsorships, ticket sales and the online auction.

“As much as we love wine, battling Parkinson’s disease is even more important,” Mr. Kozyak told the assembled guests. “We look forward to expanding the event in the years to come.”

Alberto Dosal and John W. Kozyak

By the Numbers

2015

72,000 DONORS

SUPPORTED OUR MISSION TO MAKE LIFE BETTER FOR PEOPLE LIVING WITH PARKINSON’S DISEASE

8,200 PATIENTS ENROLLED IN NPF’S PARKINSON’S OUTCOMES PROJECT, THE LARGEST PARKINSON’S CLINICAL STUDY, AT 21 NPF CENTERS OF EXCELLENCE

50,000 FREE, LIFE-SAVING AWARE IN CARE KITS DISTRIBUTED THROUGH THE NPF HELPLINE AND CHAPTERS TO HELP PEOPLE GET BETTER CARE IN A HOSPITAL

51,000 HELPLINE CALLERS RECEIVED VITAL COUNSELING FROM TRAINED SPECIALISTS ANSWERING OUR TOLL-FREE HELPLINE, 1-800-4PD-INFO

2.3 MILLION UNIQUE VISITS TO PARKINSON.ORG (THE GO-TO ONLINE RESOURCE)
“My name is Patricia Garcia. I have had Parkinson’s for 17 years and live in Concepción, Chile. I am part of a group that works in the community. We are very fortunate to be the beneficiaries of a donation of 100 hospital kits from the National Parkinson Foundation. These need to be shipped from Miami to Chile and we have no way to do this. Gentlemen, I appeal to your charity to see if there is any possibility that this shipment can be made a reality. We would be forever grateful. In the U.S., there are much more advanced and modern ways of treating this disease, which has no cure. This generous contribution from the National Parkinson Foundation provides us with the option of giving patients in our country a much better quality of life. I am hopeful and confident that your assistance will help provide a solution to this problem.”

The Consul General forwarded Patricia’s letter to a contact at LAN, Chile’s major airline, with a note of his own, making the case for this humanitarian effort. His LAN contact replied, “I am forwarding to our associate, Andrea, in Corporate Social Responsibility. In principle, we are willing to do this. However, I need to verify certain information.”

Over the next few weeks, as July slipped into August, I met personally with the Consul, supplied Andrea with necessary documentation, including how the kits must be packaged – lots of paperwork! – and kept Patricia up to date. The Consul, Carolina Silva Pinto, told me to “Count on us for whatever you need. We will prepare a letter of support signed by the Consul General himself.” This certificate, with the Consulate’s formal stamp, would accompany the shipment.

Things were looking up. But NPF wanted to offer more help to people with Parkinson’s in Chile. One day, during a phone call with Andrea at LAN, as I supplied the shipment’s physical dimensions, I took a chance:

LAN’s generosity, I told Andrea, could enable NPF to send even more materials to people whose need was so great. I explained that we had originally wished to send 200 Aware in Care kits, but had reduced the quantity due to the costs involved. I added that we would love to be able to send an additional box with Spanish-language books and informational materials on Parkinson’s.

I held my breath waiting for her answer. Calmly, Andrea responded that this would be a certain number of boxes more, and asked for the dimensions of the bigger shipment. The moment was very quiet – but I was cheering inside. It was clear that LAN would send everything we wanted to put into the hands of our Chilean friends at no charge! What’s more, the shipment would be allowed to enter Chile duty-free.

When the 200 kits, books and materials arrived in Chile, Patricia was overcome with emotion. “What can I say?” she wrote. “There are no words for my gratitude. I find that saying thank you is very little. But I don’t know how I can possibly transmit this joy. Only God knows why such marvelous things happen. If someday you need anything from me, I will be the first to say, I am here. I’m sorry you are so far away. Otherwise, I would be hugging you and drying the tears that are now running down my cheeks.”

Patricia’s words moved me almost to tears. I shared her beautiful sentiments with the Consul and all the people at LAN who had helped, with this note: “I hope every one of you realizes the impact you had in making this project a reality and improving the quality of life of people in Chile who live with Parkinson’s.”

Upon receiving Patricia’s email of gratitude, both the Consul and LAN wrote directly to NPF. The Consul, Carolina, wrote, “I am so glad to hear this great news. We remain at your disposal for whatever is necessary.” LAN responded, “We at LAN are happy and proud to have contributed to this worthy cause. We hope to continue helping people in Chile. It is a joy to know this donation is being received by people who really need the National Parkinson Foundation’s medical expertise and information. Count on us for whatever you need. We are always willing to help to the greatest degree possible. We hope that this will be the first of many actions of this type.”
It Ain't Over 'Til It's Over. cont. from pg 8

After all, I wore number 3.
But it was never going to happen if I wasn’t in the game.

I look at Parkinson’s the very same way.
Sure Parkinson’s throws curve balls at me. Big, scary, hanging curve balls that always start out at my head, trying to mess with me, trying to make me bail out.

Well, you know what? I’m going to swing. I’m not afraid anymore of life’s curve balls. They’re only effective when I allow them to be. A curve ball is a perceived illusion.

It works only when you believe it can hurt you. But plant your feet solid, stand your ground and set your mind clearly on the fact that it’s all about perception, and you’ll quickly find yourself keeping your head in, eyes focused and swinging. Swinging for the fences.

There’s a saying in baseball: “A walk is as good as a hit.” Which basically means: Get on base any way you can. Because runners on base mean potential runs. If you can’t get a hit, then a walk is the next best thing.

And lucky for Parkinson’s supporters, the National Parkinson Foundation hosts the Moving Day® Walk in cities across the United States. In 2015, over 20,000 walkers participated, and in my home city of Chicago, we raised close to a half million dollars.

It turns out a walk can be a tremendous hit!

Being in the game makes all the difference in the world. As a patient, it is not only empowering but can change your life. My participation may not ultimately be the home run that wins this game, but I will know in my heart that I gave it my all and I participated, I competed, and I never gave up.

CONGRATULATIONS!

When we asked you for $1.5 million, you gave NPF $1.6 million.

Your generous donations pushed us over our 2015 year-end goal. $1.6 million in additional revenue will help us do more for people with Parkinson’s, including:

• Fund more research to revolutionize treatment and lives
• Build on our research into the basic causes of Parkinson’s
• Expand nationwide programs and services that make life better for people with Parkinson’s
• Continue as America’s major source of life-changing information and support at every stage of the disease

Together, the sky’s the limit to what we can achieve…

Get a Tax Benefit!
Donate a vehicle to the National Parkinson Foundation

Get a tax benefit and a big “Thanks” from us

• Any vehicle, anywhere
  • Running or not
  • Free, easy, fast

(877) 999-8322

Helpline 1-800-4PD-INFO 11
Walking with Parkinson’s cont. from pg 6

In my three years of involvement with NPF, my Moving Day® Chicago Walk team, the Martini Shakers, has raised more than $40,000 in funds through our grass-roots efforts; enlisted honorary co-captains for our team from all 50 U.S. states and five foreign countries; and brought together more than 100 team members to celebrate and raise awareness. For me, personally, supporting NPF’s vision and imagination has created an empowering nationwide network of love and support.

As the Parkinson’s community continues to grow, so do the critical needs of individuals like myself. That’s why Moving Day®, held in cities across the nation, is vitally important. These events not only contribute the resources and funds needed for continuing research and care, but of equal importance, they inspire and bring together families, friends and communities in the fight against Parkinson’s disease.

This past October, just weeks before the Moving Day® Chicago walk, I had the honor of participating in another walk: I walked my daughter, Amanda, down the aisle at her wedding. I walked as the father of the bride. It was a moment I hadn’t imagined might be possible some three years earlier.

Then again, maybe I did imagine it.

I believe that what you do with your imagination can change your life and the lives of others. By each of us continuing to work toward a cure, raising awareness, participating in trials, fundraising and fostering a positive attitude, I believe that in my lifetime, in our lifetime, we will see a cure for Parkinson’s disease.

Imagine that!

Renew Your Membership!

Our membership campaign is on – and NPF needs you to stand with us in our mission to make life better today for people with Parkinson’s through expert care and research. Your renewal gift ensures that we will continue to help people with Parkinson’s and their families enjoy life until there is a tomorrow without Parkinson’s.

Please visit www.Parkinson.org/membership to renew your membership today.