Since its 2011 launch, Moving Day, A Walk for Parkinson’s, has evolved to fit the ever-changing world around us. Just as the event organically grew from 2,500 to 17,200 annual supporters, in 2020, Moving Day transitioned into a virtual walk for the first time. The newest event, Moving Day USA, celebrated movement on a national scale. Throughout the Foundation’s 45 events, thousands of volunteers and advocates engaged with one another, tuned in to exercise from home, fundraised for Parkinson’s programs and came together virtually.

The grassroots fundraising event that started in three cities is now hosted across 27 states. The event continues to grow to meet the needs of the Parkinson’s community, unwavering in its mission to make life better for the one million Americans living with Parkinson’s disease (PD).

“We plan for 2021 to be a year of optimism and growth,” said John L. Lehr, Parkinson’s Foundation President and Chief Executive Officer. “Like the members of the Parkinson’s community, as a Foundation, we rise to challenges and adapt — while supporting research and care programs that improve quality of life for everyone impacted by this disease.”

“We look forward to hosting many more years of Moving Day and local events that bring our community together,” John said. 2021 Moving Day events will continue to celebrate movement in a safe way — allowing participants to engage through contactless and online events.

Every dollar raised through Moving Day supports the Parkinson’s Foundation mission, bolstering our research initiatives and allowing us to introduce new programs and reach new underserved areas within our global community.

To see all 2021 Moving Day events visit MovingDayWalk.org.
Letter from the CEO

WE CARE. WE FIGHT. WE MOVE. Those words encapsulate 2020 for us. In all that we did last year, every one of our 45 Moving Day events played a critical role in allowing us to reach more people with Parkinson’s disease (PD) and have a greater impact in the Parkinson’s community than ever before.

In 2020, we were humbled to be recognized as one of the “Best Non-Profits to Work For” by the Non-Profit Times. This honor is a testament to the dedication of our entire staff and their unwavering commitment to the Parkinson’s community.

We are only able to support critical Parkinson’s research and launch new programs because of you, our Moving Day supporters. Thanks to your efforts, we had a record-breaking year in fundraising, allowing us to dedicate more funds to our clinical, research and education programs. We are here for you.

Thank you for your support,

John L. Lehr
President and Chief Executive Officer

Raising PD Awareness and Improving Care Fuels Andy’s Fundraising Success


As vice chairman of the Parkinson’s Foundation Board of Directors, and a board member since 2010, Andy plays a key role in overseeing the Foundation and has always been dedicated to raising funds himself. Additionally, living with Parkinson’s for 12 years gives him an enduring passion to serve his community.

“Moving Day, to me, is a symbol of what we are trying to accomplish at the Foundation — to improve the lives of people with Parkinson’s disease. It brings people together, it develops community and it emphasizes education,” Andy said.

For Andy, family is the heart of every event. “My whole family has been involved in Moving Day and helping with it,” he said. He and his wife, Mona, have participated every year since their daughter, Amy Rantala, chaired the inaugural 2012 Moving Day Chicago event. Andy’s son, Ben, son-in-law, Lance, and many other family members, friends and co-workers are key to the team’s success. Andy’s work on the Moving Day Chicago Planning Committee has also attracted numerous new teams and sponsors over the years.

“Team Albert” has raised an astounding $313,220 to help the Parkinson’s Foundation fund critical research and local community programs. His favorite Moving Day memory is “seeing how much the community has enjoyed Moving Day and embraced Parkinson’s education along with it — it has certainly grown from that first year,” he said.

Thank you for your support,

John L. Lehr
President and Chief Executive Officer

Take action and register for your nearest Moving Day at MovingDayWalk.org.
“Moving Day funds are essential to launching critical Parkinson’s Foundation research initiatives, and keeping the brightest scientists in the Parkinson’s field,” said James Beck, PhD, Parkinson’s Foundation Chief Scientific Officer. Funds raised through the combined 254 Moving Day events directly support the creation of front-line research and programs.

Most recently, Moving Day helped the Foundation to launch and expand PD GENEration: Mapping the Future of Parkinson’s. This is the first national Parkinson’s study to offer genetic testing and counseling at no cost for people with Parkinson’s. In 2020, the study introduced the most comprehensive Parkinson’s at-home genetics testing kit.

PD GENEration partners with Fulgent Genetics, a clinical laboratory that processes PD GENEration tests, which also formed a 2020 Moving Day Los Angeles team, “Collaborating with the Parkinson’s Foundation and the wider PD scientific community is such a rewarding experience for our team,” said Samuel Strom, PhD, lab director at Fulgent Genetics. “Learning about Moving Day and its impact on the PD community inspired us to form a team. From webinars and fundraising to the big day itself, Moving Day LA gave us an opportunity to shine brightly and move with the PD community as we work towards a cure together.”

Evolving from three events to 45, Moving Day brings with it an impact to its local communities. Every event provides free resources and outreach efforts. Moving Day funds have contributed to the funding of a combined 436 community grants. These grants aid in the creation and support of local wellness classes — from dance, music and choir therapy groups to fitness classes, support groups and wellness events. In 2020, this funding helped many grantees launch their existing programs virtually, allowing for participants to stay connected from home.

As a response to COVID-19, Moving Day funds allowed the Foundation to create its newest program, PD Health @ Home, which hosts weekly virtual wellness, exercise and mental health events. In less than a year, this new program has reached 230,801 participants across the country.

Life-changing initiatives and research launched with the help of $30.8 million raised through Moving Day.

Create life-saving Aware in Care hospital kit.

Establish Community Choice Research Awards, funding research priorities identified by the PD community.

Launch Women and PD Initiative, the first program to address gender disparities in PD care and research.

Award $500,000 in translational research grants to address critical unmet PD needs.

Launch Newly Diagnosed: Building a Better Life with Parkinson’s Disease, connecting those newly diagnosed with essential information and resources.

Expand PD GENEration study to offer free, comprehensive at-home genetics testing and counseling in English and Spanish.

Learn more about Parkinson’s Foundation research at Parkinson.org/Research.
Moving Day Participants Who Inspire Us

Bob DePeron has played a role in Moving Day Boston since the event’s first year in 2014. As the Director of Community Relations at Right at Home, MetroWest Boston, he serves on the Moving Day Boston Planning Committee and as a corporate sponsor. After years of supporting Moving Day, Bob found himself in need of the Foundation’s resources. In 2020, as Moving Day Boston went virtual, Bob took part in the ceremony for the first time, bravely sharing his diagnosis, while championing his team “Right at Home Boston Metro West.”

Dan Schoenthal is hiking the 2,190-mile Appalachian Trail to raise funds for his Moving Day Buffalo team, “Team Tremor.” As he hikes through his 14-state journey, he will not only be managing his Parkinson’s symptoms, but raising Parkinson’s awareness. “I am hoping that my hike with the trail will inspire somebody that’s a little nervous to get some exercise, and get a better quality of life,” Dan said.

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

Adamas Virtual Moving Day Challenge Drives Nearly 100 Percent Participation

In 2020, national Moving Day sponsor, Adamas, inspired more than 90 percent of its employees nationwide — along with their grandparents, parents, children and friends — to virtually move alongside the Parkinson’s Foundation at Moving Day San Francisco.

“We wanted to mark Parkinson’s Awareness Month and Moving Day, to really engage our people,” said Sarah Mathieson, Adamas Head of Corporate Communications, Patient Advocacy and Engagement. “One of the benefits of a virtual Moving Day team was that we were able to include all of our sales force and remote staff around the country.”

The Bay Area neurology company, which also funds several Parkinson’s Foundation education and outreach initiatives like the Volunteer Summit, annually participates in Moving Day. In 2020, the company donated money towards its team for every mile a team member biked, ran, walked or exercised. Some participants even created their own Moving Day teams with names like “Quarantinis,” “Heart Rate Heroes” and “Adamanators.”

Neil McFarlane, Adamas Chief Executive Officer, fueled competition and gave a generous personal donation in support of team efforts. “It was such a great success that we will be continuing it this year,” Sarah said.

Adamas has been a national Moving Day sponsor since 2018 and continues to fund critical initiatives and programs alongside the Parkinson’s Foundation. “It’s really important that we support Parkinson’s Foundation efforts because they do such a great job supporting so many diverse PD needs across multiple communities,” Sarah said.

Visit MovingDayWalk.org to start a corporate team or become a Moving Day sponsor.
2020 TOP PARTICIPANTS

<table>
<thead>
<tr>
<th>Name</th>
<th>Raised</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andy Albert</td>
<td>$38,200</td>
</tr>
<tr>
<td>Shelley Friedland</td>
<td>$38,100</td>
</tr>
<tr>
<td>Lynn Schreifels</td>
<td>$31,540</td>
</tr>
<tr>
<td>Bill Bucklew</td>
<td>$28,785</td>
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<td>Christine Howard</td>
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<td>Sherwin Zuckerman</td>
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<td>Steven Messing</td>
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</tr>
<tr>
<td>Joan De Young</td>
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</tr>
<tr>
<td>Kent Donley</td>
<td>$19,055</td>
</tr>
<tr>
<td>Susan Brown</td>
<td>$17,495</td>
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2020 TOP TEAMS

<table>
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<tr>
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<th>Raised</th>
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<tbody>
<tr>
<td>Edward Jones Heartland</td>
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<tr>
<td>Team Albert</td>
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<tr>
<td>Friedland Parkinson’s Fighters</td>
<td>$39,100</td>
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<tr>
<td>23andMe</td>
<td>$37,180</td>
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<tr>
<td>Larry’s Lemons</td>
<td>$32,440</td>
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<tr>
<td>Berkowitz Pollack Brant/Provenance Wealth Advisors</td>
<td>$30,340</td>
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<tr>
<td>Uncorked Adventures</td>
<td>$28,790</td>
</tr>
<tr>
<td>Team Howard</td>
<td>$28,190</td>
</tr>
<tr>
<td>Team Zuckerman</td>
<td>$25,400</td>
</tr>
<tr>
<td>Rock Steady Boxing NC Triangle</td>
<td>$25,030</td>
</tr>
</tbody>
</table>

TOP MOVING DAY PARTICIPANTS OF ALL TIME

- Mindy McIlroy... $522,900
- Andy and Mona Albert... $313,220
- Sherwin and Sheri Zuckerman... $255,055
- Gordon and Sully Beckham... $251,670
- Scott and Kelly Rider... $146,220
- Kent and Carol Donley... $116,510
- Stephanie Stull... $110,780
- John Kozyak and Barbara Silverman... $102,740
- Lynn Schreifels... $101,790
- Brian Stewart... $100,820

<table>
<thead>
<tr>
<th>Moving Day:</th>
<th>Then 2011</th>
<th>Now 2020</th>
</tr>
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<tbody>
<tr>
<td>Events</td>
<td>3</td>
<td>45</td>
</tr>
<tr>
<td>States</td>
<td>3</td>
<td>27</td>
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</tr>
<tr>
<td>Raised</td>
<td>$500K</td>
<td>$3.5M</td>
</tr>
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</table>
How Shelley Raised $38,100 for Her First Moving Day While in Quarantine

To celebrate Shelley and Rick Friedland’s forty-ninth anniversary while in quarantine, Shelley decided to step out of her comfort zone. While already a Parkinson’s Foundation Leaders in Research member, in 2020, she set her sights to Moving Day — and raised an incredible $38,100.

“I realized it was more important than ever because of COVID-19 to help the Foundation keep moving forward on their mission,” Shelley said. “Moving Day is not just about one person or our community, it’s about all of us, banding together to show our support of what we need to do to make Parkinson’s a disease of the past.”

Shelley managed her Moving Day fundraising efforts safely from home. She launched an email series across family, friends and acquaintances. “I wrote that we are participating in Moving Day Palm Beach in honor of Rick’s fortitude and attitude, but also in tribute and in honor of everyone who has or had PD,” Shelley said. To kick off her fundraising efforts, the Friedland’s donated $10,000 themselves.

For months, Shelley sent personalized Moving Day emails. “We were sometimes in tears over the generosity and responses we received,” Shelley said, “People donated a lot. We went on to learn many friends and acquaintances had their own lives changed by Parkinson’s.”

Shelley and Rick believe in helping their community. “As supporters we can help the Foundation bring in money, host more programs and reach out to people, but you can never measure the emotional support and hope the Foundation gives to people in the PD community. Thank you.”

Create your own Moving Day team and begin fundraising at MovingDayWalk.org.

Championing Her Dad, Tammy Connects Local Community

Tammy Smith ran the OC Half Marathon for her dad, Jake, and others who live with Parkinson’s disease (PD) in 2017, raising nearly $3,500 for the Parkinson’s Foundation. The next year, she launched the “KnockOut PD” Moving Day Community Walk in Elizabethtown, PA. Her two daughters, Abby and Ava, and her mom, Sherry, all played vital roles.

“I wanted to do something my dad could be involved in and something he could be proud of,” Tammy said.

“It’s about energizing the community and creating awareness,” she said. “This event is for every family member impacted by Parkinson’s — so they know they are supported and that others in our community deal with the same things on a daily basis.”

Hosting a Moving Day Community Walk is an extension of the community Tammy found within the Parkinson’s Foundation. The Care Partner Summit her mother attended, the Volunteer Leadership Summit she went to, and the Parkinson.org tools that support her family are just a few of the “tremendous resources” Tammy is committed to sharing with others who live with PD. “It’s important people with Parkinson’s have something they can take pride in and something that supports them — I believe that’s the Parkinson’s Foundation.”

Tammy’s Community Walk event raised $7,500 in 2019. Due to COVID-19, last year’s “KnockOut PD” was postponed and will be held virtually in 2021.

Bring a Moving Day Community Walk to your area or host one virtually! Learn more at Parkinson.org/CommunityWalk.
Clinical psychologist, Megan Gomez, PhD, traces her deep commitment to people living with Parkinson’s disease (PD) back to her high school years, when her grandfather was diagnosed. “He and I were very close,” she said.

Later, while attending University of Southern California (USC), she lived with her grandparents, helping her grandmother care for her grandfather until his journey’s end in 2008. She earned her PhD “with the goal of working with people with Parkinson’s and their families” — exactly what she does today at the U.S. Department of Veterans Affairs (VA) Long Beach Healthcare System. Dr. Gomez’s husband, Andrew Petkus, PhD, also helps people with Parkinson’s as a clinical psychologist at USC, a Parkinson’s Foundation Center of Excellence.

In 2016, Dr. Gomez created a VA Parkinson’s support group that has since become like family. Together, they formed a Moving Day team, “Patriots with Parkinson’s.” With Dr. Gomez as team captain, they raised $1,670 for Moving Day Los Angeles. It empowered the already proactive group, bringing them closer to one another and the larger PD community when COVID-19 had many feeling down.

“It was encouraging for them to feel that the Parkinson’s Foundation is still here — the pandemic did not stop the Foundation from championing their cause and working hard to help them,” Dr. Gomez said.

Through the VA, many veterans with Parkinson’s can access specialized medical care and benefits. In 2020, the VA and the Parkinson’s Foundation announced a partnership to enhance access to PD information to veterans who live with the disease.

For more information about Parkinson’s and veterans, visit Parkinson.org/Veterans.
WE CARE. WE FIGHT. WE MOVE.

SPRING 2021 MOVING DAY EVENTS

Albuquerque, NM
Baltimore, MD
Baton Rouge, LA
Broward, FL
Central NY/Syracuse, NY
Charleston, SC
Cleveland, OH
Dayton, OH
Fresno, CA
Kansas City, MO
Knoxville, TN
Langhorne, PA
Las Vegas, NV
Lexington, KY
Little Rock, AR
Milwaukee, WI
Mobile, AL
Nashua, NH
Omaha, NE
Orange County, CA
Sacramento, CA
San Antonio, TX
San Francisco, CA
San Jose, CA
Tampa Bay, FL
Twin Cities, MN
Ventura, CA
Washington D.C.
Westchester, NY
Winston-Salem, NC

FALL 2021 MOVING DAY EVENTS

Atlanta, GA
Boston, MA
Buffalo, NY
Chicago, IL
Clark, NJ
Columbus, OH
Dallas/Ft. Worth, TX
Fargo Moorhead, ND
Jacksonville, FL
Long Island, NY
Los Angeles, CA
Miami, FL
Nashville, TN
NC Triangle, NC
Palm Beach, FL
Phoenix, AZ
Rochester, NY

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