Moving Toward A Parkinson’s Cure

Furthering Parkinson’s Research, Care and Education Through Community Fundraising

Thanks to the passionate people who help us raise funds, we make life better for people with Parkinson’s disease (PD), together. The strength and success of our 2021 fundraisers translated to expansions in programs and resources that will keep the entire PD community connected and empowered in the year ahead.

“Today, 87% of our revenue goes directly to critical research, care and education initiatives. We can only accelerate progress on these fronts thanks to our volunteers and fundraisers,” said Kayln Henkel, Parkinson’s Foundation Senior Vice President and Chief Development Officer. “The energy and enthusiasm of our Parkinson's Champions, Moving Day participants and Revolution riders brings hope.”

In 2021, we celebrated movement across 48 Moving Day, A Walk for Parkinson’s, events. Whether hosting events, Facebook fundraising or running a marathon, Parkinson’s Champions have raised nearly $15 million to help people with Parkinson’s since 2008. In our newest fundraising program, Parkinson’s Revolution, riders generated awareness through in-person and virtual cycling events. Together, every person who attends these events brings us closer to a cure.

Join us in 2022 at one of our 85 fundraising events taking place across 42 states. Help us move toward a cure at Parkinson.org/GetInvolved.
The Secret to Christine’s Fundraising Success

Christine Howard, who lives with Parkinson’s disease (PD), and husband Dick, an advocate for Parkinson’s care partner support, have an enduring passion to fundraise for PD research.

Active with their Parkinson’s Foundation Minnesota and Dakotas Chapter, Christine, Dick, and their 75-person Moving Day Twin Cities team, “Team Howard,” moved the Foundation closer to a cure — raising $28,190 in 2021.

“At some point everyone is going to go through this life and have something bad happen to them. You can’t control that, but you can choose your response to it,” Christine said. “My response is trying to raise money to help the people who will develop this disease.”

Christine and Dick open their Minnesota home to 60 or more team members for a post-Moving Day picnic every year. In 2021, they moved the party to the front lawn enjoying donuts and coffee in person or via drive-through donut delivery.

Christine’s favorite Moving Day memories are being on stage as a top fundraiser at the last two in-person events. She said, “Looking at all the people there supporting Parkinson’s, and seeing all of my friends and family in their red shirts, was just inspiring. I appreciate my amazing team!”

Take action and register for a 2022 Moving Day near you at MovingDayWalk.org.

Stand-Out Volunteer Honors Her Grandfather Through Moving Day

For Moving Day Atlanta volunteer Neelam Nocera, honoring the memory of her late grandfather, Dada (meaning grandfather in the Gujarati Indian dialect he spoke), is her reason to help people.

Raised in a multi-generational household with her grandparents, Neelam remembers Dada’s struggle with Parkinson’s. She was proud to be his “helper” throughout her childhood. “To keep Dada active, I’d dance the Jitterbug with him, play Nintendo Wii bowling, or if he wasn’t well enough to move, simply sit on the front porch and embrace the moment. We shared a really special bond,” she said.

In 2017, a year after Dada passed away of Parkinson’s complications, Neelam sought a way to help the PD community in his memory. She learned that her local Moving Day needed volunteers. Four Moving Day events later, Neelam has become a critical part of its annual success, serving as Logistics Chair.

She also leads “Team Dada” consisting of Neelam’s grandmother and family members. “My grandparents were married for more than 50 years, so it is really special to honor my grandmother each year.”

Neelam, who celebrated her birthday in 2021 at Moving Day with fellow committee members, finds solace in volunteering. “Each year, in the morning, after set-up is done and the volunteers are all in place, there is a quiet moment at sunrise. It is then that I always feel the presence of my grandfather.”

Volunteer with the Parkinson’s Foundation today. Visit Parkinson.org/Volunteer.

WE CARE. WE FIGHT. WE MOVE.
Teams That Inspire Moving Day Participants to Fight Back

Non-contact boxing classes, such as Rock Steady Boxing, give people with Parkinson’s the tools to fight Parkinson’s and find a community. Rock Steady classes and Moving Day events celebrate exercise — proven to help manage Parkinson’s symptoms.

Ready to move, Rock Steady Boxing teams showed up to Moving Day events across the country. Two teams, “Rock Steady Boxing North Carolina Triangle” and “Movement Revolution/Rock Steady Boxing Windy City,” each raised more than $25,000 to make life better for people with Parkinson’s.

“The benefits of Rock Steady are well documented,” said Jim Blackorby, who with his wife, Shirley, serves as co-chair of the NC Triangle event. “Four other teams led by current or former boxers accounted for $30,000 towards the fight. The leadership exhibited by these Rock Steady boxers (and their care partners) is the real story.”

Windy City Team Captain, Eric Johnson, a Rock Steady coach and Neuro Exercise Specialist in Chicago, IL, is particularly grateful for the Parkinson’s Foundation community grant program that helped him launch and later expand a Rock Steady program.

“One of the biggest benefits of Rock Steady is the sense of community that each class establishes organically. Community is also what Moving Day is all about. Everyone is fighting together,” said Eric. “Despite some of the worst weather we have ever had for Moving Day in 2021, everyone who was there was so energized and motivated to move!”

Register as a team or an individual and begin fundraising at MovingDayWalk.org.

Husband and Wife Duo Prioritize Wellness

Brian McDonald was diagnosed with Parkinson’s 10 years ago, at age 55. While still practicing as an architect not long after his diagnosis, Brian found himself working on an expansion of the Muhammad Ali Parkinson Center, a Parkinson’s Foundation Center of Excellence, in Phoenix, AZ. The friendships he made during this project helped connect him to the Parkinson’s Foundation.

Brian and his wife of 35 years, Chris, have supported the Parkinson’s Foundation ever since — volunteering in various roles and ultimately starting a Moving Day team. Staying active as an avid cyclist, advocating for people with PD, and most importantly, Chris’s support have all helped Brian manage and live well with Parkinson’s.

“I am married to the most beautiful, intelligent, and compassionate woman who, for some reason, manages my complaints, shortcomings and helps me deal with the impacts of Parkinson’s in the activities of daily living,” said Brian. “Chris is the true definition of a care partner!”

According to Brian, special-education teacher Chris always prioritizes his health and wellness despite the intensity of her career. To honor Chris’s extraordinary care partner journey, Brian launched a successful Facebook Fundraiser in Chris’s name during National Caregiver Month 2021, which benefitted their Moving Day Phoenix team.

We’re here for you. For care partner resources visit Parkinson.org/Caregivers. For Parkinson’s resources visit Parkinson.org/Library.
Alexandria Rides for Parkinson’s to Make Her Father Proud

Since her father, Richard, was diagnosed with Parkinson’s, Alexandria Johnson and her family have dedicated the last 15 years to learning about the disease and finding new ways to support him.

“Living away from my dad I wanted to educate myself,” Alexandria said. “I began using Parkinson.org as a resource, and then saw the opportunity to pair what I love doing — working out — and getting others educated through Parkinson’s Revolution.” Alexandria rode for Parkinson’s as a virtual rider from her home in Charlotte, NC — alongside the 26 in-person events that took place on June 12, 2021, across the U.S. raising a combined $435,000. While fundraising through her social media community, she was surprised by how much support she received.

“I was super emotional after the ride because I had strangers through my Facebook group who cared about me and what my family is going through,” she said. “I was struggling halfway through the ride, but just knowing that being able to move is such a gift and knowing that my dad was proud of me really gave me the strength that I didn’t think I had.”

Alexandria will be joining the Parkinson’s Revolution in 2022 and recommends others join too. “We need each other to push forward as a community. Using our own platforms and keeping our bodies in movement encourages others to get involved and move.” Alexandria is also considering running a marathon in 2022 as a Parkinson’s Champion. “I found a fire to participate in support of my dad and others who battle Parkinson’s every day.”
For Jamie and Wendy Harrison, fighting Parkinson’s is a family matter. Charting their own path into Parkinson’s advocacy following their father’s lead, Parkinson’s Foundation board member Ponder Harrison, they ran the 2021 TCS NYC Marathon as Parkinson’s Champions. They ran in honor of their mom, Judy, and their late grandparents who bravely faced PD, including Dr. Charles (Chick) Harrison, who passed away two months after the marathon.

Parkinson’s Champions are fundraisers who compete in a race or host their own event, donating proceeds to the Parkinson’s Foundation. “Unfortunately, Parkinson’s has been a part of my family’s story, but the way I’ve seen my mom choose faith over fear each day has impacted me for a lifetime,” said Wendy.

Crossing the finish line moved Wendy. “My eyes filled with tears when I saw my mom cheering hard at mile 17, and I even ran to give her a kiss on the cheek,” Wendy said. “She’s my best friend and has always been my biggest cheerleader, and this was such a special moment.”

Together, Jamie and Wendy raised $70,000 for the Parkinson’s Foundation. “I wasn’t thinking about the fact that I had just finished my first marathon,” Jamie said. “I was thinking about how much I loved my mom and Chick and how the money we raised could potentially be the dollars responsible for finding a cure to Parkinson’s.”

Wendy and Jamie look to the future with optimism. “Some of the brightest minds on earth are working around the clock to continue progress on advances towards a cure,” said Jamie. “This is why running with Parkinson’s Champions and continuing to raise awareness is so very important.”

Become a Parkinson’s Champion to run in an endurance race or create your own fundraiser. Parkinson.org/Champions
Moving Toward A Parkinson’s Cure

"Moving Day means hope. Moving Day means that people like my father (who lived with Parkinson’s for 20 years) and their caregivers can get the support and help they deserve."
- Moving Day Southeastern PA supporter

"I have Parkinson’s and I move for research, to find better treatments, and ways to stop its progression." 
- Moving Day Boston supporter

"I finished the NYC Marathon and I could not have done it without you all. My Parkinson’s and epilepsy did not bother me and I managed to conquer my biggest fear! Thank you Parkinson’s Foundation for everything."
- Kamal Bindra Julka, NYC Marathon 2021

"Moving Day means hope. Moving Day means that people like my father (who lived with Parkinson’s for 20 years) and their caregivers can get the support and help they deserve."
- Moving Day Southeastern PA supporter

2021 TOP MOVING DAY PARTICIPANTS

<table>
<thead>
<tr>
<th>Name</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andy Albert</td>
<td>$41,150</td>
</tr>
<tr>
<td>Sherwin Zuckerman</td>
<td>$40,852</td>
</tr>
<tr>
<td>Shelley Friedland</td>
<td>$37,695</td>
</tr>
<tr>
<td>Arthur Kent Donley</td>
<td>$28,785</td>
</tr>
<tr>
<td>Lynn Schreifels</td>
<td>$32,170</td>
</tr>
<tr>
<td>Christina Howard</td>
<td>$30,660</td>
</tr>
<tr>
<td>Steven Messing</td>
<td>$29,185</td>
</tr>
<tr>
<td>Patricia Westbrock</td>
<td>$25,260</td>
</tr>
<tr>
<td>Susan Brown</td>
<td>$23,110</td>
</tr>
<tr>
<td>Carey Durham</td>
<td>$19,896</td>
</tr>
</tbody>
</table>

2021 TOP MOVING DAY TEAMS

<table>
<thead>
<tr>
<th>Team</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edward Jones Heartland</td>
<td>$65,905</td>
</tr>
<tr>
<td>23andMe</td>
<td>$44,284</td>
</tr>
<tr>
<td>Team Zuckerman</td>
<td>$43,452</td>
</tr>
<tr>
<td>Team Albert</td>
<td>$42,150</td>
</tr>
<tr>
<td>The Friedland Parkinson’s Fighters</td>
<td>$37,795</td>
</tr>
<tr>
<td>Berkowitz Pollack Brant/Provenance Wealth Advisors</td>
<td>$37,460</td>
</tr>
<tr>
<td>Larry’s Lemons</td>
<td>$32,995</td>
</tr>
<tr>
<td>Team Howard</td>
<td>$31,110</td>
</tr>
<tr>
<td>N. Scottsdale Movers and Shakers</td>
<td>$30,913</td>
</tr>
<tr>
<td>The Atlanta Movers and Shakers</td>
<td>$27,655</td>
</tr>
</tbody>
</table>

“Moving Day Atlanta”

“Moving Day Los Angeles”

“Moving Day Phoenix”

“Moving Day Tampa Bay”

“Moving Day Phoenix”
Moving Toward A Parkinson’s Cure

Thank You to Our National Sponsors

Moving Day is only made possible because of our local sponsors and 2021 National Partners. Thank you!

To become a sponsor email MovingDay@Parkinson.org.

| Jamie Harrison, TCS NYC Marathon | $42,150 |
| Mike DeBartolo, Playing for Parkinson’s Tennis Tournament | $38,430 |
| Wendy Harrison, TCS NYC Marathon | $26,155 |
| Taylor Gattinella, TCS NYC Marathon | $24,590 |
| Saul Qersdyn, Philadelphia Half Marathon | $21,860 |
| Ash Wilking, TCS NYC Marathon | $15,400 |
| Joyce Tracy, Zero Mile Fun Run | $12,100 |
| Brad Loe, TCS NYC Marathon | $11,710 |
| James Kearney, Chicago Marathon | $11,275 |
| Jacob Pincus, TCS NYC Marathon | $10,650 |

2021 TOP PARKINSON’S REVOLUTION RIDERS

| Scott Rider | $35,590 |
| Debbie Lucchesi | $9,565 |
| Stephanie Sadoff | $9,340 |
| Melanie Hannon | $8,910 |
| Heath Babb | $6,560 |
| Lauren Hayes | $5,730 |
| Webb Travis | $4,858 |
| Scott Balke | $4,740 |
| Laurie Kaman | $4,530 |
| Lexie Buchwald | $4,090 |

Thank You to Our National Sponsors

PARKINSON’S 2022 EVENTS

**SPRING MOVING DAY EVENTS**
Mobile, AL  
Orange County, CA  
Sacramento, CA  
San Francisco, CA  
San Jose, CA  
Ventura County, CA  
Washington, DC  
Tampa Bay, FL  
Lexington, KY  
Baton Rouge, LA  
Baltimore, MD  
Twin Cities, MN  
Kansas City, MO  
Winston-Salem, NC  
Omaha, NE  
Concord, NH  
Albuquerque, NM

Las Vegas, NV  
Liverpool, NY  
Purchase, NY  
Cleveland, OH  
Dayton, OH  
Langhorne, PA  
Charleston, SC  
Knoxville, TN  
San Antonio, TX  
Milwaukee, WI

**FALL MOVING DAY EVENTS**
Phoenix, AZ  
Tucson, AZ  
Los Angeles, CA  
Jacksonville, FL  
Miami, FL  
Palm Beach, FL  
Atlanta, GA  
Chicago, IL  
Boston, MA

Jackson, MS  
Raleigh, NC  
Clark, NJ  
Buffalo, NY  
Long Island, NY  
Rochester, NY  
Columbus, OH  
Nashville, TN  
Dallas/Fort Worth, TX

**PARKINSON’S CHAMPIONS EVENTS**
Big Sur International Marathon  
Eugene Marathon Weekend  
ASICS Falmouth Road Race  
Bank of America Chicago Marathon  
TCS New York City Marathon  
Philadelphia Marathon

**REACH FURTHER**

Help us Reach Further.
Our four-year fundraising campaign will invest an additional $30 million to advance research toward a cure.

**PARKINSON’S REVOLUTION**

Join the Parkinson’s Revolution  
June 11, 2022
Parkinson's Revolution is a one-day cycling experience that combines determination and community.

Parkinson.org/Revolution

Visit Parkinson.org/Reach Further to help people with Parkinson’s today.