In this Issue: Meet our volunteer award winners, hear about spring hybrid Moving Days and learn where to register for the Volunteer Leadership Summit

Upcoming Events: Volunteer Leadership Summit on July 16, Fall Volunteer Leadership Call on September 10 and Monthly Volunteer Orientation on the fourth Tuesday of the month
Volunteer Awards

Parkinson’s Foundation volunteer awardees will be officially recognized during the Volunteer Leadership Summit on July 16, but we wanted to give you a chance to meet our recipients! These are our top volunteer leaders, nominated by Foundation staff and voted by a panel of volunteers, recognized for the dedication or dollars they have contributed to the Foundation.

Paul Oreffice Volunteer of the Year

Lou Eisenbrandt is this year’s Parkinson’s Foundation Paul Oreffice Volunteer of the Year. This is the highest and most distinguished recognition of volunteer leadership given to the individual(s) who have made a broad and substantial impact, not only in their own community but nationally and beyond.

Lou has led a fascinating life. After graduating from nursing school, she served in Vietnam in 1969. Not long after being discharged she met her husband — they will soon be celebrating their 50th wedding anniversary. In 2002, Lou was diagnosed with Parkinson’s disease. She wrote a book about her experiences in Vietnam and is now working on her second book about her experience with Parkinson’s. Over the last 20 years, she has spoken publicly as a Parkinson’s advocate. She has since joined the Parkinson’s Foundation Heartland Chapter Advisory Board and the People with Parkinson’s Council. Lou believes that volunteering is the reward and that everyone should do what they can, whether it be raising funds to find a cure or donating their time to the Parkinson’s Foundation.

Rising Star Award

Craig Miyamoto is the winner of the 2021 Rising Star Award, which recognizes the achievements of an individual who became involved with the Foundation in the past year. Craig’s connection to Parkinson’s is personal. His mother, Sybil Miyamoto, was diagnosed with Parkinson’s 17 years ago and is one of the toughest people he knows. He also has several friends and clients affected by Parkinson’s.

He and his wife Stephanie became involved after being inspired by a colleague at Edward Jones, Kent Donley, and meeting Development Director Gena Lennon. They formed the “Edward Jones Team – Sacramento” for their local Moving Day walk and through the power of social media and Craig’s leadership, they became the top fundraising team for their local walk. In 2021, they repeated this accomplishment with the “Edward Jones Team – San Jose.” Craig now serves on the Parkinson’s Foundation California Chapter Advisory Board. “The professionalism, experience and quality of the people on this board is exemplary,” Craig said. “This has been the most well-led, demanding and fulfilling board I’ve ever been involved with. There is no doubt in my mind that we are going to accomplish some amazing things for the Parkinson’s community.”
Top Fundraiser

**Andy Albert** is this year’s Top Fundraiser — he has raised the largest total amount of contributions on behalf of the Foundation from 2020 to 2021. Raising $38,200 for Moving Day Chicago, Andy has participated in Moving Day Chicago with his wife Mona every year since their daughter Amy chaired the inaugural 2012 event. He has been living with Parkinson’s for 12 years. Fundraising is one of the most crucial volunteer efforts as it helps the Parkinson’s Foundation fund critical research and local community programs, driving our mission forward. “Team Albert” has raised an astounding $313,220. Andy is a stellar volunteer and a great example of the power of fundraising.

Community Service Award

**Shelley Friedland** is the recipient of the Community Service Award, which recognizes the individual who has reported the most community service hours on behalf of the Parkinson’s Foundation in the past year. Shelley has donated her time and talents towards making life better for people with Parkinson’s in honor of her husband Rick. Together they partnered with the Foundation to start the Physical Therapy Faculty Alumni Program as well as the soon-to-launch Physical Therapy Online Certification Program. Shelley volunteers in a variety of ways, including as a Parkinson’s Foundation Leaders in Research member, Care Partner Summit Committee member, Parkinson’s Foundation Development Committee member and the Florida Chapter Advisory Board member. She also volunteers as Team Captain of the “Friedland Parkinson’s Fighters” for Moving Day Palm Beach. Shelly is a prime example of giving your all to volunteering and the importance of recording your volunteer hours!

*About the Author: Steve Peters is living with Parkinson’s and volunteers for the Parkinson’s Foundation with his wife, Leslie. Together they serve as Aware in Care Ambassadors and support the Parkinson’s Foundation Rocky Mountain Chapter in Colorado.*

**Volunteer Tip:** Remember to record your community service hours every time you volunteer with the Parkinson’s Foundation! It feels good, makes an impact and is an opportunity for the Foundation to thank you for your service!

You can submit your community service hours online at [Parkinson.org/Volunteer-Reporting](https://parkinson.org/volunteer-reporting). If you have any questions or need assistance, please contact [volunteer@parkinson.org](mailto:volunteer@parkinson.org).
Moving Day Sacramento Adapts and Surpasses Goal!

Moving Day is an inspiring and empowering annual fundraising event that unites people around the country living with Parkinson’s, their care partners and loved ones to help beat PD. Moving Day is a celebration of movement — proven to help manage Parkinson’s symptoms. This year, Moving Day Sacramento, normally a 5K walk event, became a socially distant drive thru on May 15. Participants were invited to drive through a decorated route filled with fun, interactive, family-friendly activities including Parkinson’s education, a boxing demonstration, community resources and fundraising rewards pickup.

Volunteer planning committees are key to a successful Moving Day. Committee members are vital for the pre-event planning and running the event the day of! For example, in order to promote the event, Development Director Gena Lennon and Volunteer Planning Committee Member Joe Whalen were interviewed on 10 of Sacramento’s biggest radio stations encouraging listeners to donate and raising awareness of the Parkinson’s Foundation. Then, at Moving Day Sacramento, committee members were onsite to lend their support along-side other volunteers. Partnering with Parkinson’s Foundation staff, they pulled off an amazing event. A special thank you to all involved for their hard work!

“We couldn’t be happier with how everything went, especially the quick and easy setup, the great drive thru experience and the boxing class,” said Gena Lennon. “Moving Day Sacramento far exceeded its fundraising goal and has raised $73,000 to date or 173% of our goal! This is amazing especially during the pandemic, and it’s all thanks to the Moving Day Sacramento Committee, teams, sponsors and donors!”

Interested in being a fundamental part of the Moving Day in your area? Reach out to your local staff or join the Volunteer Planning Committee at Parkinson.org/InYourArea!

About the Author: Joe Whalen is living with Parkinson’s and volunteers for Moving Day Sacramento.
Why I Volunteer

My mom, Maria Elena Nunez, started having Parkinson’s symptoms about a month after her 60th birthday. After a hospitalization and several doctor visits, she was referred to a neurologist who diagnosed her almost a year after her symptoms began. My mom was told she probably had Parkinson’s, given medication and released. She received no additional information or resources.

Our family attended her doctor’s appointments, therapy appointments, exercise classes and ER/hospital visits to translate and to support her. My mother understood and spoke some English, but her preferred language was Spanish and with medical terms, her limited English did not serve her well. In the five years she had the disease, her only encounter with a Spanish Parkinson’s resource was a Foundation event in Long Beach, CA.

My mom had a very aggressive form of Parkinson’s and she passed away at age 65 from complications of the disease. Although there were many resources available for people with Parkinson’s, I believe that if they had been available in Spanish, there would have been great improvement in how her symptoms and disease were managed. After she passed away in 2018, with the assistance of the Parkinson’s Foundation, my family started a Spanish language support group for people with Parkinson’s, their families and caregivers. In 2019, we became certified Neuroboxing coaches and started a Spanish language boxing program called “Ponte Los Guantes, Amigo!” for families and caregivers of people with Parkinson’s.

In addition, I participate every chance I get to work with the Parkinson’s Foundation on programs that help the Parkinson’s community, especially the Spanish speaking community. One of my favorite roles is being an Aware in Care Ambassador. I educate Spanish speaking patients in hospital visit preparation in addition to working with hospitals on better care for Parkinson’s patients.

I absolutely love working with the Parkinson’s community. The staff and volunteers have such great energy and hearts of gold. People with Parkinson’s have strength that is contagious and motivating. My mom’s life and memory live on in my work and it is an honor to do this for the love of her.

About the Author: Michelle Rios in an Aware in Care Ambassador based in Camarillo, CA.

Game On: In it to Win it!

The Parkinson’s Foundation Volunteer Leadership Summit is taking place virtually on July 16. It is a special opportunity to interact with volunteers and engage in Foundation activities and services you find meaningful. Foundation staff will share ways you can engage in volunteer opportunities throughout the Parkinson’s community. We also look forward to recognizing the volunteers who are a key part of our success at the Parkinson’s Foundation.

Join us on our path to success as we are “in it to win it!” Register now at parkinson.vfairs.com!

About the Author: Dan Novak is living with Parkinson’s and Serves on the Greater Texas Chapter Advisory Board

“The Volunteer Leadership Summit presents an opportunity for people to really connect and learn new ideas. I want to help people develop a unique plan for their volunteer life with the Parkinson’s Foundation,” said Ken Thurman, a planning committee member with 45 years of university faculty experience.