

Volunteer Newsletter

Volume 2 Issue 4



In this Issue: How you can help us Reach Further; Volunteer Spotlight and Ways to Fundraise

Upcoming Events: [Moving Day @ Home](#) on October 23, [Winter Volunteer Leadership Call](#) on December 10 and Parkinson's Revolution Open House on December 16



FALL 2021

Become a Research Advocate!

You can make a difference when you advocate for Parkinson's disease (PD) research! The Parkinson's Foundation Research Advocates program is recruiting new applicants this winter. People with Parkinson's and care partners who can commit to volunteering three hours a month are encouraged to apply.



The Research Advocates program brings together people who live with Parkinson's and people developing new treatments. Research Advocates make research more efficient and effective by ensuring that people with Parkinson's and care partners are primary partners in designing research alongside scientists, industry and government.

Applicants selected for this volunteer program complete either an online course or a three day in-person training where our patient engagement team provides the knowledge and skills necessary to pair up with scientists and health professionals. Afterwards, Foundation staff help facilitate partnerships between Research Advocates and professionals at the front lines of research at academic institutions, industry and government.

To learn more visit [Parkinson.org/ResearchAdvocates](https://parkinson.org/ResearchAdvocates) or contact Casey Gallagher at cgallagher@parkinson.org.

Volunteer Satisfaction Survey

We want to hear from you for the [2021 Parkinson's Foundation Volunteer Satisfaction Survey](#)! This anonymous survey is for past and present volunteers, includes 16 questions and an opportunity to provide suggestions.

The survey deadline is **October 11**. We value your input and thank you in advance for participating. If you have any questions, please contact Celeste Tennant at 404-397-1014 or ctennant@parkinson.org.





Volunteer Spotlight: Rick Kastner

When my father was diagnosed with Parkinson's, the Parkinson's Foundation Heartland Chapter was caring and helpful. I thought that if I could support people with Parkinson's, and their families, it might be a way in which I could help fill a void and make a difference. Some of the finest people I know are people I've met through my work with the Foundation. I am often re-energized after spending time with people impacted by Parkinson's disease.



Rick (far right) pictured with his father (far left).

I have volunteered in a variety of roles. I originally volunteered 18 years ago to serve on a committee recruiting corporate sponsors. I have previously served as President and Chair of the Board Development Committee and, most recently, I was Chair of the Volunteer Leadership Summit. I currently serve on the Heartland Chapter Advisory Board—for the second time. I also participate in Leaders in Research, have been a Moving Day Team Captain and reviewed Community Grants.

If someone is interested in volunteering, I suggest joining a committee and getting to know the organization and how it functions. Then you can decide if it's a good fit for you. We look for people who have a heart and passion for helping people impacted by Parkinson's disease. We also want people that have gifts, talents and experience that can supplement the volunteer team or project. Finally, we look for people that will roll up their sleeves and do whatever it takes to accomplish our task. **To get involved and volunteer, visit [Parkinson.org/GetInvolved](https://www.parkinson.org/GetInvolved).**

Help Us Reach Further!

On September 15, the Parkinson's Foundation launched **Reach Further**, a four-year fundraising campaign to raise an additional \$30 million to expand our reach while advancing research toward a cure.

REACH
FURTHER

Reach Further will raise \$20 million to accelerate the progress of Parkinson's research through *PD GENERation: Mapping the Future of Parkinson's Disease* and drug discovery and development; \$5 million to expand our clinical care network to provide better, more attainable care to the 1 million Americans living the Parkinson's and the \$5 million to increase educational, wellness and support programs in the Parkinson's community. **Donate and learn more at [Parkinson.org/Reach](https://www.parkinson.org/Reach)**



Ask a Volunteer

“What are some unique fundraising ideas you heard during the Volunteer Leadership Summit?”

Here are some unique fundraising ideas I heard during the Leadership Summit networking sessions, and one I hosted.

1. Bowling for Parkinson’s

This is a fun way to raise money for the Parkinson’s Foundation. This is a versatile event that could involve just one person, or you could build teams per lane to fundraise. For example, members get pledges from their supporters for a flat rate of \$20 each or \$1 per pin that is bowled during three games. Connect with the bowling alley ahead of time to choose an event day and to book the lanes. This same idea has been done with golf.

2. Facebook Fundraising

Facebook has become a valuable way to fundraise for Parkinson’s and is easy to do from home. Your birthday or another

special day can be a fun and quick way to raise funds and awareness for Parkinson’s.

Start your own fundraiser at [Parkinson.org/FB](https://www.parkinson.org/FB).

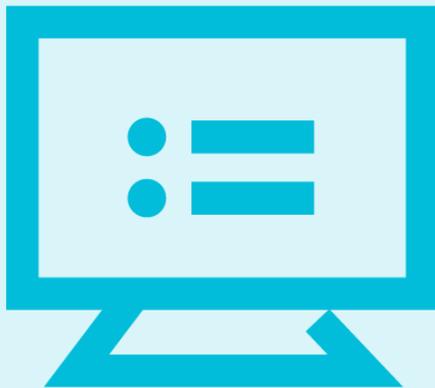
3. Santa Appearances

I worked with a local children’s dentist office to fund three Santa appearances in December. I raised \$675 for the three 3-hour visits and asked 150 children what they wanted for Christmas. It was a great way to entertain children and raise money that went towards my Moving Day goal.

These are just some easy and fun events that you can do as a Parkinson’s Champion. Anyone can fundraise through events and take a stand against Parkinson’s.

Become a Parkinson’s Champion and host your own fundraising event! Learn more at [Parkinson.org/Champions](https://www.parkinson.org/Champions).

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



Volunteer Tip

Continue your Parkinson’s education with our virtual training programs. The Parkinson’s Foundation offers a series of self-paced online courses, including our new [Care Partner Program: Building a Care Partnership](#) and the recently updated [Volunteer Network Training videos](#).

Sign up today and improve your knowledge and skills!