

Moving Toward A Parkinson's Cure

2023 Issue



Our Biggest Fundraising Year Ever Helps Advance Parkinson's Research, Care and Resources

Parkinson's Foundation community fundraisers raised a record-breaking **\$8.3 million** to advance Parkinson's disease (PD) research, access to care and life-changing resources in 2022. Our aim is to empower people with Parkinson's with everything they need to live better with Parkinson's — and every dollar raised helps.

"Each of the 15,905 people with Parkinson's, family members and friends who helped raise funds in 2022 brought passion and enthusiasm to the entire PD community," said Kayln Henkel, Parkinson's Foundation Senior Vice President and Chief Development Officer. "Our Parkinson's Champions, Moving Day participants, Revolution

riders and volunteers help us fund critical research that brings hope to the one million Americans living with this disease."

In a monumental 2022, our 47 in-person **Moving Day, A Walk for Parkinson's**, events raised \$4.8 million, while **Parkinson's Champions** do-it-yourself fundraisers and endurance runners raised \$3 million. Our new indoor cycling event, **Parkinson's Revolution**, reached \$505,000. Together, every walker, runner, cyclist and fundraiser brought us closer to a cure.

Join us in 2023 at an event near you. Help us move toward a cure at [Parkinson.org/GetInvolved](https://parkinson.org/GetInvolved).

2022 By the Numbers

\$4.8M
RAISED BY
MOVING DAY
EVENTS



47
MOVING DAY
EVENTS

\$3M
RAISED BY
PARKINSON'S
CHAMPIONS



42
STATES

1,200
REVOLUTION
RIDERS



15,905
COMBINED
PARTICIPANTS



PARKINSON'S CHAMPIONS, PHILADELPHIA MARATHON

How Jim Helped Make First-Ever Moving Day Memphis A Success



Jim McLaughlin with his "Top Fundraiser" award at Moving Day Memphis.

When the Parkinson's Foundation decided to host the first-ever Moving Day Memphis, Jim McLaughlin was determined to make it a success. Jim lives with Parkinson's disease (PD) and is an active member of the PD community, along with his wife, Bobbie Wonderly McLaughlin, who is a Parkinson's

Foundation Ambassador in Tennessee. Jim encouraged friends at his local PD group, the 901 Parkinson's Fighters, and fellow dancers at Ballet Memphis to join his Moving Day team. Team "901 Parkinson's Fighters" raised \$14,449, making them the top fundraising team and helping the event reach its \$50,000 goal.

"Moving Day Memphis was a beautiful day, and we had a great turnout," said Jim. "Since I was diagnosed with Parkinson's, I've developed a whole

new group of friends and found supportive people I can talk to any time. Moving Day is a great way to spend time with people in our community."

Jim even recruited his financial advisor, Matt Syron, to start a team. Matt was the second-highest fundraiser for the event. "Matt jumped on board when I told him about it," said Jim. "It feels good to hit our goal in the event's first year. We're happy so many people turned up to share their time and devotion to this important cause. Now we need to get the message out there to other people in the community to make next year an even bigger success."



Jim McLaughlin and Bobbie Wonderly McLaughlin

Let's get moving! Register for a 2023 Moving Day event near you at MovingDayWalk.org.

Realtor Donates Commission to Raise Money in Honor of His Mom



Glen Clemmons at Moving Day NC Triangle.

When Glen Clemmons became a realtor in 2018, he wanted to stand out from other realtors in his area, and support a cause that matters to him. So, every time Glen sells

a house, 5% of his commission, off the top, goes to the Parkinson's Foundation through Moving Day. His generosity made him the top fundraiser for Moving Day NC Triangle in 2022. Glen has raised more than \$50,000 over the last five years, all in honor of his mom, Tracy, who lives with Parkinson's.

"It has been a cool process to see how my business has grown, and therefore my donations to the Parkinson's Foundation have grown," Glen said.

After Glen's dad, and Tracy's loving care partner,

passed away in 2019, Glen, his wife, Cydney, and his sister, Natalie, became Tracy's caregivers. They leaned on the Parkinson's Foundation for educational materials and programs to help them learn how to best help care for their mom. They were also able to find expert PD care at Duke University Medical Center, a Parkinson's Foundation Center of Excellence. The family is grateful for the Foundation's support and proud to raise money and walk as team "Homes for Tracy" at Moving Day NC Triangle.

"Moving Day is a great example of the support system we've found through the Parkinson's Foundation," Glen said. "Everyone is so encouraging and rooting for one another. It's nice to know people who are going through the same thing."

We're here for you.

For care partner resources visit Parkinson.org/Caregivers.

For Parkinson's resources visit Parkinson.org/Library.

WE CARE. WE FIGHT. WE MOVE.

23andMe Employees Use Their Talents to Raise Money for Moving Day

Employees at 23andMe look forward to Moving Day San Francisco every year. However, it's not just the walk they are excited about — it's the company-wide talent show to raise money that keeps people talking.

"People tell us every year that this is the company event they look forward to most," said Karl Heilbron, member of the Parkinson's Foundation California Chapter Board and a statistical genetics scientist at 23andMe. "For one day, you get to see all of the talents your coworkers have, have a ton of fun and feel great about raising money for an excellent cause."

In 2016, Karl joined 23andMe as a postdoctoral researcher studying Parkinson's disease. He knew his work with genetic data could be important to improving the lives of people with PD in the future but wanted to do something to support them now. He started a company team for Moving Day and has seen exponential growth each year. In addition to the talent show, they hold a bake sale and silent auction. In 2022, the 23andMe team raised \$25,831 and the company's



Team 23andMe at Moving Day San Francisco.

Co-founder and CEO, Anne Wojcicki, matched that amount for a total of \$51,644.

"Our team has been the number two team in the country for the past few years," Karl said. "That's something we are really proud of, and we're proud to support everything the Foundation is doing to help people with Parkinson's."

Read Karl's full story — along with more inspiring stories from people in the PD community — at Parkinson.org/MyPDStory.

Moving Day Empowers Samantha to Fight Parkinson's

For Samantha Anderson, Moving Day offers an opportunity to get involved and feel empowered when it comes to Parkinson's. It is also an opportunity to build connections with new people in the community.

"While volunteering at Moving Day packet pick-up, I met someone who was diagnosed a month ago and wasn't sure where to turn," said Samantha. "We were able to introduce him and his wife to other people his age who have Parkinson's, and I could just see the relief they felt meeting people who understood what they were going through. Those connections are so important and seeing them happen is my favorite part of Moving Day."

In 2022, Samantha served as the Event Chair for Moving Day Columbus and was the third top fundraiser for the event. Participating in Moving Day encourages her to keep moving and fighting while

having her family and friends with her makes it forever memorable.

"Moving Day is a day of inspiration. It's all about making connections, raising money for Parkinson's research and the Foundation's programs, and hearing people share their stories. It makes a real difference," she said.

Find out how you can volunteer with the Parkinson's Foundation or serve on a Moving Day committee at Parkinson.org/Volunteer.



Samantha Anderson with team "One Step Closer" at Moving Day Columbus.



Moving Day, A Walk for Parkinson's, takes place in cities across the U.S. and brings communities together in celebration of movement. Sign up at MovingDayWalk.org.

Amanda Hosts Meaningful Parkinson's Revolution For Her Dad

When Amanda Meyers' dad, Bob Moses, was diagnosed with Parkinson's in 2020, she wanted to help, but did not know where to start. She eventually found Parkinson's Revolution, an indoor cycling fundraising event — but there was no event in her town. As a co-owner of the cycling studio Revolution Buffalo in NY, signing up to host was a natural first step.

"I expected the event to be mostly my dad's friends and family in support of him, but my clients came out of the woodwork," said Amanda. "Since the first year, it's been larger than we expected." In two years, Amanda raised more than \$40,000 in honor of her dad and the PD community.

"Revolution is a great way for people to help and feel supported," she said. "When my dad was first diagnosed, the unknown was the biggest struggle. We worked so hard to make this a big fundraiser — a simple, fun thing for people to join, and it means so much to the people Parkinson's affects directly."

Bob shared his diagnosis as part of Parkinson's Revolution. "I've been a business owner most of my life, so I've always been big on fixing problems. I wanted to jump in, help raise money and say, 'hey, let's fix this,'" Bob said.

Bob and Amanda find value in the Parkinson's Foundation programs for people with PD and caregivers. They also enjoy meeting people with PD and their families through Parkinson's Revolution.

"The Foundation is great because it brings positive information to the forefront and provides a lot of resources on how to stay active and informed. Having other people to relate to and discuss Parkinson's with is so helpful." - Amanda

Amanda is excited to host her third Parkinson's Revolution in 2023. "Last year, we had five riders who are living with Parkinson's," she said. "You never know what the person next to you is going through. That just makes it so much more impactful."



Amanda and her father at Parkinson's Revolution Buffalo



Parkinson's Revolution is a one-day indoor cycling experience taking place in 35 cities and virtually. Join the Revolution! Parkinson.org/Revolution

\$18 Million
raised since 2006



3,100 Miles
run



160 Gallons
of chili cooked



3,935
Facebook fundraisers



795 Participants
in the Jog 60 April Challenge



74 Hours
of video games streamed



High School Student Raises \$31,000 for Parkinson's Research Through T-Shirts



Kaden and his Uncle Andrew

Tasked with finding a high school community service project, Kaden Lewis drew inspiration from his family. When he found Parkinson's Champions, he knew it was the perfect way to complete volunteer hours and honor his "Uncky" Andrew, who was diagnosed with young-onset Parkinson's disease in 2022.

Kaden worked with the Foundation to set up a fundraiser and started spreading the word. He designed a T-shirt with a red tulip, a symbol for PD awareness, the word "zeal" and two quotes he thought would resonate with his uncle and others living with PD. He quickly surpassed his \$2,500 goal — and ended up raising more than \$31,000.

"It felt amazing to raise that much money," Kaden said. "I didn't know I could reach my original goal, but as more people saw the shirts, it just kept growing and growing."

Kaden has learned a lot about Parkinson's through his fundraiser and from his uncle, and he hopes his T-shirts continue to spread awareness for PD. People frequently

ask about the shirt when they see him wearing it, and he even coordinated a special game with his soccer team where all his teammates wore the shirt. He also shared that the shirt is now one of his uncle's favorites.

"I chose this fundraiser because I wanted to learn more about what my uncle was going through and raise money to help people like him living with Parkinson's, and to support research for a cure," Kaden said. "I never thought a T-shirt could raise this much awareness, and I'm happy I could raise this much money for the Foundation."



Kaden's T-shirt design



Kaden with his soccer team

Parkinson's Foundation **TOP FUNDRAISERS OF 2022**

2022 TOP MOVING DAY PARTICIPANTS

Sherwin Zuckerman, \$44,110
Christine Howard, \$32,597
Susan Brown, \$31,702
Sarah Brown, \$26,148
Vikas Chinnan, \$25,549

Gordon Beckham, \$22,487
Brian Stewart, \$20,874
Andrew Albert, \$20,300
John Kolaya, \$16,681
Carey Durham, \$16,300



MOVING DAY TAMPA BAY

2022 TOP MOVING DAY TEAMS

Edward Jones Heartland, \$59,684
23andMe, \$51,644
Team Zuckerman, \$45,460
Rock Steady Fighters, \$39,631
The Atlanta Movers and Shakers, \$34,472

Team Howard, \$33,600
Laura's Posse, \$33,069
Movement Revolution/Rock Steady
Boxing Windy City, \$28,271
Team Sarah Brown Family, \$27,148
N. Scottsdale Movers and Shakers, \$26,575

2022 TOP PARKINSON'S REVOLUTION RIDERS

Vikas Chinnan, San Francisco, \$26,001
Cory Pinegar, Salt Lake City, \$10,000
Melanie Hannon, Chicago, \$9,364
Scott Balke, Twin Cities, \$8,782
Susan Cohen, New York City, \$7,095

Deborah Lucchesi, San Francisco, \$6,534
Arthur Izzo, USA, \$6,189
Kevin Donnellon, Chicago, \$4,755
Amanda Meyers, Buffalo, \$4,374
Gregory Foster, Kansas City, \$4,122



JAMES HARRISON, PARKINSON'S CHAMPION

2022 TOP PARKINSON'S CHAMPIONS: ENDURANCE

James Harrison, \$36,172
Kate Healy, \$23,638
Joellyn Fox, \$21,466
Edward Ricci, \$17,267
Mariana Sullivan, \$15,409

Kyle Narsavage, \$15,147
Chris Murray, \$15,094
Curtis Hardwick, \$14,435
Wendy Harrison, \$13,903
Mark Stewart, \$11,870



MOVING DAY COLUMBUS

2022 TOP PARKINSON'S CHAMPIONS: DO-IT-YOURSELF FUNDRAISING

Kaden Lewis, \$31,000
T-Shirts for Uncky
Joyce Tracy, \$21,466
Zero Mile Fun Run
Teresa Jackson, \$21,401
Bike Across VA
Nate Barry, \$17,267
Jog 60 April Challenge
Jeremy Karnowski, \$15,409
Cycling for Parkinson's

Anthony Dwyer, \$15,147
Naples Charity Clays Event
Lisa MacGregor, \$15,094
Barefoot Open Golf Tournament 2022
Sheela Shah, \$14,435
Concert for Parkinson's
Joel Diaz, \$13,903
Joel's 500 Mile Challenge
Matthew Silverman, \$11,870
Matty Michael's Munchkin T-Ball Tournament



TERESA JACKSON, PARKINSON'S CHAMPION

MOVING DAY SAN FRANCISCO



JAMES, PARKINSON'S CHAMPION

"We move in support of my Dad in his newly diagnosed disease and keeping him active and involved in the PD community for support."

- Moving Day Long Island Participant



MOVING DAY DAYTON

FAMILY OF KYLE NARSAVAGE, PARKINSON'S CHAMPION



"It is a great event to celebrate caregivers, people living with Parkinson's and people with a connection to the disease."

- Moving Day Los Angeles Participant



NAOMI GIGES DOWNEY AND KATY INGULLI, PARKINSON'S CHAMPIONS

MOVING DAY BUFFALO



MOVING DAY MIAMI

"I ride and fundraise for Parkinson's Revolution because we have fun, but more than anything, the funds we raise make such a difference to me and the many who live with Parkinson's every day. This event is special, and everyone who rides helps change lives, lift people up and make the world a better place."

- Debbie Lucchesi, Parkinson's Revolution San Francisco

Thank You to Our National Sponsors

Moving Day is made possible because of our local sponsors and 2022 National Partners. Thank you!

To become a sponsor, email MovingDay@Parkinson.org.



Better Lives. Together.



2023 EVENTS

SPRING MOVING DAY EVENTS

Mobile, AL
Costa Mesa, CA
Sacramento, CA
San Francisco, CA
San Jose, CA
Ventura County, CA
Washington, DC

Palm Beach, FL
Tampa Bay, FL
Baton Rouge, LA
Baltimore, MD
Twin Cities, MN
Kansas City, MO
Winston-Salem, NC

Omaha, NE
Concord, NH
Albuquerque, NM
Santa Fe, 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

Oxford, AL
Phoenix, AZ
Tucson, AZ
Los Angeles, CA
Jacksonville, FL

Miami, FL
Atlanta, GA
Chicago, IL
Boston, MA
Jackson, MS

Raleigh, NC
Clark, NJ
Buffalo, NY
Oyster Bay, NY
Rochester, NY

Columbus, OH
Memphis, TN
Nashville, TN
Dallas/Fort Worth, TX

CHAMPIONS ENDURANCE EVENTS

United Airlines NYC Half Marathon March 19
Big Sur International Marathon Weekend April 30
Eugene Marathon Weekend April 30
Falmouth Road Race August 20

HOKA Chicago Half Marathon & 5K September 24
Bank of America Chicago Marathon October 8
TCS New York City Marathon November 5



Parkinson's Revolution is a one-day indoor cycling experience that combines determination and community.

Parkinson.org/Revolution

REACH FURTHER

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

Parkinson.org/Reach

Visit Parkinson.org/GetInvolved to help people with Parkinson's today.