

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](https://www.parkinson.org/GetInvolved).

2021 By the Numbers

\$4.3M
RAISED BY
MOVING DAY
EVENTS



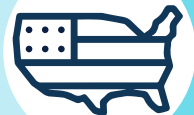
48
MOVING DAY
EVENTS



\$3M
RAISED BY
PARKINSON'S
CHAMPIONS



42
STATES



1,100
REVOLUTION
RIDERS



8,400
COMBINED
PARTICIPANTS



The Secret to Christine's Fundraising Success



Christine Howard at Moving Day

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.



"Team Howard" at Moving Day Twin Cities

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.



Neelam with her grandfather.

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."

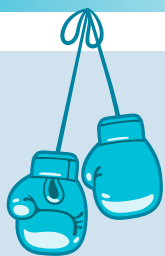
Neelam, who celebrated her birthday in 2021 at Moving Day with fellow committee members, finds solace in volunteering. "Each year, in the morning, after set-up is done and the volunteers are all in place, there is a quiet moment at sunrise. It is then that I always feel the presence of my grandfather."

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



Neelam with her grandmother at Moving Day Atlanta.

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.

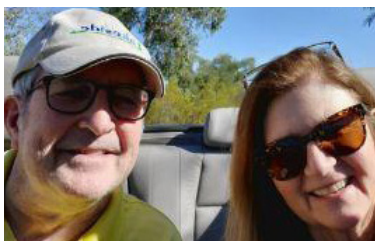


From left to right: Shirley and Jim Blackorby and Team "Movement Revolution/Rock Steady Boxing Windy City."

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.



Brian and Chris McDonald

"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.



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

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](https://www.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."



Parkinson's Revolution is an indoor cycling experience taking place June 11, 2022 in 35 cities and virtually. Join the Revolution! [Parkinson.org/Revolution](https://www.parkinson.org/Revolution)

2021 Parkinson's Champions By The Numbers

\$15 Million
raised since 2008



950 Bottles
of wine mailed for Parkinson's
Champions fundraisers

700 Miles
of Appalachian Trail hiked



3 Holes
in one

Brother and Sister Raise \$70,000 to Fight Parkinson's Through Their First Marathon



Wendy and Jamie Harrison

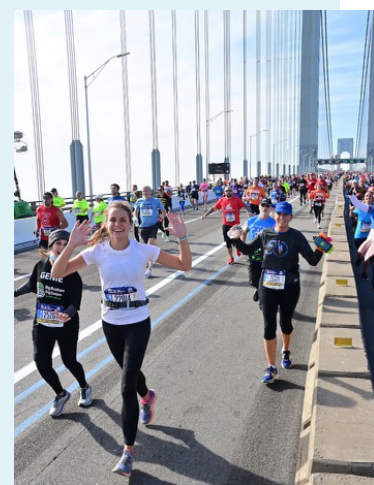
For Jamie and Wendy Harrison, fighting Parkinson's is a family matter. Charting their own path into Parkinson's advocacy following their father's lead, Parkinson's Foundation board member Ponder Harrison, they ran the 2021 TCS NYC Marathon as Parkinson's Champions. They ran in honor of their mom, Judy, 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."



Wendy running the 2021 NYC Marathon



Become a Parkinson's Champion to run in an endurance race or create your own fundraiser.
[Parkinson.org/Champions](https://www.parkinson.org/Champions)

2021 TOP MOVING DAY PARTICIPANTS



TOP FUNDRAISERS OF 2021



Andy Albert	\$41,150
Sherwin Zuckerman	\$40,852
Shelley Friedland	\$37,695
Arthur Kent Donley	\$28,785
Lynn Schreifels	\$32,170

Christine Howard	\$30,660
Steven Messing	\$29,185
Patricia Westbrook	\$25,260
Susan Brown	\$23,110
Carey Durham	\$19,896

2021 TOP MOVING DAY TEAMS

Edward Jones Heartland	\$65,905
23andMe	\$44,284
Team Zuckerman	\$43,452
Team Albert	\$42,150
The Friedland Parkinson's Fighters	\$37,795

Berkowitz Pollack Brant/ Provenance Wealth Advisors	\$37,460
Larry's Lemons	\$32,995
Team Howard	\$31,110
N. Scottsdale Movers and Shakers	\$30,913
The Atlanta Movers and Shakers	\$27,655



"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 PARKINSON'S CHAMPIONS

Jamie Harrison, TCS NYC Marathon \$ 42,150

Ash Wilking, TCS NYC Marathon \$ 15,400

Mike DeBartolo, Playing for Parkinson's Tennis Tournament \$ 38,430

Joyce Tracy, Zero Mile Fun Run \$ 12,100

Wendy Harrison, TCS NYC Marathon \$ 26,155

Brad Loe, TCS NYC Marathon \$ 11,710

Taylor Gattinella, TCS NYC Marathon \$ 24,590

James Kearney, Chicago Marathon \$ 11,275

Saul Qersdyn, Philadelphia Half Marathon \$ 21,860

Jacob Pincus, TCS NYC Marathon \$ 10,650



2021 TOP PARKINSON'S REVOLUTION RIDERS

Scott Rider \$35,590

Lauren Hayes \$5,730

Debbie Lucchesi \$9,565

Webb Travis \$4,858

Stephanie Sadoff \$9,340

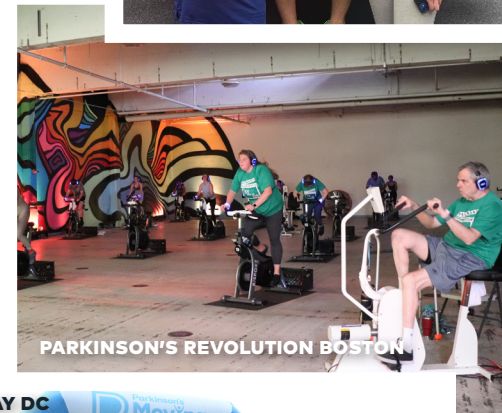
Scott Balke \$4,740

Melanie Hannon \$8,910

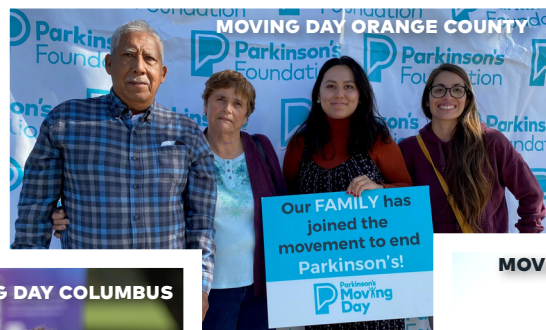
Laurie Kaman \$4,530

Heath Babb \$6,560

Lexie Buchwald \$4,090



MOVING DAY DFW



MOVING DAY COLUMBUS

MOVING DAY DC



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.



Better Lives. Together.



PARKINSON'S 2022 EVENTS

SPRING MOVING DAY EVENTS

- | | |
|---------------------|-----------------|
| Mobile, AL | Las Vegas, NV |
| Orange County, CA | Liverpool, NY |
| Sacramento, CA | Purchase, NY |
| San Francisco, CA | Cleveland, OH |
| San Jose, CA | Dayton, OH |
| Ventura Country, CA | Langhorne, PA |
| Washington, DC | Charleston, SC |
| Tampa Bay, FL | Knoxville, TN |
| Lexington, KY | San Antonio, TX |
| Baton Rouge, LA | Milwaukee, WI |
| Baltimore, MD | |
| Twin Cities, MN | |
| Kansas City, MO | |
| Winston-Salem, NC | |
| Omaha, NE | |
| Concord, NH | |
| Albuquerque, NM | |

FALL MOVING DAY EVENTS

- | | |
|------------------|-----------------------|
| Phoenix, AZ | Jackson, MS |
| Tucson, AZ | Raleigh, NC |
| Los Angeles, CA | Clark, NJ |
| Jacksonville, FL | Buffalo, NY |
| Miami, FL | Long Island, NY |
| Palm Beach, FL | Rochester, NY |
| Atlanta, GA | Columbus, OH |
| Chicago, IL | Nashville, TN |
| Boston, MA | Dallas/Fort Worth, TX |

PARKINSON'S CHAMPIONS EVENTS

- | | |
|----------------------------------|-------------------|
| Big Sur International Marathon | April 22-24, 2022 |
| Eugene Marathon Weekend | May 1, 2022 |
| ASICS Falmouth Road Race | Aug. 21, 2022 |
| Bank of America Chicago Marathon | Oct. 9, 2022 |
| TCS New York City Marathon | Nov. 6, 2022 |
| Philadelphia Marathon | Nov. 19-20, 2022 |



**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

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