



## Parkinson's Foundation Ambassador Handbook



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## Welcome



Dear Parkinson's Foundation Ambassador,

On behalf of our National Board of Directors and dedicated Parkinson's Foundation staff, I'd like to welcome and thank you for volunteering with us. Volunteers are one of the greatest resources we have at the Foundation and play an essential role in making life better for people with Parkinson's.

In partnership with volunteers, the Foundation provides life-changing support to people living with Parkinson's and their care partners, brings together our global Parkinson's community and funds game-changing research that ultimately moves us closer to a cure.

Parkinson's Foundation Ambassadors help advance our mission in many ways, including advising local chapters, guiding program development, raising funds for cutting-edge research and so much more to change the future of this disease. We could not do it without you.

As an organization, we are committed to working with the Parkinson's community. Many of our programs would not be possible without the invaluable support of volunteers. With your dedication we are confident that we can reach more people living with Parkinson's and make life better for people with this disease.

Thank you for helping us create **better lives, together.**

Gratefully,

A handwritten signature in black ink, appearing to read 'John L. Lehr', with a long horizontal flourish extending to the right.

John L. Lehr  
President & Chief Executive Officer  
Parkinson's Foundation





## Introduction

Volunteers have always played an important role in the history of the Parkinson's Foundation. As a Parkinson's Foundation Ambassador, the gift of your time, talent and energy will make life better for and benefit the needs of the entire Parkinson's community.

The purpose of this handbook is to introduce you to the Parkinson's Foundation and provide organization and volunteer program information. This handbook serves as a reference guide and will be a helpful resource to you during your service. It covers standard policies and procedures as well as our mutual responsibilities.

You are responsible for reading and understanding the Parkinson's Foundation Ambassador Handbook, and for adhering to Parkinson's Foundation policies and procedures. For more information about any topic covered in this handbook, please reach out to [volunteer@parkinson.org](mailto:volunteer@parkinson.org).

Please keep your permanent addresses, email address and phone number current with us. Accurate information will allow the Foundation to contact you regarding volunteer policy changes and news. You can contact [volunteer@parkinson.org](mailto:volunteer@parkinson.org) to update your contact information.

We thank you for your service, your smile and your volunteer contributions toward the growth of our organization.



# About the Parkinson's Foundation

## Our Vision

A world where no one has Parkinson's disease.

## Our Mission

The Parkinson's Foundation makes life better for people with Parkinson's disease by improving care and advancing research toward a cure. In everything we do, we build on the energy, experience and passion of our global Parkinson's community.

## Our Values

- **Excellence:** We strive to achieve outstanding results by listening and learning from the Parkinson's community.
- **Teamwork:** We bring together and embrace different perspectives, skills and knowledge.
- **Collaboration:** We partner with a diverse group of stakeholders who share our purpose and urgency.
- **Integrity:** We are honest, accountable and transparent with each other and with the people we represent to achieve our mission.
- **Positivity:** We lead with optimism and always work to find solutions to problems.
- **Dedication:** We are honored to do this important work and approach each day with a renewed focus until all those affected by Parkinson's have access to the care they need and a cure is discovered.
- **Responsiveness:** We build relationships through trust in order to meet and support the needs of people living with Parkinson's and their families.

## **Our Leadership**

President and Chief Executive Officer

*John L. Lehr*

## **Board of Directors**

Chair

*J. Gordon Beckham, Jr.*

Vice Chair

*Andrew B. Albert*

Members

*Howard D. Morgan, Immediate Past Chair*

*Constance W. Atwell, Ph.D.*

*Sarah Brown*

*Dan Campbell*

*Scott Caputo*

*Alessandro Di Rocco, M.D.*

*G. Pennington Egbert III*

*Paolo Fresco*

*Mary Ellen Garrett*

*Peter Goldman*

*Stephanie Goldman Rosen*

*Ponder Harrison*

*Travis Scott Howe*

*Mindy McIlroy*

*Janis Miyasaki, M.D.*

*William R. Moler*

*Marcia Mondavi Borger*

*James Morgan III*

*Paul Nathan*

*Steve Newton*

*Joshua Raskin*

*Veera Rastogi*

*John Thomopoulos*

*Christina Weaver Jackson*

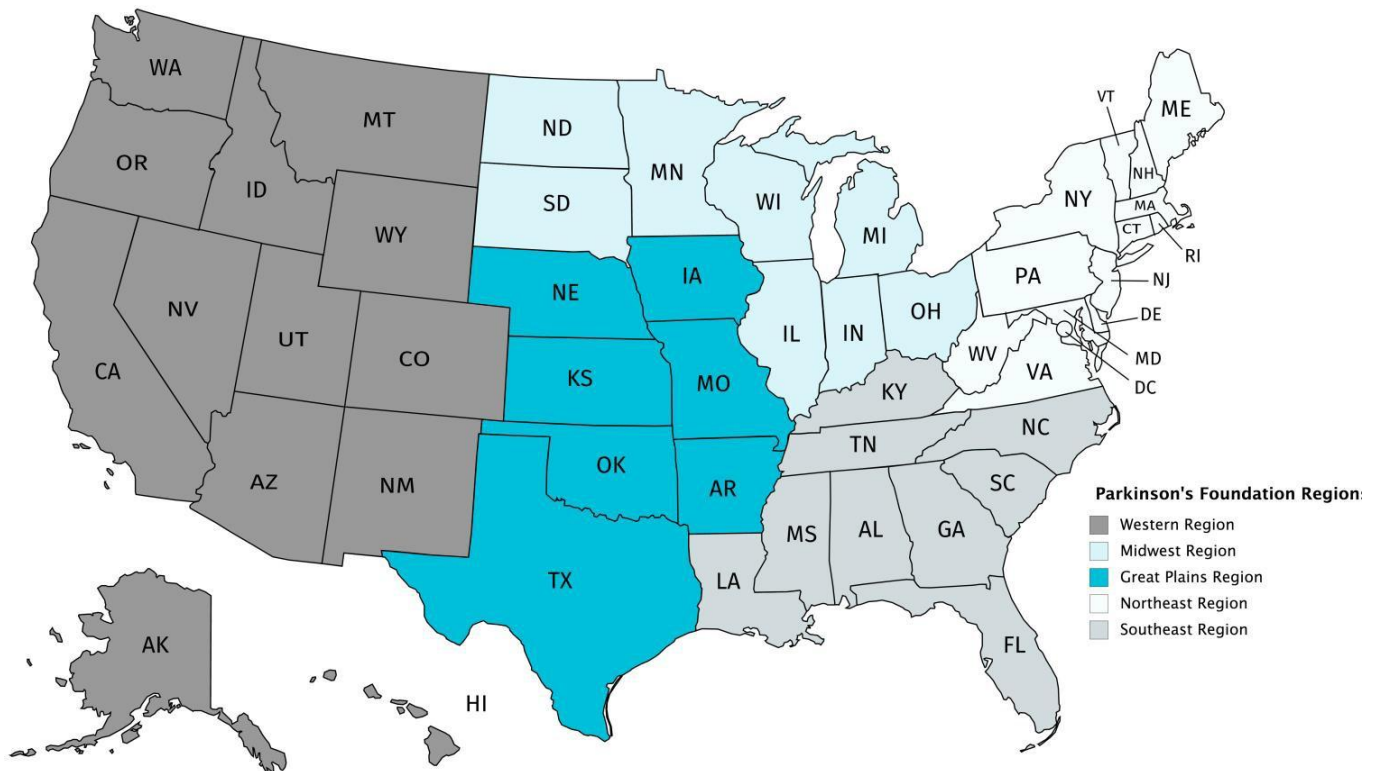
*Adam Wolfberg*



## Parkinson's Foundation Structure

The Parkinson's Foundation is a 501(c)(3) corporation governed by a National Board of Directors that has full governance and fiduciary responsibility. The Foundation is managed by the Chief Executive Officer.

The Parkinson's Foundation has two national offices in New York, NY, and Miami, FL, as well as field staff throughout the U.S. The Foundation field network is organized into five regions and 18 Chapters. Each chapter has a volunteer board that collaborates with Parkinson's Foundation staff to support local community activities.



### Western Region

California Chapter (CA and HI)  
 Pacific Northwest Chapter (WA, OR, MT, AK, and ID)  
 Southwest Chapter (AZ, NM, and NV)  
 Rocky Mountain Chapter (CO, WY, and UT)

### Midwest Region

Minnesota and Dakotas Chapter (MN, SD, and ND)  
 Midwest Chapter (IL, IN, and WI)  
 Great Lakes Chapter (OH and MI)

### Great Plains Region

South Central Chapter (TX, OK, and AR)  
 Heartland Chapter (KS, NE, IA, and MO)

### Southeast Region

Florida Chapter (FL)  
 Georgia Chapter (GA)  
 Tennessee and Kentucky Chapter (TN and KY)  
 Carolinas Chapter (NC and SC)  
 Gulf Coast Chapter (LA, MS, and AL)

### Northeast Region

Mid-Atlantic Chapter (DC, MD, VA, WV, and DE)  
 New England Chapter (MA, CT, RI, NH, VT, and ME)  
 New Jersey and Pennsylvania Chapter (NJ and PA)  
 New York Chapter (NY)

# Parkinson's Foundation Programs

**For Today: Improving care for everyone with Parkinson's disease.**

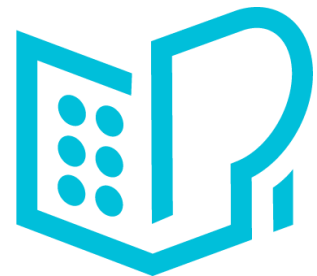
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**Global Care Network:** The Parkinson's Foundation's Global Care network is comprised of medical centers that provide high quality, patient-centered and multi-disciplinary care to people with Parkinson's disease. Specialized teams of neurologists, movement disorder specialists, physical and occupational therapists, mental health professionals and others who know the latest Parkinson's medications, therapies and research provide the best care. The Foundation has designated Centers of Excellence, Comprehensive Care Centers, Networks of Excellence, and Community Partners in Parkinson's Care. This esteemed network treats **over 300,000** people with PD, setting the highest standards of Parkinson's care worldwide.



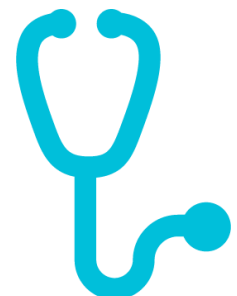
**Community Grants:** Parkinson's Foundation community grants further the health, wellness and education of people with Parkinson's disease across the nation. These community-based grants help fund education and outreach programs, along with local research initiatives, that address unmet needs in the Parkinson's community. Since 2011, the Parkinson's Foundation has invested more than **\$11.5 million** to support community-based programs.

**Educational Resources:** The Parkinson's Foundation offers free educational resources to people with Parkinson's, their families and friends. Resources include: the Parkinson's Foundation Helpline (1-800-4PD-INFO or [Helpline@Parkinson.org](mailto:Helpline@Parkinson.org)); Expert Briefing Webinars; educational booklets and publications; our website, [Parkinson.org](http://Parkinson.org); our online discussion forum [PD Conversations](#); and our podcast, *Substantial Matters: Life and Science of Parkinson's*.



**Educational Programs:** The Parkinson's Foundation hosts community-based educational programs throughout our chapters, highlighting information for people with Parkinson's and their families. Educational topics include sleep, nutrition, non-motor symptoms, mid-stage Parkinson's and mental health. These events are free and open to the public. We are also dedicated to bringing the PD community virtual educational and wellness programs through **PD Health @ Home**. This online series provides weekly events designed for the Parkinson's community and access to educational programming to people living with Parkinson's around the world.

**Professional Education:** The Foundation offers accredited and non-accredited training to healthcare professionals on best practices in Parkinson's care. Specialized training programs include our Team Training, Edmond J. Safra Visiting Nurse Faculty Program, Exercise Education Accreditation Recognition, and Community Partners in Parkinson's Care. We also offer online courses such as our education series for community providers available through the [Parkinson's Foundation Learning Lab](#).



## For Tomorrow: Advancing research toward a cure.

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Since 1957, the Foundation has invested **\$474 million** in Parkinson's disease research and clinical care. The Parkinson's Foundation offers grants and fellowships to encourage young scientists, clinicians and students to devote their talents to the study of Parkinson's disease.

**Virtual Biotech:** To accelerate innovative Parkinson's research to drive advancements toward new and better therapies, the Parkinson's Foundation has formed a strategic partnership with Parkinson's UK to fast track the search for better treatments. The Parkinson's Virtual Biotech uses cutting-edge biological and chemical research to come up with new treatments. However, it's driven by people with Parkinson's, not profit, allowing us to collaborate and quickly adapt successful methods from the business world to deliver new treatments faster.



**PD GENERation:** This study is a first-of-its-kind national initiative that offers free genetic testing for clinically relevant Parkinson's-related genes and free genetic counseling to help participants better understand their results. Additionally, genetic testing results obtained through this study will be confidentially sent to a secure central database for future Parkinson's-related research. The initiative has enrolled more than 20,000 people with Parkinson's.

## For Us All: Building on the energy, experience and passion of our global community.

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**Advocacy:** We established the People with Parkinson's Advisory Council, the nation's first patient leadership group, to ensure that the perspective of people living with Parkinson's is core to all we do. Through our Parkinson's Foundation Research Advocates program, we bring together researchers and people with Parkinson's to inform research priorities and influence studies and stakeholders.



**Moving Day and Community Walk:** Our signature fundraising walks highlight exercise as a symbol of hope and progress because of its essential role in treating Parkinson's. Moving Day provides a community of support to people connected by Parkinson's with walks in over 50 communities across the country. Since 2011, Moving Day has raised over **\$50 million** and brought more than **200,000** participants together to make life better for people with Parkinson's.

**Parkinson's Champions:** Champions build awareness and raise funds by participating in endurance events like a marathon or by creating do-it-yourself fundraisers like a bake sale or Facebook fundraiser. To date, they have raised over **\$24 million** to advance our mission and make life better for people with Parkinson's.

**Parkinson's Revolution:** Parkinson's Revolution is an indoor cycling experience that combines passion, determination and community to generate awareness and funds to advance research toward a cure. Riders of all abilities are welcome to take the challenge of a high-energy ride while fundraising for the Parkinson's Foundation.

## Parkinson's Foundation Ambassador Roles

There are a variety of opportunities to volunteer your time and skills with the Parkinson's Foundation. If you have a question regarding a volunteer role or want to design your own volunteer project, contact [volunteer@parkinson.org](mailto:volunteer@parkinson.org).

Volunteer Opportunity	Recruitment	Application Required	Description
Chapter Board	Varies by chapter	Yes, Invitation Only	Work with staff to implement our strategic plan and establish volunteer committees to support events and activities in your chapter.
Community Grants	Spring	Invitation Only	Evaluate applications for community-based grants and/or conduct site visits with grant recipients to evaluate their performance.
Community Outreach	Year round	No	Work with chapter staff to share educational resources and information through local community outreach such as tabling and presentations.
Community Walk	Year round	No	Organize your own charity walk fundraiser in your chapter with the help of national Parkinson's Foundation staff.
Mission and Outreach Committee	Varies by chapter	Yes	Support community engagement staff by raising awareness of and delivering mission programs in your chapter.
Moving Day	Varies by location	No	Help get communities moving at our signature charity walk as a Moving Day committee member, team captain or event day volunteer.
Parkinson's Champions	Year round	No	Create your own fundraiser and collect donations using our online platform or participate in an endurance event like a marathon.
Parkinson's Revolution	Winter	No	Join our indoor cycling event and raise funds and awareness as a volunteer event lead, team captain, or event day volunteer.
People with Parkinson's Advisory Council	Spring	Yes	Serve as a national advisor to Foundation leadership. <b>Open to care partners and people with Parkinson's only.</b>
Research Advocate	Year round	No	Collaborate with scientists, industry leaders and government to improve research studies. <b>Open to care partners and people with Parkinson's only.</b>
Special Events	Varies by location	No	Plan exciting events like galas and golf tournaments as a member of a Special Events Committee.

## Policies & Procedures

The purpose of these policies and procedures is to provide general guidance and direction to Parkinson's Foundation staff and volunteers. The Foundation reserves the exclusive right to change any of these policies at any time. Areas not specifically covered by these policies shall be determined by the Volunteer Engagement staff.

### Policies

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#### Code of Conduct

The Foundation is committed to maintaining the highest standard of conduct and ethical principles to ensure the well-being and safety of staff and volunteers including:

- Respecting the individual rights of its volunteers
- Treating all volunteers with courtesy, dignity, respect, and consideration
- Maintaining an environment that is free from discrimination and harassment
- Conducting its business with integrity and efficiency

In this spirit, volunteers are expected to fulfill their duties to the best of their ability, with collegiality, high standards, professionalism and respect for the principles set forth in this handbook.

#### Zero Tolerance Policy

The Foundation has a Zero Tolerance policy strictly prohibiting discriminatory and retaliatory practices and any conduct that can be considered intimidating, harassing, coercive or disruptive, including sexual harassment and other forms of harassment, issued in any form (physical, written, verbal, email, texting, or other electronic venue, etc.).

#### Conflict of Interest Policy

The Parkinson's Foundation is a nonprofit, tax-exempt organization. Maintenance of its tax-exempt status is important both for its continued financial stability and for public support. The board, officers, volunteers and management employees have the responsibility of administering Parkinson's Foundation affairs honestly and prudently, and of exercising their best care, skill, and judgment for the sole benefit of the Parkinson's Foundation. Those persons shall exercise the utmost good faith in all transactions involved in their duties, and they shall not use their positions with the Foundation or knowledge gained therefrom for their personal benefit. The interests of the organization must be the first priority in all decisions and actions.

#### Open Door Policy

Should a volunteer have a problem that may interfere with their commitment or ability to perform their duties, that volunteer should immediately discuss the matter with their staff supervisor. Should a volunteer witness unethical conduct, they are encouraged to report such conduct to their staff supervisor or to Volunteer Engagement staff at [volunteer@parkinson.org](mailto:volunteer@parkinson.org). Staff is always available to discuss any problems or concerns.



## Social Media Policy

The Parkinson's Foundation engages the Parkinson's community to raise awareness about both Parkinson's and the Foundation through our social media channels. We invite volunteers to engage with us across all our social media platforms on [Facebook](#), [X](#), [Instagram](#), [LinkedIn](#), [YouTube](#) and [Tik Tok](#). Volunteers must use their best judgment and refrain from posting any comments, photos or linking to any other information that could reflect badly on the Foundation. Remember: you speak for yourself, but your actions can reflect those of the Foundation. If you have any questions about social media content, please contact [volunteer@parkinson.org](mailto:volunteer@parkinson.org)

The following list outlines simple instructions and tools to engage your social media networks:

- Use hashtags #Together4PD #Move4PD #Care4PD in your posts
- Tag @ParkinsonDotOrg so we can share stories from our national social media pages
- Link to our web pages at Parkinson.org and MovingDayWalk.org as much as possible
- Start a Facebook fundraiser or use the "donation" feature on Instagram stories
- Use a positive tone, ex: instead of "devastating disease" use "challenging disease"
- Use a warm voice ex: instead of "patients" use the phrase "people with Parkinson's"
- Do not disparage other organizations

## Procedures

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### Interest Form & Applications

Individuals interested in volunteering for the Parkinson's Foundation should contact their local chapter, complete the volunteer interest form online at [Parkinson.org/Volunteer](#) or contact [volunteer@parkinson.org](mailto:volunteer@parkinson.org). Once an individual expresses interest in volunteering, our staff will contact them to discuss their skills and abilities, appropriate volunteer roles, and open positions. Several volunteer positions require a separate application. These volunteer positions typically require further training and a greater time commitment. Please refer to the volunteer roles listed on **page 12** to see if a volunteer position has additional criteria or requirements.

### Agreement and Waiver

All volunteers must sign and acknowledge receipt of the Parkinson's Foundation Volunteer Agreement and Waiver, either online when completing the general volunteer interest form at [Parkinson.org/Volunteer](#) or on **page 18**. The Parkinson's Foundation Volunteer Agreement and Waiver is available in both English and Spanish.

### Confidentiality & Non-Disclosure Agreement

Parkinson's Foundation volunteers whose duties involve the handling of sensitive information or the personal information of Foundation constituents will be asked to sign a Non-Disclosure Agreement (NDA) before starting their volunteer duties or Volunteer Contractor Agreement.

Parkinson's Foundation staff will inform volunteers if they are required to complete additional paperwork.

### **Training and Continuing Education**

Volunteers must participate in a Parkinson's Foundation Volunteer Orientation webinar and complete the online [Parkinson's Foundation Ambassador Training](#) before volunteering (event day only volunteers are exempt from these trainings). The Parkinson's Foundation hosts quarterly calls for all volunteers called Parkinson's Foundation Calls to Action. These virtual meetings update participants about new opportunities to get involved.

### **Reimbursement of Expenses**

Volunteers may be eligible for reimbursement of reasonable expenses incurred while undertaking business for the Foundation. Prior approval from the volunteer's staff supervisor is required for any expenditure.

### **Representing the Foundation**

Prior to any action or statement which might significantly affect or obligate the Parkinson's Foundation, volunteers should seek prior approval from appropriate staff. These actions may include, but are not limited to, public statements to the press, media interviews, lobbying efforts with other organizations or any agreements involving contractual or other financial obligations.

### **Health Considerations**

As a health non-profit, we want to take all health requirements into consideration. If you have any concerns about your abilities to safely perform your volunteer duties please let your staff supervisor or the Director, Volunteer Engagement know.

### **Ending Volunteer Relationship**

Volunteers may resign from their volunteer service with the Foundation at any time. It is requested that volunteers who intend to resign provide advance notice as soon as possible and a reason for their decision. Volunteers may be asked to conduct an exit interview prior to their departure.

Any volunteer may be asked to resign if they:

- Fail to fulfill their volunteer duties as agreed upon
- Fail to comply with the Zero Tolerance Policy of the Foundation
- Fail to comply with the Conflict of Interest Policy of the Foundation
- Fail to comply with the Confidentiality & Non-Disclosure Agreement
- Engage in any activity or conduct that reflects negatively upon the Foundation



**Our FAMILY has  
joined the  
movement to end  
Parkinson's!**



# Onboarding Checklist

Parkinson's Foundation Ambassador: \_\_\_\_\_ Date: \_\_\_\_\_

Staff Supervisor: \_\_\_\_\_ Email: \_\_\_\_\_

The following list of steps is meant as a general guideline to help you get started on your volunteer journey. Please note, some volunteer roles require an additional application, interview and/or training.

- ☐ **Step 1:** Let us know you want to volunteer, visit [Parkinson.org/Volunteer](https://parkinson.org/Volunteer) or [contact us](#)
- ☐ **Step 2:** Discuss your interests and review available volunteer roles with staff
- ☐ **Step 3:** Attend a volunteer orientation webinar and read this handbook
- ☐ **Step 4:** Sign and return the waiver and handbook acknowledgement forms
- ☐ **Step 5:** Complete the online [Parkinson's Foundation Ambassador Training](#) course

After you complete these steps and your training, you will have a general understanding of the key topics below. You will also receive a Parkinson's Foundation Ambassador kit in the mail so you can start volunteering!

- ☐ Our shared vision, mission, and values
- ☐ Our history and organizational structure
- ☐ The role of the Foundation and the resources we provide
- ☐ Your role as a volunteer and how you make a difference

If you have any questions throughout the onboarding process, please contact your staff supervisor or [volunteer@parkinson.org](mailto:volunteer@parkinson.org). Additional resources and learning opportunities are available to all volunteers. We recommend the following optional materials for volunteers interested in learning more.

- ☐ Complete optional volunteer education courses in the [Parkinson's Foundation Learning Lab](#)
- ☐ Participate in quarterly "Parkinson's Foundation Ambassador Call to Action" meetings
- ☐ Review educational materials and content in the PD Library at [Parkinson.org/Library](https://parkinson.org/Library)



## Volunteer Agreement and Liability Waiver

I wish to serve as a volunteer for the Parkinson's Foundation ("the Foundation"). I understand that volunteer activities may include a variety of tasks and environments — including, but not limited to, community events, advocacy efforts, administrative support, and other activities — and may involve inherent risks such as, but not limited to, falls, exposure to weather, physical exertion, contact with other persons or vehicles, or other unforeseen circumstances that could result in injury, illness, or death.

I voluntarily assume all risks associated with my participation in any Foundation activities. I represent that I am in good health and physically able to safely participate in the activities I choose to undertake. I agree that it is my responsibility to determine whether I am capable of performing specific tasks and to decline or discontinue any activity that I believe presents a risk to my health or safety.

In consideration of being permitted to participate as a volunteer, I, for myself, my family, heirs, executors, administrators, and assigns, hereby release, waive, discharge, and agree to hold harmless the Parkinson's Foundation, its chapters, affiliates, officers, directors, employees, volunteers, sponsors, and agents (collectively, the "Released Parties") from any and all liability, claims, demands, losses, or damages arising out of or in connection with my volunteer service or related activities, including but not limited to injury, illness, property damage, or death, even if resulting from the negligence of the Released Parties.

I further agree to indemnify, defend, and hold harmless the Released Parties against any and all third-party claims, liabilities, or expenses (including reasonable attorneys' fees) arising from my conduct or participation as a volunteer.

I agree to perform only those volunteer activities that I am qualified and able to perform. I understand that I may decline or withdraw from any role at any time. I will follow all rules, regulations, and guidelines provided by the Foundation and will comply with all instructions from Foundation staff or those in charge of volunteer activities.

I understand that, as a volunteer, I may have access to nonpublic information about the Foundation's operations, strategies, financial matters, or constituent data ("Confidential Information"). I agree not to disclose, share, or use any Confidential Information for any purpose outside of my volunteer role and to take reasonable measures to protect it from unauthorized access or disclosure. Upon request, I will return or confirm destruction of any materials containing Confidential Information.

I grant full permission to the Parkinson's Foundation to photograph, record, or otherwise capture my image, likeness, and voice in connection with my volunteer activities, and to use such materials — along with my name — in any and all media now known or hereafter developed, including for promotional and marketing purposes, without compensation.

This Volunteer Agreement and Waiver is effective immediately upon signature and remains in effect for all volunteer activities I perform for the Foundation, unless revoked in writing. If any provision of this Agreement is found to be invalid or unenforceable, the remaining provisions shall remain in full force and effect.

By my signature below, I acknowledge that I have read, understand, and voluntarily agree to all terms of this Volunteer Agreement and Liability Waiver, and that I am freely assuming all associated risks.



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<b>Signature</b>	<b>Printed Name</b>	<b>Date</b>
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**If volunteer is under 18 years of age, a parent or guardian must complete below:**

I am the legal guardian of Volunteer, and I hereby consent to his/her participation. I have read the foregoing Volunteer Waiver, and I hereby agree on behalf of myself and Volunteer to its terms.

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<b>Signature</b>	<b>Printed Name</b>	<b>Date</b>
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## Parkinson's Foundation Ambassador Handbook Acknowledgement Form

I hereby acknowledge that I have received and read the Parkinson's Foundation Ambassador Handbook. I understand that the handbook contains policies describing the conduct and behavior expected of me as a volunteer for the Parkinson's Foundation and agree to comply with these policies. I understand any volunteer may be asked to resign if he/she fails to comply with the policies in the handbook. I will contact Parkinson's Foundation staff should I have any questions regarding the contents of the handbook, including policies and the code of conduct.

I understand that annual updates are made to the Parkinson's Foundation Ambassador Handbook, and it is my responsibility to remain up to date on policies. I understand that this Parkinson's Foundation Ambassador Handbook supersedes and replaces all prior versions and any prior inconsistent verbal or written policy statements.

**By signing this form, I am declaring that I understand and will comply with all Foundation policies.**

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Directory

Celeste Tennant  
Director, Volunteer Engagement  
[ctennant@parkinson.org](mailto:ctennant@parkinson.org)  
404-397-1014

### Local Chapters

California Chapter  
[Parkinson.org/California](http://Parkinson.org/California)  
[California@parkinson.org](mailto:California@parkinson.org)

Carolinas Chapter  
[Parkinson.org/Carolinas](http://Parkinson.org/Carolinas)  
[Carolinas@parkinson.org](mailto:Carolinas@parkinson.org)

Florida Chapter  
[Parkinson.org/Florida](http://Parkinson.org/Florida)  
[Florida@parkinson.org](mailto:Florida@parkinson.org)

Georgia Chapter  
[Parkinson.org/Georgia](http://Parkinson.org/Georgia)  
[Georgia@parkinson.org](mailto:Georgia@parkinson.org)

Great Lakes Chapter  
[Parkinson.org/GreatLakes](http://Parkinson.org/GreatLakes)  
[GreatLakes@parkinson.org](mailto:GreatLakes@parkinson.org)

Gulf Coast Chapter  
[Parkinson.org/GulfCoast](http://Parkinson.org/GulfCoast)  
[GulfCoast@parkinson.org](mailto:GulfCoast@parkinson.org)

Heartland Chapter  
[Parkinson.org/Heartland](http://Parkinson.org/Heartland)  
[Heartland@parkinson.org](mailto:Heartland@parkinson.org)

Mid-Atlantic Chapter  
[Parkinson.org/MidAtlantic](http://Parkinson.org/MidAtlantic)  
[MidAtlantic@parkinson.org](mailto:MidAtlantic@parkinson.org)

Midwest Chapter  
[Parkinson.org/Midwest](http://Parkinson.org/Midwest)  
[Midwest@parkinson.org](mailto:Midwest@parkinson.org)

### National Offices

Miami Office:  
5757 Waterford District Dr.  
Suite 310  
Miami, FL 33126

Sadie McCoy  
Manager, Volunteer Engagement  
[smccoy@parkinson.org](mailto:smccoy@parkinson.org)  
305-503-6122

Minnesota and Dakotas Chapter  
[Parkinson.org/MinnesotaDakotas](http://Parkinson.org/MinnesotaDakotas)  
[MinnesotaDakotas@parkinson.org](mailto:MinnesotaDakotas@parkinson.org)

New England Chapter  
[Parkinson.org/NewEngland](http://Parkinson.org/NewEngland)  
[NewEngland@parkinson.org](mailto:NewEngland@parkinson.org)

New Jersey and Pennsylvania Chapter  
[Parkinson.org/NJPA](http://Parkinson.org/NJPA)  
[NJPA@parkinson.org](mailto:NJPA@parkinson.org)

New York Chapter  
[Parkinson.org/NewYork](http://Parkinson.org/NewYork)  
[NewYork@parkinson.org](mailto:NewYork@parkinson.org)

Pacific Northwest Chapter  
[Parkinson.org/PacificNW](http://Parkinson.org/PacificNW)  
[PacificNW@parkinson.org](mailto:PacificNW@parkinson.org)

Rocky Mountain Chapter  
[Parkinson.org/RockyMountain](http://Parkinson.org/RockyMountain)  
[RockyMountain@parkinson.org](mailto:RockyMountain@parkinson.org)

South Central Chapter  
[Parkinson.org/SouthCentral](http://Parkinson.org/SouthCentral)  
[SouthCentral@parkinson.org](mailto:SouthCentral@parkinson.org)

Southwest Chapter  
[Parkinson.org/Southwest](http://Parkinson.org/Southwest)  
[Southwest@parkinson.org](mailto:Southwest@parkinson.org)

Tennessee and Kentucky Chapter  
[Parkinson.org/TNKY](http://Parkinson.org/TNKY)  
[TNKY@parkinson.org](mailto:TNKY@parkinson.org)

New York Office:  
1359 Broadway  
Suite 1509  
New York, NY 10018

Contact our toll-free Helpline at 1-800-4PD-INFO (473-4636) or [helpline@parkinson.org](mailto:helpline@parkinson.org)



parkinson's  
Foundation

Parkinson's  
Moving  
Day

CHANGE THE WORLD

ROCKSTEADY BOXING \*\*  
KNOCKOUTS

BOXING



**PARKINSON.ORG**

**1-800-4PD-INFO (473-4636)**

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/ParkinsonDotOrg



@ParkinsonDotOrg



/company/ParkinsonDotOrg



@ParkinsonDotOrg