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SPRING 2022

A NEWSLETTER FOR FRIENDS OF PARKINSON'S FOUNDATION

Parkinson's Foundation Moves Bold Agenda for the Future Forward

To move forward a bold agenda in the fight against Parkinson's disease (PD), the Parkinson's Foundation launched the Reach Further campaign in 2021. This ambitious four-year fundraising initiative aims to raise \$30 million to ensure everyone with PD has the care and support they need while accelerating research to cure Parkinson's.

Funds raised through Reach Further are being invested in three primary initiatives:

1. Advancing Research. Progress toward new and improved medicines — and ultimately a cure — relies almost exclusively on investments in promising scientific inquiry, which is why \$20 million will be dedicated to accelerating research.

PD GENERation: Mapping the Future of Parkinson's Disease, which provides people with PD genetic testing and counseling at no cost to the participant, is changing the landscape of research. The trailblazing project is gathering exciting new data through genetics, fast-tracking enrollment in clinical trials and moving research forward at a faster pace. Our goal is to enroll 15,000 participants in this study by 2025 — and we've made great progress, currently at more than 20% of this goal!

2. Expanding Care. Living well with Parkinson's means having access to the right health care professionals, medications and services. But finding the right care isn't easy outside of our Global Care Network.



Expansion of our Global Care Network

The funds raised through Reach Further will enable us to broaden expert clinical PD care — particularly in underserved areas — through an expansion of the Global Care Network. We will expand the network by 50% to areas where little or no comprehensive care currently exists, with a particular emphasis on underserved and hard-to-reach areas.

3. Growing Community. Reach Further aims to enhance the community services that are critical to so many. The health and quality of life for people with Parkinson's depend on access to educational, wellness and support programs.

The Foundation wants to meet the growing demand for information by increasing community support by 30% in towns and cities across America. This includes resources in mental health, care partner assistance, veterans programming, health and wellness courses and resources for the newly diagnosed.

There is a lot to do, but we are doing it together!
For more details or to check our campaign progress, visit Parkinson.org/Reach.

People Power: Training Specialists with a Patient-Centered Approach

Movement disorder neurologists provide specialized care to those living with Parkinson's disease. They are critical to our Reach Further campaign goal of expanding clinical care.

Through your commitment, the Parkinson's Foundation has advanced this specialized training through our Movement Disorders Fellowship Program. Awards are made to institutions to support the two-year training of an incoming movement disorders fellow.

Since our first grant in 1980, we have invested more than \$15 million toward the training of more than 150 neurologists.



Lynda Nwabuobi, MD (left), discusses PD programs at a local farmer's market

One of these neurologists is Lynda Nwabuobi, MD, who received a Parkinson's Foundation fellowship in 2018 at Columbia University, a Parkinson's Foundation Center of Excellence.

"I was surrounded by some of the greatest minds in neurology," said Dr. Nwabuobi. "I had an excellent fellowship that helped my career because it opened my mind to a lot of possibilities."

The interdisciplinary approach of the Foundation's Centers of Excellence is especially notable to Dr. Nwabuobi. "There is a team feeling. I know and trust the people who I refer my patients to: physical therapists, social workers, geriatricians, speech therapists — this model makes it easier for my patients to get the care they need, and easier for me to have a well-rounded understanding of their health."



Dr. Nwabuobi now practices at New York-Presbyterian/Weill Cornell Parkinson's Disease and Movement Disorders Institute. Engaging in patient care and clinical research, she has published studies on disparities in access to specialized care. Dr. Nwabuobi decided to take an unconventional approach in encouraging diverse communities to seek PD resources: setting up a PD information table at a local farmer's market. "Farmer's markets are a good way to get into communities, and this initiative has been very successful," she said.

Dr. Nwabuobi emphasizes how important the Parkinson's Foundation is to her patients and the PD community. "All the programs offered are helpful — especially the virtual programs. Our biggest goal in the field is raising awareness. The current work of the Parkinson's Foundation will create greater awareness."

To learn more about research opportunities the Parkinson's Foundation funds, visit [Parkinson.org/ResearchWeFund](https://www.parkinson.org/ResearchWeFund).



Focus on Research: Supporting the Next Generation of PD Scientists

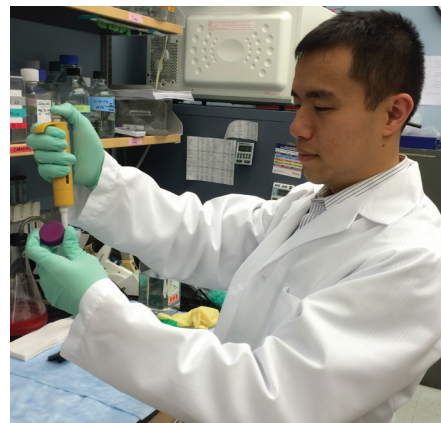
Young scientists bring fresh perspectives and innovative ideas, leading to promising treatments and a cure — and providing hope to the entire Parkinson's community.

To reach further in research, we developed the Launch Award grant program; the award will nurture the energy, dedication and talent that new scientists can offer to PD research and result in exciting breakthroughs. Each award will provide a total of \$400,000 for up to four years of research support. Our first cycle of Launch Awards will be announced in late May.

It takes many years and considerable funding for scientists to achieve breakthroughs. Without early seed funding, young investigators may abandon their study in Parkinson's for another field.

The Parkinson's Foundation identifies and supports postdoctoral fellows who have demonstrated a vision to solve, treat and end PD. With you by our side, we can help fund these

scientists at this critical time in their work, helping them create a sustainable path towards more grants and an independent research career.



At the end of the Launch Award funding period, these awardees will have secured the grants and direction to become leaders in the field of neuroscience, ready to maximize their impact in PD research.

To read more about the Parkinson's Foundation Launch Award, go to [Parkinson.org/LaunchAward](https://parkinson.org/launchaward).

UNDERSTANDING SEX DIFFERENCES IN PARKINSONS

A person's biological sex has a strong influence on the symptoms and course of Parkinson's. Ellen Hess, PhD, of Emory University, a Parkinson's Foundation Center of Excellence, received a 2021 George G. Kaufman Impact Award from the Parkinson's Foundation to study gender differences in Parkinson's.

"The biological reasons for the differences between the sexes are largely unknown and unexplored, but nonetheless very important," said Dr. Hess. "Understanding these differences could ultimately lead to personalized and more effective treatments that are targeted to males or females."

Her research could lead to the discovery of drugs using a more personalized medicine approach.

Funding a broad range of inquiry — from grants to individual researchers to leading large-scale, national research initiatives — has the potential to dramatically change the way we understand and treat Parkinson's. *Thank you for helping us make innovative scientific discovery possible!*



Ellen Hess, PhD

To learn more about Parkinson's Foundation research initiatives, visit [Parkinson.org/Research](https://parkinson.org/research).

Mike Reminds His Community: "You are not alone."

In 2013, 48-year-old Mike Horak of Asheville, NC, learned he had Young-Onset Parkinson's. The diagnosis was all too familiar. It is one he shares with his father, who has been living with PD for 20 years, and his late great-grandmother.

Mike is a Parkinson's Foundation Advisory Board member for the Carolinas Chapter and has recently stepped up to become the Reach Further campaign Carolinas co-chair.

"As someone with Parkinson's disease, the Reach Further campaign matters," he said.

"At the end of the day, it will increase our knowledge, our quality of life and the kind of Parkinson's health care we have in our communities."

The father of two college-age daughters also participated in the

Foundation's groundbreaking genetic testing initiative *PD GENERation: Mapping the Future of Parkinson's Disease*. In addition, he has benefitted from cutting-edge Parkinson's treatments under the guidance of a movement disorders specialist.

"In Western North Carolina there are not many neurologists, and only one movement disorders specialist in the area," he said. "I'm excited that Reach Further will raise dedicated funds to expand access to quality Parkinson's care in areas like mine."

Mike offers the following advice to the newly diagnosed: "Know that you are not alone. There is a whole community that will support you. Call the Parkinson's Foundation Helpline and your local chapter. You will find someone who will reassure you and remind



Mike and his parents,
Abby and Jerry

you that Parkinson's is not a death sentence, it is just a diagnosis. People with it live rich, meaningful lives."

Learn about your local chapter and find nearby resources at [Parkinson.org/InYourArea](https://parkinson.org/InYourArea) or by calling our Helpline at 1-800-4PD-INFO (473-4636).

CONTRIBUTION FORM

☐ **YES!** I want to support the innovative work of the Parkinson's Foundation so people with Parkinson's can live the best lives possible. Enclosed is my tax-deductible gift of:

☐ \$35 ☐ \$75 ☐ \$150 ☐ \$500 ☐ Other \$ _____

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