

# WHY WE FIGHT



Annual Report 2015

**ABOUT US** NPF's ongoing research helps people with Parkinson's today. We have funded more than \$189 million in research and support services to improve the lives of people with Parkinson's.

NPF Centers of Excellence comprise the first international network to focus on how to provide expert care for people with Parkinson's. Chosen from the top academic medical centers, each Center conducts cutting-edge Parkinson's research and together have provided exemplar patient care to more than 50,000 people with Parkinson's.

Our local Chapters provide the Parkinson's community with a range of enriching services including support groups, wellness classes and education programs. NPF provides a community of support so no one has to face this disease alone.

NPF is here to help people with Parkinson's and their families fight this disease every day.

*Our mission at the National Parkinson Foundation is to make life better for people with Parkinson's disease through expert care and research. Everything we do helps people actively enjoy life with their friends, families, children and grandchildren until there is a tomorrow without Parkinson's.*

“After several phone calls with the Helpline, with their guidance and involvement, I was able to basically enable my father to get the care that he should receive. It's nice to have a compass like the National Parkinson Foundation that can help lead you through the waters.”

**Gary A. Harris** • 50,000<sup>th</sup> NPF Helpline Caller





**Life does not stop after a Parkinson's diagnosis. Our commitment to fund crucial research is helping us make life better for people living with Parkinson's.**

# WHY WE SEARCH

NPF researchers are persistently looking for ways people with Parkinson's can live long, active lives, many years after diagnosis – and they have a lead.

Anhar Hassan, MB, BCh, of the Rochester Mayo Clinic, noticed that some of her 70- and 80-year-old Parkinson's patients with noticeable symptoms were mentally sharp and physically active, despite having Parkinson's for more than 20 years. With NPF's support, Dr. Hassan is actively studying data from our *Parkinson's Outcomes Project*, the largest ongoing clinical study of Parkinson's patients, to learn what makes this group thrive 20 years after diagnosis.

This research challenges the assumption that almost every person with Parkinson's develops dementia and may eventually reside in an assisted living facility. Understanding how this group

of 200 people, who nearly all live at home and engage in physical activity, remain active can be the catalyst to creating new treatment methods that can slow the progression of the disease.

NPF believes that this group may lead the way in creating a new type of personalized treatment that can benefit the entire Parkinson's community. This study may also help identify additional risk factors that positively affect longer survival and better outcomes.

We envision that research based on the limitless information in our *Parkinson's Outcomes Project*, will one day allow us to help each person with Parkinson's live an active life long after diagnosis.

[Learn more about NPF's Parkinson's Outcomes Project at www.parkinson.org/outcomes.](http://www.parkinson.org/outcomes)

“ ***NPF's Parkinson's Outcomes Project is very important because this study will follow PD patients over many years, and can help identify additional risk factors that affect longer survival and better outcomes. The tremendous amount of research going on now in Parkinson's is very encouraging. There is an aspect of hope, of being able to improve the quality of patients' lives and improve their function as well.*** ”



**Anhar Hassan, MB, BCh**

Lead investigator, *Parkinson's Outcomes Project* study • Mayo Clinic, Rochester, MN

“ *This study makes it clear that everyone with Parkinson’s disease should be exercising. Patients suffer when they delay starting their exercise, and it doesn’t seem to matter what they do, they benefit from just getting up and moving.* ”

**Michael S. Okun, MD**

NPF National Medical Director • Chair, Department of Neurology, Co-Director, University of Florida Health Center for Movement Disorders and Neurorestoration, an NPF Center of Excellence



**NPF's Parkinson's Outcomes Project follows more than 8,000 patients in more than 20,000 clinical visits over the course of 7 years,** making it the largest study of newly diagnosed patients, the largest long-duration study and the largest study of young-onset Parkinson's.



This ongoing study has already led to momentous findings that have helped people with Parkinson's and their caregivers live better lives.

In 2015, Miriam Rafferty, PT, DPT, using data from the *Parkinson's Outcomes Project*, was the first to prove that people with Parkinson's who exercise a minimum of 2.5 hours a week show a slowed decline in quality of life, and that the sooner they start exercising after diagnosis, the better.

Exercise is a lifestyle change people with Parkinson's can immediately begin, and thanks to the *Parkinson's Outcomes Project*, it is now proven that 2.5 hours of exercise per week makes a substantial difference on quality of life.

Regular physical activity is also associated with better physical function and mobility, and less cognitive decline.

What type of exercise improves Parkinson's symptoms? Cycling, boxing, tai chi and everything in between. According to the research findings, all exercise is beneficial and when done regularly can slow the progression of Parkinson's.

The life-changing discoveries made every year through the *Parkinson's Outcomes Project* demonstrate that NPF is a leader in today's fight against Parkinson's.

[Learn more about the neuroprotective benefits of exercise at www.parkinson.org/exercise.](http://www.parkinson.org/exercise)

**After his Parkinson's diagnosis at 50 years old, Larry Kahn's plan was to wait for new symptoms to develop and eventually treat them with medication.**



Two years went by before Larry decided to step in the boxing ring and fight. He began a vigorous workout routine to see if his symptoms would slow, and soon enough they did. His Parkinson's symptoms decreased and he felt stronger.

Larry and his wife, Ellie, regularly attend Parkinson's-tailored workout classes that focus on coordination and balance. Larry enjoys the boxing classes because they improve his agility. He feels empowered each time he puts on a pair of boxing gloves.

Larry fights in and out of the ring. He is an advocate for the powerful role exercise plays in improving the lives of people with Parkinson's. He decided to spread the word by creating an organization and boxing program named "PD Gladiators." It became Larry's mission to teach

the newly-diagnosed that the faster they integrate exercise into their routine, the better their chances are of slowing Parkinson's symptoms.

"PD Gladiators" is just one local program in Atlanta supported by NPF's community grant funding.

Funds raised from NPF's Moving Day®, a walk for Parkinson's, in its 2014-2015 season were distributed to 40 Parkinson's-specialized health, wellness, and education programs in six cities. Today, the 2.5 hours of recommended weekly exercise, according to the *Parkinson's Outcomes Project* study, can be achieved through a NPF-supported yoga, boxing, dance class, or a 5k training program.

Learn more about the community impact of Moving Day® at [www.npfmovingday.org](http://www.npfmovingday.org).

**“Vigorous exercise has most definitely improved my gait and given me an overall feeling of taking back control over my life. My main goal is to get the attention of the doctors who are delivering a diagnosis of Parkinson’s and encourage them to prescribe exercise to their patients.”**

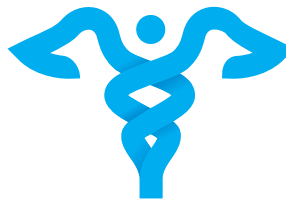
**Larry Kahn**

CEO of PD Gladiators, NPF Community Grant Recipient • Living with Parkinson's since 2010



# 51,000 HELPLINE CALLERS


RECEIVED VITAL COUSELING  
FROM TRAINED SPECIALISTS  
ANSWERING OUR TOLL-FREE  
HELPLINE, 1-800-4PD-INFO



# 2.3 MILLION

UNIQUE VISITS TO  
**PARKINSON.ORG** (THE  
GO-TO ONLINE RESOURCE)

# 2015 BY THE NUMBERS



**72,000  
DONORS**

SUPPORTED OUR MISSION TO  
MAKE LIFE BETTER FOR PEOPLE  
LIVING WITH PARKINSON'S DISEASE

# 8,200 PATIENTS

ENROLLED IN NPF'S  
*PARKINSON'S OUTCOMES  
PROJECT*, THE LARGEST  
PARKINSON'S CLINICAL  
STUDY, AT 21 NPF  
CENTERS OF EXCELLENCE



**40 COMMUNITY  
GRANTS IN 6 CITIES**

AWARDED FOR HEALTH,  
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PROGRAMS FOR PEOPLE  
LIVING WITH PARKINSON'S

# 50,000 FREE, LIFE-SAVING AWARE IN CARE KITS



DISTRIBUTED THROUGH THE NPF  
HELPLINE AND CHAPTERS TO HELP  
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TEAM HOPE™ MEMBERS  
RAN, BIKED AND SWAM  
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# 2,250 CALLS EN ESPAÑOL

ANSWERED BY  
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# 227,500 FREE EDUCATIONAL MANUALS MAILED

ON 8 DIFFERENT TOPICS AND  
NPF'S NEWSLETTER (THE  
PARKINSON REPORT) MAILED  
TO HOMES ACROSS AMERICA



# WHY WE FIGHT



Annual Report 2015

## HONOR ROLL 2015

The National Parkinson Foundation gratefully acknowledges all of the people who made a donation of \$1,000 or more between July 1, 2014 and June 30, 2015.

It is the thoughtfulness of these supporters that allows us to educate and assist people in communities across the country about Parkinson's disease. We thank them for their dedicated support.

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“ He has such strength that it motivates me every day. When we learned about the Parkinson's it was like, what are we going to do about this now? The battle cry was we're going to get involved in this, and we're going to learn as much as we can about it, and we're going to be on the top end of being fighters for this.”

**Marie Head** • Wife and Caregiver of Don Head,  
 living with Parkinson's disease

## HONOR ROLL 2015

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NATIONAL PARKINSON FOUNDATION  
**LEGACY SOCIETY**

*Legacy society members are a select group of donors who have recognized the National Parkinson Foundation in their wills, trusts, estates and other planned gifts. Their generosity and forethought will help thousands of people with Parkinson's live better lives in the years to come.*

**We would like to recognize the following Legacy Society members:**

- |   |   |
|---|---|
| Anonymous (5)                             | Edward Jervey                                 |
| E. Richard Alhadeff                       | Rachel K. Johnson                             |
| Leo M. Amoroso                            | Yetta Kaemmer                                 |
| Helen C. Avchin                           | Barry Kaye                                    |
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| Genie B. Hollen                           |   |
| Ida Hutzler Charitable Trust              |   |



REMEMBERING  
**NATHAN SLEWETT**

*Nathan Stewett was a tireless NPF volunteer leader and ardent supporter for more than 40 years. Mr. Stewett led the fight against Parkinson's as the NPF President and Chairman of the Board. His legacy includes the many NPF researchers and neurologists whose careers he helped launch and the \$189 million dollars invested in research and support services. His vision for a first-class Parkinson's organization devoted to making life better for people with Parkinson's and their families lives on.*



The list below acknowledges the Team Hope™ community fundraisers that took place between July 1, 2014 and June 30, 2015. We would like to extend our sincerest gratitude for their creativity, energy and commitment.

**TEAM HOPE™ MEMBER NAME • EVENT NAME**

Lucy Adelman • *Pedaling for Parkinson's*  
 Alex and Ani, LLC • *Charity by Design*  
 Terrell Allen • *Marine Corps Marathon*  
 Allstate Insurance Company • *Fight Back, Move Forward Awareness Walk*  
 Alvaro Angulo • *In honor of Mom's Birthday*  
 Athlon Physical Therapy • *Employee Awareness Walk*  
 Thomas Austin • *Maine State Triathlon*  
 Tracey Belzer • *Cake Pops Fundraiser*  
 Angie Boyle • *Jeff Belnap Initiative*  
 Bravelets, LLC • *Parkinson's Charity Bracelets*  
 Heather Brown • *Bowl for Parkinson's*  
 Amy Bukszpán • *Marine Corps Marathon, TCS New York City Marathon*  
 Michael Busack • *Dare to Give*  
 Marshall Campbell • *Ragnar Relay*  
 Miranda Campbell • *Joggin' for Jerry in Chicago Half Marathon*  
 Miriam Capps • *Long Beach Half Marathon*  
 Catch the Cure • *Paddle for Parkinson's*  
 Che-Val • *"Don't Give Up On Me" Song Sales*  
 Paige Childers • *Mitzvah Project*  
 Annette Chu and Bailey Chu • *3rd Annual Bay Area Golf Raffle*  
 Linda Cibula • *Mardi Gras Ball*  
 Brenna Clark • *Run2BeatPD*  
 Darren Clary • *Darren & Kristen's Wedding*  
 Covenant Village of Northbrook • *Community Walk*  
 Clare Delmastro • *Marine Corps Marathon*  
 Mary Edmonds • *Marine Corps Marathon*  
 Ashley Fernandez • *Ashley & Joey's Wedding*  
 Maegan Ferry • *Race, Run, Ride & Ramble for Parkinson's*  
 Flat Creek Baptist Church • *Chris Gaunt 5K Run/Walk Over Parkinson's*  
 Kristine Ford • *TCS New York City Marathon*  
 August Freire • *Little Red Lighthouse Swim*  
 Friends of PD Burlington County • *Handcrafted Bracelets/Scarves Sales*

Lauren Gambino • *Michael & Carol's Wedding*  
 Garden of Life, LLC • *Ocean 3's Better Brain donations*  
 Mike Gelman • *Randallstown High School Annual Golf Tournament*  
 Elizabeth Gilliam • *Miami Half Marathon*  
 Girl Scout Council of Tropical Florida • *Troop 2762 Talent-Palooza*  
 Amber Gladys • *Miami Half Marathon*  
 Yi Han Goh • *New York City Half Marathon*  
 David Goldberg • *TransAm Bike Race*  
 Jeff Gonot • *Running a Race each Month for Parkinson's*  
 Theresa and Danny Gordon • *Honolulu Marathon*  
 Joanna Grote • *Marine Corps Marathon*  
 Samantha and Stephanie Haft • *Flying Pig Marathon*  
 Elena Harp • *Marine Corps Marathon*  
 Chris Harvey • *Albertine Harvey Memorial Evening*  
 Kristin Hill • *Pie It Forward Challenge*  
 Elizabeth Hopkins • *Cupcake Challenge for Parkinson's*  
 Kara Horvath • *TCS New York City Marathon*  
 Kendall Hudson • *Proceeds from Furniture Sales*  
 Phi Huynh • *Phi & Eric's Wedding*  
 Denise Janis • *Craft Sale*  
 Tracy Jasken • *Twin Cities Marathon*  
 Jessica Jensen • *Marine Corps Marathon*  
 Richard Johnston • *Team Crusty Pedals Cycling Ride*  
 Vernie Jones and family • *Long Beach Marathon*  
 Warren Jones • *San Jose Half Marathon*  
 Matthew Karp • *Russian River Mud Run 5K*  
 Zoe Katz • *Bat Mitzvah*  
 Keenan Antiques • *Summer Wade Fest*  
 Alisha Khan • *Chicago Half Marathon*  
 James Klagge • *Marine Corps Marathon*  
 Julia Larkin • *TCS New York City Marathon*  
 Joanna Laubscher • *Going Bald for Parkinson's*  
 Jason Lawler • *Rockford Half Marathon*  
 Adam Levine and Peter Genova • *Pedaling for Parkinson's: East to West*  
 Spencer Levine • *Pool Party for Parkinson's*  
 Janette Lewis • *Opa's Legacy*  
 Lincoln Financial Distributors • *Jeans for a Cause*  
 Alexis Lombard • *Going the Distance for Charlie*  
 Alison Loria • *San Francisco Marathon*  
 P.D. Love • *Marine Corps Marathon*  
 Lyla and Eli Dassault • *Bake Sale (age 8 and 6)*  
 Nicholas Mandich • *Miami Half Marathon*  
 Mer Rouge Community Chest • *35th Annual Drive*  
 Darla Moore • *Cycling Against Parkinson's*  
 Julie Nahrgang • *Marine Corps Marathon*  
 Michael Navarro • *In Honor of Francisco Navarro*  
 Notre Dame Academy High School • *Pancakes for Parkinson's*  
 Shannon Opiela • *Miami Half Marathon*

David Parker • *Marine Corps Marathon*  
 Parkinson's Support Group of Sonoma County • *Restaurant Night*  
 Parkrose Estates Retirement Community • *Move to Beat Parkinson's Walkathon*  
 Paul Principe • *Push-Up's for Parkinson's*  
 Pura Vida Bracelets • *Parkinson's Charity Bracelets*  
 Dawn Randall • *TCS New York City Marathon*  
 Brandon Reyes • *Soccer Tournament*  
 Johnny Richardson • *Cycling Coast to Coast*  
 Road Rage Events, LLC • *2nd Annual Summer Slam 5K*  
 Andrew Rose • *Dallas Marathon*  
 Michelle Rosenfeld • *Punch-Out Parkinson's*  
 Royalton Place • *Pancakes for Parkinson's*  
 Susannah Scarce • *Marine Corps Marathon*  
 Roxanne Schaffer • *On the Move for Rosalinda Balanga*  
 Dominick Schwarz • *Made Strong Campaign*  
 Kathryn Seidenstein • *TCS New York City Marathon*  
 Mary Sepaniak • *Ladies Lite Luncheon in Tellico Village*  
 Aisha Sheikh • *Marine Corps Marathon*  
 Grace Shin-Jackson • *Walking for a Cure*  
 Michelle Silm • *Miami Marathon*  
 Craig Simon • *Marine Corps Marathon*  
 Tommy Smith • *IRONMAN 70.3 Raleigh*  
 Dani Snow • *Cedar City 5K*  
 Southwest Institute of Healing Arts • *Denim Day*  
 St. Luke's Univ. Health Network • *Polka for Parkinson's*  
 Stafford Rosenbaum, LLP • *Casual for a Cause*  
 Alison Streicher • *Miami Half Marathon*  
 Leticia Suchil • *Hair Salon Fundraiser*  
 Paul Swanson • *Philadelphia Marathon*  
 Kimberly Tabor • *Miami Marathon, Half IRONMAN 70.3 Korea*  
 Carmen Tank • *Snowmobile Poker Run*  
 Justin Taylor • *Falmouth Road Race*  
 The Johnson Chamber of Commerce • *United Fund Drive*  
 The Lucky Clover Trading Co. • *Basket Sales*  
 The McCamish Family Charitable Fund • *Out of the Park*  
 Thomson Reuters • *Annual Sales Meeting Fun Run*  
 Maggie Tidmore • *Golden Gate Bridge Swim*  
 Peggy Todd • *Hampton Crawlin' Crab Half Marathon*  
 Univ. of Washington Student Health Law • *Trivia Night*  
 Upright Missionary Baptist Church • *Fashion Show*  
 Molly Walsh • *Going Bald for Parkinson's*  
 Curt Weeden • *Dutch Island Book Sales*  
 Jay Whipple • *The Common Game Virtual Bridge Tournament*  
 White & Case, LLP • *Denim Day*  
 William Brown • *Thanksgiving Throwdown Run for Parkinson's*  
 Crystal Worrell • *TCS New York City Marathon*  
 Crystal Ybanez • *Marine Corps Marathon*  
 Tatiana Zaza • *Tribute Concert for Linda Ronstadt*

**TEAM HOPE™ HIGHLIGHTS**

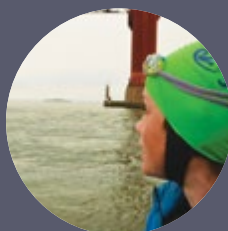
These members found innovative and inspiring ways to fundraise. They brought the fight against Parkinson's to their community.

Adam Levine & Peter Genova



Biked 3,200 miles across America

Maggie Tidmore



Swam the length of the Golden Gate Bridge

Matthew Karp



Team leader for extreme 5k mud run

Molly Walsh

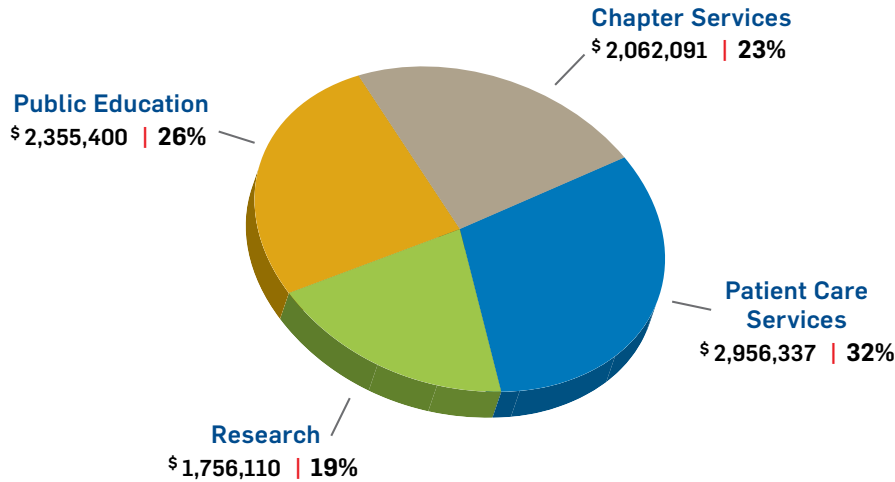


Shaved her head so her friend undergoing DBS surgery didn't have to do it alone

## 2014-2015 FINANCIAL HIGHLIGHTS

As illustrated below, the National Parkinson Foundation directed 74% of its 2014–2015 spending on mission-related activities and 26% on fundraising and management combined.

### EXPENSES BY CATEGORY



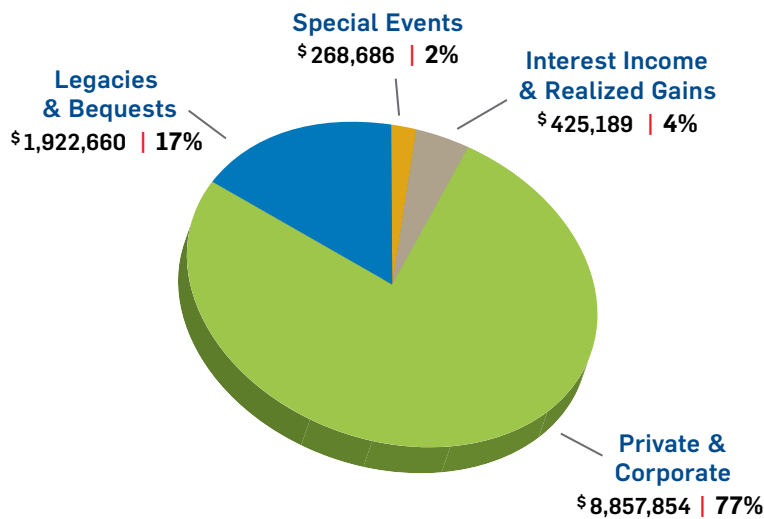
Total Operating Expenses  
**100% | \$12,374,942**

Subtotal Mission-Related  
**74% | \$9,129,938**

Fundraising  
**18% | \$2,236,579**

General & Administration  
**8% | \$1,008,425**

### REVENUES BY CATEGORY



Total Revenue  
**\$11,474,389**

Total Year-End Assets  
**\$15,875,552**

## BOARD OF DIRECTORS

*The National Parkinson Foundation is privileged to have an outstanding and dedicated group of volunteers who generously donate their time and talents by serving on the NPF Board of Directors. Without their selfless efforts, the work of the foundation would not be possible.*

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## SENIOR PROFESSIONALS

*The entire team at the National Parkinson Foundation is a group of compassionate individuals committed to making a measurable difference in the lives of people living with Parkinson's.*

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Join Moving Day®, A Walk for Parkinson's. People who move change the world®.

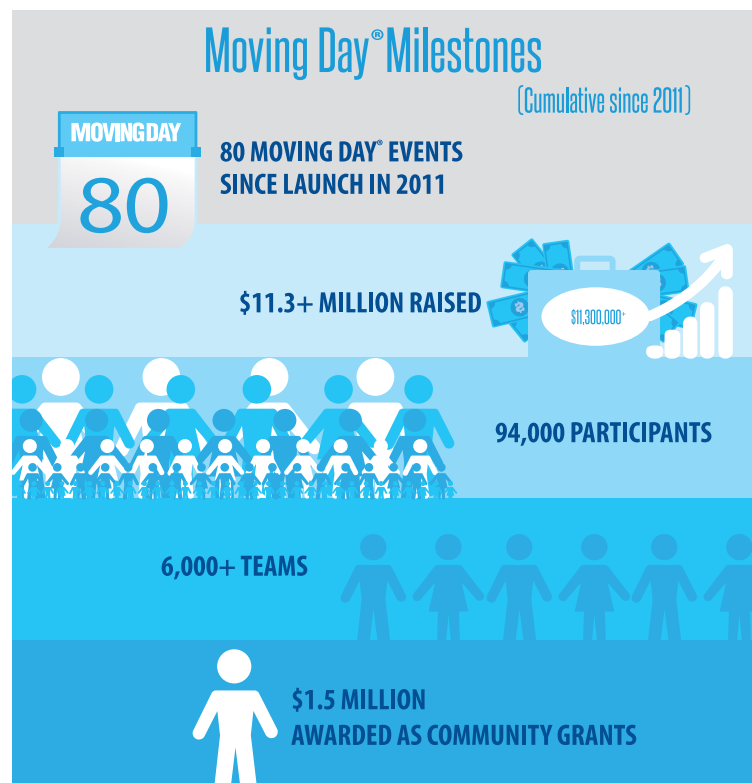
# WHY WE MOVE

Moving Day® does so much more than raise funds – it provides support to communities across the country in their fight to offer a wide range of critical health and wellness services to people with Parkinson's.

Funds raised through Moving Day® support NPF's mission by:

- **Delivering quality care** to more than 50,000 people with Parkinson's worldwide through NPF's Center of Excellence network
- **Funding cutting-edge research** like the *Parkinson's Outcomes Project*, aimed at better treatment and care
- **Providing free resources** for people with Parkinson's and their families, such as NPF's toll-free **Helpline** (1-800-4PD-INFO) and our life-saving *Aware in Care* kits

Find a Moving Day® walk near you at [www.npfmovingday.org](http://www.npfmovingday.org).





NC Triangle



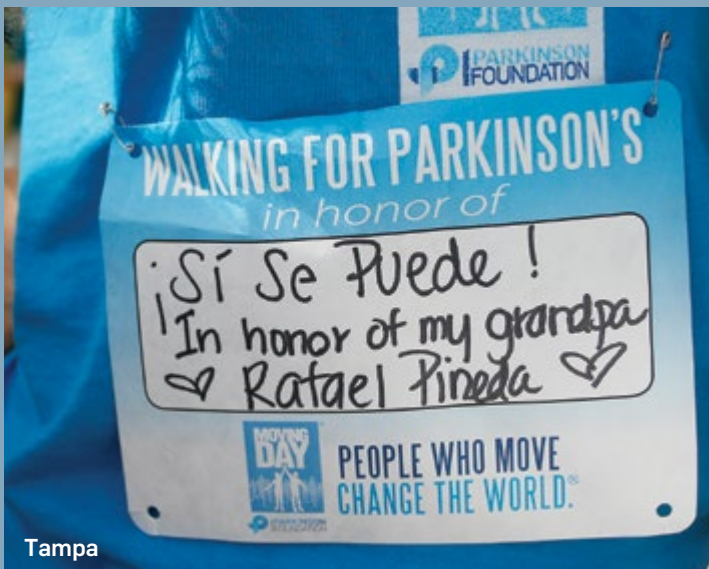
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# 2015



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Engage with the Parkinson's community and the National Parkinson Foundation on social media.