



November 17, 2017

Dear Friend,

The accomplishments achieved by our Chapter this year have been nothing short of amazing and I write to you today to express my appreciation for your generous support of the American Parkinson Disease Association (APDA) - Greater St. Louis Chapter. More people in the bi-state region needed our help this year than ever before. Gratefully, through your donations, our programs and services were available to help give them strength in optimism and hope in progress!

As a chapter, we were able to support many research-focused programs such as an annual grant of \$125,000 to fund the Advanced Center for Parkinson Research at Washington University. We also provided an additional \$100,000 to prepare a drug for phase 1 human trials that has the potential to stop Parkinson's in its tracks and possibly even reverse some of the symptoms. Additionally, through your gifts, we provided \$45,000 to the National Scientific Advisory Board of the APDA to fund other promising research nation-wide. New developments in research move us ever closer to a cure. We are the **only** organization that funds research to find a cure and provides the necessary resources to improve the quality of life for individuals with Parkinson's as well as their loved ones, care partners and families.

The need for our vital services is increasing. Did you know that a new diagnosis of Parkinson disease (PD) is made every nine minutes? Through your kindness and generosity, over 1,000 people with PD improved their mobility and independence by participating in one of over 30 exercise classes offered not only in our Community Resource Center Exercise Suite but across the bi-state region. Tricia Creel, Wellness Program Coordinator, is leading her third "Train the Trainer" course within two years so that wherever you live in Missouri and Southern Illinois, there will be a professional nearby who understands exercises for Parkinson disease. There are many in the community who still need our help to experience what one person shared:

"Thrilling is the feeling I had when Ralph self-initiated this morning after a freeze with no coaching from me. It was just him. I could see his mind working thru it and off he went. You are simply amazing. You not only found a strategy that works for him, but have succeeded in convincing him it works - so he is embracing it. And, believing something will work is part of making it work! Thank you, thank you, thank you."

Even with the expansion in our exercise network, there are still countless people we serve who are homebound, or who do not live near an APDA exercise class. So we responded! We advanced our technology to become the first APDA chapter to provide live-streaming of Parkinson-specific exercise programs. For people outside the region or those that cannot attend a class in person, many of our exercise classes are videotaped, broadcast and archived on a daily basis at [YouTube.com/APDAGreaterStLouisChapter](https://www.youtube.com/APDAGreaterStLouisChapter).

GREATER ST. LOUIS CHAPTER

1415 Elbridge Payne Road, Suite 150, Chesterfield, MO 63017 | 636-778-3377 | www.stlapda.org

“You have made such a difference in my life. For the caring support you give and how you touch people’s lives when this is needed most, I so appreciate YOU. For so long, I had ignored what was changing and tried to tell myself I was fine. I am so thankful that the Resource Center exists and provides so much.”

Your support made the Chapter a trusted resource. It makes a meaningful difference in countless lives. **Your continued gifts will make an even bigger impact in our programming in the coming year.** In addition to our current classes, these gifts will help us continue to provide signature programs such as:

- Freezing of Gait (FOG) Boot Camps
- Wellness Courses to build self-management skills, to increase wellness and get to know other people living with Parkinson’s and their care partners
- Cycling Classes
- Role Reversal sessions including transfer training and adaptive equipment, and respite programs to give care partners a much needed chance to rest and relax
- Thinking/Memory groups and Communication/Augmentative Device groups
- Nutrition News, increased information on nutrition including quarterly articles and practical tips

The return on your investment isn’t only found at the Resource Center, it also provides education through our quarterly *LiNK* newsletter mailed to nearly 12,000 households and gives the type of encouragement to 1,500 annual support group attendees that they can only find from one another.

Educational programs are a vital piece of the services we provide to the community and through the exceptional support received this year we are proud to launch the **Elliot and Mary Ann Stein Speaker Series** on **October 4, 2018**, with a presentation by Dr. Michael Greger, author of the best seller, *HOW NOT TO DIE: The Role of Diet in Preventing, Arresting, and Reversing Our Top 15 Killers*.

Your donations impact lives by giving some control back to those confronting PD’s challenges. We help do this for numerous regular exercise participants on an ongoing basis, but also for the many PD 101 attendees who almost instantly experience a positive impact. One told us this:

“A note to express my deep appreciation for your wealth of knowledge and willingness to share your time with me and my mother. As we begin to navigate the effects of this diagnosis, your PD 101 session was invaluable. The compassion, guidance and information received put to rest so many fears. I now have a far better understanding of my ‘new normal’ and how to manage my Parkinson’s symptoms with diet, exercise and a commitment to staying abreast of new treatment opportunities.”

Your previous donation changed lives and just as you have been a key part of our success in the past, your year-end gift of **\$50, \$100, \$500 or more** is more important than ever to our local PD community.

On behalf of the APDA Greater St. Louis Board of Directors, staff and the community we serve, thank you for your continued generosity. We are grateful for your unwavering support of our mission and we are proud to be a recipient of your philanthropy. Best wishes for a wonderful holiday season!

Warmly,



Deborah Dalin Guyer, MA

Executive Director, Greater St. Louis Chapter

P.S. Help us reach our goal to raise over \$150,000 by December 31, so we may provide additional programs at our expanded resource center and allow those diagnosed with PD to live their best life in 2018. **The act of giving will transform you!**