

December 21, 2020

Dear Friend of APDA,

## As we reflect on 2020

, I am so inspired by our Parkinson's community. As President of the APDA - Oklahoma Chapter, I am honored to meet strong and motivating individuals living their best lives with Parkinson disease. While the COVID-19 pandemic has had a ripple effect throughout our region, our chapter continues to respond to the needs of our community. Parkinson disease doesn't take a day off and neither do we.

I've been asked what keeps us going during these challenging times and my answer is always YOU! Our Parkinson's community is strong and optimistic and lights the way. I would like to share with you a letter I received from John Brisco, a man living with Parkinson disease in Illinois:

**PD "changed my life", it did not end it.** I work at a home improvement store and I love my job; I wake up every day excited about the day ahead. One day recently, I was at work and a customer stopped me to ask a question, but he seemed to want to talk, so I began a conversation. He shared with me that he was hesitant to try to do the task before him because he had been diagnosed with Parkinson's about 18 months ago. He said he still hasn't come to accept his condition.

I told him that I completely understood how he felt and had empathy for him. "I also have Parkinson's," I told him, "for eighteen years." He was surprised by my declaration. So, I began to tell him that I too had a hard time accepting my condition. It took several years for me to actually accept that I was no longer the person I was, and that I had to make the most of the person I had become.

PD isn't a fatal disease, it is a disabling one, which can be controlled with medication and determination to fight back. I am determined. And the APDA is there to help me fight back.

I learned that I had only changed physically and had some limitation, but I was still a person with many other attributes that were very useful. So, I laid down my self-pity and picked up my determination and resolve and began acting like the person that could do whatever he wanted to do.

Now, I have this job that I love. It has given me the strength to get up every morning, excited that I get to help people with their homes.

Education is an important element in empowering those who battle Parkinson's disease.

Exercise is a key tool in slowing the progression of Parkinson's disease.



Those with PD need your support to make a cure for PD a reality

Your donation of \$50 provides 1:1 education to a family to live their best journey with Parkinson's disease.



I'm stronger than what I was four years ago. I walk to work and I can work up to six hours a day.

I told my customer that I have decided to make my theme song "This is Me" from the movie *The Greatest Showman*. "Nothing is going to stop me from becoming who I'm meant to be, not even PD. What do you think, let us do it together?"

After our conversation I could tell that I had given my customer some hope that PD is something that only changes you. It does not end you. With a good mind set and physical and mental exercise, you can still live your life to the fullest. I know that I still have a lot to give and I'm not going to let PD keep me from doing it.

John's letter moved me to tears. John's positive attitude and caring spirit embody what we've seen throughout our community and what APDA works towards every day: hope and optimism for our Parkinson's community. Through exercise classes, support groups, educational programming, research support, and more, we strive to provide the tools and resources for people with Parkinson disease to live their best lives every day. But we need your help!

Your generosity creates a more engaged, caring community for people with Parkinson disease. Donors like you make it possible for people like John and his customer to receive compassionate support and access to programs such as exercise, Tai Chi, support groups, and more. You never know what life will bring, but knowing APDA is here to support everyone living with Parkinson disease is reassuring.

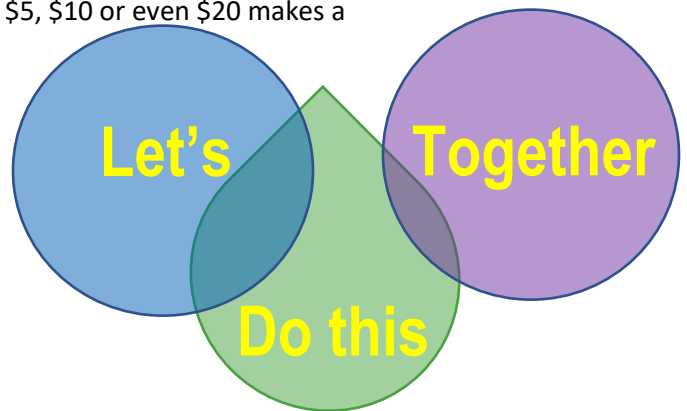
I hope you'll consider making a tax-deductible gift of \$50 today. Your \$50 donation provides 1:1 Parkinson's education to a family, a support group for those with Parkinson's disease, a support group for Caregivers who are fighting the battle with their loved one. Every dollar counts. Your continued support is vital to ensure our programs and services are always available for all our families and friends when they need it most. If \$50 isn't in your budget, that's okay. Every dollar counts for those fighting this disease every day. Your gift of \$5, \$10 or even \$20 makes a difference in someone's life every single time you give.

Like John said, let's do this together!

With hope and optimism,



Caleb Caldwell, CPA  
Oklahoma Chapter President  
American Parkinson Disease Association  
& the APDA Oklahoma Chapter Board



## APDA CAN COUNT ON ME!

Enclosed is my gift to the American Parkinson Disease Association to help those with Parkinson's disease and their Caregivers in the Oklahoma area.

Gift Amount:  \$1000  \$500  \$100  \$50  Other \_\_\_\_\_

I would like my gift to remain Anonymous

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

Address: \_\_\_\_\_  
\_\_\_\_\_



You can also give by visiting:

[www.apdaparkinson.org/OK](http://www.apdaparkinson.org/OK)

Mail donations to:

PO Box 3113, Broken Arrow, OK 74013

Questions, please call 918-747-3747

Cell #: \_\_\_\_\_

Email: \_\_\_\_\_