

ABOUT APDA

The APDA Iowa Chapter works tirelessly every day to support and empower those in our community who are impacted by Parkinson's disease (PD).

We promote hope and optimism through innovative services, programs, education, and support, while also funding vital research. We are here to help you and your loved ones every step of the way.

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APDA IOWA MAKING AN IMPACT



2,990

Number of in-person education or wellness touches by the program team in 2025

42

Support groups state-wide



99

Counties reached

68

Local businesses supported APDA Iowa in 2025

2,485

New people added to APDA Iowa in 2025

14

Hardship grants awarded in 2025

557

Donor-funded exercise classes offered in 2025



Aquatics



Rock Climbing

Added two new styles of donor-funded PD exercise

13,500

Educational newsletters mailed out

2,500

Weekly, educational e-mails sent out



"I realized if I can do this I can do anything!"

-Lauren, Parkinson's Warrior and attendee of APDA rock climbing

DEAR APDA FRIENDS AND SUPPORTERS,

Your kindness reaches far beyond a donation. Every life touched, every family supported, and every moment of hope and optimism is because of you. Iowans helping Iowans and changing lives in ways that words can never fully express. The dollars raised stays here, so the impact stays here.

We are profoundly grateful for your compassion and belief in our mission and thank you for standing with the Parkinson's community!

Your APDA Iowa Staff,

Shelly Charter
Executive Director

Natasha Winterbottom
Fundraising and Event
Manager

Stephanie Wilson
Program Manager

Susan Callison
Program Manager