



FRIENDS *of* PARKINSON'S

Annual Report

COMMUNITY INVOLVEMENT AND IMPACT

2023 - 2024



Organization Report: Community Impact and Programs

Our organization is dedicated to improving the quality of life for those affected by Parkinson's disease through comprehensive support, educational programs, and community engagement. With an annual budget of \$300,000, we serve a growing membership of over 2,500 individuals and families impacted by Parkinson's. Our multifaceted approach addresses the medical, emotional, and social needs of our community, providing resources, empowerment, and a sense of belonging.

Community Impact Overview

- **Support Groups:** 60 support group sessions held annually, fostering peer support and shared understanding among those facing Parkinson's.
- **Lunch & Learns:** 12 educational sessions focused on various aspects of Parkinson's, open to anyone wanting to deepen their understanding of the disease.
- **Special Events:** 6 major events aimed at engaging the community, raising awareness, and strengthening bonds within the Parkinson's community.

Core Programs

1. Parkinson Education Series

Parkinson's disease is a chronic, progressive motor disorder with no known cure. With approximately 1.5 million people in the U.S. living with Parkinson's, our Parkinson Education Series brings essential knowledge and resources to those affected through a range of educational platforms:

- **Medical Symposium:** This event connects medical experts, patients, and caregivers, providing the latest updates on Parkinson's research, treatment options, and symptom management.
- **Wellness Symposium:** We explore non-medical treatments like cannabis, chakra balancing, vibration therapy, and meditation, catering to those interested in alternative approaches.
- **Lunch and Learns:** Monthly sessions provide accessible education on Parkinson's symptoms, treatments, and care practices, fostering knowledge in the community.
- **Funny Bunny Race™:** Our largest annual event, bringing families and community members together to raise funds, celebrate, and increase awareness about Parkinson's.
- **Petals for Parkinson's™:** A unique initiative using the tulip, Parkinson's international symbol, to promote therapeutic gardening by planting 1,000 tulip bulbs in the community, emphasizing the healing aspects of gardening.



2. Art Therapy Program

The Art Therapy Program addresses physical and emotional well-being through movement, creativity, and personal expression:

- **Dance for the Health of It™:** A diverse movement program that includes activities such as boxing, biking, hiking, dancing, and Pickleball to enhance balance, agility, and coordination, promoting consistent physical activity.
- **Art for Parkinsakes™:** Fostering creativity through eye-hand coordination activities like art, sewing, knitting, and crocheting, participants create handmade items for sale, supporting the program while building skills.
- **The Soulful Scribe:** This therapeutic writing program allows participants to document personal stories, creating a lasting legacy and encouraging introspection.
- **Las Vegas Tremblers™:** Guided by a certified speech therapist, this singing program helps participants maintain vocal strength, combating the vocal challenges associated with Parkinson's.

3. Information and Referrals Center

The Information and Referrals Center serves as a comprehensive resource hub, providing advocacy, guidance, and essential support to individuals and families:

- **I & R Services:** Our center offers referrals, crisis intervention, advocacy, and community resource sharing, along with support in emergency preparedness.
- **Support Groups:** Five active support groups allow individuals to share experiences, gain emotional support, and build lasting connections. These groups include:
 - **Movers and Shakers Pahrump**
 - **Movers and Shakers Las Vegas**
 - **Veterans Involved in Parkinson's™ (VIP)**
 - **Perk Up for Parkinson's**
 - **Caring for the Caregiver**

Organizational Goals and Next Steps

To further expand our impact, we aim to:

- **Increase Community Engagement:** Through awareness campaigns and outreach, we plan to involve more local community members and organizations in our mission.



- **Enhance Accessibility to Resources:** By securing additional funding, we hope to expand educational and support services, particularly in underserved areas.
- **Strengthen Partnerships:** Collaborations with other health and wellness organizations will allow us to broaden our service offerings.
- **Introduce Virtual Programming:** We plan to launch virtual support groups and educational sessions, making our programs accessible to those who cannot attend in person.

Conclusion

Our organization is committed to empowering individuals and families affected by Parkinson's disease. By delivering essential education, fostering emotional support, and promoting wellness through creative programs, we are building a supportive, informed, and compassionate community. Our programs not only aid in managing the effects of Parkinson's but also create meaningful connections, bridging medical, emotional, and social needs to foster resilience and hope in our members.