



# The National Parkinson Foundation's "Moving Day"

By Jennifer Rose, CELA  
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The National Parkinson Foundation's **Moving Day** is the National Parkinson Foundation Western Pennsylvania's annual fundraising walk event. This year, the walk will take place on **Saturday, September 27<sup>th</sup> at the Highland Park Reservoir**. The staff and attorneys at Julian Gray Associates, captained by Jennifer Rose, will be walking in honor of all who are impacted by Parkinson's disease and would like to invite all of our clients, friends and family to join us. The firm will also be one of the sponsors of the event.

Last year, over 500 participants and 100 volunteers came together in support of National Parkinson Foundation Western Pennsylvania (the Foundation) and raised awareness of Parkinson's disease in our community. Because of the effort by those living with Parkinson's disease, their caregivers, friends and families, local corporate leaders and corporate teams, healthcare professionals and community leaders, the Foundation was able to raise nearly \$100,000 in funds that directly impact the Foundation's ability to expand and develop crucial programs and services that coincide with the Foundation's mission.

Moving Day is a family-friendly event that provides music, entertainment, fun and games for people of all ages and abilities. In addition to the walk, participants can get involved in yoga, dance, stretching activities and chair-based exercises within the Movement Pavilion to keep in step with the day's theme of celebrating movement, which has been proven to help manage the symptoms of Parkinson's disease.

Parkinson's disease is the second most common neurodegenerative disease after Alzheimer's disease. It affects an estimated one million people in the United States and an estimated four million people worldwide. The Center for Disease Control rated complications from Parkinson's disease as the 14th leading cause of death in the United States. The prevalence of the disease is expected to increase substantially in the next 20 years due to the aging population in the U.S. and abroad. The economic burden of Parkinson's disease is estimated to be \$6 billion annually in the U.S. There are approximately 8,000 to 10,000 people in Western PA currently suffering from Parkinson's disease.

The Foundation was formed in 1995 by volunteers for the purpose of supporting research efforts to find a cure and provide support for those with Parkinson's disease and their families. The Foundation was largely a volunteer effort until 2000, when an executive director was hired to expand patient services, increase public awareness and to establish the Foundation's identity as an independent organization. The Parkinson Wellness Program was initiated in 2001 and provides physical exercise, cognitive stimulation, and socialization tailored to the needs of people living with Parkinson's disease. These programs are offered at five sites in Western Pennsylvania along with a high-functioning exercise group through UPMC.

Since 2005, the Foundation has increased its involvement with local and regional support groups. In 2007, a young-onset support group was created to help those diagnosed with Parkinson's disease under the age of 50. Program coordination and leadership assistance is now provided for 22 regional support groups serving 850 families. Support groups have expanded from Western PA into Ohio, West Virginia and east to Altoona and State College Pennsylvania.

The Foundation has played a vital role in encouraging the growth of regional Parkinson's disease research programs, facilities, and scientists through its interface with research institutions and support of research through grants. Since its founding, the organization has paid directly or committed \$750,000 to Parkinson's disease research.

If you or someone you know has been diagnosed with Parkinson's disease and are seeking support, the National Parkinson Foundation Western Pennsylvania can be reached at (412) 837-2542 or on the web at <http://www.pfwpa.org/>.

We hope you will join us on Saturday, September 27<sup>th</sup> to support this worthy cause. To join or donate to our Moving Day Team, please call our team captain, Jennifer Rose, at (412) 269-9000 or go the Team Julian Gray Associates Moving Day Page at:

[http://www3.parkinson.org/site/TR/MovingDayEvent/NationalParkinsonFoundationWesternPennsylvania?team\\_id=21300&pg=team&fr\\_id=1790](http://www3.parkinson.org/site/TR/MovingDayEvent/NationalParkinsonFoundationWesternPennsylvania?team_id=21300&pg=team&fr_id=1790)

*Jennifer Rose is a Certified Elder Law Attorney with Julian Gray Associates and is a member of the Board of Directors for National Parkinson Foundation Western Pennsylvania. She is walking in memory of her grandmother, Thelma Rose, and in honor of her clients living with Parkinson's disease along with their families.*