



“As someone who has been diagnosed with Parkinson’s disease, I understand the many challenges and the effects it can have on an individual and their family.

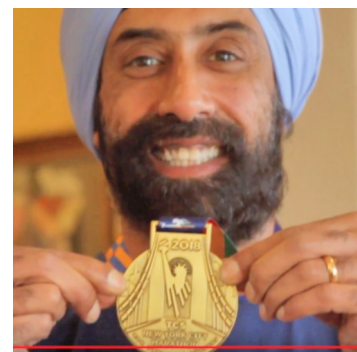
PACF is here to raise awareness and funds to make sure people with

Parkinson’s receive the best care and support possible.”- John Gabriel

Orlando Magic Executive Advisor and PACF Board Member



“We are here to support PACF and raise money for local support groups and hopefully find a cure for Parkinson’s” - Jackie Barton, Caregiver



“We are flipping the script on Parkinson’s, re-designers of this disease. Standing up to fight and running the race of life” - Kanwar Bhutani, Parkinson Patient, NYC Marathoner and PACF Board

Understanding Parkinson’s Disease

Parkinson’s disease (PD) is a neurological disorder. Symptoms vary between individuals, but the most common include:

- Tremor in a resting arm or leg
- Stiff or rigid muscles
- Slowness of movement
- Balance and gait problems
- Small handwriting
- Swallowing and speech difficulties

However, it is often the non-motor symptoms of Parkinson’s that are most troublesome. Non-motor symptoms include:

- Cognitive decline
- Fatigue
- Depression and anxiety
- Sleep disturbances
- Constipation
- Urinary urgency/frequency

An estimated one million Americans have PD, with 60,000 new diagnoses each year. Although most cases occur in those over 60 years old, Parkinson’s disease can occur at any age. The disease results from the degeneration of brain cells essential for the control of movement. The causes of the disease are not completely understood, but may involve genetic predisposition and/or exposure to environmental toxins.

Although there is no cure for PD, symptoms can be managed effectively with medications and, in some cases, surgery. Exercise, diet, and physical, occupational and speech therapies also improve the overall quality of life of a Parkinson’s patient.



PARKINSON
ASSOCIATION OF CENTRAL FLORIDA



What We Do

The Parkinson Association of Central Florida serves as a focal point to raise funds for support programs and services to enhance the quality of life for all those affected by Parkinson's disease in the Orange, Seminole, Lake and Osceola Counties and to support the research of new treatments for the symptoms and hopefully someday, find a cure.

OUR WORK INCLUDES:

- Ensuring that every patient receives the best care possible;
- Advancing knowledge of Parkinson's disease;
- Searching for ways to improve treatments that change the course of the disease.

Contributions from supporters, like you help PACF discover and fund people, places, and programs that may well affect change in our understanding of Parkinson's disease and our hope for its future.

Our cause is urgent—this year, more than 60,000 patients will be diagnosed in the United States, joining the one million people living with the disease in the U.S. and four to six million worldwide.



Arts the Spark, Pedaling for Parkinson, Happy Bunch Choir, Local Support Group

Our Success Stories

There is a growing consensus amongst researchers about the short and long-term benefits of exercise for people with Parkinson's disease. From dance and theater-inspired groups to spin classes, explore Parkinson exercise programs available across Central Florida listed on our website under Programs/ Services.

A few highlights of our year include:

- Pledged \$250,000 to AdventHealth for the establishment of a new Movement Disorder Specialty Program
- Provided \$25,000 to the Parkinson Outreach Center for the hiring of a new Social Worker
- \$25,000 donation to Shands Movement Disorder Center for new Building Campaign
- \$10,000 donation to Michael J. Fox - Team Fox
- \$10,000 donation made to (National) Parkinson Foundation for Fellows Program
- \$1,200 donation to Peddling For Parkinson program
- \$1,000 donation to (OMA) Arts The Sparks program

**Want to get involved?
www.parkinsoncf.org**

Who We Are

The Parkinson Association of Central Florida was founded in 2012 by a small grass roots effort of people who just wanted to do something for their loved ones.

It has grown to what it is today with the help of a dedicated team who has worked to expand our outreach while strengthening programs and services. Thank you for supporting the work we do at the Parkinson Association of Central Florida.

Your donations reach deep into our community and inspire hundreds of people to get involved and take action to improve their quality of life with Parkinson's.

DONATE

PACF is a 501c3 nonprofit, funded through donor support. Your tax deductible gift helps us to provide information, education, and referrals, promote support and exercise groups, and raise awareness of this disorder. As an independent organization, your donations stay here in our local community

Our tax identification number is 45-54604483. REGISTRATION # CH42470

Contact Us

**Parkinson Association
of Central Florida**
P.O. Box 3337
Winter Park, FL 32789

321-348-7223
info@parkinsoncf.org

Visit us on the web:
www.parkinsoncf.org