

# Parkinson's Association of San Diego

Serving all of San Diego County



## You Can Make a Lasting Difference



Annual Empowerment Day 2017



[www.parkinsonsassociation.org](http://www.parkinsonsassociation.org)

**Medical Integrated Program for Neurology - Step by Step for Parkinson's** | This program is a collaboration between PASD and the Tri City Wellness and Fitness Center. The curriculum includes group exercise, forced pace cycling, yoga, chair yoga, aqua classes, tai chi, qi gong, Pilates, lectures by experts in the field, social activities and dance.

**Transportation** | PASD has developed a partnership with RideFACT (Facilitating Access to Coordinated Transportation) to institute a subsidized transportation program for those in the San Diego County Parkinson's community. RideFACT provides handicapped-equipped vehicles for those with special transportation needs.

**Parkinson's Sidekicks Program** | PASD is a partner in the Parkinson's Sidekicks Program with the Davis Phinney Foundation for Parkinson's and Lundbeck, a global pharmaceutical company that is committed to



Parkinson's Sidekicks Program

helping people who are living with brain disorders, including Parkinson's. Sidekicks is an intergenerational program that brings together youth and people with Parkinson's to share their stories in fun and creative ways that promote mutual understanding and foster connection.

**Fundraising Activities** | PASD holds fundraisers such as the "Step by Step 5k Walk" that attracted 1,100 participants in 2018 and the "2018 Knock Out Parkinson's" Gala with over 300 attendees. The latest schedule of events and fundraising activities is available on the PASD website [www.parkinsonsassociation.org](http://www.parkinsonsassociation.org).

## Make A Lasting Investment Though Your Legacy

To continue to offer these vital programs in San Diego County, PASD needs your support. While PASD holds fundraisers, we also rely on financial contributions

## Understanding Parkinson's Disease

Parkinson's disease is included in a group of neurological conditions referred to as motor system disorders. Parkinson's was first called "the shaking palsy" by British doctor James Parkinson in 1817. It is estimated that seven to 10 million people worldwide have Parkinson's disease. 60,000 people in San Diego County alone are affected by Parkinson's disease. Researchers found that a minimum of 930,000 people in the United States will be living with Parkinson's by the year 2020. This number will rise to 1.2 million by 2030.

## You Can Make a Lasting Difference for Parkinson's Disease in San Diego

You can help the Parkinson's Association of San Diego (PASD) achieve its vital mission of optimizing the quality of life for San Diego County residents, their care partners and families that are affected by Parkinson's disease through programs and services that enhance mind, movement and morale.

PASD accomplishes this through the provision of information and referral services, education, support groups, evidence-based exercise programs, community events, social opportunities, compassion and encouragement. PASD assists thousands of individuals in need by responding to phone and website inquiries and regularly disseminating vital information via e-blasts and website postings.

beyond these events. Supporting PASD through your legacy is an excellent way to make a lasting contribution to your Parkinson's community. If you wish, you can choose which program(s) to support.

## Ways To Give

**Qualified Charitable Distribution** | You may be looking for a way to make a big difference to help further our mission. If you are 70½ or older you may also be interested in a way to lower the income and taxes from your IRA. A qualified charitable distribution is a way you can help continue our work and benefit this year.

**Charitable Remainder Trust** | A charitable remainder trust receives cash or property from a donor, makes payments for life, lifetimes or term of years to that donor and then distributes the balance to PASD.

**Charitable Lead Trust** | A charitable lead trust receives cash or property from a donor, makes payments to PASD for a specified period, and at the end of the period, distributes the trust property to a specified beneficiary, usually family.

**Gift Annuity** | With a gift annuity, in exchange for a gift of cash or property, PASD agrees to make fixed payments for life.

**Life Estate Reserved** | PASD accepts a gift of property – either a personal residence or farm – and the donor retains the right to use the property for his or her lifetime.

**Pooled Income Fund** | PASD accepts a gift of cash or stock, invests it with similar gifts from other donors and then distributes a proportionate share of earnings to the donor.

**Bequest** | A bequest is a gift to PASD at death. It is the simplest type of planned gift and one of the easiest to implement.

*A charitable giving advisor at the Parkinson's Association of San Diego will be happy to assist you. Please contact Chris Buscher, Executive Director, at [info@parkinsonsassociation.org](mailto:info@parkinsonsassociation.org) or 858-999-5671.*

## Our Programs

As a 501(c)(3) non-profit organization and the leading Parkinson's Disease resource provider in San Diego County, PASD offers the following programs:

**★ Good Start Program** | This program was specifically created for those individuals and their care partners who have been recently diagnosed with PD. Program leaders include a movement disorders neurologist as well as speakers who comprehensively address Parkinson's patient and care partner perspectives and legal issues. Since early 2018, over 300 individuals have participated in the Good Start Program, which is held at various locations throughout San Diego County.

**Empowerment Day** | This event is an annual, full-day Parkinson's Symposium that PASD co-produces with key medical and pharmaceutical experts on a wide array of PD topics. This educational symposium is extremely popular – attracting over 350 attendees – and serves as a forum to learn about the most recent information on Parkinson's. It also provides an opportunity to network with pharmaceutical companies, PD-related service providers and support groups in the San Diego Parkinson's community.

## Support Groups & Resource Sharing

PASD collaborates with Parkinson's Support Groups that are vital to those with Parkinson's and their care partners and families. In addition, PASD facilitates information sharing on local programs that benefit those with Parkinson's such as Rock Steady Boxing, Tremble Clefs and Resounding Joy / Music Worx.



Rock Steady Boxing Class



## Upcoming Events & Fundraisers

The latest schedule of events and fundraising activities is available on the PASD website [www.parkinsonsassociation.org](http://www.parkinsonsassociation.org)

## Your Support

If you would like to contribute to the Parkinson's community in San Diego County please visit our website at [www.parkinsonsassociation.org](http://www.parkinsonsassociation.org) or contact PASD directly.

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Executive Director

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"Knock Out" Parkinson's Gala