



Believe It! Moving Forward for *Parkinson's*

A Gala to Benefit Parkinson's Research

About Connecticut Advocates for Parkinson's (CAP)

The Connecticut Advocates for Parkinson's (CAP) is a registered a 501(c) (3) public charity that offers positive support for people with Parkinson's. Parkinson's disease (PD) is a chronic and progressive movement disorder, meaning that symptoms continue and worsen over time. Nearly one million people in the United States are living with Parkinson's Disease. CAP is determined to promote action steps toward the ultimate goals of finding the cure and slowing the progression of the disease. The founders of (CAP) started the *CureNow* initiative out of frustration with the slow pace and limited funding of research. Our goal is to fund ground-breaking studies and clinical trials that will enhance our understanding of Parkinson's disease and bring us closer to a cure.

How We make a difference:

- Members competed in Fitathlon at Rentschler Field. Raised \$2000 for the Michael J. Fox Foundation.
- Gala - Raised \$55,000 for Parkinson's research.
- Wine Tasting - Raised \$11,000 for Parkinson's research.
- For past six years, participated in Unity Walk for Parkinson's in New York City.
- Family hikes, Bon Fire Socials, Holiday Parties.
- 4 Support Groups that each meet once a month with about 300 members.
- Monthly Support Group meetings with guest speakers and informational presentations.
- Provide transportation for members to attend Clinical trials.
- A Board of Directors that meets regularly and maintains vision for the group.
- Numerous programs promoting health and wellness for members-yoga, dance, exercise classes.
- CAP members serve on committees that include:
 - Michael J. Fox Foundation Patient Advisory Council
 - Parkinson's Disease Foundation
 - World Parkinson's Congress
 - Connecticut Ambassador for MJ Fox Foundation
 - MADPA -Make A Difference Parkinson's Alliance

Past Donations:

Michael J Fox Foundation
Parkinson Disease Foundation
National Parkinson Foundation
American Parkinson Disease Foundation
Parkinson Alliance
Parkinson Action Network

Research Centers that we have supported through the CTTTP:

Columbia University Medical Center
Boston University
Yale Medical Center
Cornell Weill Medical Center
Massachusetts General
Brigham and Women's Hospital
Stoney Brook University
Institute for Neurological Disorders
Beth Israel Deaconess Medical Center
UConn Medical Center
Sacred Heart University

VISION - 2017

❖ Promote and Expand Clinical Trial Participation and Research

CAP has established an identity for its launch of the Clinical Trial Transportation Program (CTTP). CAP seeks to expand their influence in getting patients to clinical trials. Nearly 80% of all PD Clinical Trials are delayed or cancelled due to lack of participation. Unless People with Parkinson's enroll in Trials, there will be no cure.

❖ Provide Education and Programs that provide Quality of Life enhancement through PD specific Wellness Programs

There is an increasing amount of data suggesting that high intensity exercise can slow the progression of Parkinson's Disease. The Connecticut Advocates for Parkinson's view exercise as a part of the treatment plan for battling the disease. This is reflected in our programming, and is a part of our core mission statement. CAP seeks to subsidize any Wellness initiatives that can bring value to its membership. Michelle Hespeler, a CAP executive, developed *Beat Parkinson's Today*, an exercise program based on national research around the benefit of exercise to alleviate Parkinson's symptoms and slow the progression of the disease.