



DAVIS PHINNEY

Foundation for Parkinson's

Inform. Connect. Inspire.

SARA LINN

Community Leadership Programs Manager

KEVIN SCHMID

Community Member

Davis Phinney Foundation Ambassador





INTRODUCTIONS



Sara Linn

Community Leadership Programs Manager

- Increase capacity of community leaders across the globe
- Facilitate collection and analysis of data and community feedback to help identify and implement new initiatives
- Raise awareness and healthy literacy by creating and providing tools, resources, information, and experiences.



Kevin Schmid

Ambassador – Great Falls, MT

- Living with Parkinson's since 2014
- Outdoor enthusiast & cyclist
- Trusted mentor for others living with Parkinson's



WHO IS THE DAVIS PHINNEY FOUNDATION?

WE HELP PEOPLE WITH PARKINSON'S LIVE WELL TODAY.

We do this by
providing **education**,
inspiration, and **connection**
that touch on every aspect of life:
physical, emotional, intellectual,
and social.



MEET DAVIS



THE DAVIS PHINNEY FOUNDATION

- Founded in 2004
- 501(c)(3) Non-Profit Organization
 - 100% supported by donor dollars
- Located in Louisville, CO
 - Serve nationally and internationally!



PILLAR 1

EDUCATION

We are a vast and experienced resource.

Whether someone is recently diagnosed or has been learning to live with the effects of Parkinson's for decades, there is always more information to consume, knowledge to transfer, and learnings to act upon.

PILLAR 2

CONNECTION

We believe that community connections are an essential element when navigating the Parkinson's journey. To people living with Parkinson's. To care partners and care providers. To one another. To share, learn, and progress.

Together.

PILLAR 3

INSPIRATION

To us, inspiration is equal parts infectious belief that living well is possible and quantifiable proof that behavior change really does matter.

That exercise works. That engaging in trials can have real impact. That incremental behavior change can add up to big results.

Resources

- The Every Victory Counts® Manual and companion Care Partner Manual
- Living Well TODAY Webinar Series
- Living With Parkinson's Meetup
- Care Partner Programs
- The Parkinson's Podcast



<https://davisphinneyfoundation.org/resources/>

Ambassador Leadership Program

- 1. Educate:** connect with individuals and families to impart knowledge on how to live well with Parkinson's by connecting them with resources from the Davis Phinney Foundation and other trusted organizations, local and national alike
- 2. Mentor:** Connect with individuals or families affected by Parkinson's to listen, provide support, and cultivate potential in others
- 3. Connect:** Find and create links between members and organizations in their community, towards the goal of helping people with Parkinson's live well today



Learn more about our Ambassadors on our website!

<https://davisphinneyfoundation.org/ambassador-search/>

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20 YEARS SUPPORTING THE PARKINSON'S COMMUNITY →

FIND AN AMBASSADOR

We have more than 130 Ambassadors located in 38 states and nine countries. Ambassadors are available to connect with individuals, families, and groups to help answer questions about living well with Parkinson's and connect you with resources and relationships to provide support.

Use the search and filters below to help you find the Ambassador you most want to speak to.

+ ? HOW DO I USE THIS SEARCH?

+ i WHAT DO OUR AMBASSADORS DO?

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Search by name, city, or text

All relationships | All locations | All topics | All languages

MARTY ACEVEDO
Oceanside, California

JOHN ALEXANDER
Orlando, Florida

JIM ALLEN
Augusta, Georgia

EDIE ANDERSON
Venice, Florida

VERONICA M AREVALO
Bakersfield, California

JIM ARMINGTON
Irving, Texas

SABELA AVIÓN MARTÍNEZ
Long Island City, New York

CAROL BOASE
Dayton, Ohio

ALEJANDRA BORUNDA
El Mirage, Arizona

BARRY BRANSON
Papillion, Nebraska

MAX BROGI
Atlanta, Georgia

CHUCK BROWN
Duxcut, Massachusetts

Pedaling For Parkinson's

- Based on research that forced exercise on a bicycle can reduce symptoms of Parkinson's.
- For convenience, most programs are offered on indoor, stationary bikes and hosted at local YMCAs, gyms, or other community spaces.
- Participants who ride three days a week over eight weeks have shown improvement in their Parkinson's-related symptoms by as much as 35%. Classes usually meet on Mondays, Wednesdays, and Fridays or on Tuesdays, Thursdays, and Saturdays.



<https://davisphinneyfoundation.org/programs/pedaling-for-parkinsons/>

**WE LIVE IN COMMUNITY. WE DESIRE KNOWLEDGE.
AND WE THRIVE WHEN EMPOWERED AND INSPIRED.**

This is what we think it means to live well

INSPIRATION

KEVIN'S STORY

INSPIRATION



At the Davis Phinney Foundation, we believe in the power of possibility. For over two decades, we have remained enthusiastically dedicated to helping people with Parkinson's live well, by meeting them wherever they are in their journey with the important tools and essential connections they need to thrive.

Today, we remain a trusted resource to the community—from each and every individual living with Parkinson's to their extended network of invaluable care partners.

TOMORROW STARTS NOW. LIVING WELL STARTS HERE.



THANK YOU!



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