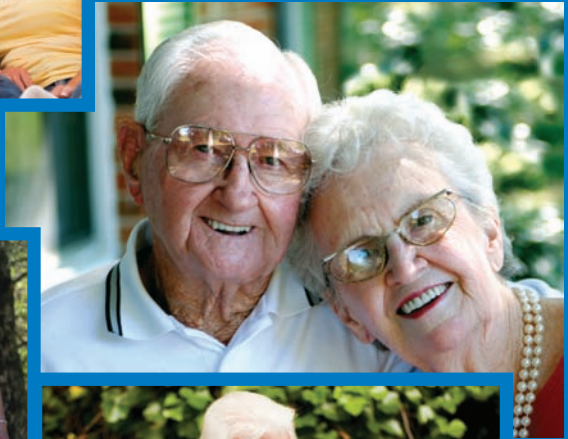


APDA

It's All About People



**American Parkinson
Disease Association, Inc.**

2009 Report

From the President



“When the going gets tough, the tough get going.” Sounds like APDA’s activity report for the past year.

The unique strength of APDA is our national network. Chapters and Information & Referral (I&R) Centers not only serve people in their locales but also are able to provide programs and services they learn about from each other. An excellent example is the first-of-its-kind APDA rehabilitation center resource established at Boson University’s Sargent College. The outgrowth of an ongoing APDA-funded research project, this hot line and online resource for physical therapy and exercise information is now available free to people with PD across the country.

Our national programs are also available to patients through 60 I&R centers and 50 chapters. This year, **Lotsa Helping Hands**, an Internet tool to make a caregiver’s burden easier, is available on many chapter Web sites as well as our national site, www.apdaparkinson.org.

You can read about these and other APDA programs in detail in this report.

We also added a feature called “**Have a Question about PD?**” to our site. Through it, members of our scientific advisory board and directors of our centers for advanced research input their knowledge and experience to answer questions about any aspect of the disease.

So, instead of allowing the worst economic downturn since the Great Depression to weaken our mission, we at APDA have found creative ways to provide more service, and thanks to being the largest grassroots organization serving people with PD, to make them available for free to America’s 1.5 million people with PD and their caregivers.

Of course, we -- like all organizations -- are feeling the constraints of less income, which inevitably forces funding reductions. However, we continue to honor our commitments to nine centers for advanced research, our multi-year research grants, and even have named four medical school students for summer laboratory internships. And, with the continued loyalty of our supporters, we look forward to reinstating new research grants and fellowships to individual scientists.

I offer a profound and sincere thank you to our supporters, without whom we could not continue to meet these obligations; to our staff, which has experienced salary and benefit freezes, and our board, which has launched a 100 percent giving program.

As long as there is APDA, there will be progress toward easing the burden – finding the cure.

Sincerely,

A handwritten signature in blue ink, appearing to read "Joel Miele".

Joel A. Miele Sr., PE
President

Parkinson's Rehab Resource Center Is First of Its Kind

A toll-free "helpline" Web site and e-mail connect with Boston University licensed physical therapists

To help people living with Parkinson's disease access information on exercise recommendations, APDA and Boston University (BU) established the country's first National Resource Center for Rehabilitation in December. The center's toll-free "helpline" allows callers to speak with a licensed physical therapist who can answer questions about exercise, provide information about programs in the caller's area and provide educational materials. With support from Teva Neurosciences, the center added e-mail access.

APDA has historically been a leader in recognizing the value of physical therapy (PT) for Parkinson's patients, successfully leading the fight to secure Medicare coverage almost a decade ago when the benefits of exercise and physical therapy were under-recognized. Today, exercise has proven a valuable tool in maintaining a healthy lifestyle for people with disease, and APDA is again in the forefront by making free physical-exercise information readily available to patients, their caregivers and healthcare professionals across the country.

Terry Ellis, PT, PhD, a leader in neurological physical therapy research, is the center's director. Dr. Ellis is a clinical associate professor in the department of physical therapy and athletic training at BU's College of Health and Rehabilitation Sciences: Sargent College.

Evidence supporting the benefits of exercise for people with Parkinson's disease is constantly growing, and the new center will maintain updated lists of community rehabilitation specialists so that callers will have an easy, free pathway to the most up-to-date information.

Toll-free helpline: 1-888-606-1688

E-mail address: rehab@bu.edu

This report is dedicated to Paul Maestrone, DVM, who died on Oct. 5, 2009. Dr. Maestrone, a worldly man known for his research efforts for Parkinson's disease, was a Fulbright Scholar, author of more than 50 scientific papers, holder of several patents, and held many research positions before being named APDA's director of scientific and medical affairs in 1989. During his tenure, he created and built a national network of patient and caregiver support centers, and was instrumental in securing funding for a \$35 million research program. He also founded and was president of the World Parkinson Disease Association. An honored scientist and beloved family member, Dr. Maestrone leaves an international legacy of human compassion and inspiration.

Young Onset

APDA identified and began responding to the special challenges of young people with Parkinson's disease almost 15 years ago with the country's only young onset Information & Referral Center. As this population and its needs grew, APDA again responded in 2007 with the first national young onset center with a full-time staff, and Web site. The center also publishes a tri-annual newsletter, and has produced an educational supplement on work and disability, "Employment & Parkinson's Disease." Last year, collaborating with the National Parkinson's Foundation, APDA sponsored two regional conferences (Dallas and Sacramento) for young onset families for more than 300 people and Web casts that were accessed by thousands of others internationally. Based on their success, additional conferences are being planned for other parts of the country.

Lotsa Helping Hands "What can I do to help?"

Last year APDA introduced Lotsa Helping Hands, a Web-based caregiving coordination service that allows family, friends, neighbors and colleagues to create an online community to assist a family caregiver with daily tasks. Each community includes a group calendar for scheduling tasks such as meals delivery and rides, a platform for securely sharing vital medical, financial and legal information with designated members, and customizable sections for posting photos, well wishes, blogs, and messages.

The service is free and available on APDA's Web site.

Now, when someone asks, "What can I do to help?" the answer is, "Give me your name and e-mail address." Lotsa Helping Hands takes over and allows people to sign up and start helping.

Have a Question About PD?

APDA's scientific and medical affairs department launched a Web-based service to answer questions about PD. Using the resources of its network of experts in all aspects of PD, the APDA staff responds to questions posted on its Web site usually within one week. While they cannot recommend treatment or make diagnoses (a patient's physician should always be the primary source of information and guidance), they assist in a timely, courteous and knowledgeable fashion.

Research

APDA's research program supports all levels of scientific investigation from advanced research to summer internships encouraging medical students to consider research as a career path. Individual one- and multi-year grants and fellowships commonly assist scientists in establishing the necessary data to be eligible for larger National Institutes of Health grants. In its almost half a century of funding, APDA is proud that it has been a supporting partner for most of the major breakthroughs in understanding and treating the disease.

During the difficult economic period of the past year, unlike many organizations, APDA remained committed to honoring its funding obligations and continued to fund its centers for advanced research and increased its medical student internship program.

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Centers for Advanced Research

Nine APDA's Centers for Advanced Research are located in institutions of higher learning across the country in which the most promising scientific research is being undertaken. Each center receives a grant of at least \$125,000 annually for five years based upon progress and financial reports.

Boston University School of Medicine

Emory University School of Medicine
Atlanta

UMDNJ-Robert Wood Johnson
School of Medicine
New Brunswick, N.J.

University of Virginia Medical School
Charlottesville

UCLA School of Medicine

University of Pittsburgh

University of Chicago

University of Alabama
Birmingham

Washington University Medical Center
St. Louis

Statements of Financial Position

August 31, 2009 and 2008

Assets

	2009	2008
Cash	\$3,574,357	\$ 3,808,976
Contributions receivable	691,201	379,007
Investments	1,348,020	4,167,695
Accrued interest receivable		2,168
Prepaid expenses and other assets	24,338	50,452
Property and equipment – net	3,299,862	3,427,353
TOTAL ASSETS	\$8,937,778	\$11,835,651

Liabilities and Net Assets

Accounts payable and accrued expenses	\$ 564,070	\$ 315,342
Grants payable	3,233,254	1,943,812
Annuities payable	108,293	130,102
TOTAL LIABILITIES	3,905,617	2,389,256

NET ASSETS

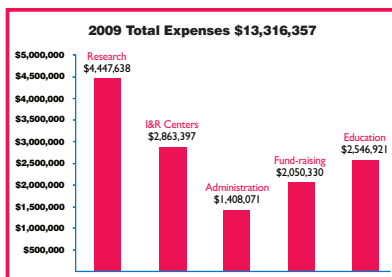
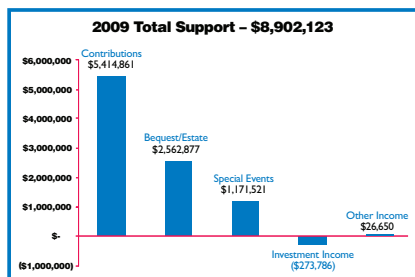
Unrestricted	2,068,860	6,854,653
Temporarily restricted	2,854,891	2,483,332
Permanently restricted	108,410	108,410
TOTAL NET ASSETS	5,032,161	9,446,395

TOTAL LIABILITIES AND NET ASSETS	\$8,937,778	\$11,835,651
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APDA's work depends totally on the support of individuals, corporations and foundations. It receives no government or other public funds. Every contribution is important to continue its work encouraging research, providing patient and caregiver support, and disseminating free educational materials. You may send a check to the national office or go to www.apdaparkinson.org to make a secure online donation. For information about charitable annuities and other delaying giving options, call the executive director.

Statement of Activities for the Year Ended August 31, 2009 (with comparative totals for 2008)

	Unrestricted	Temporarily Restricted	Permanently Restricted	TOTAL	
				2009	2008
REVENUES:					
Contributions	\$ 4,429,247	\$ 985,614	\$ –	\$ 5,414,861	\$ 5,623,831
Legacies, bequests, estates	2,103,981	458,896		2,562,877	2,534,074
Special events	669,762	501,759		1,171,521	1,959,868
Investment income	(273,786)			(273,786)	264,885
Other revenue	26,650			26,650	27,556
Net assets released from restrictions	1,574,710	(1,574,710)			
TOTAL REVENUE	8,530,564	371,559	–	8,902,123	10,410,214
EXPENSES:					
Information & Referral Centers	2,863,397			2,863,397	3,165,492
Research	4,447,638			4,447,638	5,022,664
Public & professional education	2,546,921			2,546,921	2,294,592
TOTAL PROGRAM SERVICES	9,857,956	–	–	9,857,956	10,482,748
SUPPORTING SERVICES:					
Administrative	1,408,071			1,408,071	1,479,656
Fundraising	2,050,330			2,050,330	2,093,012
TOTAL SUPPORTING SERVICES	3,458,401	–	–	3,458,401	3,572,668
TOTAL EXPENSES	13,316,357	–	–	13,316,357	14,055,416
(Decrease) increase in net assets	(4,785,793)	371,559	–	(4,414,234)	(3,645,202)
Net assets, beginning of year	6,854,653	2,483,332	108,410	9,446,395	13,091,597
NET ASSETS, END OF YEAR	\$2,068,860	\$2,854,891	\$108,410	\$ 5,032,161	\$9,446,395



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**Deceased*

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