Dear Friends,

We wish to thank the APDA Parkinson’s community for helping our organization achieve so many important milestones in 2015 and would like to take this opportunity to highlight a few of those successes. The next few pages will illustrate how in collaboration with staff, volunteers, people with Parkinson’s disease and their families, the healthcare community and generous individual and organizational donors, APDA has been able to expand our services and research to both Ease the Burden and Find the Cure for the thousands of families throughout the country struggling with Parkinson’s.

As we embark on the implementation phase of our 2015–2018 Strategic Plan, we know we have set many ambitious goals for our organization. Although there is a lot of work to be done and at times the tasks may seem daunting, we must push ourselves to accomplish all that we can for the Parkinson’s community which is counting on us to achieve our mission. We must be as relentless as the disease itself, in our pursuit to increase the public awareness, to develop and deliver programs and services that improve quality of life and to support research to solve the mysteries of Parkinson’s disease.

Our investments of time, talent and treasure into APDA’s public service campaign, the $1 Million for 1 Million fundraising program, the Optimism Walk, a myriad of Chapter and Information & Referral Center fundraising events have all helped to drive an increase in programs and services and research across the country. As an organization we have re-dedicated ourselves to increase the quality and quantity of our educational programs, information and referral services and support groups for those coping with Parkinson’s throughout the course of the disease. At the same time, we have expanded our research investments and through the work of our esteemed Scientific Advisory Board, we have increased our knowledge and understanding of this complex disease in several areas of scientific discovery and application.

APDA is a vibrant organization which continues to grow and develop its support of the one million individuals and families navigating a Parkinson’s diagnosis. We gratefully thank our supporters and contributors who helped us achieve these amazing accomplishments in 2015 and who we will continue to count on for support in 2016 and beyond.

Yours Truly,

Fred Greene    Leslie A. Chambers

Chairman of the Board  President & CEO
2015-2018 Strategic Plan

VISION: Ease the Burden — Find the Cure

MISSION: To provide information, education, and support to all impacted by Parkinson’s disease and to fund scientific research into the causes, prevention, treatments and ultimately the cure.

1. Deliver Innovative Programs and Services – Provide innovative signature programs and services to all impacted by Parkinson’s across the disease continuum and increase annual program participation.

2. Support and Expand Parkinson’s Disease Research – Increase APDA research funding allocation by at least 25% by 2018 and advance research efforts in Parkinson’s through continued advocacy, collaboration and funding of the most promising clinicians and scientists.

3. Increase Public Awareness of Parkinson’s Disease and APDA – Increase the public’s awareness of Parkinson’s disease as a major health issue, and of APDA as a leader in the Parkinson’s disease arena by broadening the reach of APDA messaging by at least 25% by 2018.

4. Increase Revenue to Support Mission Delivery – Expand mission delivery and broaden organizational impact by 25% in all fundraising campaigns and initiatives combined by 2018.

5. Enhance Organizational Capacity to Execute Mission and Revenue Goals – Develop and sustain the infrastructure required to execute annual mission and revenue goals, and ensure consistent capability throughout the organization.
Ease the Burden

APDA continues its relentless work to partner with the Parkinson’s community across the country to face the future with hope and optimism. APDA offers those who are living with Parkinson’s every advantage for living well throughout the journey.

APDA’s national network provides information and referrals, education and support programs, health and wellness activities and events to facilitate a better quality of life. This incredible level of support is what distinguishes APDA from other Parkinson’s disease organizations.

In 2015, APDA provided more than 900 support groups to 60,000 individuals with Parkinson’s and their care partners. These groups focused on support, newly diagnosed issues, Young Onset, Deep Brain Stimulation and special concerns of Veterans.

Focus was placed on revising and updating our major educational publications including the APDA Parkinson’s Disease Handbook as well as several of the most requested educational supplements (Fatigue, Depression, Cognitive Changes, Incontinence, and Constipation). More than 200,000 publications were distributed in 2015 through our nationwide network and website (www.apdaparkinson.org).

Recognizing the important need to provide materials to the Spanish speaking population, “Como Vivir Bien con la Enfermedad de Parkinson” was developed. APDA also expanded the range of Spanish materials with the translation of “La Fatiga” and “Constipación.”

Daily exercise for people with Parkinson’s disease is now recognized as a vital part of their treatment plan. Throughout the country, APDA Chapters and Information & Referral Centers offer exercise classes including: stretching, yoga, tai chi, boxing, rowing, tango and many more. Through APDA’s National Rehab Center at Boston University for people with Parkinson’s disease, we continue to provide support, information and referrals to local experts and programs to encourage everyone with Parkinson’s to develop a fitness regimen.

APDA also provides support to those with a Young Onset diagnosis, occurring at 50 or younger. Our online Young Onset Center provides a comprehensive resource library with links to information on a wide range of issues specific to Young Onset situations and circumstances such as employment, parenting, and planning for the future. A special email address: young@apdaparkinson.org provides timely and personalized responses to questions.
In 2015, APDA conducted a survey of people with Parkinson’s disease and their care partners to learn what programs and services were most valuable to this group and how APDA can do the best job of meeting the needs of this community. What we learned was not surprising – many of APDA’s services provided through our Chapters and Information & Referral Centers were highly valued. These include:
• Support groups
• Exercise programs
• Up-to-date information on research
• Educational materials and publications

We also learned that people preferred to receive information on PD in very specific ways:

How do People with Parkinson’s and their care partners prefer to receive information?
Volunteer, Jose Ricardo López Castellanos, MD, first connected to APDA through a conversation with senior staff when attending the Movement Disorder Specialists meeting in San Diego. He expressed his interest in translating Parkinson’s disease supplements and we thought it was a fantastic idea.

Since that conversation in the summer of 2015, Dr. Castellanos has been collaborating with APDA to translate a variety of supplements for patients who speak Spanish. “With the supplements being in Spanish, the Hispanic community is more likely to fully understand the information and be aware of what they are facing and what can be done.” He has been an active volunteer at the American Parkinson Disease Association and assists with conferences and providing support to patients in the community.

Dr. Castellanos has been involved in Parkinson’s research for a long time. “My father is the founder of the Parkinson’s Disease Association in El Salvador, which provides support to patients, families and caregivers.”

Currently, he is serving as a Movement Disorder Clinical Research Fellow at the University of Cincinnati, where he is involved with studies to improve the conditions for people with Parkinson’s and experiments with new therapies that are available.

Dr. Castellanos stresses the importance of giving to organizations like APDA who are working to find a cure for Parkinson’s disease. “It will be very appreciated from all standpoints – from the physicians, from the clinical coordinators, from the people who run APDA, and most importantly the patients and families,” he says.

“It is a pleasure to be a part of APDA and to support people with Parkinson’s disease and tell them that they are not alone.”
For Judy Roman, it all began with a misdiagnosis which sent her to the right doctor, and right hospital for the wrong reason. “I ended up with a classically trained musician Dr. Frucht, who was the perfect neurologist for me,” says Judy.

He immediately threw out the diagnosis of dystonia and replaced it with Parkinson’s disease. She was experiencing symptoms that prevented her from being able to play music. Judy has been playing saxophone her whole life, so this was her worst nightmare.

“My hands were bending backwards and I was playing on my second knuckles. I couldn’t even play my saxophone on the fingertips like you should,” says Judy.

In 2014, Judy underwent Deep Brain Stimulation (DBS) surgery. “The difference [DBS surgery] made in my life is incredible...no more tremor. I was able to start playing music again.”

Prior to her surgery, Judy performed two concerts which raised over $2,600. She donated it all to APDA. One year after her last surgery, Judy performed a Celebration concert that raised more than $1,100, which she also generously donated to APDA.

Judy believes that music, dancing, theater and art are all so important to a person’s psychological well-being. She is grateful to be able to turn to APDA for help when coping with Parkinson’s disease. Whether through a music or exercise class, educational supplements, or a support group, APDA provides hope and help to people like Judy – all thanks to our generous donors.
APDA has contributed more than $43 million to scientific research and been a funding partner in most major Parkinson’s disease scientific breakthroughs in the last fifty years.

J. Timothy Greenamyre, MD, PhD, is the director of the APDA Advanced Center for Parkinson’s Disease Research at the University of Pittsburgh. He has also served on APDA’s Scientific Advisory Board for three years.

“I’ve been involved in Parkinson’s research for more than 25 years and the further I go along, the more urgency I feel to translate what we’re doing in the laboratory into something that’s going to make a meaningful difference for people affected by Parkinson’s disease,” he says.

Thanks to the support of APDA’s generous donors, Dr. Greenamyre receives funding that allows him and his team of 15 researchers to explore new ideas and continue their work in finding better treatments and a cure for Parkinson’s disease.

“I’m really grateful for my relationship with APDA. It’s a very important part of how we advance Parkinson’s research and clinical care.” He adds: “The APDA Center for Advanced Research is the glue that holds together the different parts of our Parkinson’s program.”

Dr. Greenamyre has a positive outlook on the future.

“There is no good time to have Parkinson’s disease, but this is the most hopeful time in our history to have it. We are going to have new therapies in the next 3-5 years that are going to impact the course of the disease – that might help slow it down and improve the quality of life.”
David G. Standaert, MD, PhD, is the chairman of neurology at the University of Alabama at Birmingham (UAB) and chairman of APDA’s Scientific Advisory Board.

In 1992, Dr. Standaert was awarded his first grant from APDA and just a few years later received the prestigious George C. Cotzias award. Dr. Standaert has been a key researcher and contributor to the organization ever since.

Thanks to the support of our generous donors, Dr. Standaert and his team at APDA’s Center for Advanced Research at UAB are able to focus on important topics such as inflammation in Parkinson’s disease as well as Deep Brain Stimulation.

“The focus on most of the laboratory research is around how we can interrupt the disease process… how we can stop the progression of this disease over time. So we are working on a number of different fronts to achieve this,” says Dr. Standaert.

Dr. Standaert also feels optimistic about the future of Parkinson’s disease. “We have learned more in the last ten years than the previous 200 years,” he says. “Our toolkit of drugs and treatments to help the slowness and stiffness of Parkinson’s has gotten much better. There are also new things in the pipeline that will continue to improve the quality of life.”
Scientific Advisory Board  (as of December 2015)

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John N. Whitaker Professor and Chair of Neurology
University of Alabama at Birmingham, School of Medicine

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Dennis W. Dickson, MD
Professor of Laboratory Medicine & Pathology
Mayo Clinic, Jacksonville, Florida
J. Timothy Greenamyre, MD, PhD
Love Family Professor and Vice Chair of Neurology
University of Pittsburgh Medical Center
Un Jung Kang, MD
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Columbia University College of Physicians and Surgeons
Laura Marsh, MD
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Mary Maral Mouradian, MD
William Dow Lovett Professor of Neurology
Rutgers-Robert Wood Johnson Medical School

Richard Myers, PhD
Director, Genome Science Institute
Professor, Department of Neurology
Boston University School of Medicine
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Elliot Stein Family Professor of Neurology
Professor of Radiology, Neurobiology, Physical Therapy & Occupational Therapy
Washington University School of Medicine
Marie Hélène Saint-Hilaire, MD, FRCP (C)
Associate Professor of Neurology
Boston University School of Medicine
Clemens R. Scherzer, MD
Director, Harvard Parkinson Personalized Medicine Program
Harvard Medical School and Brigham & Women’s Hospital
Evan Yale Snyder, MD, PhD
Director, Stem Cell & Regeneration Program
The Burnham Institute

Back row (L-R) Joel S. Perlmutter, MD; Un Jung Kang, MD; David G. Standaert, MD, PhD; J. Timothy Greenamyre, MD, PhD; Clemens R. Scherzer, MD; Mahlon R. DeLong, MD; Dennis W. Dickson, MD
Front row (L-R) Marie Hélène Saint-Hilaire, MD, FRCP (C); Mary Maral Mouradian, MD; Evan Yale Snyder, MD, PhD; Leslie A. Chambers, APDA President & CEO; Richard Myers, PhD
Not pictured: Marie-Francoise Chesselet, MD, PhD; Laura Marsh, MD
In the 2014-2015 academic year APDA invested $1.3 million to support four Post-Doctoral Fellowships, eight Research grants to junior investigators, three Summer Student Fellows and eight APDA Centers for Advanced Research.

APDA Centers for Advanced Research serve more than 26,000 patients annually and support research trainees, fellowship programs, published peer review manuscripts and have provided pilot data for NIH grants. The Centers facilitate research at the forefront of investigation into the cause, treatment and ultimately the cure for Parkinson’s.

Here is a glimpse of the cutting-edge work being done at our Centers for Advanced Research:

University of Alabama at Birmingham, School of Medicine
David G. Standaert, MD, PhD
APDA funding supports:
• The ability to provide pilot data for six currently funded NIH RO1 grants
• Research into biomarkers for PD and cognitive impairment occurrence
• Research into exercise, emphasizing gait and balance
• More than 4,000 patient visits per year

UCLA David Geffen School of Medicine
Marie-Francoise Chesselet, MD, PhD, Director
APDA funding supports:
• Epidemiological studies in humans
• Genetic and molecular studies in model organisms
• Preclinical assessment of investigational therapies
• Approximately 1,000 patient visits per year

Emory University School of Medicine
Mahlon R. DeLong, MD, Director
APDA funding supports:
• Functional surgery
• Research trainees
• Two-day intensive evaluation of PD patients
• Approximately 10,000 patients seen each year

University of Alabama at Birmingham, School of Medicine
David G. Standaert, MD, PhD
APDA funding supports:
• Research into inflammation in PD
• Deep Brain Stimulation (DBS) Program
• 24 peer-reviewed manuscripts
• 5,054 patient visits per year

Washington University School of Medicine
Joel S. Perlmutter, MD, Director
APDA funding supports:
• The ability to provide pilot data for six currently funded NIH RO1 grants
• Research into biomarkers for PD and cognitive impairment occurrence
• Research into exercise, emphasizing gait and balance
• More than 4,000 patient visits per year

Rutgers-Robert Wood Johnson Medical School
Lawrence I. Golbe, MD, Director
APDA funding supports:
• Research into:
  – L-dopa induced dyskinesia Atypical Parkinsonism, progressive supranuclear palsy
  – Neuroprotective activity of a non-caffeine component of coffee
  – The role of TG2 in the pathologic aggregation of alpha-synuclein
• 999 patient visits per year

University of Pittsburgh Medical Center
J. Timothy Greenamyre, MD, PhD, Director
APDA funding supports:
• Fellowship program in movement disorders
• Intraoperative MRI guided DBS offered
• Non-motor symptoms study
• Therapeutic alpha-synuclein knockdown study
• 1,000 patient visits per year

University of Virginia Health System
Madaline B. Harrison, MD, Director
APDA funding supports:
• MR-guided focused ultrasound projects
• Research into:
  – Genetics and characterization of neuropsychiatric disorders in Parkinson’s Disease
  – Heritability of motor and non-motor symptoms in PD
• Approximately 857 patient visits per year

Boston University School of Medicine
Marie Hélène Saint-Hilaire, MD, FRCP (C), Director
APDA funding supports:
• Observational study of Social Self-Management in PD
• Study of Tai Chi in PD
• Active clinical trials program
• Approximately 3,500 patient visits this year

University of Alabama at Birmingham, School of Medicine
David G. Standaert, MD, PhD
APDA funding supports:
• The ability to provide pilot data for six currently funded NIH RO1 grants
• Research into biomarkers for PD and cognitive impairment occurrence
• Research into exercise, emphasizing gait and balance
• More than 4,000 patient visits per year

APDA has contributed more than $43 million to scientific research and has been a funding partner in most major Parkinson’s disease scientific breakthroughs in the last fifty years.
Fundraising Campaigns

Optimism Walk

Each year, thousands of people participate in APDA Optimism Walk events to raise awareness and funds to *Ease the Burden – Find the Cure* for Parkinson’s disease. Funds raised through the Optimism Walks support scientific research and APDA’s Information & Referral network. In 2015, Optimism Walks were held in more than 25 U.S. cities and raised nearly $700,000.

APDA was proud to welcome Lundbeck as a National Optimum Walk Sponsor, who generously made the commitment to walk alongside the Parkinson’s disease community throughout the year. Walk participants across the country eagerly participated in Lundbeck’s “What Moves Me” activity at each Optimism Walk. By donning lanyards with custom stickers, participants were able to illustrate to fellow walkers all the things that motivate them and keep them optimistic. APDA thanks Lundbeck for their enthusiastic support and is happy to report they will be partnering with us again for the upcoming Optimism Walk season.
In addition to the Optimism Walk event series, APDA Chapters host an assortment of fundraising activities and events throughout the year to support local community programs and services. Some highlights from 2015 include:

The 13th Annual Magic of Hope Gala & Auction is APDA’s Northwest Chapter’s largest fundraiser of the year, raising $215,000 in 2015. This unique evening featured an “almost live” and “live” auction, a raffle and mystery treasure chest. More than 300 attendees helped honor board member emeritus, Suzanne Cameron who has volunteered tirelessly for 15 years to support the Chapter as they aim to improve the lives of those living with Parkinson’s in the Seattle area.
Sewing the Seeds of Optimism

In 2015, the APDA Greater St. Louis Chapter hosted its 20th Annual Fashion Show “Sewing the Seeds of Optimism” which raised over $90,000. More than 300 attendees attended this annual action, luncheon and fashion show which was co-hosted by Jennifer Blome, Director of Humane Education at the Animal Practice Association and former anchor of Today in St. Louis on KSDK-TV, and Kelly Jackson anchor of the weekend edition of Today in St. Louis on KSDK-TV. This very special fundraising event is a perfect example of how local APDA communities join forces to truly change the lives of people touched by Parkinson’s disease.
In 2015, APDA launched $1 Million for 1 Million, a transformative two-year fundraising initiative that will enable us to expand our mission to Ease the Burden – Find the Cure. We are pleased to report we passed the halfway mark in fiscal year 2015 with nearly $600,000. This critical support will help expand our current efforts and provide more service to those touched by Parkinson’s disease. Programs and efforts that will be supported include:

- Health and Wellness initiatives that support the delivery of signature exercise programs throughout the APDA network
- Education and Communication programs to serve the Parkinson’s community and offer the level of support needed for a disease that becomes the main event in day-to-day functioning and quality of life
- Expediting the pace of research funding to support the most promising new clinical approaches in search of a cure
- Playing a leading role in launching the careers of young physicians and scientists (many of whom are in the postdoctoral stages of their career) with the goal of keeping them dedicated to working on Parkinson’s disease for the long term

APDA is grateful to the many people who show extraordinary generosity by leaving legacy gifts through planned giving. In 2015, charitable bequests of more than $3 million were provided to Ease the Burden – Find the Cure for Parkinson’s disease. These gifts represent countless stories of kindness in people from all walks of life. The generosity and the stories they represent are the very best humanity has to offer. Because of their indelible concern for others, their memories will never be extinguished.
In Memoriam

Joel M. Gerstel

Former APDA President & CEO, Joel M. Gerstel who passionately served the Parkinson’s community for more than 30 years, passed away on January 21, 2016.

The catalyst that initially brought Mr. Gerstel to APDA in the 1980’s was his brother-in-law’s Parkinson’s diagnosis. As Joel watched him gradually diminishing, he wanted to do something to help him and others like him. Ironically, in 2012, Mr. Gerstel was diagnosed with Parkinson’s syndrome, which results in many symptoms of Parkinson’s without a diagnosis of the disease itself.

Joel leaves behind a legacy to APDA and the Parkinson’s community that is unmatched. His tireless devotion and dedicated service to improve the quality of life for those living with this disease along with his relentless efforts to support critical research continues to touch us all deeply today.

While Joel is deeply missed, his legacy will live on.

Nicholas A. Corrado
June 16, 1924 – March 8, 2015

The Honorable Nicholas A. Corrado, was a founding member of APDA and served for more than 25 years as a member of the Board of Directors and Executive Committee. Mr. Corrado’s commitment to APDA began in the 1960’s with a strong business relationship forged with APDA’s founding family. In the early days, when APDA consisted of a small group of dedicated individuals raising funds to serve the Parkinson’s community, Nicholas worked closely with the Esposito family, Sophia and her brothers George, Salvatore and Mario.

Mr. Corrado’s impact as a volunteer leader was profoundly felt. His contributions were many but perhaps most notable was his ability to bring his professional expertise as the Assistant Commissioner for the NYC Department of Real Property to bear. He was instrumental in securing land from the City that would serve as the location for the national headquarters in Staten Island to house the many activities of a then fledgling national grassroots organization.

APDA is indebted to Mr. Corrado for his many years of service to those impacted by Parkinson’s disease.
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Michelle Harman McDonald, MSW, LSW

Vice President of Programs and Services:
Robin Kornhaber, MSW

Vice President of Development and Marketing:
Stephanie Paul
APDA is keenly aware of the many choices donors have in how they direct their charitable giving. At the core of APDA’s fiduciary responsibility is our commitment to provide increased funding to support our mission, while ensuring that our administrative and fundraising costs are kept to a minimum.

Since 1961, APDA has invested more than $87 million to fund research, patient services and education, and elevate public awareness.

The 2015 financial highlights follow. The entire audited financial statement and our most recent IRS Form 990 are available at www.apdaparkinson.org.

The American Parkinson Disease Association is a 501 (c)(3) nonprofit organization.

### CONSOLIDATED STATEMENT OF FINANCIAL POSITION

#### ASSETS

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<tr>
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<th>2015</th>
<th>2014</th>
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<td>Prepaid expenses and other assets</td>
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<td>Property and equipment - net</td>
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<td><strong>TOTAL ASSETS</strong></td>
<td><strong>$ 11,739,483</strong></td>
<td><strong>$ 10,865,421</strong></td>
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#### LIABILITIES AND NET ASSETS

#### LIABILITIES:

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#### NET ASSETS:

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<td>Unrestricted</td>
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<td>Permanently restricted</td>
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<td>172,944</td>
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<td><strong>Total net assets</strong></td>
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<td><strong>7,982,666</strong></td>
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**TOTAL LIABILITIES AND NET ASSETS** | **$ 11,739,483** | **$ 10,865,421**
## CONSOLIDATED STATEMENT OF ACTIVITIES

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<th>Unrestricted</th>
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<th>Permanently Restricted</th>
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<th>Total 2014</th>
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<td><strong>REVENUE:</strong></td>
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<td>1,327,938</td>
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<td>Special events</td>
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<td>-</td>
<td>41,989</td>
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<td>Net assets released from restrictions</td>
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<td>(1,809,624)</td>
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<td>Program:</td>
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<td>Information and referral centers</td>
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<td>-</td>
<td>2,278,773</td>
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<td>-</td>
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<td>-</td>
<td>11,672,389</td>
<td>2,575,697</td>
</tr>
<tr>
<td><strong>Total program services</strong></td>
<td>15,467,104</td>
<td>-</td>
<td>-</td>
<td>15,467,104</td>
<td>5,983,907</td>
</tr>
<tr>
<td>Supporting Services:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Administration</td>
<td>787,047</td>
<td>-</td>
<td>-</td>
<td>787,047</td>
<td>692,427</td>
</tr>
<tr>
<td>Fundraising</td>
<td>2,094,875</td>
<td>-</td>
<td>-</td>
<td>2,094,875</td>
<td>2,146,946</td>
</tr>
<tr>
<td><strong>Total supporting services</strong></td>
<td>2,881,922</td>
<td>-</td>
<td>-</td>
<td>2,881,922</td>
<td>2,839,373</td>
</tr>
<tr>
<td><strong>Total expenses</strong></td>
<td>18,349,026</td>
<td>-</td>
<td>-</td>
<td>18,349,026</td>
<td>8,823,280</td>
</tr>
<tr>
<td>Increase in net assets</td>
<td>1,170,424</td>
<td>373,472</td>
<td>-</td>
<td>1,543,896</td>
<td>1,230,457</td>
</tr>
<tr>
<td>Net assets, beginning of year</td>
<td>4,840,693</td>
<td>2,969,029</td>
<td>172,944</td>
<td>7,982,666</td>
<td>6,752,209</td>
</tr>
<tr>
<td>Net assets, end of year</td>
<td>$6,011,117</td>
<td>$3,342,501</td>
<td>$172,944</td>
<td>$9,526,562</td>
<td>$7,982,666</td>
</tr>
</tbody>
</table>
Our work is only made possible with friends and supporters like you.

Thank you for all you do!