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April is Parkinson's Awareness Month. Nearly one million people in the US are living with Parkinson's disease and April is when friends, family and volunteers come together to raise awareness about the disease and help raise funds to fight it.

This year, the Parkinson's Disease Foundation (PDF) is launching a new program for schools called ***Tulips Bloom In April*** – as tulips are the symbol of Parkinson's awareness. Through this program **we hope to encourage students to get involved in charitable causes and show them that they can make a difference in the fight against Parkinson's!**

Parkinson's disease is a movement disorder that involves the malfunction of vital cells in the brain. These cells are responsible for producing a chemical called dopamine, which controls the way we move. As the disease progresses, the amount of dopamine decreases, leaving a person unable to control movement normally. The cause is unknown and although there is presently no cure, there are treatments such as medicine and a surgery that can manage the symptoms.

One of PDF's primary objectives is to prepare *future leaders* in Parkinson's research and clinical practice by awarding fellowships and career development grants to young researchers and graduate students – we believe that it is never too early to spark inspiration in students. One of your students may one day grow up to conduct the research that leads to the cure for Parkinson's!

There are many ways for your school or class to join in PDF's ***Tulips Bloom in April*** program. Our goal is to have **30 schools/classes** participate in either an awareness day or small fundraising activity during the month of April. Along with this letter you will find a list of activity ideas that are fun, educational and easy to execute.

PDF is growing awareness in April and we hope that you will join us. We will highlight your school's efforts via our website, newsletter and social media and show the Parkinson's community that even the youngest among us are showing their support and doing their part in the fight against Parkinson's.

To participate, please fill out the enclosed registration form or contact me at dvolpe@pdf.org or call (212) 923-4700.

Thanks for joining us!



Tulips Bloom in April

For Parkinson's Disease Awareness Month!

Below are a few suggested activities for planning your “Tulips Bloom in April” program for your students. Since you know your students best, please feel free to come up with your own activity!



Pennies for Parkinson's: Have students collect spare change to benefit the lives and futures of People with Parkinson's!

Learn from WNBA Star and PDF CHAMPIONS ambassador Ivory Latta: Hold a free-throw tournament. Friends and family sponsor students for each successful shot!



“Grow” an Awareness Garden: Have students decorate a tulip template or create a tulip of their own. Display the garden for all to enjoy!

Host a Bake Sale: Celebrate spring with sweet and savory treats to raise money for vital Parkinson's advocacy and education!



Hold a Crazy Hat/ Pajama/ or Dress Down Day: Each student who donates \$5 gets to wear a crazy outfit for the day. Donate the proceeds to funding vital Parkinson's research.



Teach a Lesson on Parkinson's Disease: Parkinson's Disease Foundation can provide you with publications to help explain the disease, how it affects our loved ones and what we can do as a community to help.

Tulips Bloom In April



For Parkinson's Awareness Month

Registration Form

General Information:

School name: _____

School address: _____

Contact name: _____

Phone number: _____ Email: _____

Best time to reach you: _____ How did you hear about PDF: _____

Facebook: _____ Twitter@ _____

Tulips Bloom in April Program:

Program description: _____

Program date: _____ Fundraising Goal (if applicable): _____

Number of students participating: _____ Grade(s) of students participating: _____

Are you able to take photos of the program so Parkinson's Disease Foundation (PDF) can share your efforts with our community? Yes ___ No ___

Signature: _____

Date: _____

Please return by mail, email or fax to:
Parkinson's Disease Foundation, 1359 Broadway, Suite 1509 New York, NY 10018
dvolpe@pdf.org
Fax (212) 923-4778