



Michigan
Parkinson
Foundation

43 YEARS OF
HOPE

MESSENGER

SPRING 2026

Dear Parkinson's Community,

As we step into a new season, I am reminded of something we say often at Michigan Parkinson Foundation: *movement matters*. For individuals living with Parkinson's, exercise is more than activity. It is one of the most powerful tools we have to maintain strength, mobility, confidence, and quality of life.

In this special exercise-focused edition of our newsletter, you will find information on why movement is so critical for individuals living with Parkinson's, along with highlights from our exercise programs across the state. We hope these stories and resources inspire you to stay active, try something new, or encourage someone you love to take that next step.

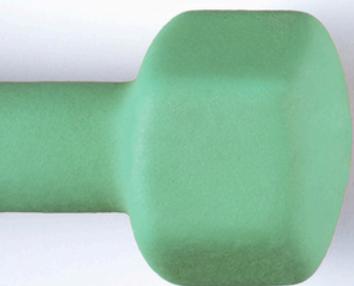
Research continues to affirm what we see every day in our programs. Consistent, moderate to vigorous exercise can help slow the progression of motor symptoms and improve overall well-being. Just as importantly, movement builds connection. In exercise classes across Michigan, individuals are not only strengthening their bodies, but they are strengthening community.

With Parkinson's Awareness Month approaching in April, this issue also includes details about our upcoming Awareness Month activities, as well as a look ahead at additional events and programs planned throughout 2026. Across every initiative, our commitment remains the same. We are expanding access through our four pillars of support: education, exercise, community, and respite.

Thank you for being part of this mission.

My very best,

Kristin Rossi
Michigan Parkinson Foundation, CEO



Building Your Movement Plan

Torrey Davenport, PT, DPT
Northern Michigan Program Manager

A Parkinson's diagnosis can bring many unknowns. But one thing is clear: **movement matters**.

Exercise is the only intervention proven to slow the progression of motor symptoms, and it also strengthens balance, improves mood, and reduces fall risk. The right "dose" of exercise can make a meaningful difference.

Here's what that prescription looks like:

Weekly Movement Plan

R_x

- ✓ **Dosage: 2.5 hours per week**
- ✓ **Intensity: 7/10 effort ("dopamine zone")**
- ✓ **Frequency: 3 days per week**
- ✓ **Include all four:**
 - ✦ **Balance & Agility**
 - ✦ **Flexibility**
 - ✦ **Strength**
 - ✦ **Aerobic Conditioning**



Expected Outcomes (Evidence-Based)

- ✓ **30%** slower progression of motor symptoms
- ✓ **55%** reduced fall risk from practicing Tai Chi
- ✓ **30%** reduction in depression
- ✓ **27%** improvement in anxiety scores
- ✓ **10–15%** improvement in gait speed
- ✓ **12%** improvement in stride length

Functional Benchmarks

- ✓ **5 sit-to-stands** in 16 seconds or less
- ✓ **10 seconds** standing on one leg
- ✓ **25% improvement** in reaction time with balance training

To learn more about achieving the ideal exertion rate in your exercise routines, check out the article on page 4.

Take advantage of MPF's exercise offerings!

See a comprehensive list of our in-person and virtual exercise classes throughout the state on pages 8 & 9!

Tomato and Lentil Soup



Ingredients

- 1 dessert spoon olive oil
- 1 onion, chopped
- 2 garlic cloves, crushed and chopped
- 3 stalks of celery, chopped
- 2 bay leaves
- 1 red chilli, finely chopped
- 100g red lentils
- 1 can of chopped tomatoes
- 500ml vegetable stock
- 1 tablespoon of tomato puree
- Sea salt and black pepper

Method

1. Heat the oil in a large, heavy-based pan and cook the onion until softened.
2. Add the celery, bay leaves and chilli and cook for 2–3 minutes with the lid on.
3. Add the lentils, tinned tomatoes, stock and tomato puree and bring to a boil.
4. Simmer for 15–20 minutes until the lentils are cooked.
5. Add the garlic.
6. Take off the heat and blitz in your blender until smooth. Then, season with sea salt and black pepper.



2026 PARKINSON HERO WALKS

SAVE THE DATE!

Traverse City Walk:
August 22
Civic Center

Metro Detroit Walk:
September 12
UWM Field
(Formerly known as Jimmy John's Field)

Lansing Walk:
September 26
Hawk Island Park

Grand Blanc Walk:
October 3
Henry Ford Genesys
Health Club

Grand Rapids Walk:
October 10
Aquinas College



How Hard Should I Work Out?

Deb Colling, Director of Exercise

When it comes to exercise, the most common questions I hear are:

- How often should I exercise?
- How long should I exercise?
- How do I know if I'm working hard enough?

How Often and How Long Should You Exercise?

According to the Parkinson's Foundation and the American College of Sports Medicine (ACSM), current exercise recommendations for improving both motor and non-motor symptoms of Parkinson's disease include:

- 150 minutes of moderate-to-vigorous exercise per week
- Aerobic activity: 3 days per week for at least 30 minutes per session
- Strength training: 2–3 non-consecutive days per week for at least 30 minutes per session
- Stretching: 2–3 days per week (daily is most effective)
- Balance, agility, and multitasking exercises: 2–3 days per week, with daily integration if possible

You can find the full exercise recommendations fact sheet on [Parkinson.org](https://www.parkinson.org).

As always, before starting any exercise program, please consult your physician. For safety, try to exercise during your “on” periods and discuss any new activity with your healthcare provider. Many programs require medical clearance before participation. It's also highly recommended that you meet with a physical therapist who specializes in Parkinson's to receive individualized exercise guidance.

How Do I Know If I'm Working Hard Enough?

Traditionally, exercise intensity is measured using Maximum Heart Rate (MHR). One commonly used

method is the Tanaka Formula, which estimates your MHR based on age. Ideally, we encourage individuals to work at 80–85% of their maximum heart rate during higher-intensity exercise.

Many people now use fitness trackers or smart watches that automatically monitor heart rate and show which “zone” you're currently in.

However, for people living with Parkinson's, heart rate monitoring is not always the best measure. Some individuals experience low blood pressure, have heart conditions, or take medications that prevent their heart rate from reaching traditional target zones.

Because of this, we often use the Rate of Perceived Exertion (RPE) Scale in our classes. This allows you to rate how hard you feel you are working on a scale from 1 to 10.

0	RESTING, NO EXERTION	
1	VERY, VERY LIGHT EFFORT	Stretch & Cool Down Zone
2	Breathing at resting rate Communication is not limited	
3	LIGHT EFFORT	
4	Breathing deeper but comfortable Muscles feel warm Communication is not limited	Warm Up Zone
5	MODERATE EFFORT	
6	Breathing noticeably harder/faster Muscles starting to fatigue Communication has some limitations	IDEAL WORKOUT ZONE
7	VIGOROUS EFFORT	
8	Breathing is deep & forceful Muscles nearing fatigue Communication is uncomfortable	IDEAL WORKOUT ZONE
9	MAXIMUM EFFORT	
10	Breathing is very difficult & can only sustain the activity for a short time Muscles are burning, feeling tight and tense Communication is very limited NEAR OR ACHIEVING FAILURE	AVOID THIS ZONE

We recommend exercising at an **RPE level of 6–8**, which falls within the moderate-to-vigorous range. At this level, you should:

- Feel warm and possibly sweaty (what I like to call the “glazed donut” look!)
- Notice your breathing becoming heavier
- Feel challenged, but still in control

Avoid pushing yourself to levels 9–10, as this intensity is not considered a safe or sustainable zone for most individuals.

2026 Educational Programming

PD 101: Parkinson’s Orientation

PD 101 is designed to help individuals better understand Parkinson’s, whether they are newly diagnosed, have lived with it for years, are a care partner, family member, friend, or healthcare professional.

PD 101 sessions cover:

- What is Parkinson’s disease?
- What causes PD?
- Who gets PD?
- Understanding motor and non-motor symptoms
- How Parkinson’s is diagnosed
- Treatment and symptom management options
- Support and resources available through MPF
- The opportunity to connect with others



Recurring Date Locations:

Metro Detroit
Grand Rapids
Traverse City

To register for any of these dates, visit parkinsonsmi.org!
We frequently add new locations and dates to the list.

Community Forums

Community Forums are free, in-person events designed to bring people together for education, connection, and practical support. Each forum may include a PD 101 presentation and/or a featured talk from a local healthcare professional, along with a Parkinson’s-specific exercise demonstration to highlight the importance of movement.

Confirmed 2026 Locations:

Monroe - April 29	Marquette - Date coming soon!
Tawas - May 8, 2026	Escanaba - Date coming soon!
Cadillac - July 28, 2026	Alpena - Date coming soon!

High-intensity Exercise May Reverse Neurodegeneration in Parkinson's Disease



Isabella Backman

Published by the Yale School of Medicine

February 23, 2024

High-intensity exercise induces brain-protective effects that have the potential to not just slow down, but possibly reverse, the neurodegeneration associated with Parkinson's disease, a new pilot study suggests.

Prior research has shown that many forms of exercise are linked to improved symptoms of Parkinson's disease. But there has been no evidence that hitting the gym could create changes at the brain level. Now, a small proof-of-concept study involving 10 patients showed that high-intensity aerobic exercise preserved dopamine-producing neurons, the brain cells that are most vulnerable to destruction in patients with the disease.

In fact, after six months of exercise, the neurons actually had grown healthier and produced stronger dopamine signals. Dopamine is a chemical that helps brain cells communicate with each other. The researchers published their findings in [npj Parkinson's Disease](#).

"This is the first time imaging has been used to confirm that the biology of the brain in those suffering with Parkinson's disease is changed by intense exercise," says Evan D. Morris, PhD, professor of radiology and biomedical imaging at Yale School of Medicine and co-principal investigator of the paper.

What causes Parkinson's disease?

Parkinson's disease is a neurodegenerative disorder caused by the misfolding of alpha synuclein protein that is naturally present in our cells. The misfolded protein accumulates within neurons and damages them. The dopamine-producing cells that are most affected

reside in the part of the brain known as the substantia nigra, an area near the base of the brain. As these cells die off, the lack of dopamine creates the physical symptoms of the disease, particularly motor symptoms such as tremors and slowed movement. It's a gradual progression, and at the time of diagnosis, typically patients have already lost over half of their dopamine-producing neurons. "By the time patients clinically manifest the typical motor symptoms of Parkinson's, you can assume that the neurodegenerative process actually started much earlier, maybe a decade or two," says Sule Tinaz, MD, PhD, associate professor of neurology and co-principal investigator.

The most common available medication, levodopa, replaces the missing dopamine. While the drug is effective in alleviating motor symptoms, it does not prevent the ongoing neurodegeneration and can cause undesirable side effects with long-term use such as uncontrolled excessive movements [dyskinesia]. There is currently no cure for the disease.

Exercise plays a vital role in treating Parkinson's disease

Exercise is an essential component of Parkinson's disease management. In fact, some gyms offer exercise programs specifically for the condition.

"I always tell patients that exercise is a part of their treatment," says Tinaz. "The same way I prescribe medication, I also prescribe exercise."

In Connecticut, Michelle Hespeler is the founder of Beat Parkinson's Today, an evidence-based non-profit exercise program that offers online and in-person classes throughout the state. Hespeler was inspired to create her program after being diagnosed with the disease herself. "She took all of the elements of high-intensity interval training and combined it with the needs of people with Parkinson's disease," says Tinaz.

Previously, two well-designed clinical trials have shown that engaging in high-intensity exercise—in which participants reach around 80% to 85% of their age-appropriate maximum heart rate—three times a week for six months is correlated with less severe motor symptoms. “These trials suggested that exercise really is disease-modifying in a clinical sense,” says Tinaz. The Yale team used these clinical trials as a model for its new study.

Using brain imaging to study impact of high-intensity exercise

For their study, the Yale researchers recruited patients who had been diagnosed with Parkinson’s disease

for less than four years. At this early stage of their disease, the patients had not yet lost all of their dopamine-producing neurons. All participants initially went through a two-week trial period to ensure they could handle the intensity of the exercise classes before enrolling.

After the trial period, the participants received their first round of brain scans. One was an MRI scan that measured the amount of neuromelanin—a dark pigment found in dopamine-producing neurons—in the substantia nigra. The second scan was a PET scan that measured dopamine transporter (DAT) availability. DAT is a protein that helps the neurons maintain proper dopamine levels.

Ten participants completed a six-month high-intensity exercise program through Hespeler’s Beat Parkinson’s Today program. Due to the COVID-19 pandemic, the classes took place online. These classes involve High Intensity Functional Intervals [HIFI] designed to keep participants’ heart rates elevated for the majority of the workout. Participants wore heart rate monitors to ensure they were reaching their target heart rates and other wearables (e.g., a Fitbit) to record their movements. After the six months, the researchers repeated the MRI and PET scans.



High-intensity exercise reverses neurodegeneration

Following the six-month program, brain imaging showed a significant increase in both the neuromelanin and DAT signals in the substantia nigra. This suggests that high-intensity exercise not only slowed down the neurodegenerative process, but also helped the dopaminergic system grow healthier.

“Where we would have ordinarily expected to see a decline in the DAT and neuromelanin signals, we saw an increase,” says Bart de Laat, PhD, associate professor adjunct in psychiatry and the study’s first author.

“We had hoped to see that the neurodegeneration would not progress as quickly or stop temporarily, but instead we saw an increase in nine out of 10 people. That was remarkable.”

The study highlights the importance of including an exercise regimen as part of one’s Parkinson’s treatment plan. “The medications we have available are only for symptomatic treatment. They do not change the disease course,” says Tinaz. “But exercise seems to go one step beyond and protect the brain at the neuronal level.”

While this is an exciting finding, additional research will be needed to fully understand the neuroprotective effects of exercise. The team hopes that its work will inspire other scientists to prioritize research into exercise and its disease-modifying potential.

Parkinson’s disease is the fastest-growing neurological disease. By 2040, researchers estimate that over 12 million people worldwide will be living with the condition. The new study holds promise that exercise can help mitigate the enormous personal and economic costs the disease poses. “Exercise is accessible to everyone, is relatively cheap, and is safe [if your health care provider approves],” says Tinaz. “If it also has this neuroprotective effect with the potential to reverse the disease course, that is something to celebrate and to study.”

The Michigan Parkinson Foundation offers many in-person and virtual exercise classes. Check them out on the next page!

MPF Exercise Offerings



The Michigan Parkinson Foundation offers Parkinson's-specific exercise classes across the state, designed to help individuals stay active, mobile, and connected. From boxing and PWR! Moves to yoga and mind boosting, our programs are tailored to support strength, flexibility, and independence at every stage of Parkinson's. Explore the full list below to find a class near you. Location and date details are subject to change.

ALPENA (PWR! Moves)

Alpena First United Methodist Church

167 S Ripley Blvd., Alpena, MI 49707

Thursdays | 11:00 a.m.–12:00 p.m.

FREELAND (PWR! Moves)

Freeland Sports Zone

5690 Midland Rd., Freeland, MI 48623

Fridays | 1:00–2:00 p.m.

GRAND RAPIDS (PWR! Moves)

Trinity Health Medical Center (Wege)

310 Lafayette Cardiac & Pulmonary Rehab Space
Ste 305, Grand Rapids, MI 49503

Mondays | 6:00–7:00 p.m.

LELAND (PWR! Moves)

Leland Township Library

203 E Cedar St., Leland, MI 49654

Mondays | 12:00–1:00 p.m.

PETOSKEY (PWR! Moves)

Friendship Centers of Emmet County

1322 Anderson Rd., Petoskey, MI 49770

Tuesdays | 10:00 - 11:00 a.m.

PORT HURON (PWR! Moves)

Port Huron Senior Center – Council on Aging

600 Grand River Ave., Port Huron, MI 48060

Wednesdays | 2:00–3:00 p.m.

SAGINAW (PWR! Moves)

MyMichigan Health Rehabilitation Services

5810 Gratiot Rd., Saginaw, MI 48638

Wednesdays | 12:00–1:00 p.m.

TRAVERSE CITY (PWR! Moves)

Grand Traverse Bay YMCA — Central

1213 W Civic Center Dr., Traverse City, MI 49686

Thursdays | 2:00–3:00 p.m. (Available June - Dec 2026)

TRAVERSE CITY (Boxing for PD)

Grand Traverse Bay YMCA — South

3000 Racquet Club Dr., Traverse City, MI 49684

Tuesdays | 2:45 - 3:45 p.m.

TRAVERSE CITY (PWR! Moves)

Traverse City Health Collection

1420 Barlow St., Traverse City, MI 49686

Wednesdays | 11:00 a.m.–12:00 p.m.

TRENTON (PWR! Moves)

Level Eleven Physical Therapy

3420 West Rd., Trenton, MI 48183

Wednesdays | 4:00–5:00 p.m.

Register online:

bit.ly/mpfpwrmoves

TROY

Troy Kickboxing Outfit

26 W. Square Lake Rd. Troy, MI 48098

Tuesday:

11:00 am - 12:15 pm - Rock Steady Boxing (High Intensity)

12:30 - 1:15 pm - Mind Body Boost (All Levels)

1:15 - 2:30 pm - Rock Steady Boxing (Low Intensity)

Wednesday:

11:30 am - 12:30 pm - Yoga for PD (All Levels)

Thursday:

11:00 am - 12:30 pm - Rock Steady Boxing (High Intensity)

1:00 pm - 2:30 pm - Rock Steady Boxing (Low Intensity)

Friday:

10:30 am - 11:30 am - PWR! Moves (All Levels)

Contact Deb Colling, Director of Exercise, to sign up or learn more about joining our Troy and St. Clair Shores classes:

Email: dcolling@parkinsonsmi.org

Phone: 248-430-4206

GRAND BLANC

Henry Ford Genesys Health Club

801 Health Park Blvd, Grand Blanc, MI 48439

Monday & Friday:

10:00 am – Rock Steady Boxing – Multi-Level

Tuesday:

10:00 am – PWR! Moves – Multi-Level

Wednesday:

11:00 am – Rock Steady Boxing – Level 1 & 2

Thursday:

12:00 pm – Strength & Stretch – Multi-Level

To register and learn more about the Henry Ford Genesys Health Club membership options, call 810-606-7518.

ST. CLAIR SHORES

Sidekicks Martial Arts Studio

21617 Harper Ave, St Clair Shores, MI 48080

Monday:

11:00 am - 12:15 pm - Rock Steady Boxing (High Intensity)

12:30 - 1:15 pm - Mind Body Boost (All Levels)

1:15 - 2:30 pm - Rock Steady Boxing (Low Intensity)

Wednesday:

11:00 am - 12:30 pm - Rock Steady Boxing (High Intensity)

1:00 - 2:30 pm - Rock Steady Boxing (Low Intensity)

Thursday:

11:00 am - 12:00 pm - PWR! Moves (All Levels)

Friday:

11:00 am - 12:30 pm - Rock Steady Boxing (All Levels)

VIRTUAL EXERCISE CLASSES

MPF offers exercise classes via Zoom at 10:00 a.m. Monday through Saturday

Monday:

PWR! Moves (Moderate Intensity)

Tuesday:

PWR! Moves & Boxing (Moderate Intensity)

Wednesday:

PWR! Moves (Lower Intensity, Sitting & Standing)

Thursday:

PWR! Moves (Higher Intensity, all positions)

Dance for PD 11:00 a.m.

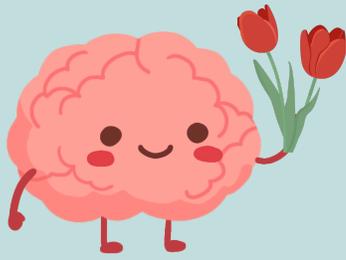
Friday:

Adaptive Yoga for Parkinson's

Saturday:

PWR! Moves (Moderate Intensity)

Register online: tiny.cc/mpfzoom



PARKINSON'S AWARENESS MONTH

2026 Events

APRIL
1

PD 101: Parkinson's Orientation
Metro Detroit

Register online:
bit.ly/pd101mpf

APRIL
7

Hope In Every Step
Symposium
Traverse City

Register online:
bit.ly/tcsymposium26

APRIL
9

Hope In Every Step
Symposium
Metro Detroit

Register online:
bit.ly/livoniasymposium26

APRIL
11

World Parkinson's
Day

Participate in our
Sit-to-Stand
Challenge!

APRIL
14

8-Week Mindfulness
Workshop

Registration
information coming
soon!

APRIL
15

PD 301:
Late-Stage
Parkinson's Program

Registration coming
soon!

APRIL
15

Virtual Education
Series

Topic coming soon!

Register online:
bit.ly/mpfves

APRIL
21

PD 101: Parkinson's
Orientation
Grand Rapids

Register online:
bit.ly/pd101mpf

APRIL
23

PD 101: Parkinson's
Orientation
Traverse City

Register online:
bit.ly/pd101mpf

APRIL
24

Urban Poling with
Deb Colling

Location is TBD, email
dcolling

APRIL
25

Leland Chili
Cookoff

Email Torrey Davenport
for more information:
tdavenport@parkinsonsmi.org

APRIL
28

Rock Climbing for
Parkinson's
Traverse City

Registration coming
soon!

APRIL
29

Educational
Community Forum
Monroe

Registration coming
soon!

Join the Sit-to-Stand Challenge!

People around the world will be raising awareness for Parkinson's on World Parkinson's Day, April 11, and we invite our community to take part **all month long!**

From April 1–30, complete sit-to-stands in a way that works for you, share your video, and help spread awareness for Parkinson's.

Let's rise together this April. More details coming soon. Be sure to follow us on social media for announcements!



Hope In Every Step

Educational Symposium

A CALL FOR ACTION

Traverse City
Tuesday, April 7

Metro Detroit
Thursday, April 9

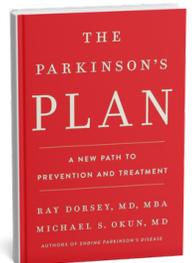
This educational event is geared toward Parkinson's patients, care partners, and professionals with the goal of finding hope along your journey with Parkinson's.

Healthcare professionals are eligible to receive five CE's.



Event Details:

- Keynote speaker Dr. Ray Dorsey, coauthor of *The Parkinson's Plan*
- Emerging research and environmental risk insights
- Surgical and dementia-focused sessions
- Parkinson's-specific exercise demonstrations
- Community connection and resources



Register online:

Traverse City:
bit.ly/tcsymposium26

Metro Detroit:
bit.ly/livoniasymposium26

Presented by:



Join Our Book Club!

Book Club Dates (12:00–1:00 pm, Virtual):
You're welcome to join us at any meeting! (Link to join is on our event websites above)

- March 5 | Chapters 5–9
- March 19 | Chapter 10





UNSHAKEN VOICES

Together, our voices grow stronger.

Unshaken Voices is a story-sharing project that highlights how Parkinson's impacts not only those living with the disease but also the care partners, loved ones, and advocates who support them.

In the following stories, we're proud to feature two individuals who have turned their personal connection to Parkinson's into a sense of purpose and support for others.

When life shakes, our voices stay steady.

Peeling Back the Onion of PD

In the summer of 2024, Paul Sehnert began physical therapy to address the dizziness and balance issues he had been experiencing. There, he met Torrey Davenport, a trained physical therapist and the Northern Michigan Program Manager for Michigan Parkinson Foundation. "Torrey suggested that I see a neurologist," says Paul. "Six months, and two neurology appointments later, I was diagnosed with Parkinson's."

"At the time, I had no idea what Parkinson's disease was. I was overwhelmed by what I didn't know. Slowly, I began to peel back the onion of PD." Paul did a lot of research online and found some reassuring news: that he could slow the progression of his Parkinson's by exercising and making changes to his diet. He decided to do just that. Today, Paul exercises five days a week. His routine consists of two different PWR! Moves classes, cycling, and boxing. To date, he has experienced both the mental and physical benefits of his new exercise regimen. Not only has Paul lost 30 pounds, but he also has a much more positive outlook about his Parkinson's.



Paul is grateful to Torrey, and the resources that she and MPF provide in Northern Michigan. In fact, Paul recently became a Partner in Parkinson's. "MPF relies exclusively on donations to provide exercise classes, education programs, and support groups. I think it's important to support the programs that have made my Parkinson's journey easier," he says.

Paul's advice to others living with PD is to view exercise as medicine. "Exercise is one of the most effective ways to slow the progression of Parkinson's. Give yourself a daily prescription," says Paul. "You won't regret it."

To learn more about Partners in Parkinson's, MPF's monthly giving program, please visit our website at parkinsonsmi.org/partners-in-parkinsons.

Making Parkinson's Keep Up

Daphne has always been an active person. She loved running, championship tennis, swimming, and aerobic exercise, drawn not only to movement itself but to the endorphin rush that came with challenging her body. She was always searching for her “edge,” asking herself how far she could push beyond any self-imposed limit.

Then a new, unexpected limit entered her life: Parkinson's disease. It began with shoulder pain that made it impossible to play tennis at her accustomed level. Over time, she experienced tremor and stiffness, along with a range of non-motor symptoms including loss of smell, sleep disturbances, vivid dreams, dystonia, twitches, and random pain.

Still, Daphne refuses to let Parkinson's overwhelm her. Through Michigan Parkinson Foundation programs, she has found both movement and community. She stays active through Rock Steady Boxing and exercise programs at the YMCA, the Costic Center, and the HAWK Center. Just as meaningful is the camaraderie, compassion, and understanding she finds in MPF support groups, surrounded by fellow “Parkies” who truly understand life with Parkinson's. She has even added a new sport to her repertoire, pickleball!

Daphne's advice to those newly diagnosed is simple but powerful.

“Pay attention to what your body is telling you. Learn about Parkinson's. Exercise can improve your outlook and may help slow disease progression. Most importantly, continue to seek out your “edges” and push past them. Make Parkinson's struggle to keep up with you.”



Learn how you can share your story!

For more information on the Unshaken Voices story-sharing project, contact Lisa Anga at LAnga@ParkinsonsMI.org.

Dear Friend of Quest,

Happy New Year! We hope 2026 brings you fresh beginnings, good health, and moments of warmth during these winter months. Thank you for being part of our Quest community—your involvement truly helps move Parkinson’s research forward.

Research Opportunities for Parkinson’s

- ◆ **Open Label Study (Ages 40-85):** for adults who have had deep brain stimulation (DBS) or previously participated in an Annovis Research Study.
- ◆ **Experiencing OFF Time? (Ages 30+):** Our Arise Phase 3 trial is testing an investigational once daily pill. It works through a new pathway in the brain and aims to improve symptoms with fewer side effects than typical dopamine medications. **Enrollment closes in March – act now to secure your spot.**
- ◆ **Newly Diagnosed (Ages 40–85):**
We’re enrolling individuals recently diagnosed with Parkinson’s for studies exploring treatments that may help slow disease progression.
- ◆ **Phase 1 study (Ages 40–85):** Treatment is given by IV infusion every 4 weeks, with a total of 4 infusions, and includes an overnight stay at our clinic.
- ◆ **Gene Therapy Trials (Ages 45–75):**
ExPDite 2 (Phase 3) and Regenerate PD (Phase 2) are enrolling adults ages 45–75 who experience at least 2.5 hours of daily OFF time. These gene and cell therapy studies aim to support movement, motor control, and overall quality of life.

Community Engagement

Quest is proud to sponsor the Michigan Parkinson’s Foundation “Hope in Every Step” Symposium on April 9, 2026 — For more information on this visit parkinsonsmi.org - **we hope to see you there!** If you are a leader or member of a Parkinson’s support group and would like a presentation from a representative of our clinical team, please contact Denise Morgott at 248-957-8940 or denise.morgott@questri.com.

Get Involved

To learn more about any study, call **248-957-8940** to speak with a Patient Liaison. No insurance is required, all study related costs are covered, and participants receive a stipend for time and travel!

Thank you for being part of our mission to build better treatments and brighter futures. Together, we’re making a meaningful difference!

Warm regards,
The Quest Research Team



Turn Your IRA Into Hope for Families Facing Parkinson's



What is an IRA rollover?

An IRA rollover (or Qualified Charitable Distribution) is a direct transfer of money from your IRA account to a charity like Michigan Parkinson Foundation. You must be over age 70 ½ to initiate an IRA rollover

Why Consider an IRA Rollover?



Support MPF's programs across Michigan

As Parkinson's continues to rise, your gift helps us expand education, exercise, community, and respite services statewide.



Reduce your taxable income

When funds are transferred directly from your IRA to MPF, they are not recorded as income, which means you do not pay taxes on them.



Satisfy your Required Minimum Distribution (RMD)

If you are age 73 or older and required to take an RMD, an IRA rollover can fulfill all or part of that requirement.

You may donate up to \$111,000 annually from your IRA to one or more qualified charities.

How do I initiate an IRA Rollover?

Reach out to the fiduciary of your IRA (Vanguard, Fidelity, Schwab, etc.) to request that a charitable donation be sent to MPF. Include your name and account number, the amount you would like to transfer, as well as MPF's address and Federal Tax ID.

Michigan Parkinson Foundation
30400 Telegraph Road - Suite #150, Bingham Farms, MI 48025
Tax ID #: 38-2494280

For more information, visit our website at www.parkinsonsmi.org/tax-savvy-ira/ or contact Lisa Anga, MPF's Philanthropic Advisor, at 248-232-0861 or lanaga@parkinsonsmi.org.



MPF Fun Run: Registration Now Open!

June 3, Harsens Island MI

bit.ly/mpfboatrun2026