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## Parkinson's Foundation Grants \$1.5 Million to Local Communities for Parkinson's Programs

*Meadowlark Parkinson's Program Awarded \$18,000 for iCAN with Pd*

**NEW YORK & MIAMI – August 4, 2020** – The Parkinson's Foundation announced the recipients of more than \$1.5 million in community grants for Parkinson's programs. Community grants support local health, wellness, and educational programs that address unmet needs in the Parkinson's disease (PD) community. Meadowlark Parkinson's Program was awarded \$18,000 for iCAN with Pd, an eight-week education series offering confidence about nutrition, swallowing, activities of daily living, and emotional wellness.

"We are proud to continue to provide community grants and expand programs and resources that focus on diverse and underserved populations within the Pd community," said John L. Lehr, President and Chief Executive Officer of the Parkinson's Foundation. "With COVID-19 impacting the world and the Parkinson's community as a whole, this is a vital year for the Parkinson's Foundation to provide support and funding to grant recipients who remain undeterred in their commitment to make life better for people with Parkinson's."

The Parkinson's Foundation awarded more than \$1.5 million in community grants, ranging from a minimum of \$5,000 to a maximum of \$25,000 per grant application. This year's grant cycle focused on three areas, including: programs that provide services for diverse and underserved populations, initiatives that reach the newly diagnosed, and programs that address mental health and Parkinson's.

"Being awarded this grant is a true testament to the amazing multi-disciplinary team that makes up the Meadowlark Parkinson's Program," said Michelle Haub, Special Programs Leader. "The *iCAN with PD (Confidence about Nutrition, Swallowing, Activities of Daily Living and Emotional Wellness with Parkinson's)* education series will help people with Parkinson's and their care partners learn and implement positive nutrition habits, safe exercise, and adaptations to their home for their best quality of life."

New this year, the Parkinson's Foundation launched the Centers of Excellence Community Outreach Resource Education (CORE) grants to support community-based education and outreach programs that address unmet needs in the Parkinson's community. The Foundation awarded 19 CORE grants across the Parkinson's Foundation Centers of Excellence network for programs that align with the community grants focus areas and offer a variety of innovative therapies, programs, and professional healthcare training. Centers of Excellence are designated medical centers with a specialized Parkinson's care team that practices the latest treatment and research while providing the best care.

Programs funded by the Parkinson's Foundation community grants also include wellness, dance, music therapy, and educational classes and services that can help people with Parkinson's live better with the disease. These programs will benefit communities in 37 states across the country.

The first iCAN with Pd session is planned for Monday, Sept. 14, with seven sessions to follow on successive Mondays. The series will be offered virtually.

Meadowlark Parkinson's Program, now in its 14<sup>th</sup> year of providing free services and opportunities for persons affected by PD, sees iCAN with Pd to help persons with Parkinson's disease increase their activity and improve symptom management and mood. Haub added: "Experience has taught us that learning by doing and learning with others produces better outcomes."

Meadowlark's program development and grant writing team was led by Haub, and includes Becky Fitzgerald, Development Director; Bridget Larkin, LMSW, and Lisa Schwarz, Registered Dietitian Nutritionist. More information about iCAN with Pd will be offered in the coming weeks.