



## Parkinson's happened and what we are doing to stop it...

- Caitlin Storbeck

*It seems as though many families deal with some sort of chronic disease in their lives. In our family it just so happened to be Parkinson's disease. In 2005, at the age of 45, my mom was typing on her computer when she began to uncontrollably twitch in one finger. After many tests, that twitch led to the diagnosis of Parkinson's. Throughout the years the small twitch has led to a more distinct tremor and many other symptoms.*

*As a family we knew nothing about this disease. We began to search for organizations that could help educate us. One of these organizations was the Parkinson Council. We learned through the attendance of support groups that Parkinson's is a Neurodegenerative disease that slowly progresses over time with no known cause or cure.*

*In 2008 we were on vacation in Avalon and were eating at a local restaurant, when my mom noticed a basket of decorated flip flops with a sign that read "please donate to support a cure for cancer." During dinner the thought came to us that we should take action and do what we could to find a cure for Parkinson's. We knew that we couldn't control what was happening to our mom but we could take action and help support research for the cause of and cure for PD. This is when the idea for the "Flip Flop Walk" emerged.*

*Over the past 5 years friends and family as well as other families touched by Parkinson's have joined together in the local community center of Avalon, NJ to kick off the walk. Over the past four years the Parkinson Council members have not only joined in our walk but have teamed up with our family to further develop the success of the walk. We are thankful for their support and dedication.*

