



April is Parkinson's Awareness Month and our Annual Fundraising Drive.

Once a year we take time to highlight the work that NCPSPG, North County Parkinson's Support Group has done and is doing. **This reflection is about what you allow us to do with you.**

NCPSPG is a 501c3 nonprofit. As dedicated volunteers, the main goal of our work is to support People with Parkinson's (PwPs) and their families in North County San Diego with the resources and know-how they need to live their best life. When you request resources through NCPSPG.org, you access resources free of charge. The contributions we receive help us support our programs. This support — along with support from individual donors, legacy donors, and participants — allows us to do the work we do.

By choosing to use NCPSPG resources and website you're helping us spread the word to others in our county that might have a need to access the technology, skills, and support we have to carry out our purpose. **That's money going back into the nonprofit community.** That's something that doesn't happen when you get your services through a for-profit provider.

This makes you a stakeholder in the success of NCPSPG — and the success of the world of PwP's & their families. So, we wanted to provide you with a snapshot of some of the work we've done in 2024.

NCPSPG Year in Review

What We've Done Together

Here are just a few ways you've helped us support PwP's and their families.

Over 7,000 PwP& families served: During our 2024 fiscal year, NCPSPG connected approximately 7,000 individuals with services they need to live their best lives. This included information and resources through our monthly newsletter, website resources and scholarship programs offered through NCPSPG.org. and social events. Together, this represents \$23,000 worth of value delivered to PwP's in North County.

Over \$10,000 delivered to PwP's for Scholarship funding: NCPSPG Scholarship Program, provides "opportunities to participate in a number of therapies and programs specifically for PwP's". Encouraging individuals to step out and take control of their journey, to not allow the disease to define them. This includes Rock Steady Boxing, Voice therapy, Physical therapy, and Respite care. In the fiscal year 2024, we received more than 40 requests from PwP's and their families for scholarship opportunities.

Support for Education: In fiscal year 2024, NCPSPG distributed over 9,500 newsletters with education, resources, and In Focus articles highlighting participants from our Support Groups. We supported four local NCPSPG chapters throughout the North County in Oceanside, Rancho Bernardo, La Costa and Fallbrook. A monthly safe meeting place provided with refreshments; a current topic educational speaker secured and a time of sharing their challenges and successes in coping with Parkinson's.

Support for Social Gatherings: Our President, Sam Cooper; otherwise known as "Everything Social". provides the opportunity to participate in four large group socials – Spring (March), Summer (June), Fall (Sept) and Winter (December). Monthly Small Group Socials meet in homes for a more intimate setting and social conversation.

Thank You!

For over 40 years, NCPSPG, together with donors, generous individuals from our nonprofit community, have worked to support the continuation of our purpose, to support individuals affected by Parkinson's Disease. None of it happens without you. Thank you for partnering with NCPSPG. Thank you for trusting us. And thank you for helping us make the world of those living with Parkinson's Disease thrive stronger.

SUPPORT OUR WORK





We are grateful for any and all donations and will go a long way to help your loved one affected by Parkinson, a care partner, or friend. **Please consider a one-time donation, recurring donation or legacy contribution.**

Checks payable to NCPSPG may be mailed to: NCPSPG PO Box 230566 Encinitas, CA 92023 PayPal:
www.paypal.me/ncpsg

Thank you on behalf of those whose life you touched this past year and for your support of North County Parkinson's Support Group.

NCPSPG Board of Directors