



OREGON PARKINSON'S WARRIORS FOUNDATION

2025 ANNUAL REPORT

**YEAR ONE
OPERATING THE FIRST GYM
IN LANE COUNTY
DEDICATED TO PEOPLE WITH
PARKINSON'S DISEASE**

**Double
Trouble**

EMPOWERING MOVEMENT & TRANSFORMING LIVES



2025 marked the first full year operating the Warriors Gym and it proved something powerful!

Parkinson's-specific
exercise works

Consistency works

Community works

AND WE PROVED IT!



VISION

We envision a community where every person living with Parkinson's has access to specialized exercise, supportive community, and the opportunity to move with strength, confidence, and dignity.

**KNOCKING OUT
PARKINSON'S ONE
PUNCH AT A TIME**



MISSION

The Oregon Parkinson's Warriors Foundation (OPWF) is a nonprofit in Eugene, OR, dedicated to improving the lives of people living with Parkinson's Disease



FROM THE HEART OF OUR FOUNDER

Dear Warriors, Families, and Friends,

2025 was another year of courage and our first full year Oregon Parkinson's Warriors Foundation 501(c)(3) nonprofit operating a gym. We served 97 individuals and recorded 4,222 visits. That means 4,222 times someone chose to show up; tired, stiff, discouraged... and move anyway.

And I saw the change. Members caught themselves instead of falling. Freezing of gait softened.. Pain decreased. Confidence returned. One member jogged for the first time in three years.

But what moved me most was belonging.

Warriors Gym has become a place where no one has to explain their tremor. Where encouragement is real. Where progress is celebrated.

Behind the scenes, we strengthened financial systems, implemented volunteer guidelines, enhanced safety, and built the infrastructure needed for sustainability; because heart matters, and structure protects heart.

To our volunteers, board, donors, and community partners, thank you.
To every Warrior, thank you for trusting us.

We are just getting started!

With gratitude,

Lori B. Havas

Founder & Gym Director



2025 IMPACT

PARTICIPATION

- 97 individuals served + care partners
- 26 new members joined the gym
- 4,222 times someone chose strength over fear
- 352 average gym visits per month, demonstrating consistent engagement.

SCHOLARSHIPS

- \$3,360 total
- \$280 average per month

VOLUNTEER & INTERNS

- 54.75 volunteer hours
- 686.3 intern hours
- ~62 hours per month
- 741 volunteer and intern hours represent a significant community investment in care and support.

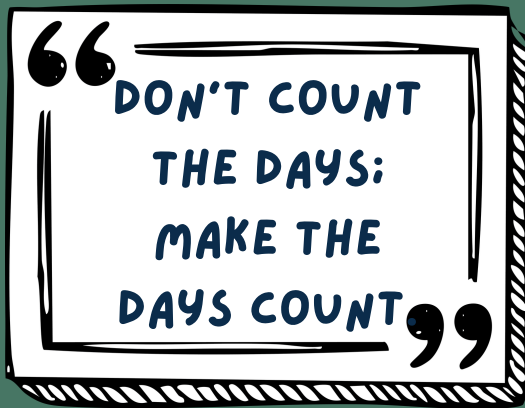
PROGRAM IMPACT

In 2025, participants experienced:

- Improved fall prevention
- Reduced freezing of gait
- Decreased pain after classes
- Increased independence in daily tasks
- Improved reaction time and body awareness
- Renewed confidence in movement

PROGRAMS & SERVICES

Parkinson's-specific boxing, strength, cognitive movement, and stretching programming supports physical strength, executive function engagement, and emotional resilience.



- Level 1–2 Classes: For independently mobile Warriors
- Level 3–4 Classes: Slower-paced with seated options and enhanced support
- Evening Level 1–2 Class: For those working or needing later-day access
- Tai Chi
- Monthly Support Group
- Ongoing Educational Opportunities

WARRIOR SPOTLIGHT: TULIP

Tulip first joined Warriors Gym as a participant navigating the daily challenges of Parkinson's. Today, she serves as our volunteer receptionist; greeting Warriors, tracking attendance, and helping keep our gym tidy and running smoothly.

Living with Parkinson's herself, Sherry understands the courage it takes to walk through the doors. Her presence offers something beyond logistics — it offers belonging.

"Being here gives me purpose," she shares, "besides, Lori would not know what to do without me!" Tulip provides key support for Lori and the Warriors.



Tulip and Merciless

FINANCIAL SNAPSHOT

END OF YEAR 2025

Total Revenue – \$166,916.86

Total Expenses – \$112,681.20

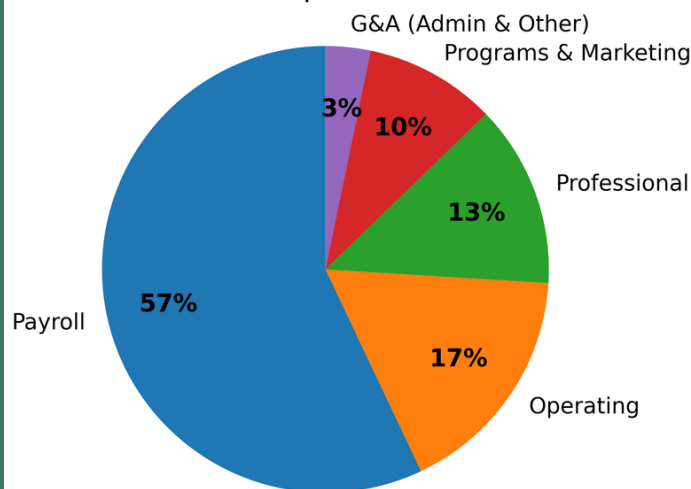
Net position – \$54,106.33

OPWF closed 2025 in a positive financial position, demonstrating early-stage sustainability and strong community support.



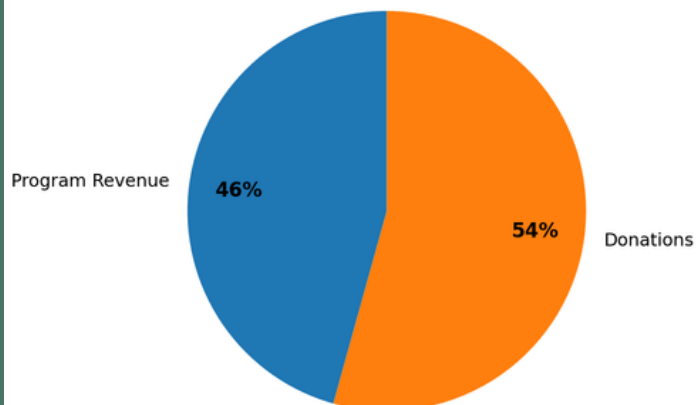
Autzen Foundation – \$6,000
For two new instructors

OPWF 2025 Expense Breakdown



Sign funded by Chambers Family Foundation – \$1,950

OPWF 2025 Revenue Sources



Marie Lamfrom Charitable Foundation
\$2,000 for Operations

Northwood Christian Church
Harvest Offering
Operations \$13,795.50

Punch 4 Parkinson's
Scholarships \$2,760

EVENTS & OUTREACH



Community Support Strengthened our Impact!!

- Gym Grand Opening – \$21,000
- Mini Golf FUN-raiser – \$2,000
- Visit from Parkinson's Foundation
- Brian Grant Foundation attended our Grand Opening



THANK YOU DONORS

Northwood Christian Church
Jim and Jean Novitsky
Autzen Foundation
Keith, Toni, Louie, Jack Sherman,
Stewart Hoeg
Little-Kittinger Foundation
Marie Lamfrom Charitable Foundation
Sharon Piper
Chambers Family Foundation
John Michele Gladieux
Marvin Joan Cypress
Matthew Watkins
Keith Sherman
Jim and Josie Chalmers,
Tim and Donna Laue
Barbara J Havas
Pegg, John, Deb Carver
Ron Johnson
Amber Frank
John and Bev Hickey
Michelle Holman
CW Walker Associates
Robert Lewis
Robert Rudman
Warren Gibson
Joann Shotola
Barbara Sandefur
Jane Scheidecker
Virginia Grilley
Kathie Bruscia
Mark Manning
Patti and Tom Barkin
Jones Debra
Jeem Peterson
Joe Fancher
Liz and Mike Garfinkel
Roger Staver
Marty Cathy Feldman

Vern West
Michelle Hollis
Marvin Cypress
Katherine Bondioli
Robert Choquette
Adelaide Robertson
Eugene, Foot and Ankle Center
Elaine Feingold-Toper
Dona Simmons
Larry Brown
Adele Brown
Carolyn and Dean Kortge
Quality Coach Services, Inc
Laurel Anderson
Mary Scott Halpert
Patricia Marshall
Ellen Freyogle,
Marta Gee,
Craig Stuart,
Mary Beth Pattyn
Joanna Steinman
Trevecca Winters
Linda Spangler
Paula Gladieux
John Haskins
Daniel Horner
Lorraine Gage
Sandi Brown
Linda Farley
Marcia Brett
Marilyn Odell
Jean Tate
Robert & Hilary White
Julie Love
Demetra Kalams
Kathleen Garvin
Alicia Sanders
Nita and John Postlethwait

BOARD & LEADERSHIP



2025 Board of Directors (left to right)

Kristin Fay Venus – President (1/2024 – 8/2025)

Debra Menge – Treasurer

Jennifer Greenwell – Vice President

Michele Gladieux

William Safier

Lori B. Havas – Executive Director

Nadine Batya – President (8/2025 – present)

Joseph Fancher – Secretary (bottom right)

Blue Spirit



Advisory Board

Dr. Sara Batya
Danielle Curran
Don Cross
Tommy Hooker
Gerry Gaydos
Stephan Havas
Cecilia Pulido
Danika Williams

Held first advisory
council meeting in
Summer 2025

BEHIND THE SCENES: BUILDING FOR SUSTAINABILITY

As participation grew in 2025, so did our responsibility. Operating a Parkinson's-specific exercise facility requires more than heart; it requires structure, accountability, and systems that protect both our Warriors and our mission. In 2025, OPWF took deliberate steps to understand gym operations and establish a solid operational foundation for long-term success.

Financial Clarity & Accountability

We clarified and stabilized financial reporting processes, ensuring greater transparency, accuracy, and board-level oversight. Clear reporting strengthens donor trust and positions OPWF for long-term sustainability. A structured membership payment policy was implemented to create consistency, fairness, and predictable revenue; allowing us to plan responsibly while maintaining access through scholarships.

Governance & Organizational Maturity

Governance policies were drafted and refined to support ethical leadership, board accountability, and strategic growth. Committee structures strengthened board engagement and shared responsibility. These advancements reflect our commitment to stewarding community resources with care.

Volunteer & Safety Infrastructure

Volunteer systems were formalized to ensure training, accountability, and clarity of roles. With 741 volunteer and intern hours contributed in 2025, structure ensures that generosity is supported by organization.

Facility upgrades — including air purification, security cameras, and improved signage, enhanced safety, accessibility, and comfort for every Warrior.

**STRONG PROGRAMS CHANGE LIVES.
STRONG SYSTEMS PROTECT PROGRAMS.
BECAUSE HEART MATTERS.
AND STRUCTURE PROTECTS HEART.**

FALLEN WARRIORS

In 2025 and early 2026, we said goodbye to beloved members of our Warrior community. Their courage, humor, and presence shaped this gym in lasting ways. We honor them with gratitude.



Blue Bomber , a founding member in 2018. Always positive, always a huge smile, helped me start the foundation with encouragement and kind words



Pancho joined us and showed up three days a week with quiet determination to navigate Parkinson's and spending the rest of his time bird watching, traveling, and hiking in the open air.



Hershey, a wonderful man that never gave up. When Covid shut down classes he was the first to move to Zoom and kept trying even when his body was beginning to shut down. The absolute sweetest man.



Moon Mullins was constantly in serious pain but he never let the pain stop him. He would rest a few moments and then jump right back in trying his best.



Max's strength, spirit, and presence remain deeply woven into this community. His boxing name honored his father, and his smile was bright, genuine, and the kind that stays with you.



Mad Dog battled PSP, yet still attended class five days a week. His motto was, "Never give up ! Never, never, ever, ever."

LOOKING AHEAD



As we look ahead to 2026, the Oregon Parkinson's Warriors Foundation is entering what we are calling a Consolidation Year; a time dedicated to strengthening the foundation that supports Warriors Gym and the community that has grown around it.

During our first full year of operation, we saw the powerful impact of Parkinson's specific exercise and the strength that emerges when people come together in a supportive environment. Warriors showed up for one another. Families showed up. Volunteers showed up. And the broader community showed up as well.

In the year ahead, OPWF will focus on several key priorities: building community supported access so more individuals living with Parkinson's can participate, strengthening instructor training to support consistent and high-quality programming, growing community partnerships, and continuing the operational work needed to sustain the gym for the long term.

This work is about protecting what matters most ; the welcoming, supportive environment where Warriors can build strength, maintain independence, and remain connected to one another.

By the end of 2026, our goal is to have strengthened the systems, leadership support, and financial stability needed to ensure Warriors Gym continues to serve this community for years to come.

Together, we are building something lasting: a place where people living with Parkinson's can move, connect, and thrive.

~ OPWF Board of Directors

CONTACT US



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**Your support makes
this possible.**



Enhancing the lives of individuals with Parkinson's disease



SOME OF US

Poem written by 'Double Trouble' cover image

Some of us have tremors, some do not...some shuffle their feet when they walk.

Some walk around looking as if they are in a daze, while others are still as sharp as a whip.

Some rely heavily on their medication to function. Others say they can't tell a difference when they take it.

Some have freezing episodes. Others have dyskinesia or dystonia. Some have posture issues.

Some struggle to find simple words while, others talk so softly you struggle to hear them.

This list could go on and on. No two people with Parkinson's have the exact same symptoms.

My sister Sherry and I have rare genetic form, and we have different symptoms from each other. My first neurological symptom was foot drop at age 19, whereas my sister had hand tremors in high school and had trouble turning corners when walking.

However, the one thing we all have in common is we are all fighting for the same thing; independence, hope, strength, and the ability to care for ourselves with no help needed.

The camaraderie I share with my class is irreplaceable, immeasurable and valuable beyond words.

I fight a battle against my body every day, one that doesn't end with no breaks and no finish line.

I keep fighting even when I am tired or weak, or when I feel like I've had enough, I fight for my health in more ways than most others can understand.

KNOCKING OUT PARKINSON'S ONE PUNCH AT A TIME

*Supporting strength, independence, and connection
for people living with Parkinson's*

**At OPWF, we believe everyone deserves access
to movement, support, and community;
regardless of financial circumstances.**

**We are a community-supported model.
Some give more. Some give less. All belong.**



Become a Monthly Supporter

Provide steady support that keeps the gym strong and accessible.



Give to the Friends & Family Fund (Mad Dog Fund)

Help ensure every Warrior can participate, regardless of ability to pay.



Make a One-Time Gift

Support programs and daily operations.



Partner with us

Collaborate to expand impact through community and business support.



Volunteer

Show up, support the space, and be part of the community.

Support Program Operation



Your support makes this possible:

- 4,000+ visits to the gym
- Funding for Warriors in financial need
- Parkinson's-specific exercise programming
- A place where no one has to face Parkinson's alone

www.opwf.org

Support Warrior Friends & Families Fund

