

Carolyn Gloudemans was diagnosed with Parkinson's Disease a year ago. She had a hard time accepting this diagnosis because she had already been through so much. In 2004 Carolyn was diagnosed with Mantel Cell Lymphoma. She fought back with a stem cell transplant in 2005 but the lymphoma returned. She then buckled up for a bone marrow transplant in 2007 and she recently celebrated 9 years of being cancer free. As an RN, Carolyn was trying to persevere through her Parkinson's symptoms, such as difficulty walking, clumsiness, falling and tremors in her left arm. Unfortunately, she had to accept the diagnosis and the fact that she could no longer work. Carolyn left her beloved nursing career working with newborn babies in the NICU. It was during this time that Carolyn said, "I pretty much threw in the towel, I'm done. I felt like I was at a dead end, I wanted to give up".

Fast forward 5 months later and we found an article in the paper about National Parkinson's Foundation Moving Day. This walk motivated Carolyn to turn something negative into a positive. It was exactly what Carolyn needed. When Carolyn first began training for the walk in March, she could barely walk $\frac{1}{4}$ of a mile. She did not give up and she continued to walk 3 days per week, made changes to her medication and followed recommendations from her doctor on how to improve her stride when she walked. Carolyn said, "It is my dream to be able to accomplish this walk and not to give up on the possibilities of what I can achieve. Don't let the disease be the reason for not doing something". Today, Carolyn just completed her first 5K! Goal accomplished!

Carolyn is very excited to share her story with all of you. She has seen examples of other people that have gone through something unfortunate and it helped her realize that she can help someone through her example of courage & strength. Carolyn shared with me the following statement, "You can't let this disease give you a reason not to do things. You just have to do it your way. You might have to change a few things but you can still do it. If I leave this walk knowing impacted one person that will give me the reason to keep moving on and never give up!"