



About Amp's Jersey

Amp's jersey shares important information and symbols. Explore this document to learn more.

Symbol	Location	Meaning
Walk Off Parkinson's logo	Front of Jersey	Since 2005, the tulip has been recognized worldwide as a symbol for Parkinson's Disease. Many organizations involved with the Parkinson's community use a variation on the tulip. PFNCA's Walk Off Parkinson's logo tells an important story. While there is no cure for Parkinson's, those with it can take steps to live well with the disease. One of our volunteers observed that people with Parkinson's have this swagger and defiance about them. They have a disease with no cure but they march on. PFNCA's volunteer graphic designer captured this in the Walk Off Parkinson's logo. The imprint of a shoe through a tulip honors this defiance. As a person with Parkinson's who attends PFNCA's programs told us: "I may have Parkinson's but I'm not going to let Parkinson's have me." PFNCA's Walk Off Parkinson's tulip captures this spirit and we hope it inspires those impacted by Parkinson's to take proactive steps to live well with the disease.
Heart with C	Front right chest	This symbol acknowledges and honors the important role that carpartners make in the lives of people facing Parkinson's. It is also a reminder that carpenters need to be sure to take time for themselves and understand that without finding ways to enjoy "personal time" their ability to effectively support their loved one may diminish.
Orange, Silver and Gold symbols under Amp's name	Back of Jersey	These represent stickers that are presented to PFNCA program attendees and worn on their name badges to honor them for their continued participation. Attendees receive an orange sticker when they attend 25 programs sessions within a year, a silver one when they attend 35 and a gold one when they attend 50. It is not easy to commit to attending weekly programming to better yourself. These badges remind attendees that their consistent participation will help them live well with Parkinson's.
"Exercise, Speak Louder, Learn."	Back of Jersey	Exercise... This illustrates the importance of physical activity to slow how Parkinson's makes you feel. Speak Louder... This reminds those facing Parkinson's that over time their voice most likely will soften and that it is important to speak louder in conversation to ensure they will be heard. Learn... This highlights the importance of learning about Parkinson's. Although it is a chronic disease with no cure, you can become more educated and live well with Parkinson's.
QR Code	Right Sleeve	QR code links people to Amp's fan club webpage but also represents the QR codes that are assigned to people who participate in PFNCA programs. Attendance of those who participate is taken using QR codes and participants are sent periodic reports about how often they attend programs that they can share with their physicians, family members, etc. The same attendance system also allows participants to evaluate PFNCA's programs. PFNCA is an organization that effectively uses data to serve.
Initials "MAB"	Right Sleeve	These initials pay tribute to PFNCA's Medical Advisory Board, area Movement Disorder Specialists and others who specialize in Parkinson's Disease who volunteer their time to ensure that PFNCA's programs are evidenced-based. These physicians also volunteer their time to PFNCA as speakers at various educational programs.
PFNCA Logo	Left Sleeve	The Parkinson Foundation of the National Capital Area (PFNCA) is a local independent organization that improves the quality of life of those impacted by Parkinson's disease, their care partners and families, and fosters a sense of community to ensure that no one battles this disease alone. PFNCA offers exercise, communication and education programs to strengthen the physical and emotional health of people impacted by Parkinson's. PFNCA is not affiliated with any of the many national organizations that are part of the Parkinson's community.