



Putting for Parkinson's

Attn: Scott Layman

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[www.putting4parkinsons.com](http://www.putting4parkinsons.com)

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Dear Friends,

It takes a lot to get me down and out of the game. I have survived a lot during my life so far. At a very young age, still in diapers, I climbed into my mom's car, which was parked on a hill, grabbed the steering wheel, pulled down the column shifter, and off I went, across US Route 11 into the neighbor's yard across the road. My neighbor, seeing the whole thing going down, ran out of his house and managed to stop the car and pull me safely out. I had numerous concussions playing high school football, something that may have contributed to my current state. I climbed the goalpost following a Virginia Tech victory over in-state rival UVa, only to be thrown to the turf and knocked unconscious as the goalpost came down. I luckily, and barely, missed a speeding motorist who plowed through an intersection outside of Paul Brown Stadium before a Bengals game, injuring several people and killing one. I most recently took a header off an above-ground pool deck, landing on my head and going to the ER with a huge gash in my scalp. These things I survived and they didn't get the best of me.

I was diagnosed with Parkinson's Disease in 2009. Sure, I have moments during the day when I struggle, and even days at a time that don't go so well, but I am still kicking and I am determined not to let this disease get the best of me. I continue to struggle with my speech, but the "dead" left hand that I reported last year is a bit improved ... I can tie my shoes again! Oh, the small victories I celebrate these days! Every day of feeling good, even every moment during each day that I feel good, is a small victory. The way I figure, if I can win enough small victories day-to-day, then I am winning my personal battle against Parkinson's. Daily management of my symptoms, and victory over them, is what I focus my energy on until a cure of this disease is found. This has been my mantra for the past nine years, and this it will be for the next 50 if need be.

I have too much at stake not to win over Parkinson's. I am a husband, a father, a grandfather, and a friend to many. There is way too much living to do and too many great memories still to make with my loved ones for me to give up on my personal situation. Do I put some pressure on myself with this attitude? Maybe, but only if I allow myself to feel it. I choose instead to be optimistic that things will work themselves out, and they will with Faith, certainty and determination in my life.

Parkinson's has a way of bring people of different backgrounds together. Rock Steady Boxing, a fitness regimen in which I participate three times a week, is a great example of this. My classmates and I are all from different origins and have different life stories, but in that boxing gym, we all have one thing in common – Parkinson's Disease. We all battle through each exercise and each session like we battle through life, and we emerge tired from the workout but victorious over our disease. We are all champions, and I am proud to call every one of them a friend.



Another friend I made last year is not someone I would have ever imagined knowing, until recently. Talk about different life stories, but former professional baseball great Dave Parker and I have a common bond of fighting for a Parkinson's cure through our own advocacy for fundraising and spreading public awareness of the disease. Dave's group, the DaveParker39Foundation, has some great things going on. Check them out at [www.daveparker39foundation.com](http://www.daveparker39foundation.com).

Through the past 8 years, *Putting for Parkinson's* has raised OVER \$230,000 for Parkinson's research. Thank you to everyone who played, sponsored and donated, because, and I've said this a hundred times, we could not have done anything close to this without YOU. Every day, every dollar gets us closer to a cure ... I honestly believe that.

Again this year, *Putting for Parkinson's* will be donating up to 20% of the net proceeds from the golf outing to one or two deserving individuals suffering from Parkinson's Disease who might need medication, a special medical device, DBS surgery, a home handicap alteration, or a piece of equipment, but might not otherwise be able to afford it. I prefer to keep this local and help Parkinson's patients in this area. If you know anyone fitting this bill, please have them send me a brief letter to the address at the top of this letter.

Please join us again this year by playing golf, volunteering, or coming to the dinner and festive part of the night. Of course, those unable to attend the event can always mail in a donation, or donate on-line. Please help us make a positive impact on the lives of Parkinson's patients everywhere and find a cure!

Our NINTH golf outing will be held on **Friday, July 13, 2018** at Highland Country Club in Fort Thomas, KY, with morning and afternoon shotgun starts. Breakfast, lunch and dinner are included with your golf registration, and we also have a dinner-only option for non-golfers, spouses & friends. Join us as we dance and sing to music by the awesome 80s cover band 'Them Carls', scheduled to start playing around 9:00pm. Yes, it will be a long day, but it will be loaded with fun and friendship. I guarantee you'll have a great time, and I hope to see you on July 13!

God Bless and Remember ... *Optimism Always Prevails!*

A handwritten signature in blue ink, appearing to read 'Scott Layman', is positioned above the printed name.

Scott Layman  
P4P Golf Committee and "That Champion with Parkinson's"