

“FLATLANDER HIKE ON THE DIKE”

I’M TAKIN’ A HIKE... FOR PARKINSON’S, THAT IS!

Hi Friends and Family,

I will be participating in the Big O’ Hike around Lake Okeechobee this year in memory of my brother, Steve, who died suddenly on July 18th, 2011. The hike is organized annually by the Loxahatchee branch of the Florida Trail Association and entails hiking all the way around Lake Okeechobee, a distance of 110 miles. We will be starting the walk on November 19th and finish the last leg on the 27th. I am hoping to finish...

Steve was a big-time hiker, and he loved hiking the big mountains outside of his former home in Las Vegas as well as the California mountains. He was really good at it too, forging new trails on many hikes. We don’t have those big mountains here in Florida, so I’m calling it my “flatlander hike on the dike” around the Big O’ and dedicating it to him.

During the past few years of Steve’s illness, the American Parkinson Disease Association in Broward/Palm Beach County had donated 4 hrs a week of respite care to give the caregiver (me) a little break. This generosity on their part has led me to want to give something back, and so I am walking to raise money for the program and the American Parkinson Disease Association to help others.

If you would like to share in this fund raising walk with me, or know someone else who may want to, I would appreciate it if you would share this with them. One option for contributing would be to send a check made out to the APDA (American Parkinson Disease Association) either directly to me (Gail Baldwin, 475 Canal Point North, #112, Delray Beach, FL 33444) or directly to APDA (201 E. Sample Rd., Deerfield Beach, FL 33064) or contribute online at www.apdaflorida.org. Either way, please be sure to note that you are contributing in memory of Steve Baldwin, Big O’ Hike. Your contribution will greatly benefit other Parkinson patients.

Thanks so much for your love, friendship and support.

Gail Baldwin
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