



## News Release

### **Volunteering Runs in this Family**

**St. John's, NL, November 14, 2011** – When Elizabeth (Beth) Holloway was diagnosed with Parkinson's at 33 she decided that as a young person with Parkinson's she was in a unique position to spread awareness. Her sister, Janice (Jan) Winsor, decided that she could help by giving time to the Parkinson Society. Now, twenty years since Beth's diagnosis, both ladies are being honoured for their dedication in promoting awareness of Parkinson's and offering support. Beth will receive the National Mimi Feutl award developed by Parkinson Society Canada (PSC). Jan will receive the Anne Rutherford Memorial Award sponsored by Parkinson Society Newfoundland and Labrador (PSNL).

The Mimi Feutl Award was developed to honour individuals who, through compassion and provision of information and support, have made life better for individuals living with Parkinson's and their families.

Beth served on the National PSC Board for 5 years, on the PSNL Board for 10 years, and acted as Chair of the St. John's Support Group for two years. Beth has also been editor of the provincial newsletter, *The Prattle* for the last 10 years. She is an enthusiastic member of the provincial Education and Support Services Committee (ESSC) and is Chair of the provincial Board Development Committee. As a member of the ESSC, Beth assists with the organization of the Parkinson Community Education Program (P-CEP) and is part of the team that travels across our Island holding educational seminars.

The Anne Rutherford Memorial Award honours the memory of Anne Rutherford, one of the founding members of PSNL. The recipient of the award epitomizes the determination, enthusiasm, and passion of Anne Rutherford in promoting Parkinson's.

Jan's organizational skills have made her an invaluable member of the St. John's Support Group. She is active in the planning and execution of the annual St. John's P-CEP and assists with the coordination of the Coin Box Program by rolling and depositing the hundreds of coins donated in and around St. John's. She has coordinated the Support Group's *Hope in Bloom* Campaign and sold over 10,000 tulip bulbs annually for several years. At the annual *Platters and Plates for Parkinson's* her *Cinderella* duties are legendary. Here she manages the scrubbing of all the pots and pans needed to feed over 600 people. During the annual St. John's *SuperWalk* in September, Jan organizes the *Cake Walk*—a game that brings out the child in all and raises over \$500 annually.

Lynn Lush, Chair of the Provincial Board is proud to have both of them as members of the Parkinson Society because they lead by example. "Beth and Jan's dedication and compassion combined with their willingness to help anyone facing personal struggles make them excellent candidates for such distinguished awards. Their commitment to improving the lives of those living with this debilitating disease is very humbling," says Lush.

On November 19, Beth and Jan will be honoured at a Parkinson celebration at the GEO Centre in St. John's.

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