NEW LEADERSHIP AND GROWTH

2023 - 2022 ANNUAL REPORT

RLS

RESTLESS LEGS
SYNDROME
FOUNDATION

Restless Legs Syndrome Foundation is dedicated to improving the lives of the men, women and children who live with this often devastating disease. The organization's goals are to increase awareness, to improve treatments and, through research, to find a cure for RLS.

2022 - 2023
Board of Directors

Shalini Paruthi, MD, *Chair*
St. Louis, MO

David J. Loskutoff, PhD, *Secretary*
Solana Beach, CA

Greg Oberland, *Treasurer*
Whitefish Bay, WI

Lewis Phelps, *Chair Emeritus*
Pasadena, CA

Jacquelyn (Jacci) Bainbridge, PharmD
Englewood, CO

Marcia Ball
Huntley, IL

Jeffery S. Durmer, MD, PhD
Denver, CO

Laura Scott Hoffman
Sarasota, FL

Paul Rochester
Hillsborough, CA

Paul J. Vicary
The Villages, FL

2022 - 2023
RLS Foundation Scientific and Medical Advisory Board

Christopher J. Earley, MB, BCh, PhD, FRCPI
SMAB Chairman
Baltimore, MD

David J. Loskutoff, PhD,
Board of Directors Liaison
Saratoga, CA

Philip Becker, MD
Dallas, TX

Joseph (Andy) Berkowski, MD
Cleveland, OH

Mark Buchfuhrer, MD, FRCP(C), FCCP
Redwood City, CA

Stefan Clemens, PhD, HdR
Greenville, NC

James R. Connor, PhD
Hershey PA

Sergi Ferré, MD, PhD
Baltimore, MD

Jennifer G. Hensley, EdD, CNM, WHNP
Pflugerville, TX

Byron C. Jones, PhD
Memphis, TN

Elias G. Karroum, MD, PhD
Washington, DC

Brian B. Koo, MD
West Haven, CT

Mauro Manconi, MD, PhD
Switzerland

William Ondo, MD
Houston, TX

Kathy C. Richards, PhD, RN, FAAN
Austin, TX

Denise Sharon, MD, PhD, FAASM
Claremont, CA

Michael H. Silber, MB, ChB
Rochester, MN

George Uhl, MD, PhD
Albuquerque, NM

Arthur S. Walters, MD
Nashville, TN

John W. Winkelman, MD, PhD
Boston, MA

The Restless Legs Syndrome Foundation Board of Directors held meetings on:

2/6/23	6/15/23	9/5/23	9/28/23
Telephonic	Telephonic	Telephonic	Telephonic

From the Chairman of the Board

Shalini Paruthi, MD
Chair, RLS Foundation
Board of Directors

As Chair of the RLS Foundation Board of Directors, I am pleased to report that the fiscal year 2022-23 was an exciting time of growth and opportunity for the RLS Foundation. We experienced growth in membership, programs, social media engagement, and public policy outreach.

The Foundation maintains a healthy financial position that continues its mission to the members who support the work of the Foundation and the greater RLS community. Our financial team informs and advises the Board on matters and conducts an annual audit that confirms our accounting practices' strength to the community that we serve. The Foundation's programs and outreach have tangible costs regarding staff time and resources. To support the Foundation's vital work, generous contributions above and beyond membership dues support critical work essential to the needs of the RLS community. We thank each of our donors for their generous support that allows us to continue our good works.

The Executive Director and staff of the Foundation deserve our sincere thanks and appreciation for their support in serving the needs of the RLS community. With the continued generous support of our community members, the Foundation is well-placed to continue its vital work as we look upward and onward toward the future.

Sweet Dreams!

SParuthi, MD

Shalini Paruthi, MD

Board Chair, Restless Legs Syndrome Foundation

RLS Foundation Welcomes New Board Chair, Dr. Shalini Paruthi

By Clara Schlemeyer, RLS Foundation Program Coordinator

I recently had the pleasure of interviewing Dr. Shalini Paruthi, who joined the Foundation's Board of Directors in 2018 and became Chair this year! Dr. Paruthi also dedicates her time to the AASM (American Academy of Sleep). She is certified in both internal medicine and sleep medicine and has extensive expertise in treating both pediatric and adult patients, but her particular interest is in sleep disorders of childhood – obstructive sleep apnea, insomnia, narcolepsy, and – of course – restless legs syndrome. While treating her patients, she is also educating future doctors at Saint Louis University School of Medicine. Her willingness to teach, treat, and share her knowledge is inspiring.

Q. What was your motivation to get involved with the RLS Foundation, and why did you choose to stay involved?
A. My patients are my biggest motivators! I specialize in sleep disorders and have a specific interest in RLS, because I am also an RLS patient. It's something that I see every day that is easily misunderstood, and there is not enough good, reliable, truthful information available for people. I think one of the most important things that physicians can do is to advocate for our patients. When Karla Dzienkowski reached out to me knowing that I had an interest in RLS, and that my primary focus is on pediatric sleep disorders, it was an excellent opportunity for me to bring my advocacy to the Foundation.

Q. As a physician who specializes in sleep disorders, what knowledge and skills do you hope to bring to the Board as you step into your role as chair?
A. One of the best parts of my day is that I am a teaching physician. I previously taught full-time at Saint Louis University and now am at Saint Luke's Hospital in Saint Louis. In my role at St. Luke's, I continue to teach rotators about sleep disorders. I want to make sure that they have a very strong knowledge of all the different sleep disorders, including RLS, which can be very difficult to recognize and diagnose. Sometimes patients cannot articulate their exact symptoms or the symptoms overlap with other medical disorders. As a teaching physician, in every patient visit, I am not only educating the patient but also educating the learners rotating with me.

Additionally, I chaired the program committee at the American Academy of Sleep Medicine for two years. The program committee plans the annual national SLEEP meeting, during which nearly 5,000 physicians, nurses, sleep technicians and sleep researchers gather to share knowledge and learn from one another. That experience enabled me to help with the Foundation's educational events, such as our virtual Summits and our in-person Patient Symposium, where I served as moderator and educator.

Q. What is your favorite part about serving on this Board?
A. My fellow Board Members! I have met so many people with such different and diverse talents, backgrounds and perspectives, and every one of them is so dedicated to our mission. They want nothing more than to make sure that we are increasing RLS awareness, improving treatments and looking for the best research opportunities. Each Board member is focused on improving RLS diagnosis opportunties and ensuring wider availability of proper treatment. I just see so much passion, dedication and really great teamwork.

Q. How has living with RLS fueled your passion for helping the RLS community?
A. Having RLS, and at times suffering terribly from it, has really opened my eyes to the lack of knowledge surrounding RLS. I am very passionate about educating people about RLS and that it is a serious disorder. It can be so disruptive to a person's quality of life or their ability to sleep well at night, which then affects their daytime function. For me, it has increased my compassion and empathy for others who suffer from RLS, and I want to do as much as I can within the RLS Foundation to increase awareness and help others know there is hope in finding a treatment that works for them. In addition, we must remind everyone that RLS is also a pediatric disorder with many young children or teenagers having RLS as their cause of insomnia.

Q. What are your future goals and aspirations for the Board?
A. The future goals for the Board are very clearly and appropriately tied to our mission. I hope to increase awareness about pediatric RLS. When a child comes to see me in the office, their parents have already tried all sorts of good sleep hygiene and techniques they have found on the internet, or followed suggestions from family and friends. Yet, they can't understand what is being so disruptive to their child's sleep. Often, no one has asked them questions about uncomfortable sensations in the legs or those urges to move in the evenings and the restlessness that comes along with it. Once we diagnose their RLS and begin treatment, they see a huge improvement in their child and the whole family's interactions. As a Board we are making progress in education, and we must recognize that RLS affects the lifespan, from young children all the way up to older adults.

It is incredibly important for us to request proposals for research projects that can be funded. We have an amazing group of donors who understand just how much RLS affects others, and our best bet is to continue to fund high-quality research that will get us closer to finding better treatments and a cure for RLS. I want to express my deep gratitude for the work of the staff at the RLS Foundation; Karla, Zibby, Clara and Adrianna are an absolutely amazing, hard-working group of dedicated women who really care about people suffering from RLS.

Q. What is your biggest piece of advice for those struggling with their RLS?
A. People are their own best experts; we can recognize when something is not right within our bodies. When you don't get a satisfactory answer about a problem you are having, it doesn't mean that your doctor does not care or that they are dismissing you. It may just be that they don't know enough about RLS and may not realize what an impact it is having on your quality of life. If at first you see a clinician who does not quite understand what you are saying, it does not mean that all doctors do not know about it, it just means you need to keep looking until you find the right physician who does know about RLS. Sometimes that means doing a little bit of detective work. Most neurologists should know about RLS, and even if they are not experts, they may be able to refer you either to a movement disorder specialist within neurology or directly to a board-certified sleep physician at an accredited sleep center. Being your own advocate and not settling for the first answer that you get – just being true to your body – is my best piece of advice on RLS.

To view a list of healthcare providers organized by state who have come forward expressing an interest and knowledge in treating RLS or learn more about RLS Quality Care Centers, visit www.rls.org.

Welcome New Board Member: Paul Vicary

The RLS Foundation is delighted to announce the appointment of Paul Vicary as the newest member of the Board of Directors. Vicary is a former senior executive in the technology, financial and software services sectors. He worked directly with billion-dollar companies including Digital Equipment Corporation (now Hewlett-Packard), Fiserv Inc., First Merit, Burroughs and Unisys Corporation. In each executive role, he consistently exceeded goals for the company's revenue and growth targets while overseeing multiple divisions.

Vicary was also the founder and CEO of Mr. Golf, Inc., based in Ponte Vedra Beach, Florida. Mr. Golf is a prominent sports-related organization that, among other things, connects golfers to courses across the US and Canada. He developed his business into the second-largest golf travel services provider in North America.

Vicary is a highly sought motivational speaker and senior management consultant. He has contributed to numerous for-profit and nonprofit organizations as an independent director. As an alumnus of the University of Western Ontario, he holds an economics and business degree. Vicary is an avid golfer, club fitter and instructor in The Villages, Florida, where he and his wife Susan, currently reside. As someone who lives with RLS, he understands the importance of maintaining and strengthening an organization that provides essential resources to the RLS community.

Vicary says, "As many can attest, for years I felt I was walking alone with this disease. Countless sleepless nights with excruciating pain, uncontrollable movement and discomfort. I was driving myself crazy trying to identify and resolve the problem. Through the efforts of the University of Florida's neurological team, I was properly diagnosed and treated for this disease. I was also directed toward the RLS Foundation and the research it has been doing to identify better treatments and find a cure for this debilitating disease affecting millions. I am thrilled to be able to play a small part in this fight and to help others understand that they are not walking alone."

"Paul Vicary's considerable business experience, leadership skills and board expertise will undoubtedly prove invaluable to the RLS Foundation," says Shalini Paruthi, M.D., chair of the RLS Foundation Board of Directors. "We welcome Vicary to the Board of Directors and look forward to working together."

Interview with a Legend: Pickett Guthrie

By Clara Schlemeyer, program coordinator, RLS Foundation

Pickett Guthrie was asked to share with our members some of her memories about starting the Foundation and her thoughts on where we are now and where we are headed. Guthrie was the Foundation's first executive director and continues to be one of our biggest supporters. She received the Ekbom Award, with deep appreciation of meritorious service, in 2008.

Q: How did you first get involved with the RLS Foundation?

A: I am the middle cog among three generations who suffered with RLS; my father had RLS (but, of course, back then no one knew what it was), and my daughters also have it. I was stubborn. I had a very demanding job, but I couldn't sleep. As I tried to get help from my general practitioner, he finally remembered that my father had complained about the same condition. My internist sent me to the medical school at Duke University because he didn't know what to do for me. Eventually, someone in the Neurology Department at Duke admitted that he did know what it was, but he did not have a clue about how to treat it. Eventually, I went to the National Organization for Rare Disorders in Washington, D.C., where they had received other inquiries about RLS.

About that time, Oron Hawley and Virginia Wilson were also looking for answers about their own suffering and started exchanging letters to share information. That is when Oron, at age 90-plus, started a very simple newsletter about RLS and wanted to start a support group for sufferers as well.

Oron really does deserve most of the credit. Although he did not have a severe case of RLS, it made him mad that it was so difficult to find treatment. So, he and Virginia decided to have a small support group, just the two of them! Virginia was really a go-getter type of person, so I started chatting on the phone with Virginia. It is hard to imagine now, but this was a time before computers and the internet enabled people to make connections.

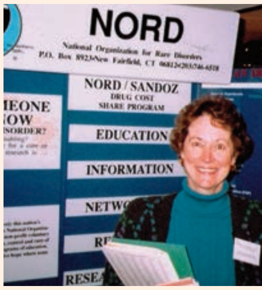
I joined the small support group, but really, a support group in and of itself does not have much credibility. I was working for a very large law firm, and I was told that in order to have any credibility we needed to form a significant organization. Since I had the knowledge and the ability to deal with the legal requirements, I filed for incorporation, formed a board of directors, filed for 501(c)(3) status and created the Restless Legs Syndrome Foundation. We were up and running all at once!

It was a unique group of people who decided that we were going to try to do something, not just sit and let life happen. Those were very exciting years, because initially we were told that there weren't many people with this obscure disease – that RLS is a rare disorder. I attended the national meeting of the Council on Rare Disorders in Washington, D.C., and discovered that RLS is *not* a rare disorder.

Q: What were some of the guiding principles that helped you as the first executive director of the RLS Foundation?

A: The most important function of the Foundation, ironically, was to listen to our members. People with RLS just needed to be heard, and they needed to know that RLS is a real, not so rare, disease. They needed to be directed to legitimate medical information. I think the Foundation has always stood for that, for providing information that you could trust. Over the years, the Foundation has built that reputation for truth and transparency, sharing confirmed medical information from RLS experts. We were trying not to frighten people but to reassure them and give them hope.

It was important that we build credibility among medical professionals. We went to our first meetings at SLEEP and the American Academy of Neurology to show that we were a professional organization, and that restless legs syndrome was not a joke but a legitimate, common disease that needed attention and required medical treatment.



Q: What is your best memory with the RLS Foundation?

A: That very first SLEEP meeting, it was heady stuff! Here we were, three determined people trying to get the word out about RLS, and the Foundation was still operating out of my dining room with material spread out on the dining room table. Nobody knew that we didn't have an actual office and that I wasn't even receiving a salary. So, we had to fake it. We just had to take a deep breath and act as though we were just as legitimate as anybody else there. That was exciting!

Q: What do you want your legacy to be?

A: From the beginning, we formed the Foundation to help other people with RLS. And, as the Foundation has grown, that is still the focus: to help those with RLS through education, resources and research to find a cure. Initially, when we got calls from people suffering from RLS, about all we could do was to hold their hands and offer a compassionate ear. But now there is significant help available in terms of resources, webinars, support groups and advocacy opportunities, and it's very satisfying.

I am proud to have been the first executive director, but I never could have done it without so many people who rolled up their sleeves to help, whether they had any previous professional experience or not. Most of our first board members had no experience serving on a board of directors, but they were willing to serve on the RLS Foundation's board because that's what was needed to form a Foundation.

Q: Where do you hope to see the Foundation in the next 30 years?

A: Of course, we would all like to unlock the mystery of RLS and find a cure. I am so proud to see that the RLS Foundation is now a major player in the world of sleep professionals, so the success of this organization is significant. Even though we don't yet have a cure for RLS, I would love to see RLS have less impact on the quality of life of people who suffer from it. That means finding better treatments that will allow those with RLS to live full and happy lives. Tragically, suicide is a real issue for some people with RLS.

We know now that RLS can be diagnosed and treated effectively. Although the Foundation has made great progress in educating the public about RLS, there are still people who have trouble finding a healthcare provider who can help them manage their disease. There will always be a need for the Foundation. Better education and information, and not just fewer desperate people, would be a simple way to put our goals. I would like to see the primary care doctors and specialists treating patients with RLS send them to the RLS Foundation for reliable information and compassionate support.

In my day, people wound up at the Foundation in desperation, when their healthcare providers had no answers for them. It is my hope that in the next 30 years we can provide hope and education to RLS patients by connecting them with an RLS specialist who can help them manage their disease, so that it doesn't destroy their lives. The general public must understand that RLS affects every aspect of a person's life in such a profound way, because it robs them of the ability to sleep or even to rest. Members of the RLS Foundation understand the devastating impact that RLS has on quality of life and can support each other to minimize that impact.

making accommodations!

Pickett Guthrie demonstrates how she uses a stationery bike in the van to alleviate her leg problems while traveling. Bob Guthrie, right, is in the driver's seat.

STAFF PHOTO BY ROBERT THOMASON

Getting doctors on board

Dr. Art Walters, Pickett Guthrie, Dr. Wayne Henning & Carol Walker

First booth at SLEEP

Pickett Guthrie, Bob Balkam, Carol & Thad Walker

Pickett Guthrie & Juanita Therrell

Foundation headquarters … Pickett's dining room table!

Dr. Bruce Ehrenberg, Pickett & Bob Guthrie

National RLS Opioid Registry Reaches 4th Anniversary

By John W. Winkelman, MD, PhD, and Jordana Zackon, BA

The National RLS Opioid Registry is a longitudinal observational study funded by the RLS Foundation to assess the efficacy, dose escalation and complications in patients using prescribed opioids for RLS. Many people, including healthcare providers, are surprised that this class of medication is used for RLS. How did we get to the point where opioids are the treatment of choice for people with treatment-resistant RLS?

There are four classes of medications for RLS: dopaminergic agents (also known as dopamine agonists), alpha-2-delta ligands (gabapentin, pregabalin, gabapentin enacarbil), iron and opioids. Dopamine agonists have been the mainstay of medical treatment for most people with RLS, accounting for over 60% of prescriptions for RLS in the US. Initially available in the US for Parkinson's disease in 1974 and approved by the Food and Drug Administration for RLS in 2005, they became extremely popular for RLS due to their prompt suppression of RLS symptoms with relatively few side effects. Unfortunately, only a minority of patients continue to benefit from dopaminergic agents beyond 10 years. More concerning, these treatments can lead to worsening of RLS with prolonged use, a side effect known as augmentation, in at least 30% to 50% of people who take them.

Although alpha-2-delta ligands are often effective for RLS, they do not work for everybody, and their side effects sometimes interfere with their use. Similarly, iron is helpful for some, particularly those with low or low-normal iron levels, but not all. Opioids have been known to be effective treatments for RLS for hundreds of years and are the final option for some patients with severe, treatment-resistant or augmented RLS who do not tolerate or respond to the three other categories of medication. Generally prescribed at low doses, they are often dramatically effective for RLS. In contrast to dopamine agonists, small uncontrolled studies suggest that low-dose opioids continue to control symptoms over at least a decade, with minimal dose escalation and no evidence of augmentation.

More widespread acceptance of opioids as an RLS treatment has been hampered by legitimate concerns regarding the risks of tolerance, withdrawal, side effects and misuse/abuse. Such concerns have become amplified due to the current opioid crisis, in which opioid treatment of chronic pain has led to terrible consequences. In the absence of large-scale studies addressing these concerns, opioids remain too scary for most healthcare providers to prescribe and for patients, even those with severe RLS, to take.

Funded by the RLS Foundation in 2017, the National RLS Opioid Registry is an attempt to partially bridge the knowledge gap for these medications. Five hundred adults (24-90 years old) from 44 states and six countries were recruited over a period of 18 months to participate in this observational study, located at Massachusetts General Hospital in Boston, under the direction of Dr. John Winkelman. Participants who were taking a prescribed opioid daily for diagnosed RLS and had a previous therapeutic response to dopamine agonists were eligible for enrollment.

At enrollment, each participant's diagnosis of RLS was confirmed via phone interview. Additionally, information was collected on demographics, duration and initial and current opioid dosages, side effects, concomitant RLS medications and dosages, past RLS treatments, augmentation history, other current central-nervous-system medications, RLS severity, psychiatric history, suicidal ideation and opioid-abuse risk factors. Participants then completed a baseline online survey that collected information on health, medications, family history of RLS, impact of RLS on quality of life, lifestyle habits, insomnia severity, daytime sleepiness, and depression and anxiety symptoms.

All current participants have completed online surveys every six months since their enrollment, consisting of the same questionnaires administered during the initial interview and survey. They have reported any changes in medications, health, and opioid side effects.

Registry participants are predominantly female (57%), and most (72%) are age 60 or older. Participants had been taking opioids for a median of 1–3 years upon entry into the registry. Half of participants were taking only an opioid for treatment of their RLS. Approximately half of all registry participants use methadone, almost a quarter use oxycodone, and about a tenth use hydrocodone. The two most commonly used opioids (and mean doses) were methadone (10 mg) and oxycodone (15 mg). Overall, the severity of RLS symptoms experienced at baseline was in the mild range, though 17% of participants reported symptoms in the severe or very severe ranges. The most common side effects at registry entry were constipation (52% of subjects), drowsiness (24%) and itching (19%).

By November 2021, all participants had reached their two-year anniversary of registry entry, nearly 60% had reached their three-year anniversary, and the first enrolled participants were completing their four-year surveys. At the two-year follow-up, there was no significant change in average RLS or depression symptoms experienced by participants; however, there was a slight increase in anxiety symptoms. Over this period, 13.6% of participants added a dopamine agonist and/or an alpha-2-delta ligand, whereas 10.0% removed such a medication. Individuals taking these medications in addition to an opioid reported worse RLS symptoms compared to those on opioid monotherapy, as the other medications were often added to address persistent symptoms.

Considering all registry participants, there was no change in median opioid dose from baseline to two years. Roughly two-fifths of all participants increased their opioid dose from baseline to two years. Approximately half of those increased their dose by a small amount (at most 2.5 mg methadone, 6.7 mg oxycodone), and only 8% increased by more than 6.25 mg methadone or 16.7 mg oxycodone. While roughly one-third of participants increased their daily opioid dose from baseline to one year, only about one-fourth reported dose increases from one year to two years, and 17% reported dose decreases. Compared to baseline, after two years 42% of participants still on opioid medications were on the same opioid medication and dose. Roughly 15% had switched to a new opioid medication. Those who switched to methadone during the two-year period reported significantly lower RLS symptoms than at baseline. However, this group also saw increases in daily opioid dose equivalent with the switch. Participants who switched to opioids other than methadone reported slightly worse RLS severity than at baseline.

Of particular interest to both clinicians and patients is the ability to predict who might need to increase opioid dose, especially in large amounts. The registry allows us to determine such predictors based on participants' prescription patterns. Moreover, we may be able to anticipate such large increases and suggest alternatives or be more vigilant about dose increases. Less than 5% of participants saw large increases (of more than 12.5 mg methadone or 33.3 mg oxycodone) from baseline to two years. The strongest predictors of these large dose increases were when opioid medications were prescribed for other pain conditions in addition to RLS; when non-opioid RLS medications (dopaminergic agents, alpha-2-delta ligands) were discontinued since baseline; and being under age 45. Other strong predictors included switching opioid medications, male sex, history of depression, and having more severe insomnia symptoms at baseline.

Participants in the National RLS Opioid Registry generally continue to use opioids at low doses with good efficacy. At the two-year follow-up, the majority of participants had not increased their opioid dose. Moreover, most of those who did increase their dose did so by a small amount. We hope that the registry will continue to collect information for many years to educate people with RLS, healthcare providers, and regulators about the safety and tolerability of opioids for RLS.

John W. Winkelman, MD, PhD, is a professor of psychiatry at Harvard Medical School and chief of the Sleep Disorders Clinical Research Program in the Department of Psychiatry at Massachusetts General Hospital. Dr. Winkelman serves as director of the RLS Quality Care Center at Massachusetts General Hospital. Jordana Zackon, BA, is a research coordinator on Dr. Winkelman's research team. Dr. Winkelman received funding from the RLS Foundation Research Grant Program to further his research on RLS.

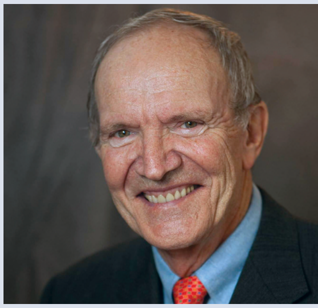
In Memoriam: Robert H. Waterman, Jr., RLS Foundation Leader

The RLS community has lost a giant with the recent passing of Robert H. (Bob) Waterman, Jr. His career as a management consultant and senior partner with McKinsey & Company culminated with the publication of the first "blockbuster" book on sound management practices. *In Search of Excellence*, co-authored by Waterman and his McKinsey partner, Tom Peters, rose to the top of the New York Times Best Sellers list, and changed the way business leaders around the globe thought about their roles as heads of successful companies.

Like many individuals who have served on the Board of Directors of the RLS Foundation, Waterman was afflicted with the disease – so much so that it disrupted his career as a senior partner at McKinsey and led him to a path as an independent management consultant with The Waterman Group. It also led him to more than two decades of leadership at the RLS Foundation.

Waterman served as chair of the Board of Directors for six years (1999–2005) and later as chair emeritus (2010–2019).

Bob brought his insights, along with his passion for excellence, to the RLS Foundation community. He was a strong proponent of strategic planning and led the strategic planning initiatives for the RLS Foundation Board for many years. He believed in setting BHAGs – Big Hairy Audacious Goals – and in that vein articulated basic strategic goals that remain at the core of the Foundation's work today: Improve Awareness; Develop Better Treatments; Find a Cure.


Robert H. Waterman, Jr.

As a member of the Board during the organization's early years, he took it upon himself to establish the Research Grant Program. The program's purpose was to attract leading researchers from around the globe to apply for seed grants to further develop a hypothesis for external funding at the National Institutes of Health or other organizations in the hopes of identifying durable treatments and a cure for RLS.

As the RLS Foundation approaches its 30th anniversary in 2022, the RLS community is thankful for Waterman spearheading the Research Grant Program at this pivotal point in the organization's early years. Member support of this initiative has led to 48 grants totaling nearly $2 million in funding. In 2022, the Research Grant Program will celebrate its 25th anniversary. Bob's leadership and vision for the program has led to breakthrough discoveries in genetics, iron regulation, neurophysiology and treatment.

Waterman received the prestigious Ekbom Award in 2008 in recognition of his meritorious service to the RLS Foundation.

Memorial donations in his honor can be made to the Waterman Research Fund to support RLS research at www.rls.org/waterman.

2022 - 2023 Webinars

January 2023
RLS and Exercise
Katie Cederberg, PhD, CPT

March 2023
Dopamine Agonists vs Alpha-2-Delta Ligands
Michael H. Silber, MBChB

April 2023
Aging with RLS
Kathy Richards, PhD, RN, FAAN

May 2023
Causes of RLS
Philip Becker, MD

July 2023
RLS and Comorbidities
Kunal Agarwal, MD, FAAFP, FAASM, DipABOM

September 2023
How to Educate your Healthcare Provider
Speaker: Karla Dzienkowski, RN, BSN

RLS Foundation Levels of Giving

At the RLS Foundation, we rely on private donations to make our work possible. While we do receive some industry grants, our lifeblood is you and your commitment to our mission. We cannot thank you enough for the support you give every year.

Unrestricted gifts give the Foundation the flexibility to target funds for programs and projects that are in the most need of financial support.

Restricted gifts may be designated to three areas: Quality Care Centers, education and research. Donations to these funds are earmarked for special projects that may complement your intentions more closely.

Monthly giving allows you to spread your donation out over the year and enables us to count on a more even stream of gifts. You can also choose to restrict your gifts with this option. Monthly giving can be done by setting up a recurring credit card gift.

Tax-deductible donations are the quickest and easiest way to give to the RLS Foundation. Checks payable to the RLS Foundation or credit card donations completed online are fully tax deductible and provide an immediate source of income for programs.

Appreciated securities are gifts that may allow you to eliminate capital gains taxes. In nearly all cases, you are able to claim a charitable income tax deduction equal to the fair-market value of the securities, check with your tax advisor.

Bequests given through your estate at the time of your death are an attractive way to make sure that your interests are preserved. When you let us know about your plans to give a gift in your estate, you become a member of our Ekbom Heritage Society, an elite group at the Foundation committed to our mission and vision for the future.

If you would like to learn more about planned giving, please contact us at 512-366-9109 or info@rls.org.

Levels

We value all of our supporters at every level. Each of you makes an important impact on the programs that help so many living with restless legs syndrome. *Thank you!*

Leaders	**$10,000 and above**
Benefactors	**$5,000 to $9,999**
Patrons	**$2,500 to $4,999**
Sponsors	**$1,000 to $2,499**
Sustainers	**$250 to $999**
Supporters	**$100 to $249**
Friends	**$75 to $99**
Contributors	**$1 to $74**

Leaders ($10,000 or more)

Anonymous
Jim and Sandra Aberer
Ronald and Sharon Barrett
Peter and Incy Brooks
Ms. Mavis Davis
The Dzienkowski Family
Laura S. Hoffman
Greg and Rhonda Oberland
The Quercus Foundation
Mr. John Ralston
Mr. and Mrs. Paul Rochester
Jan A. Sogge and Louis Roberts
Robin Tost
Dan Vreeland
Lisa and Kenneth Wahl
Laura I Walker Trust

Benefactors ($5,000 to $9,999)

Anonymous (3)
Mr. Tim Bailey
Mrs. Marcia Ball
Dr. Charles Bower
Mr. Frank Bright
Russ Buschert
Lisa & Erik Cressman
Pickett M. Guthrie
Ms. Allyson Kavner
E. W. Littlefield, Jr.
Ms. Catherine MacMillan
Mr. Rex E. McCrary
Nancy S. Passanante
Lewis M. Phelps
Ms. Mara Rasure
Ms. Sandy Schultz
William C and India N Shackelford
Mr. David Sherwood
Dr. Robert Sindelar
Mr. Jack Stone

Patrons ($2,500 to $4,999)

Anonymous
Mr. Allen Bucknam
Christopher J. Earley, MB, BCh, PhD, FRCPI
George Grandison
Mr. Benjamin Hurwitz
Kenneth F. Myszka
Ms. Sarah Nash
Artin and Colette Shoukas
Arnold Simonsen Family
Mr. & Mrs. E. Randall Smolik
Mr. Robert E. Spangler
Tim & Kristin Thornton
Marguerite H. Wagner
Cal & Grace Walstra
Jon Wellinghoff and Karen Galatz

Sponsors ($1,000 to $2,499)

Anonymous (6)
Carolyn C. Achee
Janet L. Allis
Mr. John Arens
Mr. and Mrs. Joseph Aten
Drs. Jacquelyn and Scott Bainbridge
Mary and John Baker
John W. & Mary C. Baker
Mrs. Janis M. Bates
Stephen Belanger
Lois E. Belohlavek
Ms. Pat Carr
Ms. Caroline Chamales
Ms. Cathy Chronic
Ms. Carol Connolly
Mrs. Cynthia Cook
John Daly
Mr. Hill Danforth
Pam and Rob Fairly
Mr. and Mrs. James B. Fullerton
Vera M. Gerhardt
Mr. J. Michael Goodwin
Ms. Elizabeth Grant
Mrs. Rhondda L. Grant
Nancy Griffin
Mr. Thomas Hartzog
Mr. James Hemak
Scott B and Monica C Hill
Mr. Matthew Hill
Mr. Clyde L. Humphrey
Stephen H Iser
Rev. Harold E. Johnson
Mr. and Mrs. Edward Kittredge
Leon and Dina Krain
Mr. James Krall
Paul Lohrenz
Marilyn Marlette
Pat & Diane McKeague
Mr. Howard McNally
Mr. Gerald Migely
Jon and Jessica Moore
Morris Family Foundation
Shalini Paruthi MD
Donna and Randal Peterson
Carla Rahn Phillips & William D. Phillips
Judy Phillips
Mrs. Peter L. Randlev
Barbara K. Robar
Mr. Walter Rosenbaum
Ms. Lynda D. Sakraida
Lori Schifrin
Mr. and Mrs. Stephen N. Smith PE
Dr. Craig Snydal
Ms. Judith Steinheider
Helen W. Sutphen
Grant P. & Sharon R. Thompson
Dr. Lee Todd
Ms. Joy K. Walker
Ms. Kay-Frances Wardrope
Ms. Toby Woodhouse

Sustainers ($250 to $999)

Anonymous (17)
Mr. Mark Abramovic
Mrs. Betty Affisco
Ms. Faith Allen
Mrs. Donna Anastasi
Mr. Alexander Appel
Ms. Kathy Atwell
Mr. Michael Austin
Bob Barker
Mrs. Carol Bates
Dr. Joseph A. Berkowski
Ms. Marianne Bliley
Garry Booker
Mrs. Diane Brainerd
Mr. Willard Bronson
Lucy L. Brown
Mr. Richard C. Burton
Mrs. Kitty Champlin
Bonnie Christensen
Mrs. Kathy Clancey
Ms. Vera Clay
Ms. Patricia Coleman
Mr. Charles Cooke
Dr. Paul Cooper
Ms. Patricia Corcoran
Barbara Cox
Ms. Beth Cripps
Mr. Roger Crooks
Mr. Dennis Crouch
Mr. Jonathan Damonte
Mr. Bruce H. Davidson
Ms. Suzayne W. Davis
Mrs. Kathryn Davis
Linda K. Demlo
Beryl Dennis
Mrs. Patrice Deutsch
Heyward L. Drummond
Paul B. Dudley
Mrs. Judy Durant
Carol T. Edmiston
Peter Edwards
Ms. Sherryl Eldridge
Mr. David Ellefson
Mary Jo Enyeart
Mr. Bill Epstein
Mr. Sigo Falk
Ms. RoseMary Feeney
Ms. Marla Feldmar
Mr. Larry Felix
Rick and Barbara Firmine
Mr. Scott Fisher
Mr. Jim Flaniken
Linda G. Fors
Dr. Ted Fremont
Ms. Mary Fritz
Mrs. Mehri Frost
Mr. & Mrs. Mastern Fuller
Marcella Gallagher
Ms. Marilyn M. Gampel
Mr. Cesar Garcia
Mr. C A Gardner
Cindy Gibbs
Chip and Margie Gillis
Ms. Margaret Gillis
Mrs. Ruth A. Goats
Mr. Kenneth Goodson Jr
Mr. Robert L. Gorecki
Sharon J Green-Hennessy PhD
Mr. Neil Greenwood
Ms. Nina Griffith
Ms. Kathy Gupton
Mr. Carl F. Hagenmaier Jr.
Carolyn Hahne, Cincinnati
Dr. Judith Hall
Ms. Susanne Havlic
Dr. Deborah Hayes

Jim Healey
Mrs. Marguerite Heaton-Colella
Mr. Dyke Henderson
Dr. Kevin D. Hennessy
Ms. Julie Herbert
Mr. Lloyd Hittle
Mr. Duncan Hodge
Mrs. Donna Hoke
Mr. Peter K. Hoover
Mr. Monte Horn
Ms. Julia S. Horowitz
Ms. Isabella W. Horsky
Ms. Lynn Hughes
Mickey and Jean Hurry
Mrs. Mary Ruth R. Johnson
Ms. Erica Joiner
Ms. Judith Kaye
Mrs. Carol Kendall
Mr. Jayson Kendrick
Franchesca Kishfy
Ms. Bonnie J. Kobilansky
Mr. Kevin Kohagen
Kathleen Kotchi
Ms. Donna Kreusser
Ms. Deborah Krumme
Mr. Daniel Kurys
Mrs. Cynthia Landgrebe
Kim Larrow
Mr. Michael T. Lavelle
Mrs. Lexi Leopold
Will Lewis
Ms. CJ Liang
Mrs. Christen LiMandri
Mr. Stephen Looby
Eileen S. Lorenz
Lorinna W. Lowrance
Mr. Jesse Luquette
Barbara B Mack
Mrs. Saida S. Malarney
Mrs. Debra Martin
Lewis and Cheryl Masters
Rev. James & Jean Matthews
Mr. Larry Mattox
Mr. Joe Maulsby
Alice J Maxin
Kevin B. May
Ms. Heidi Mayer
Mr. Steven McCann
Jerry McCaslin
Ms. Chris Meisinger
Ms. Ingrid Meyer
Mr. Larry Michals
Ms. Barbara Miles
Karen Mokrzycki
Mr. David Moulton
Mr. Edward Murphy
Mr. George Murray
Walter W. Murrell PhD
Ms. Tess Nelson
Ms. Debra Noell
Jim & Barbara North
Ms. Barbara O'Connell
Mr. Barry Otterholt
Mr. Nelson Pardee
Mr. George Plaeger
Mr. Paul Preuss
Ms. Barbara J. Ragland
Mrs. Joyce Ratkowski
Kathryn W. Roberts
Mr. Dave Roberts
Ms. Susan Ryals
Ms. and Mr. Rose Ryan
Mr. John Ryan
Ms. Sonnhilde Saunders
Ms. Janice Schafer
Ms. Helen T. Schauer
Mary M. Schelb
Jan Schneider
Ms. JoAnn E. Schoenegge
Dr. Lesley Schroeder
Patty Schuetz
Mrs. Janice Scott
Mr. and Mrs. F R. Sekowski
Mrs. Patti Sexton
S. Shedenhelm
Mr. Daniel G. Shoaf
Ms. Mary Beth Siegel
Michael H. Silber, MB, ChB
Dr. Ronald Silvestri
Mr. Michael Small
Mr. Duncan M Smith
Preston L. Smith
Ms. Sheila Smith
Michael & Regina Spaulding
Carlton Stanforth
Mrs. Peggy Storey
Ms. Paula Stotz
Ms. Pamela Swain
Ms. Laurie Talcott
Mr. Philip Taylor
Mrs. Linda Thibodeaux
Mr. Melvin G. Trammell
Ms. Pat Turcotte
Mr. Michael A. Waldecker
Nora L. Walter
Richard Warburton
Mrs. Margaret Watson
Mr. Jeffrey Weill
John and Jeanne White
Mrs. Dianne Wilkes
Mr. Gerard F. Winnington
Lucy Wong
Mr. Ted Yednock
Mr. and Mrs. Kathleen Zaback
Mr. Dean Zarras

Supporters ($100 to $249)

Anonymous (42)
Mr. James Abbott
Debbie Murdock
Mr. Jim Adams
Mrs. Genie Addleman
Mrs. Robin S. Adkins
Mrs. Carol Agnew
Ms. Paula Aiello
Mr. Joseph Albert
Mrs. Pascale Albert
Nancy J. Aldrich
Stirling Aldrich
Ms. Mary Alexon
Ms. Paije Alfano
Serena Alleman
Dr. Omar Altalib
Ms. Judy Amateis
Mr. Jerry Andersen
John H. Anderson Jr
Mr. & Mrs. Leland E. Anderson
Mrs. Patty Anderson
David W Anderson
Mrs. Carroll Anderson
Mrs. Mary F. Anderson
Mr. Glenn Anderson
Mrs. Lenora Armagost
Ms. Eva B. Armstrong
Mr. David Arneberg
Ms. Susan Ash
Ms. Ann Atkinson
Mr. Donald N. Babb
Rand Babcock
Mr. Joseph Barbella
Rich Barra
Mr. Robert Barry
Mrs. Maggie M. Bates
Ms. Ellen Beals
Mr. Rudolf Becker
Ms. Leslee Behar
Betty Lee Bell
Mrs. Marian Bellus
Mrs. Cynthia B. Belyeu
Darleen Bennett
Paul H. Bergh
Richard and Cathy Berman
Lola Bermudez
Mr. Kenneth Bernstein
Mrs. Janet Berrill
Dr. Robert Berry
Anne Berschback
Ms. Lauren Beusse
Elizabeth L. Bewley
Mrs. Margie E. Bikowsky
Dr. Ginger L. Blackmon
Ms. Celina Blackmon
Ms. Catherine M. Boehme
Ms. Ruthann Bonzi
Mrs. Julia Borgen
Mr. David Bornstein
Mr. William Bossenberger
Dr. Nancy Bourke
Carolyn P. Bower
Dr. Agnes Bowling
Ms. Kathryn Bowman
Mrs. Mary Louise Boyd
Mrs. Margrit Boyd
Dr. Kenneth H. Bradt
Mr. Richard Brainerd
Ms. Laura L Brakke
Ms. Jane Brandt
Mr. Harley Branson
Mr. Bruce Bredland
Dr. & Mrs. James Breece
Mrs. Mary Brickl
Dr. Karen Bridges
Ms. Julie Brook
Mrs. Pennie Brooks
Jane E. Brown
Mrs. Alix L. Brown
Mrs. Barbara Brown
Mrs. Brenda Brown
Mrs. Ruth Brown
Mrs. Judy Bunkall
Ms. Diane Bur
Mr. William Burch
Mrs. Michelle Burger
Ms. Linda A. Burk
Mrs. Vicki Burkins
Sherrill Busboom PA-C
Ms. Katherine Busch
Ms. Becky Butler
Mr. John Cahill
Ms. Laurie Caldwell
Mr. Ken Calhoon
Ms. Kathryn Camp

continued from page 12

Kenneth A. Campbell
RK Campbell
Ms. Elaine Campbell
Mary L. Carlson
Mr. Timothy J. Carlton
Elizabeth Carriuolo
Laura Case
Mr. Bill Cassen
Anne R. Chalfant
Mr. Larry Challacombe
Mr. John Champ, Jr.
Ms. Sandra Chockla
Sudhansu Chokroverty, MD
Ms. Leslie Christensen
Ms. Susan Christiance
Mr. Joseph A. Christiano
Ms. Elizabeth Clarke
Mr. Steve Clem
Ms. Jane Colby
Allison Whitney Coleman
Mr. Bruce Collett
Mrs. Reinette M. Colling
Mr. Jason Collins
Ms. Sue Collisson
Mrs. Karen Compton
Ms. Barbara Conits
Ms. Judith Conley
Ms. Nicole Connell
Sheila C. Connolly
Ms. Cindy Cook
Mr. and Mrs. Clive Cook
Ms. Helen Cook
Dr. Judy Cook
Ms. Jacque Cook
Mr. Tim Cool
Ms. MD Coraggio
Mrs. Debbie Costa
Ms. Suzanne Covert
Ms. Sherry Thompson Crane
Elizabeth Crawford
Ms. Barbara Crawford
Dr. Theresa A. Cullen
Ms. Kita Curry
Susan Dabelsteen
Ms. Yvon Dacayana
Mr. James Dadmun
Ms. Becky Dahl
Dr. Karla Dalley
Ms. Carolyn Dartnell
Ms. Dale David
Mr. Bernd Davidson
Dr. Joni Davis
Mr. Philip Davis
Ms. Naomi Davis
Mrs. Alison Davis
Ms. Eldie De Cou
Ms. Barbara Dean
William Deckman
Ms. Veda I. Decof
Mrs. Anne DeForrest
Doris Dent
Harriet Dezura
Dr. James Di Michiel
Ms. Carolyn Dick Mayes
Mr. Leonard Dickinson
Mary and Joe Dobrowolski
Ms. Christine Dobson
Diana Domeier
Ms. Karen M. Doughan
Mr. James Dougherty
F. Edward Dudek
Mr. Homer Dunn
Mr. Bill Durako
Margaret J Durnin
Mr. and Mrs. Louis
Echavarria
Mrs. Dorrit W. Edwards
Miss Karen Eggert
Mrs. Reba Eich
Mr. Doug Ell
Roberta Elliott
Mr. Pierre Elliott
Mrs. Sylvia Ely
Virginia G. England
Mrs. Laurel Euler
Mrs. Diane M. Evasick
Mr. Steven Faivre
Mrs. Phyllis Falkenstein
Ms. Eileen T. Farley
Dr. John E. Farmer DO
Win Farquhar
Ms. Barbara Farrell
Mr. Jeffrey Felmus
Ms. Margaret Felton
Mr. Al H. Ferber
Mr. Stefan Feyen
Susan G. Fidel
Mr. Richard Filling
Mrs. Christa Fineshriber
Lee J. Fischer
Mrs. Merial R. Fitzgerald
Mr. Robert V. Fitzgerald
Don and Carol Flammer
Mrs. Paula Flemming
Ms. Roselle Fliesler
Mrs. Therese Flingos
Emmett T. Florea
Ms. Julie Foemmel
Ms. Joanne M. Force
Janet M. Forni
Dr. Sara Frampton
Evelyn France
Mr. Robert Francis
Mrs. Sherrie Frankel
Mr. Robert Freese
Mr. John Frieden
Mrs. Margaret Friers
Mrs. Carol Froelich
Colleen Froese MD
Ms. Kai Frykman
Ms. Ann Funck
James E. Funke DDS
Mrs. Louise Furcolo
John D. Gage
Mr. David Gagne
Mr. Joseph S. Gass
Mr. James Gaynor
Carolyn Geduld
Mr. John Geisler
Mrs. Barbara Gelfman
Kenneth E. German
Ms. Jayne Ghent
David Gilbertson
Dr. Patricia Gilmartin
Mr. William Gilster
Mr. George M. Gingerelli
Ms. Cheryl A. Glackin
Sol and Nina Glasner
Mr. Paul Glick
Ms. Sheilah Glover
Ms. Dawn Goddard
Ms. Charlotte B. Goddin
Ms. Connie Goff
Mr. Bryan Goins
Mrs. Dorothy D. Goldstick
Jay and Cindi Gooch
Mr. Earl Goodwin
Mrs. Ruth K. Gordon
Ms. Wilma J. Gormley
Jane Gorski
Dr. Ruth Gray
Ms. Jane B. Green
Mr. Charles Greene
Dr. Elizabeth Griego
Mrs. Maxine Griffin
Dr. Courtney Griffin
Ms. Vicki Griffiths
Mr. Donald Griggs
Ms. Julie Grojean
Ms. Kathy Guidroz
Ms. Janet Gunther
Ms. Becky Gunthert
Dr. Vijay Gupta
Wanda RenÈ Guyton
Douglas E. and Marcia S. Haas
David J. Hall, MD
Mr. Dmilo Hallerberg
Mrs. Richard Hallock
Ms. Glenda Hamilton
Lisa Renery Handalian
Mr. Tom Handwork
Mrs. Elizabeth M. Haning
Mrs. Sharon Hansen
Ms. Susan Harding
Ms. Elizabeth H. Hardison
Mrs. Nancy C. Hardy
Mrs. Ren Harman
Mr. Ralph Harmon
M. Clare Harper, MD
Mrs. Loren Harper
Mr. Ali Hashmi
Ms. Marianne Haug
Dr. and Mrs. Victor Hauser
Ms. Shirley Hawn
Ms. Dana Hayne
Mr. and Mrs. Wade and
Keitha Hays
Mr. Connie Hayward
Ms. Ellen Heald
Ms. Belinda Heerwagen
Mr. Paul Heiman
Mr. Kenneth Held
Mr. Allen Hellwege
Mary Ellen Helmer
Dr. Stephen Henderson
Mr. Ethan Hennessy
Sandra Henry
Mrs. Dolores Hermann
Dr. Susan Hermanson
Mr. Gordon Herron
Ms. Marjorie Hertz
Ms. Evelyn Hess-Riley
Mr. Gilbert Heth
Dr. Susan Hetherington
Ms. Karen Heward
Ms. Sara L. Heydari
Leah G. Higginbotham
Mrs. Katherine A. Higgins
Ms. Gail Hill
Mrs. Cynthia Ho
Dr. LaFloyd H. Hobbs

continued from page 13

Patty Hodgins
Donald E. Hoffman
Judith Hoffman
Mr. David W. Hogan
Dr. and Ms. Dean G. Holland
Mrs. Sara Holland-Adams
Ms. Karen R. Hollingsworth
Mrs. Nancy D. Horn
Mrs. Charlene M. Houghton
Ms. Kathleen Houlihan
Ms. Mary Houns
Kari Hovland
Mrs. Mynelle F. Howells
Ms. Robin Hubbell
Joan Hudgins
Ms. Susan Hughes
Sr. Phyllis Hunhoff
Thomas D Hurwitz MD
Ms. Laura Hussey
Lucille L. Hynes
Mr. Paul V. Irvine
Susanne Isbill
Mr. David Itkowitz
Mr. Alan Izykowski
Mr. Ed Jacobsen
Mrs. Patricia Jankelson
Ms. Leigh Janous
Ms. Katherine L. Jenkins
Ms. Elaine Jennings
Mrs. Michelle Jobe
Mrs. Linda Johnson
Ms. Diane Johnson
Ms. Catherine Johnson
Mrs. Anne Markey Jones
Mr. and Mrs. John Juvinall
Mrs. JayDene Kail
Ms. Joyce S. Kallaher
Ms. Mary Kallenbach
Ms. Mary Kamplain
Anoop Karippot MD, DABSM
Ms. Eileen Karl
Mr. Richard Katz
Leslie Kean
Garry Kearns
Mr. Jerome Kegel
Mr. William Kellar
Terry Kellen
Ms. Annette Kennedy
Mrs. Veronica Kerr
Allan R. Kerze
Mrs. Jean B. King
Ms. Mary King
Mrs. Anita Kirby
Ms. Eleanor Kneibler
Ms. Diane M. Knight
Ms. Kathryn Koch
Ms. Rebecca Koehler
Ms. Helen Koehn
Ms. Ruth Kohl
Mr. Christopher Kokiko
Mr. Steven Korsin
Rosemary Kosmak
Ms. Judith A. Kotar
Margaret M. Kowalski
Mr. David Kraus
Dr. Laurence Krieg
Ms. Gary Krueger
Mr. Michael Kun
Ms. Cynthia Kunsman
Mr. Ta-hsia Kuo
Mr. Dean Kurath
Linda LaBerge
Mrs. Birgit M. LaFace
Ms. Susan S. Laidlaw
Mr. Brian Landsberg
Mr. and Mrs. Brian Langevin
Betty Lapham
Ms. Lang Larson
John L. Latham
Mr. John Laurent
Ms. Jacquelyn Lavey
Mary Leach
Mr. Mark Leaf
Miss Huguette Leboeuf
Mary Jo Leeder
Mr. Charles Leeuw
Ric and Melody Levine
Mr.& Mrs. Leon Levy
Amelia Lewellen
Mr. Robert Lewellen
Mrs. June Lewis
Mr. Kevin Liddane
Mrs. Maureen A. Lightbody
Mr. Gerald J. Lillquist
Gary and Barbara Lind
Ms. Betsy Lindley
Mr. David Linner
Dorothy Liston
Ms. Maria C. Little
Ms. Martha P. Littlefield
Dr. Peter Litwin
Mrs. Clarice Lott
Mrs. Patricia Loveland
Mrs. Ellen L. Luedtke
Ms. Anne Lutz
Mr. Barry Lynn
Mr. and Mrs. Schuyler MacGuire
Mr. David Mailhot
Tom E Main
Ms. Marisa Maldonado
Terry and Jan Manning
Mr. James Manning
Ms. Denise Marcel
Mr. Charlie Marcous
Albert W. Marshall
Dr. Nathaniel Marshall
Mr. Sev Marsted
Mr. David Martens
Mr. Peter Martin
Ms. Marlene Martin
Mr. Keith Martindale
Mr. Robert Martindale
Mr. Edward Matkins
Marcia Matthieu
Polly Mazur
Ms. Patrice McAdams
Mrs. Grace McCartin
Mr. Daniel McCormack
Mr. Tim McDonald
Dr. Gary Mcfadden
Mr. Joseph McGarry
Steve and Kris McGaw
Mr. Mark Zwingli Mcgill
Mr. Craig McIntosh
Mr. Robert McIntyre
Ms. Bonita McLean
Christine McMorrow
Ms. Susan McPhee
Ms. Lisa L. McPherson
Dr. Kimberly A Mebust MD
Reverend Frank Meccia
Ms. Marilyn Meier
Dr. Barbara Melamed
Ms. Susie Melick
Ms. Karen L. Mendonca
Mrs. Beth Menefee
Dr. June K. Metts
Mrs. Marilyn Michaels
Elaine Miller
Sally Mills
Joey and Kitty Misiaszek
Mrs. Joan Mitchell
Mrs. Polly and Rebecca C. Mitchell-Guthrie
Stephen W. Mixon
Ms. Donna Moffat
Mr. Harold Molhoek Jr.
Dr. FranÁois Mollard
Ms. Jan Montague
Mrs. Lynn Montgomery
Dr. Frederik Mooi
Ms. Laureen Mooney
Nellwin E. Moore
Mr. Robert Moore
Ms. Karen Moorhead
Mr. Dan Moothart
Phyllis Windrem Morales
Robert A. Moran, PhD
Ms. Bernyce Moran
Ms. Sharron Morden
Mrs. Virginia Moriarty
Donna M. Morrill
Edna J. Mortenson
Mrs. Jean Muller
Mrs. Patricia L. Mullins
Ms. Gale Munson
Susan Murphy
Mrs. Hilda C. Murphy
Mr. Steven Murphy
Ms. Jean Murphy
Ms. Catherine F. Murray
Mr. Felix Nadeau
Ms. Charlotte K. Naffin
Mrs. Gail Nagasako
Leonard Nagel
Doris W. Neal
Ms. Wendy Neal
Ms. Jon Nelson
Ms. Karen Netzband
Ms. Lynne Nicodemus
Ms. Mary Nolan
Mary Payne Norcross
Mr. Scott Norman
Karl W Northwall MD
Ms. Janice Nowak
Bonnie & Mal O'Connor
Ms. Susan OConnor
Mrs. Barbara Odenkirk
Ms. Anna Okonek
Rev. James B. & Linda M. Olson
Ms. Ellen Oman
Mr. Craig Oren
Dr. Fernando Ortiz MD
Karen Ortwein
Mr. Hamilton Osborne
Ms. Bette Oswell
Mrs. Debra Outlaw

continued from page 14

Mr. Eric Owston
Mr. Ronald W. Panter
Robert J. Patterson
Mr. William Pattinson
Mrs. Helen Patton
Mr. Elliot Peacocke
Penny Pederson
Mr. Thomas Pederson
Mr. Emil Perrotta
Donald L. Perry
Joyce Perry
Mrs. Cornelia Perry
Ms. Anne Perry
Mrs. Linda S. Perry
Dr. Robert Person
Dr. G Peters
Mr. Jake Peters
Ms. Diane Peterson
Mrs. Patricia Petro
Ms. Karen W. Pettigrew
Carolyn Phillips
Gail L. Pickering
Karen Plate
Dr. Michael Plous
Mr. Wayne Plumtree
Dr. J. Steven Poceta MD
Mrs. Patricia A. Poelker
Mr. Anthony Polifronio
Ms. Ann Poling
Mr. Gary Pollatz
Ms. Sandy Pons
Ms. Tommy Pounds
Jacquie Chase Powell
Ms. Jean Pray
Dr. Stephen N. Price
Mrs. Christina M. Price
Ms. Kristen Pruitt
Mr. Thomas M Pryor
Mrs. Claudia Pugh
Karen Puig
Mrs. Leslie Quintero
Betty Quist
Mr. Roger Raina
Ms. Marilyn Ralston
Mr. Jay Ramani
Janice A. Ramsay
Mr. Harold Ramsey
Mrs. Jackie Ramseyer
Emily Rand Breitner
Dr. Rollin J. Randall
Mr. Walter H. Rauser and
Amelia Rauser
Mr. Martin Redman
Marcia Reed
Susan Reed
Mr. Robert Reese Jr
Dr. Patton Reighard
Mr. Randolph Reitmeyer
Ms. Heather Reynolds
L. Jerome Richard
Chris & Sheila Richards
Ms. Susan C. Richards
Joyce E. Richardson
Mr. Johnnie Ricketts
Mr. Donald Ringrose
Mrs. Barbara Riser
Carol Roberts
Ms. Sally Robertson
Mr. Paul Rockwell
Mr. and Mrs. Jim and Anne Ross
Mrs. Janice Rottman
Mrs. Ann Rounds
Ms. Mary Jane Royce
Dr. Christopher Ruby
Mr. Peter Ruestman
Claudia A. Ruzanic
Mr. Tim Ryan
Ms. Mary Dow Ryerse
Mrs. Sue Sabaloni
Mrs. Ellen Sack
Ms. Libby B. Saks
Ms. Christine Salhany
Cynthia A. Sanders
Mr. Curtis Sanders
Ms. Erin Sandoval
Ms. Deborah Sandstrom
Mr. Francis Santucci
George and Joyce Sarachan
Mrs. Karen Schaeffer
Ms. Thea Schallenberg
Ms. Monica Schefski
Ms. Nancy Schluth
Jack Schmidt
Ms. Sonja Schmitz
Sharon Schnarre
Mrs. Isabel Sonia Schneider
Mr. David G Schneider
Mrs. Lisa L. Schneider
Ms. Rachel Scholz
Dr. Robert Schultes
Ms. Karen Schwager
Mr. Lee Scullin
Carol J. Seely
Ms. Linda Seibert
Mr. William Self
Donald Semrau
Mrs. Ellen Shaughnessy
Mrs. Rose Ann Shea
Ms. Bonnie Shear
Ms. Carmen Shell
Dr. Michael Shepard
Ms. Marion Eve Shepley
Eleanor Mary Doherty Sheridan
William D. Shiels
Dr. Louis Siegel
Dennis J Sienicki
and Mr. Paulette A. Sienicki
Mrs. Marisa Silverstein
Mr. William B. Simpson
Miss Amardeep Singh
Dr. Omar Skalli
Ms. Patricia Skillman
Mr. Kevin Skipper
Mr. Steve Slemenda
Mrs. Mary E. Sloan
Frances Cain Slote
Ms. Annette Slovick
Carol Smith
Mr. James F. Smith
Sherry Smith
Mr. Edward Smith
Mr. Ronald J. Smith
Mr. Adam Smith
Mr. Gregory E Smith
Mr. Greg Smith
Dwain L. Smith DVM
Ms. Kristin Smith
Ms. Mark Soroken
Mrs. Rosalie Sorrells
Mrs. Patricia Spampinato
Mr. Daniel Sparler
Gerald Spivey
Mrs. Elizabeth Spivey
Mr. Stephen Springer
Rev. Louis O. Springsteen
Kermit Spruill
Ms. Angela Stach
Mrs. Rosemary Stader
Mrs. Susan Stafford
Ronna L. Staley MD
Sheila A. Stankus
Mr. Gary W. Starr
Ms. Jacqueline N. Steensma
Mrs. Carol Steiner
Mr. Albert Steiner
Ms. Steffi Stelly
Mr. Walter Stevens Jr
Ms. Kimberly A. Stevens
Mr. Gene Steward
Mr. George Stewart
Ms. Mary Stompe
MSgt. David Stroker
Harriet T. Strong
Ms. Carol Sutherland
Mr. Paul Svab
Mr. Wayne Swanson
Ms. Jeannie Sweezy
Ms. Susan Swigart
Ms. Dale Talley
Harry C. Taylor
Ms. Carolyn Taylor
Ms. Mary Taylor
Chuck Telford
Mr. Scott Temperly
Mr. Andrew T. Tershak
Mr. Dennis Thiel
Ms. Barbara Thomas
Dr. Kenneth Thomas
Mrs. Janice Thomas
Susie and Joe Thurman
Mr. Tim M. Tierney
Mr. Kenneth Tilley
Ms. Ginny Tinling
Ms. Joanne Tobiessen
Mr. Mike Tofias
B.A. Torell
Mrs. Joanne Tornambe
Ms. Susan Tracy
Dr. Steven Tradonsky
Ms. Patty Trail
Ms. Patricia Trail
Mr. John Trefethen
Ms. Martha Troia
Ms. Rosemary Trombetta
Mr. Tom Truex
Dr. Paul Truscott
Mrs. Janet Tschantz
Dr. William Tyson
Dr. Laura Tyson
Michael Ulwelling
Ms. Melissa Valentin
Gary Van Liew
Shirley Van Zandt
Ms. Pamela Vaughn
Mrs. Wendy Veiga
Ms. Tara Veith
Ms. Guillermo Vela
Mr. Richard Virgin
Mr. Hansje Vlam
Mrs. Hedi Voloshen

continued from page 15

Ms. Elizabeth Von Isser
Mr. Alex Vuksanovic
John M. Wadahara
Mr. Steve Wagner
Ms. Luann Wagnon
Mr. James C. Wahl
Ms. Lillian Waldmann
Gordon Waldron
Ms. Chris Walford
Mr. Kevin Walsh
Mr. Dick Walter
Mr. David A. Ward
Ms. Jill Washer
Mr. Roger Wasserman
Mr. Randall Waters
Mr. Gregory Weber
Ron Weisberg
Mr. Michael Weiskirch
Mr. Scott Weitzman
Mr. and Mrs. Eugene Wendt
Ms. Sheila Wengert
George & Willi Wheeler
Ms. Helen Wheeler
Mr. David Whelpton
Mrs. Carol White
Mr. Stephen White
Elise & Woody Widlund
Ms. Deborah Wilcox
Mrs. Diane R. Wilds
Mrs. Kathleen Willis
Mr. Roy Willman
Ms. Elizabeth Wilson
Mr. Thomas P. Windmiller
Ms. Lynsey Winner
Dr. Elva Winter
Jerome P. Witek
Mr. Marvin Withers
Ms. Lila Witt
Ms. Kristen Wolden
Marcia C. Wolf
Ms. Yvonne M. Wollemann
Diane W. Wood
Mrs. Linda R. Wood
Melanie Wood
Mrs. Lori J. Wood
Ms. Elizabeth Woods
Mr. Cody Wray
Gail Wright
Mr. James Wright
Mrs. Lynn Wyvill
Dr. Bonnie Yankaskas
Ms. Lois Yarbor
Ms. Ellen Yezzi
Mr. William W. Young Jr
Dr. Hugh Young
Mr. Jerry Zappa
Kim and Dan Zernec
Dr. Sally Zigmond
Ms. Ann L. Zimmerman
Beverly Zoschke

Treasurer Report

Greg Oberland

Treasurer, RLS Foundation Board of Directors

Thank you for your continued financial support and unwavering commitment to the RLS Foundation during our 2022 fiscal year. Individual donors provided the majority of support for Foundation programs and activities, representing 81% of donations collected. In 2022, we funded two grants through the RLS Foundation Research Grant: one for a longitudinal study on the use of opioids to treat RLS and the other for a cannabis safety and feasibility study. Together, these two grants fulfill our Foundation's goals of finding better treatments and, ultimately, a cure for RLS.

The RLS Foundation's Finance and Audit Committee monitors revenue and expenditures to ensure they are balanced and reviews forecasts for the upcoming fiscal year. Meanwhile, the Board of Directors provides financial oversight for the organization by ensuring monies are spent on programs beneficial to the members of the RLS community. Each gift received, regardless of size, allows us to fulfill our mission and, ultimately, brings us one step closer to a cure.

It is my pleasure to serve on the RLS Foundation's Board of Directors and as Treasurer. I look forward to the Foundation's continued success in 2023!

Sincerely

Greg Oberland

Greg Oberland
Treasurer, RLS Foundation Board of Directors

2022 - 2023 Highlights | Financials

Revenues and Support

Contributions	$764,362
Membership Dues	$143,150
Other	$36,547
Total revenues and support	**944,059**

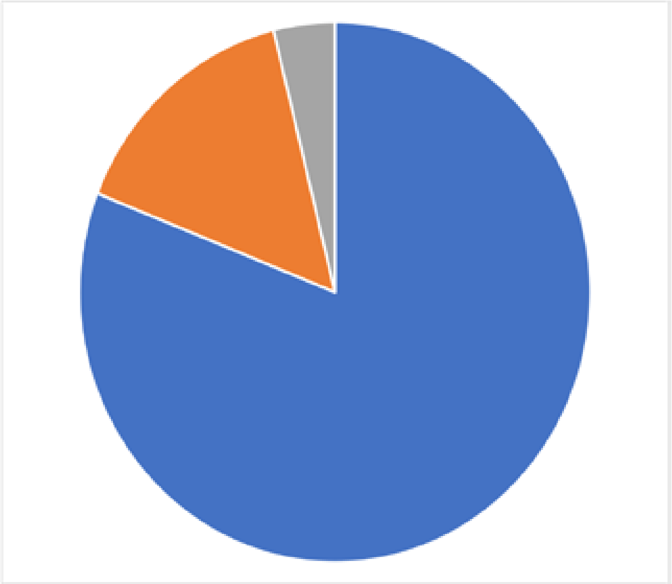
Expenses

Program Services	
Education	$430,527
Membership	$172,507
Research	$83,313
Support Groups	$30,891
Total program services	**$717,238**
Fundraising	$74,538
Management and general	$82,179
Total expenses	**$873,955**

Statements of Activities For the Fiscal Year Ended September 30, 2023

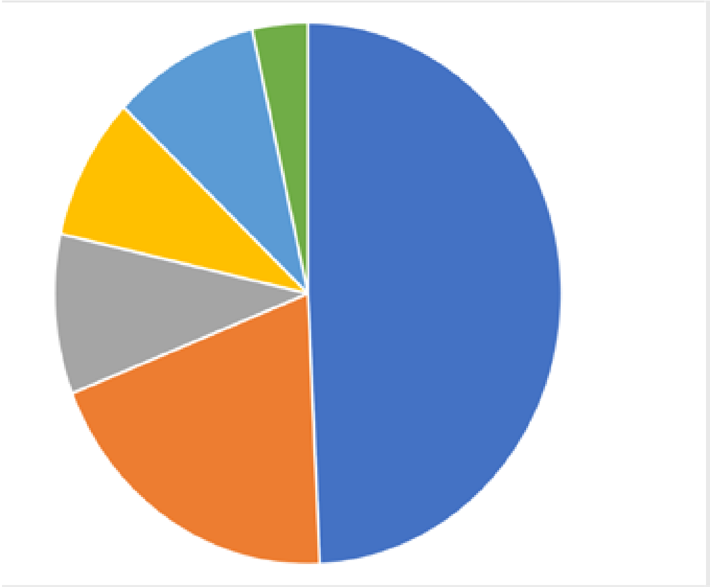
The RLS Foundation's full financial statements, the complete audit opinion of Montemayor Britton Bender PC, and all accompanying notes are available online at: www.rls.org

2023 Where Our Funds Come From



● Contributions	81%
● Membership Dues	15%
● Other	4%

2023 Where We Use Our Funds



● Education and awareness	49%
● Membership	20%
● Research	10%
● Support Groups	4%
● Fundraising	9%
● General and Administrative	9%

RLS

RESTLESS LEGS
SYNDROME
FOUNDATION

3006 Bee Caves Road
Suite D206
Austin, TX 78746

512-366-9109
info@rls.org

www.rls.org
rlsfoundation.blogspot.com
Discussion Board: bb.rls.org