FORWARD TOGETHER

2024-2023 ANNUAL REPORT

RESTLESS LEGS
SYNDROME
FOUNDATION

The 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, improve treatments and advance research to find a cure for RLS.

2023-2024
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

Avinash Aggarwal, *MD*
Pittsburgh, PA

Kunal Agarwal, *MD*
Lewes, DE

Jacquelyn (Jacci) Bainbridge, *PharmD*
Englewood, CO

Marcia Ball
Huntley, IL

Jeffery S. Durmer, *MD, PhD*
Denver, CO

Jim Flaniken
Indianapolis, IN

Laura Scott Hoffman
Sarasota, FL

Donnie Kee
Diboll, TX

Paul Rochester
Hillsborough, CA

Paul J. Vicary
The Villages, FL

Bill Wendt
Portland, OR

2023-2024
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

Joseph (Andy) Berkowski, *MD*
Cleveland, OH

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

Ravindra Chandrashekhar, *MD, PhD*
Dallas, TX

Stefan Clemens, *PhD, HdR*
Greenville, NC

James R. Connor, *PhD*
Hershey PA

Lourdes DelRosso, *MD, PhD, MS*
San Francisco, CA

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

Melissa Lipford, *MD*
Rochester, MN

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

Matthew Viereck, *MD*
Reading, PA

Arthur S. Walters, *MD*
Nashville, TN

John W. Winkelman, *MD, PhD*
Boston, MA

Rochelle Zak, *MD*
San Francisco, CA

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

10/19/2023	**1/5/2024**	**3/5/2024**	**3/8/2024**	**6/11/24**	**9/16/2024**
In-person	Telephonic	Telephonic	Telephonic	Telephonic	Telephonic

From the Chairman of the Board

As Chair of the RLS Foundation Board of Directors for the 2023-24 calendar year, I am pleased to report that this was an exciting time of progress and development for the RLS Foundation. We experienced growth in membership, educational programs, support events, social media engagement and public policy outreach. At the top of the fiscal year, we successfully hosted an in-person National RLS Patient Symposium in Baltimore, MD, bringing together over 120 active RLS community members. This conference provided attendees with the latest insights and research on RLS, while strengthening the development of relationships and support networks.

The Foundation maintains a healthy financial position, reflecting our commitment to honor the members who champion our mission and for the greater RLS community. Our financial team informs and advises the Board and conducts annual audits, reinforcing the integrity of our accounting practices to the communities we serve. Recognizing that our programs and outreach incur significant costs in staff time and resources, we are deeply grateful for the generous contributions beyond membership dues that make this essential work possible. We extend our heartfelt thanks to each donor for their unwavering support, which empowers us to continue our mission. Sincere thanks and appreciation to the Executive Director and staff of the Foundation, in serving the needs of the RLS community. With the continued generous support of our community members, the Foundation is well positioned to continue its vital work as we look upward and onward toward the future.

Shalini Paruthi, MD
Chair, RLS Foundation
Board of Directors

Sweet Dreams!

SParuthi, MD

Shalini Paruthi, MD

Board Chair, Restless Legs Syndrome Foundation

Celebrating Excellence: RLS Foundation Recognized Among Top Non-Profits

Nonprofits across the United States are evaluated annually by charity "watchdog" groups whose ratings are based on leadership, adaptability, impact and results, community, and financial transparency, helping to assure donors that their contributions are put to sound use.

RLS Foundation is pleased and honored to have received top ratings in 2024 from three such organizations:

- Charity Navigator - 4/4 stars
- Candid - Platinum transparency
- Great Non-Profits - 2023 top rated

Recognition enhances the visibility of the growing RLS community and provides confidence that the Foundation is driving forward its mission to increase awareness, improve treatments and fund research leading to a cure. Support from members like you allows the RLS Foundation to strive for and achieve these lofty goals. Thank you for your support!

‘Making RLS Connections’: 2023 National RLS Patient Symposium

An important part of the RLS Foundation’s mission is to increase awareness of the disease through education, for the general public and for healthcare providers. In pursuit of this mission, the RLS Foundation hosted a two-day, in-person RLS Patient Symposium in Baltimore on October 21–22, 2023. The symposium hosted leading RLS experts who presented topics relating to iron, alternative therapies, diet, co-occurring conditions and brain donation. Each day ended with an opportunity for the audience to pose questions to a panel of RLS experts in a live Q&A. This unique opportunity further allowed attendees to establish and strengthen connections with each other, RLS expert physicians and RLS Foundation staff.

SYMPOSIUM SPEAKERS

The RLS Foundation would like to thank all of the experts who volunteered their time to present on essential RLS subjects. This year’s speakers included:

- Shalini Paruthi, MD
- Gary Bradt, PsyD
- J. Andrew Berkowski, MD
- Christopher Earley, MB, BCh, PhD, FRCPI
- Jacquelyn Bainbridge, PharmD
- Avinash Aggarwal, MD
- Mark Buchfuhrer, MD, FRCP(C), FCCP
- Sabina Berretta, MD

KEYNOTE SPEAKER

Gary Bradt delivered an inspiring keynote presentation on how to increase happiness and well-being that was the catalyst for an incredible weekend! A professional motivational speaker, last year Bradt approached the Foundation, offering to give back to the organization that his mother, Thelma Bradt, had helped start over 30 years ago. Through his engaging narrative and insightful anecdotes, Bradt illuminated the path to amplifying happiness in life with a blend of humor and wisdom; he emphasized the significance of embracing gratitude, investing in meaningful connections and nurturing a resilient mindset. Bradt’s compelling talk offered actionable strategies to navigate life’s challenges and left the audience equipped with a newfound perspective on increasing happiness amidst life’s hurdles.

DINE WITH THE EXPERTS

The RLS Foundation hosted *Dine with the Experts*, an event that allowed participants to attend a seated dinner to converse with an RLS expert and other symposium attendees. The conversations sparked connections, from swapping personal stories to sharing tips. *Dine with the Experts* was a reminder that those living with RLS are *not alone* and there is an entire community to provide support.

MAKING CONNECTIONS

The theme for this event was “Making RLS Connections.” Going far beyond an educational seminar, the experience forged new relationships among fellow attendees. It was heartening to witness how the two-hour “Meet and Greet” was extended beyond the scheduled hours as individuals conversed and shared stories until late. Some participants had never spoken to another individual with RLS, and discovered a new sense of belonging among the group. Participants who brought family and friends grew closer as their partners learned more about the disease and how other family members cope with its effects on daily life.

The RLS Foundation thanks Azurity Pharmaceuticals for its support of this educational event. The Foundation invites you to join in future educational events, including its monthly webinar series and the upcoming Virtual Summit on April 6. To learn more about the Virtual Summit visit www.rls.org/summit.

National RLS Opioid Registry: 3-Year Research Update

By John Winkelman MD, PhD

About 3% of the US population has RLS severe enough to require daily medical treatment. Food and Drug Administration (FDA) approved treatments, including iron therapy, alpha-2-delta ligands and dopamine agonists, are initially effective for most patients. However, for some these therapies prove ineffective with time or cause adverse reactions. As many as 50%–70% of patients using dopamine agonists develop augmentation, a worsening of RLS symptoms due to these medications.[1]

When symptoms are unresponsive to first-line therapies, the disease is known as refractory RLS. For people who have refractory RLS, low-total-daily-dose opioids can be an appropriate treatment option. However, concerns regarding opioids in both the medical and public sectors create barriers for RLS patients who require access to such medication.

Prompted by the lack of long-term research surrounding opioids and RLS, John Winkelman, MD, PhD, director of the Massachusetts General Hospital RLS Quality Care Center and a member of the RLS Foundation's Scientific and Medical Advisory Board, is conducting a study to observe the safety and efficacy of long-term opioids in RLS management. The National RLS Opioid Registry is intended to provide clinical evidence to help physicians manage patients with refractory RLS more effectively. Dr. Winkelman has received three grants from the RLS Foundation's Research Grant Program to support this work.

In the study, participants are treated by their local providers and fill out extensive surveys online every six months. The researchers previously reported that at enrollment, participants had been taking opioids for refractory RLS for a median duration of one to three years. Now five years since the first participants were enrolled, the researchers have analyzed the three-year follow-up data and presented their findings at the World Sleep Society meeting in October in Rio de Janeiro.

PARTICIPANT RETENTION AT 3 YEARS

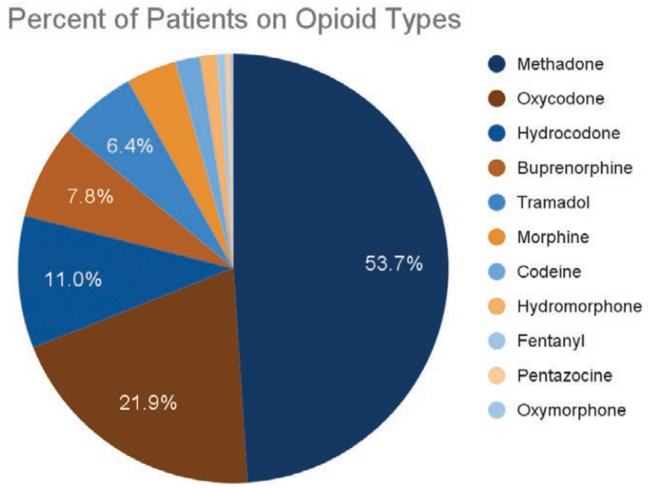
The retention rate of year three participants is very high at 94.4%. Of the 500 original participants, 438 remain involved in the study.

Of participants who discontinued the study:

- Twenty-eight discontinued opioid treatment of RLS.
- Twenty lost contact with the research team.
- Fourteen are no longer in the study for another reason.

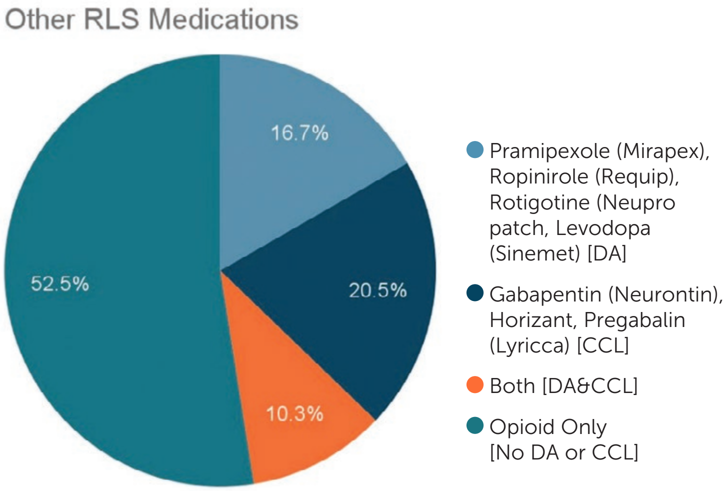
MEDICATION CHANGES AT 3 YEARS

About half (53.7%) of registry participants used low-dose methadone to treat RLS symptoms. Other opioids used by participants included oxycodone (21.9%), hydrocodone (11.0%) and tramadol (6.4%). Of 438 participants, 9.6% use a combination of two opioid medications to treat their RLS.



Research indicates methadone has a reduced abuse potential compared to other opioids and therefore can be an effective option for long-term treatment.[1]

Nearly half of the participants used a second or occasionally a third medication to supplement the opioid.



DOSE CHANGES AT 3 YEARS

After three years, 34.9% of participants maintained the same dose of their medication, 19.2% decreased their dose and 45.9% increased their dose.

Three primary factors increased the likelihood that participants would increase their dose by any amount:

- Notable anxiety at the time of enrollment
- Switching opioid medications between the time of enrollment and the three-year survey
- Less than one year of existing treatment on an opioid at the time of enrollment

The following additional factors increased the likelihood that participants would increase their dose by high amounts:

- Opioids being prescribed for another condition in addition to RLS (such as comorbid pain)
- Adding a dopamine agonist between the time of enrollment and the three-year survey
- A diagnosis of depression at the time of enrollment
- At least mild insomnia at the time of enrollment

SYMPTOM SEVERITY AT 3 YEARS

A majority of participants at the time of enrollment experienced moderate persistent RLS symptoms. At year three, there has been little change in RLS severity. Most participants did not have clinically significant insomnia at the time of enrollment, which continues to be true at year three.

CONCLUSION

Longitudinal research such as The National RLS Opioid Registry is significant for RLS patients, allowing physicians, federal regulatory agencies and legislators to better understand the medical role of low-total-daily dose opioid in RLS management. The Registry will continue to observe participants for as long as they are willing to participate so that we can continue to gain insight into the long-term safety, efficacy, and stability of low-total-daily dose opioid medications for severe cases of RLS. The RLS Foundation continues to provide funding to the National RLS Opioid Registry thanks to contributions from dedicated members.

---

[1] Silber M et al. "The appropriate use of opioids in the treatment of refractory restless legs syndrome." Mayo Clinic Proceedings, vol. 93, no. 1, 2018, pp. 59–67, https://doi.org/10.1016/j.mayocp.2017.11.007.

RLS Foundations Awards 50th Research Grant

By Dr. Mark Boulos, MD, FRCPC, MSc

The RLS Foundation has awarded a research grant to Dr. Mark Boulos, MD, FRCPC, MSc, to study the use of cannabis to treat RLS. With this award, the RLS Foundation Research Grant Program has funded 50 grants to date, totaling nearly nearly $2 million. Dr. Boulos is an Associate Professor of Neurology at the University of Toronto who has extensive experience as a clinician and researcher in sleep disorders.

I am very grateful to be a recipient of the 2023 Restless Legs Syndrome Foundation Research Grant. My study, "Using Cannabis to Treat Restless Legs Syndrome: A Safety and Feasibility Trial" will help establish the feasibility and safety of using cannabis to manage treatment-resistant restless legs syndrome (RLS). Unfortunately, there has been very limited research in this area to date, so we believe this study will be an important first step in the evaluation of cannabis as a treatment for RLS. The results of this study may help inform larger clinical trials that will investigate the efficacy of cannabis as an RLS treatment.

As a sleep medicine physician, I often see patients with RLS who are suffering, and none of the therapies they have tried have adequately addressed their discomfort. Since cannabis has been legalized for recreational use in Canada, a few of my patients have independently tried cannabis for treating their RLS, reporting that it provided them the relief that they had been unable to find through other treatments. However, much of the evidence for cannabis in RLS has been anecdotal, and there haven't yet been clinical trials conducted to evaluate the safety and efficacy of this approach.

The study we plan to conduct at Sunnybrook Health Sciences Centre in Toronto, Canada, will be a randomized, controlled trial where participants with refractory RLS will receive either medical cannabis or a placebo. The study will be double-blinded, meaning that both the study staff and participants will not know whether they are receiving cannabis or the placebo. Participants will be given the study drug for eight weeks and will be closely monitored for any adverse effects.

Our study aims to measure several key aspects of RLS, including symptom severity, quality of life, subjective and objective measures of sleep quality, and leg movements. We will perform assessments at baseline and during an eight-week follow-up to see how the study drug may change these important outcomes.

Ultimately, our goal is to improve the lives of individuals affected by RLS by providing new avenues of hope and relief. We are excited to begin this research study, and we are very thankful to the RLS Foundation for their support. If you live in Ontario and might be interested in participating in this study, please contact our team at mark.boulos@sunnybrook.ca.

RLS Advocacy Day: Empowering Change on Capitol Hill

By Kris Schanilec

The RLS community was back in Washington on Oct. 23, 2023, for the fourth annual RLS Hill Day on Capitol Hill. Thirty people gathered for the all-day event, traveling from as far as California to as close as DC to bring the needs of RLS patients to the attention of members of Congress.

Participants advocated on behalf of the RLS community for three priorities:

- Sleep disorder research funding
- Access to opioids as an appropriate RLS treatment
- Funding for awareness and education programming

"The impact of our advocacy day cannot be overstated. It's through these conversations with legislators that we pave the way for improved education, access to treatments, and the groundbreaking research needed to find better therapies and a cure for RLS," says Karla Dzienkowski, executive director of the RLS Foundation.

The day started with a meeting at the offices of Health and Medicine Counsel (HMC), an organization that coordinates the Foundation's advocacy activities. HMC managing partner Phil Goglas and RLS Foundation board chair Shalini Paruthi, MD, reviewed the day's agenda and what to expect in the meetings with legislative staff.

The advocates then set off for Capitol Hill, where they broke into four teams to meet with the staff of senators who represent their home states. At noon, the teams came together briefly for lunch in the Senate cafeteria, then tackled the House side in the afternoon.

In the meetings, the advocates shared their personal stories about the challenges of living with RLS and asked their legislators to support specific priorities. (See "Legislative and Policy Priorities" below.)

"Lawmakers want to hear from their constituents, and meeting with their staff is a very effective way of raising their awareness about the issues affecting the RLS community," Dr. Paruthi says. "Every conversation we have is a step forward in building a network of informed legislators who can take actions that are in the best interests of their constituents who suffer from RLS."

Dr. Paruthi, Dzienkowski and Goglas formed a fifth team that crisscrossed the Senate and House office buildings throughout the day to meet with legislators who sit on key that shape health policy.

RLS Foundation staff member Adrianna Colucci coordinated Hill day. "By far, one of the largest accomplishments of the day was how receptive legislative staff were to the stories people shared, showing that the most influential information comes from those who live with the disorder," she says. "The connections made between representatives and constituents in those meetings are vital to recruiting support and elevating the Foundation's legislative priorities."

The Foundation's contingent visited the offices of 10 states: Arizona, California, Colorado, Indiana, Iowa, Maryland, Michigan, Missouri, Pennsylvania and Texas. The staff was joined by medical experts Avinash Aggarwal, MD; Jacquelyn Bainbridge, PharmD; J. Andrew Berkowski, MD; and Shalini Paruthi, MD; by board members Marcia Ball, Dave Loskutoff and Lewis Phelps; and by 16 advocates from the RLS community. Thank you to all who participated!

"We are grateful to everyone who participated," says Dzienkowski. "We hope others will consider joining us in the future to advocate in Washington and in our home states, and by joining our letter-writing campaigns and other calls to action throughout the year."

See page 11 to hear first-hand from Foundation members who participated in RLS Advocacy Day on Capitol Hill.

Join the cause: Become an RLS advocate!

To learn more about the RLS Foundation's Advocacy Program, visit www.rls.rg/advocacy. You can also sign up to receive Foundation updates by sending a request to info@rls.org.

A Letter to Our Legislators

BY TONI TROST

Toni Trost lives in a small town near Portland, Oregon. She experienced RLS as a child and was finally diagnosed in her 30s. Trost traveled across the country to join the RLS Foundation and 30 other advocates in Washington, DC last October to share her RLS story with legislative representatives at RLS Advocacy Day on Capitol Hill. Outside of advocacy, her hobbies include sewing, knitting and hiking.

I have had a difficult time writing this. I have difficulty describing the symptoms. I also have difficulty describing their effects on my life. I have lived with this disorder for so long that I'm unable to tell you what life would be like without it. I don't know what it's like to sleep through the night every night. I have no idea what it would feel like to have rested like that. When friends hear about how little I sleep, they say they couldn't survive on so little sleep. They couldn't be up and about for so many hours at a time. But some of us have no choice,

RLS has financial, physical and emotional repercussions for me. I live in Portland, Oregon, but I see an RLS specialist who practices near Los Angeles. I travel there twice a year for follow-up appointments, prescription renewals, medication changes and advice. I was there last week. Each trip costs me close to $1,500. I was also just at the pharmacy. I take four medications to control my symptoms. Two are not generic and are not covered by my insurance. The four medications together cost me $1,000 a month. In total, RLS costs me $15,000 a year – the same as my take-home pay.

Physically, I deal with arthritis and muscle strain due to overuse injuries. My arthritic feet ache from the pacing and standing that occurred before I received effective treatment for my RLS. I was frequently on my feet 18 to 20 hours a day, something that still occurs from time to time. I also have arthritis in my wrists and hands. But I sew, embroider, knit and crochet, often for hours, to distract myself from the sensations in my legs.

Emotionally, this disorder has tested my resilience. When I have breakthrough symptoms that I can't find a way to relieve, I have a hard time finding hope. I have had reactions to medications that left me suicidal and depressed. I struggle with low-grade depression and anxiety. One of the curses of insomnia is that you have too much time for self-reflection. I think about my future with this disorder. It has worsened as I've aged. The sensations and insomnia are worse, and symptoms break through more frequently. I worry that my RLS will become resistant to treatment or that I will run out of treatment options. I worry about what the lack of sleep has done and is doing to my health. I worry about losing access to my medications due to legislative changes or drug shortages. I worry that my doctor will retire and that I won't be able to find another one. I worry that a time will come when I can no longer afford my medications. My mind is full of "what ifs." The thought of living life like I did before treatment knocks me flat. Nights without my insomnia medication are the worst. It's difficult to be awake when the rest of the world is asleep. When I'm not sewing or doing some sort of needlecraft, I'm often crying with frustration and exhaustion. My mind and body are sore and exhausted by this disorder.

RLS affects my daily routine and the routines of those around me. I take medication for RLS three times a day. I try to plan activities around these times. Road trips, flights, movies, concerts, meetings, even the drive home from work – all can be impacted by RLS. I dread traveling by air. I'm not afraid of flying – I'm just afraid of being stuck in my seat due to delays or turbulence. Aisle seats are a must in case I need to pace. I paid for extra legroom and an aisle seat to fly out here.

I made this trip across the country because it is important for you, our representatives, to understand that the harmless-sounding name of this condition belies a disorder with serious difficulties for those who suffer from it regularly. I think a lot about those who are struggling with the condition who haven't been diagnosed or treated because they don't have access to knowledgeable medical professionals or because they can't afford to spend $1,000 a month on medication. Please consider their needs and the needs of the rest of the RLS community as you create policies and build budgets. Fund research into the causes of the disorder. Fund educational programs for professionals and the public. Fund research into affordable, effective treatment. Consider the needs of the RLS community when policies surrounding opioids appear. For many of us, low doses of opioids are the only treatment that alleviates our symptoms, allowing us to lead our lives without the limits this disorder can impose. Speak up for us. Please.

Creating Connections on Capitol Hill

By Adrianna Colucci, RLS Foundation Communications Coordinator

On February 4, RLS Foundation Executive Director Karla Dzienkowski, Board Chair Dr. Shalini Paruthi and staff member Adrianna Colucci traveled from their Southern states to Washington, DC. Over the course of two days, they met with 10 legislative offices, educating representatives about RLS and its impact on the patient community. These meetings emphasized the need for increased research funding, enhanced education and awareness, and protected access to critical therapies including low-total-daily-dose opioids. This visit came at a pivotal time when committees were making key decisions on policy issues within federal agencies.

RLS Foundation Executive Director Karla Dzienkowski, Board Chair Shalini Paruthi, MD, and Communications Coordinator Adrianna Colucci

Advocacy efforts specifically targeted the United States Senate Committee on Appropriations. This committee has jurisdiction over all discretionary spending in the Senate. Its responsibility is to write legislation allocating funds to federal agencies and departments each year.[1] The RLS Foundation met with the offices of Senators Jon Tester (MT), Jack Reed (RI) and John Boozman (AR), who serve on the Appropriations Committee.

Philip Goglas, a managing partner at the Health and Medicine Counsel (HMC), and Matt Duquette, an HMC representative, coordinated the Capitol Hill meetings on behalf of the RLS Foundation. Goglas explains, "We meet with appropriators because they decide how much funding the National Institutes of Health (NIH) and Centers for Disease Control and Prevention (CDC) receive, and further, what conditions are eligible for study."

The Foundation asked that the NIH be provided with sustained funding for fiscal year 2024 of at least $50.924 billion. Researchers can apply for grants to conduct crucial RLS research through funding across relevant NIH centers.

The Foundation also requested at least $6 million in funding for the Chronic Diseases Education and Awareness Program (CDEA) at the CDC. The CDC has an active public health campaign dedicated to sleep disorders, slated to end in 2024.[2] Funding for the CDEA would allow this valuable public health education effort to continue.

The Foundation's advocacy team met with members of the Defense Committee and subcommittees from both the Senate and House, including the offices of Senator John Tester (MT), who is chair of the Defense Subcommittee; Senator Jack Reed (RI) and Congressman Steve Womack (AR). The Senate Armed Services Committee oversees the nation's military, including the Department of Defense (DoD). The DoD Peer-Reviewed Medical Research Program (PRMRP) supports research to enhance the health and well-being of military service members, veterans, retirees and their family members. RLS is a major sleep disorder that affects an estimated 40,000 active-duty military personnel. The Foundation advocated for continuing to include "sleep disorders" in the PRMRP, which allows researchers to apply for grants related to RLS. A member of the RLS Foundation's Scientific and Medical Advisory Board, Brian Koo, MD, of Yale University, was awarded a research grant under the PRMRP.

The Foundation also met with members of the House Energy and Commerce Committee and the Ways and Means Committee, as well as the Labor Health and Human Services Education subcommittees. These groups oversee policy affecting healthcare, specifically for opioid-related legislation. The Foundation asked for accommodations for patients who rely on the regular use of low-total-daily doses of opioids to manage their RLS. When legislation addressing the opioid epidemic is introduced, it is important to consider the needs of the RLS community by carving out the same accommodations for the use of opioids that is given to disorders such as sickle cell anemia, cancer and palliative to those with RLS. The Foundation stressed the need for physicians to prescribe opioids appropriately and without arbitrary barriers.

Representing the RLS community as both a patient and a sleep physician, Dr. Paruthi emphasized that the RLS community needs additional research to better understand the pathophysiology of RLS and to improve treatments. "We work with legislative staff to shed light on what RLS individuals suffer from and how it disrupts daily life," she says.

Advocacy plays a pivotal role in shaping public policy, bridging the gap between the community and lawmakers. The Foundation thanks Matt Duquette and Phil Goglas from the HMC for coordinating these meetings and leading our advocacy efforts. If you would like to learn more about how to become involved in RLS advocacy, go to www.rls.org/get-involved/advocacy.

[1] "Committee Jurisdiction: United States Senate Committee on Appropriations." United States Senate Committee on Appropriations. www.appropriations.senate.gov/about/jurisdiction.

[2] "National Healthy Sleep Awareness Project." Centers for Disease Control and Prevention. www.cdc.gov/sleep/projects_partners.html.

Unique RLS Coping Strategies

The treatments available to manage RLS are limited, and there is no cure. Therefore, various nonmedicinal coping methods may provide relief when managing this disease. The RLS Foundation asked members of the RLS community to share the tips and tricks that help them cope! Everyone's RLS is unique to them, and efficacy will vary among individuals. It is important to talk to your healthcare provider and investigate concerns such as safety, effectiveness and cost before making any changes to your treatment regimen. Thank you to all who submitted responses.

"I do about 15 minutes of yoga in the middle of the night, including stretching and breathing." – *Elizabeth*

"Putting together puzzles helps me through evening hours of RLS." – *Nancy R.*

"I drink a magnesium supplement before bed, put magnesium oil spray on my legs, and immerse my legs and feet in cold water." – *Lluvia V.*

"Pushups from the knees with in-and-out breaths anytime when I can't sleep. You can also go up and down carpeted stairs 10 times to get sleep." – *Sharon C.*

"One of my biggest coping strategies is acceptance. For the past 15 years or so I have practiced acceptance of RLS to the best of my ability. Sometimes that can be near impossible. But when I can be 'one with my RLS,' my mental health is grateful." – *Jennifer C.*

"Depending on the time of day, I stand up in the kitchen and walk around gathering ingredients to cook or bake to do something that takes my mind off my legs!" – *Karen H.*

"I change the shower pressure to a hard flow, turn up the temperature to as high as I can stand it, and shoot the water on the back of my knees." – *Paula B.*

"I choose my seat in meetings, performances and movies where I can inconspicuously get up to stand in the back or 'escape.' At night, I listen to a YouTube recording of a Rife frequency for RLS and do not share a bed." – *Lynette C.*

"I add 4–6 cups of magnesium chloride flakes – not Epsom salts – to a warm bath. Epsom salts, which are magnesium sulfate, are not nearly as effective. Travel tip: Contact your hotel to request a room with a tub, briefly explaining that a soak helps you sleep better." – *Nick C.*

"Keeping my calves cool helps reduce symptoms. I purchased a cooling pad for my bed to help maintain a level of coolness. I also recently was prescribed a wrap that has electrodes attached to it. It provides electrical stimulation to the peroneal nerve, and the stimulation mimics movement and sensation to the lower legs and feet." – *Beth*

"I distract myself as much as possible. Once, on a flight, I had a severe RLS episode. Strangely enough, I played the Angry Birds game on my phone for hours. It helped." – *Deborah M.**

***Medical Editor's Note:** Mental activities such as video games, chess, crossword puzzles, solitaire, etc. can relieve RLS symptoms. Simple distractions such as watching a movie may not help.

2023-2024 WEBINARS

January 2024
When Should I Visit an RLS Quality Care Center?
Avinash Aggarwal, MD

February 2024
Navigating RLS in Different Life Stages: Children, Teens, Adults and Seniors
Shalini Paruthi, MD

March 2024
How to Increase Happiness and Well Being
Gary Bradt, PsyD

May 2024
Understanding Augmentation: Causes, Symptoms and Treatment Strategies
Mark Buchfuhrer, MD, FRCP(C), FCCP

August 2024
RLS Advocacy: Preparing for Hill Day 2024
Phil Goglas, II

October 2024
RLS and Pregnancy
Jennifer Hensley, EdD, MSN, RN, CNM, WHNP-BC, LCCE

RLS Foundation Virtual Summits

April 2024
RLS Research Virtual Summit

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**

SUPPORTERS ($100 - $249)

Anonymous (40)
Mr. James Abbott
Susan and Philip Abraham
Debbie Murdock
Mr. Joseph Adrignola
Mr. William Ahern
Ms. Mary Jane Akin
Mrs. Michaelene Alexander
Serena Alleman
Ms. Judy Amateis
Mrs. Donna Anastasi
Gayle V. Anderson
John H. Anderson Jr
Mr. & Mrs. Leland E. Anderson
David W Anderson
Mrs. Patricia Anderson
Mrs. Bonnie B. Andre
Ms. Judith Anscher
Ms. Jeanne Antonuccio
Dr. Colin Arnold
Mrs. Jill Bader
Mrs. Marie Jo Baldwin
Mrs. Marcia Ball
Mr. Joseph Barbella
Ms. Christine Barbour
Rich Barra
Mr. Robert Barry
Mr. Greg Barth
Mr. Tim Beech
Ms. Diane Beer
Ms. Leslee Behar
Diane E. Bennett
Mrs. Diane Berkowitz
Richard and Cathy Berman
Lola Bermudez
Mrs. Janet Berrill
Elizabeth L. Bewley
Ms. Marlene Biggs
Mrs. Margie E. Bikowsky
Mr. Donald Bilbrey
Karen Billington
Ms. Bonnie Bippes
Mr. David Bishop
Mrs. Diana Bjel
Dr. Ginger L. Blackmon
Ms. Catherine M. Boehme
Ms. Linda Boly RN
George and Linda Bone
Mr. and Mrs. George F. Bone
Mrs. Julia Borgen
Mr. Jeffrey Borofsky
Mr. Christopher Bosworth
Mr. Robert Botelle
Mr. Bruce Bowden
Ms. Kathryn Bowman
Ms. Linda Bowman
Mr. Stefan Bozik
Ms. Maggi Braasch-Turi
Dr. Kenneth H. Bradt
Thelma Bradt
Ms. Julie V. Brady
Ms. Laura L. Brakke
Mr. Rodney Brandt
Ms. Kaye Brandt
Dr. & Mrs. James Breece
Mr. Clarence Brink
Mrs. Susan R. Brown
Robert and Lenore Brugger
Mr. Terry Bruton
Mr. Jeffrey Bryan
Ms. Cindy Buffham
Mr. William Burch
Dave Burchfield
Mrs. Michelle Burger
Ms. Linda A. Burk
Ms. Alisa Burke
Ms. Mary Burkhardt
Ms. Hollis Burkhart
Ms. Susan Burns
Mr. William Burns
Ms. Virginia Burns
Sherrill Busboom PA-C
Ms. Katherine Busch
Mr. Robert Butchko
Ms. Becky Butler
Mr. John Cahill
Mr. Charles Calvert
Ms. Catherine Canade
Ms. Deirdre Carlson
Mr. Timothy J. Carlton
Mr. Paul A. Carney
Ms. Stephanie Carty
Ms. Cathy Carver
Mrs. Marjorie M. Cashion
Ms. Johanny Castillo
Mr. John Champ, Jr.
Mrs. Doria Chege
Ms. Donna Chronic
Mr. Howard Clark
Ms. Vera Clay
Mr. Thomas Clopath
Lee C. Coates
Ms. Carolyn Cobb
Mr. Denis Cogswell
Mrs. Ivalee Cohen
Ms. Caeli Collins
Mr. Greg Collins
Mrs. Danielle Carole Comeau
Ms. Barbara Conits
Ms. Judith Conley
James Connor
Ms. Patricia Corcoran
Mrs. Debbie Costa
Mrs. Coral Costrini
Mr. Doug Counsell
Ms. Donna Cowan
John Wesley Cox
Ms. Sherry Cox
Mr. David Crow
Samuel D'Amato, MD
Ms. Yvon Dacayana
Mr. James Dadmun
Ms. Dale David
Mr. Richard Davy
Ms. Barbara Dean
Mr. and Ms. Charles V. Decker
Ms. Veda I. Decof
Ms. Kathleen Deitz
Mr. Dennis Del Donno
Beryl Dennis
Doris Dent
Mrs. Patrice Deutsch
Mrs. Nancy Devries
Ms. Carolyn Dick Mayes
Mr. Leonard Dickinson
Mr. Bernard N. Dickman
Ms. Adele Dill
Ms. Kathy Dimiduk
Elizabeth Dirkx
Mr. Donald DiRusso
Ms. Diane Dixon
Mrs. Barbara Dodd
Katharine L. Downham
Andrea C. Dragon
Diane K Drake
Ms. Becky Droullard
F. Edward Dudek
Paul B. Dudley
Bill Duncan
Michael and Loa Dunn
Mr. Bill Durako
Margaret J Durnin
Ms. Kay Eames
Ms. Barbara Earnest
Carol T. Edmiston
Stephen and Dorrit Edwards
Mrs. Reba Eich
Mr. Doug Ell
Mr. David A. Ellefson
Roberta Elliott
Mrs. Sylvia Ely
Ms. Erica Emmert
Mary Jo Enyeart
Mrs. Laurel Euler
Mrs. Cynthia Ezell
Mr. Sigo Falk
Ms. Barbara Fanning
Ms. Eileen T. Farley
Win Farquhar
Ms. Julie Farrell
Ms. Barbara Farrell
Mr. David Faure
Doris Fawcett
Ms. Lisa Feinstein
Ms. Margaret M. Felton
Mr. Al H. Ferber
Ms. Dean & Jodie Ferrell
Ms. Lori Finger
Mr. Jeffrey Fink
Mrs. Leslee Finney
Rick and Barbara Firmine
Lee J. Fischer
Ms. Elsabeth Fish
Mr. Gregory Fisher
Mrs. Merial R. Fitzgerald
Mr. Robert V. Fitzgerald
Mrs. Mary Kay Flannery
Mrs. Paula Flemming
Ms. Martha Fletcher
Mrs. Therese Flingos
Janet M. Forni
Linda G. Fors
Mr. Daniel Fournier
Ms. Virginia Fowler
Mr. Luigi Franceschetti
Mr. Robert F. Francis
Ms. Karin Frederick
Ms. Margaret Freeman
Ms. Aileen Freeman
Mr. Robert Freese
Dr. Ted Fremont
Ms. Cheryl Friese
Colleen Froese MD
Mrs. Susan Fryrear
Jim E. Funke DDS
John D. Gage
Tom Gardner
Art Garman

Debra L. Garner
Mr. Albert Gaskill
Carolyn Geduld
Kenneth E. German
Cindy Gibbs
Ms. Janna Gies
David Gilbertson
Kathryn Gillette and Raif Szczepanski
Mr. William Gilster
Mr. George M. Gingerelli
Ms. Cheryl A. Glackin
Ellen D. Glatter
Ms. Catherine Glowacky
Mrs. Ruth A. Goats
Ms. Connie Goff
Mr. Kenneth Goodson Jr
Mr. Earl Goodwin
Mr. Robert L. Gorecki
Ms. Wilma J. Gormley
Mr. James Gould
Ms. Patricia Graham
Mr. David L. Gray
Ms. Jane B. Green
Sharon J Green-Hennessy PhD
Mrs. Christine Greene
Mr. Michael Greig
Ms. Suzan K. Griffin
Ms. Vicki Griffiths
Mr. Donald Griggs
Mrs. Sara Grimm
Mrs. Marjorie Grower
Mr. Murphy Guidry
Mrs. Shiras Guion
James A. Guldan
Mrs. Becky Gunthert
Dr. Vijay Gupta
Ms. Kathy Gupton
Ms. Suzanne Guzman
Mr. Carl F. Hagenmaier Jr.
Mr. Ronald Hahn
Mrs. Richard Hallock
Donald and Mary Ann Hamman
Mr. John Hampel
Lisa Renery Handalian
Mrs. Elizabeth M. Haning
Ms. Mary Hansen
Mrs. Sharon Hansen
M. Clare Harper, MD
Mr. Ali Hashmi
Margaret B. Hassett
Robert G. Hasty
Dr. and Mrs. Victor Hauser
Dr. Deborah Hayes
Mr. and Mrs. Wade and Keitha Hays
Jim Healey
Donna Heaney
Ms. Belinda Heerwagen
Mr. Paul Heiman
Ms. Linda Hein
James Heinz
Ms. Khosro Hekmat
Mr. Thomas Henderson
Dr. Kevin D. Hennessy
Jennifer G. Hensley EdD, CNM, WHNP
Ms. Julie Herbert
Mrs. Dolores Hermann
Dr. Susan Hermanson
Mr. Gordon Herron
Ms. Marjorie Hertz
Dr. Susan Hetherington
Mrs. Katherine A. Higgins
Caren Hill
Mr. John D. Himmelfarb
Mr. Fred Hinckley
Mr. Jeffrey Hinebaugh
Mrs. Tina Hines
Mr. Lloyd Hittle
Dr. LaFloyd H. Hobbs
Ms. Connie Hodge
Mrs. Kim Hodges
Mr. Stanley Hoernicke
Donald E. Hoffman
Mr. Gary Hoffman
Mr. David Hogan
Mr. Jay B. Hogfeldt
Ms. Karen R. Hollingsworth
Mr. Monte Horn
Julia Horowitz
Mr. Steve Horvat
Mrs. Charlene M. Houghton
Ms. Mary Houns
Dr. Wm Houston
Mrs. Mynelle F. Howells
Ms. Robin Hubbell
Mr. Blake Hudson
Mr. Scott Hundley
Mickey and Jean Hurry
Ms. Valerie Huseby
Jean Hayden Hutchins
Mr. Paul V. Irvine
Mr. Richard Irwin
Susanne Isbill
Mrs. Sylvia L. Jacob
Mrs. Patricia Jankelson
Mrs. Jan C. Jarrell
Ms. Jessica Jenkins
Ms. Katherine L. Jenkins
Ms. Frances Jens
Ms. Valerie Jessen
Mrs. Yvonne Joelson
Mrs. Hilary Ann Johnson
Nancy E. Johnson
Mrs. Mary Ruth R. Johnson
Mrs. Jennifer Johnson
Ms. Catherine Johnson
Mrs. Teta Johnson
Ms. Judy Jongsma
Ms. Priscilla Joseph
Ms. Joyce S. Kallaher
Ms. Mary Kallenbach
Ms. Mary Kamplain
Dr. Walter Kane
Mr. and Mrs. Tom Kaper
Mrs. Wendy Katchmar
Garry Kearns
Mr. William J. Kellar
Dr. and Mrs. Virginia Kelly
Ms. James Kervick
Allan R. Kerze
Ms. Eslee Kessler
Mrs. Randy Keyne
Ms. Mary Ann A. Kibler
Mrs. Susan J. Kiley
Ms. Mary King
Ms. Kelly Kipkalov
Mr. Jeffrey M. Kloc
Ms. Marie Koch
Ms. Rebecca Koehler
Mr. Steven Korsin
Ms. Judith A. Kotar
Kathleen Kotchi
Margaret M. Kowalski
Ms. Katharine Krebs
Ms. Donna Kreusser
Dr. Laurence Krieg
Mr. Michael Kun
Mrs. Cynthia Landgrebe
Mrs. Sharon Langis
Mr. John Laurent
Mrs. Louise Lawter
Mr. Merle Layden
Mary Jo Leeder
Mr. Charles Leeuw
Ms. Jennifer LeFever
Ms. Martha A. Lentz
Mr.& Mrs. Leon Levy
David and Suzan Lewis
Mr. Victor Liberi
Joyce Lifshin
Mr. Gerald J. Lillquist
Cheryl Lindburg
Mr. David Linner
Ms. Martha P. Littlefield
Dr. Peter Litwin
Ms. Jane Lohmar
Donald Loveland
Ms. Andrea Lowery
Ms. Vicki Lyons
Barbara B Mack
Ms. Lynn Mader
Mr. David Mailhot
Ms. Susan Maio-Hillegonds
Cmdr. John O. Makinson
Ms. Cindy Maksimovic
Ms. Brenda Malewitz
Mrs. Betty Malone
Mrs. Paula Mancini
Mr. David W. Mapes
Mr. Charlie Marcous
Mrs. Camile Marks
Mr. Dean Marney
Mr. Sev Marsted
David Martens
Mrs. Debra Martin
Ms. Joan Martin
Mr. Robert L. Martindale
Mrs. Lisa Mason
Mr. Walter Mathews
Paul S. Mattheiss
Mr. Anthony Mazlish
Mr. Douglas McAda
Ms. Patrice McAdams
Mr. Mark McAfee
Ms. Margaret McArdle
Ms. Ann McCabe
Mrs. Grace McCartin
Mr. Daniel McCormack
Mr. Philip McCormick
Ms. Peg McDermott
Craig amd Ann McDonald
Peter and Caroline McElroy
Steve and Kris McGaw
Mrs. Nancy McGuffey
Mrs. Susan McGuire
Mr. Robert McIntyre
Patricia H. McKee
Ms. Denise McKeever

Mr. Paul T. McMahon
Christine McMorrow
Dr. Douglas McNeal
Reverend Frank Meccia
Ms. Marilyn Meier
Ms. Susie Melick
Ms. Robyn Mellor
Mr. Sergej Memrik
Ms. Karen L. Mendonca
Ms. Deborah Meservey
Dr. June K. Metts
Elaine Miller
Mrs. Lori Miller
Mr. Douglas Miller
Mrs. Sylvia Miller
Sally Mills
Joey and Kitty Misiaszek
Mr. and Mrs. Darius Mistry
Ms. Helene Moloff
Mr. Robert Montcalm
Mrs. Lynn Montgomery
Dr. Frederik Mooi
Ms. Laureen Mooney
Donald T. Moore
Nellwin E. Moore
Ms. Marcia Moore
Ms. Althea Moorhead
Ms. Karen Moorhead
Robert A. Moran, PhD
Ms. Bernyce Moran
Ms. Mary Lee Morgan
Mrs. Virginia Moriarty
Mrs. Joan S. Morrissey
Ms. Linda Morton
Mrs. Patricia L. Mullins
Ms. Gale Munson
Susan Murphy
Mr. Steven Murphy
Walter W. Murrell PhD
Doris W. Neal
Ms. John Nelson
Ms. Karen Netzband
Mr. Mark Nickell
Ms. Lynne Nicodemus
Ms. Laura Niel
Mr. Ken Nolan
Ms. Kathleen Nolan
Mary Payne Norcross
Ms. Janice Nowak
Ms. Virginia P. Nurco
Ms. Barbara O'Connell
Bonnie & Mal O'Connor
Mrs. Jeananne O'Hara
Ms. Susan OConnor
Mrs. Barbara Odenkirk
Ms. Anna Okonek
Dr. Arthur Oliva
Mrs. Donna Oliver
Karen Ortwein
Mr. Hamilton Osborne
Ms. Bette Oswell
A fellow sufferer
Mr. Raymond Patricio
Mr. Rob Patrick
Mr. James Paver
Ms. JoAnn Peacock
Reverend Thomas Pederson
Mr. Dean Peiffer
Donald L. Perry
Joyce Perry
Mrs. Linda S. Perry
Ms. Lisa Peterson
Mr. Daniel Peterson
Ms. Diane Peterson
Carolyn Phillips
Ms. Lisa Phillips
Ms. Nanette Picchietti
Judith Pierpont
Ms. Tania Pippin
Ms. Flo Pippin
Ms. Margaret Pittman
Eileen Sekowski Piwowar
Mr. George Plaeger
Ms. Susan Plancon
Mr. Robert L. Poff
Mr. Bruce Pollack
Mr. Gary Pollatz
Ms. Tommy Pounds
Jacquie Chase Powell
Ms. Jean Pray
Ms. Jacquie Prescott
Dr. Stephen N. Price
Ms. Mary Priedeman
Dr. Andrea Prosperetti
Katherine Prosser
Elizabeth Purcell
Ms. Cheryl Quasny
Ms. Martha Raby
Mr. Thomas Rader
Mrs. Diana Ramsdale
Mrs. Jackie Ramseyer
Emily Rand Breitner
Elsie M. Randall
Mr. Walter H. Rauser and Amelia Rauser
Marcia Reed
Ms. Carol Reed
Mr. Robert Reese Jr
Frances Reig
Dr. Patton Reighard
Mr. Randolph Reitmeyer
L. Jerome Richard
Merlin J. Ricklefs
Lt Col Karen E. Riecks USMC
Mrs. Pam Riemer
Ms. Vivian J. Riendeau
Mr. Donald Ringrose
Ms. Barbara Riser
Mrs. Joanne S. Ritchhart
Carol Roberts
Mrs. Carol Robertson
Mr. Reuben Rocci
Ms. Linda Rodrock
Ms. Gwen Romans
Mrs. Cindy Rose
Mr. and Mrs. Jim and Anne Ross
Mr. Jerome Rothenberg
Richard Roullard
Mrs. Ann Rounds
Ms. Lisa Ruddick
Mr. Milton Rudolf
Mrs. Diane Rundles
Mr. Mark Rusley
Mrs. Lou Ruwe
Claudia A. Ruzanic
Ms. Carol Saccomonto
Ms. Libby B. Saks
Ms. Laurie A. Samuels
Cynthia A. Sanders
Ms. Deborah Sandstrom
Mr. Michael Sawdey
Mr. John Scehovic
Mrs. Linda R. Schaeffer
Jak and Deb Schaub
Ms. Helen T. Schauer
Ms. Monica Schefski
Mary M. Schelb
Ms. Susan Schlichting
Ms. Nancy Schluth
Ms. Sonja Schmitz
Michael and Paulette Schmitz
Sharon Schnarre
Mrs. Lisa L. Schneider
Ms. JoAnn E. Schoenegge
Ms. Rachel Scholz
Patty Schuetz
Mr. and Mrs. Roger C. Schulte
Ms. Hannah Scott
Mr. Lee Scullin
Carol J. Seely
Ms. Jan Sessions
Denise Sharon MD, PhD
Ms. Constance Shaw
Ms. Bonnie Shear
Ms. Carmen Shell
Ms. Marion Eve Shepley
Eleanor Mary Doherty Sheridan
William D. Shiels
Ms. Cherry Shogren
Ms. Jeanne M. Sholes
Mrs. Marcia Sholty
Mr. Wayne T Sibilia
Dr. Louis Siegel
Dr. Frederick Siem
Ms. Patricia Skillman
Frances Cain Slote
Mr. Terry Smedley
Mr. Paul Smiley
Preston L. Smith
Mr. Gregory E Smith
Mr. Greg Smith
Mr. Ronald J. Smith
Mr. Todd W. Smith
Ms. Susan Smith
Ms. Sheila Smith
Mr. Randall Smithson
Ms. Jo Snider
Mr. Daniel Sparler
Robert I. and Barbara W. Spengler
Gerald Spivey
Mr. and Mrs. Charles Spivey
Mr. Dennis Spradlin
Mr. Stephen Springer
Mrs. Susan Stafford
Carlton Stanforth
Mr. Rich A. Stanich
Sheila A. Stankus
Mr. Jon Stasney
Ms. Karen Stebler
Ms. Virginia Steel
Mrs. Deborah Stefan
Mr. Jim Stein
Steven B. Stein
Mr. Albert Steiner
Mr. John Stocksdale
Ms. Marilyn Stoll
Ms. Mary Stompe
Mrs. Peggy Storey

Dr. Kingman P. Strohl MD
Greg Sutherland DDS
Ms. M E Sutphen
Dr. Daniel Tache DMD
Ms. Laurie Talcott
Harry C. Taylor
Mr. Philip Taylor
Mr. William Tellefsen
Suzanne Tennies
Mr. Andrew T. Tershak
Mr. Dennis Thiel
Dr. Kenneth Thomas
Ms. Barbara Thomas
Ms. Shaw Tilton
Ms. Carol Tomas-Holbein
Dr. Kristi Totten
Mr. Gene Trantham
Mr. Ronald J. Tritsch
Ms. Rosemary Trombetta
Ms. Carol Turkaly
Dr. William Tyson
Dr. E Paul Unger
Ms. Melissa Valentin
Mrs. Wendy Veiga
R. Vezza
Ms. Christine Villasenor
Mr. Richard Virgin
Mr. Douglas Vitka
Ms. Joan Voigtlander
Mr. Arthur Dean Volkmann
Ms. Cornelia Vooys
Mr. Alex Vuksanovic
John M. Wadahara
Mr. Mike A. Waldecker
Gordon Waldron
Mrs. Myrtle Wallace
Mr. John Walrod
Mr. Kevin Walsh
Ms. Linnea Wang
Richard Warburton
Mr. David A. Ward
Mrs. Shirley M. Ware
Ms. Helga M. Warner
Ms. Cindy Warriner
Mr. Joseph Wataha
Mrs. Janet Weiden
Mr. Gail Weigel
Ron Weisberg
Mr. Michael Weiskirch
Mr. Dan Wells
Ms. Sheila Wengert
Mr. William Wenner
Ms. Rebecca Wenning
Mr. Paul G. Westlund
Ms. Karen Wetzel
Mr. Michael Wheeden
George & Willi Wheeler
Mr. Stephen White
Ms. Linda Wiant
Elise & Woody Widlund
Ms. Deborah Wilcox
Mr. Kent Williams
Mr. Bill Williamson
Mr. Glenn C. Williamson
Mrs. Kathleen Willis
Ms. Stephanie Wilson
Mr. Thomas P. Windmiller
Ms. Lynsey Winner
Mr. Robert Wise
Jerome P. Witek
Ms. Lila Witt
Mr. Edward Wojczynski
Mrs. Lori J. Wood
Melanie Wood
Ms. Elizabeth Woods
Mrs. Lillian M. Worthan
Mr. James Wright
Mrs. Anita Wright
Ms. Pam Wuichet
Dr. Peter Yarensky
Ms. Ellen Yezzi
Mrs. and Mr. Kathleen Zaback
Irene Zion
Beverly Zoschke
Dr. Steven Zucker

SUSTAINERS ($250 - $999)

Anonymous (33)
Mr. Mark Abramovic
Carolyn C. Achee
Anne Adams Gorry
Mrs. Mary Adkins
Betty S. Affisco
Dr. and Dr. Avinash Aggarwal MD
Mrs. Carol Agnew
Dr. Christine M. Allen
Ms. Faith Allen
Gela Altman
Mr. David Ament
Harriet Anani
Mr. Jerry Andersen
Dr. Donald Arbuckle
Guy and Dona Armstrong
Ms. Norma F. Aronson
Ms. Ann Atkinson
Mr. Donald N. Babb
Bob Barker
Ms. Agnes R. Barrett
Ellen and Jeffrey Baskin
Maggie Bates
Mr. Kent Bell
Ms. Barbara Bellamy
Dr. Joseph A. Berkowski MD
Dr. Robert Berry
Inez Boettcher
Garry Booker
Dr. Nancy Bourke
Mrs. Diane Brainerd
Mr. Bruce Bredland
Mr. Frank Bright
Lucy L. Brown
Ms. Susan Brown
Ms. Jody Bucci
Mr. Allen Bucknam
Mr. Ken Calhoon
RK Campbell
Gregory and Carolyn Carter
Anne R. Chalfant
Ms. Jean Chamales
Ms. Julia Cherashore
Bonnie Christensen
Kathy Clancey
Mrs. and Mr. Patience Conley
Mr. and Mrs. Laurence Conley
Mrs. Cynthia Cook
Ms. Helen Cook
Ms. Lorraine F. Coughlan
Barbara Cox
Zibby Crawford
Mr. Roger Crooks
Ms. Arwilda Cushman
Mr. Peter Deist
Mindy and Joe Dill
Mr. Peter Donovan
Anne B. Dorsey
Mr. Scott Dressel
Heyward L. Drummond
Mrs. Judy Durant
Mrs. Katharine Dwyer
Mr. Greg Eason
Mr. and Mrs. Louis Echavarria
Ms. Sherryl Eldridge
Virginia G. England
Mr. John English
Ms. Marianne Erlichman
Ms. Carol Esarey
Barbara A. Faraone
Ms. Marla Feldmar
Mr. Larry Felix
Mr. Gary Ferguson
Mr. Michael Fierro
Mr. Gary Fifolt
Mr. Richard Filling
Ms. Beth Fischer
Mary Fransen
Ms. Mary Fritz
Mrs. Mehri Frost
Kai Frykman
Mr. & Mrs. Mastern Fuller
Mr. Robert Furlong
Marcella Gallagher
Ms. Marilyn M. Gampel
Mr. Cesar Garcia
Mr. Joe S. Gass
Chip and Margie Gillis
Sol and Nina Glasner
Ms. Charlotte B. Goddin
Patricia Golab
Erica Grantmyre
Mr. Neil R. Greenwood
Wayne and Donna Gregory
Ms. Nina Griffith
Wanda RenÈ Guyton
Douglas E. and Marcia S. Haas
Carolyn Hahne, Cincinnati, OH
Dr. Judith Hall
Dr. and Mrs. Matthew R. Harmody
Ms. Alexandra Harris
Mr. Thomas Hartzog
Mrs. Marilyn Harward-Davis
Mr. Allen B. Hellwege
Dyke and Kay Henderson
Sandra Henry
Ms. Michelle C. Hester
Dr. Arthur M. Hewitt
Ms. Gail Hill
Ms. Susan Hill
Mr. Duncan Hodge
Mr. Fred Hofheinz
Mr. David Hoge
Mrs. Donna Hoke
Mark P. Hoornstra, MD
Mr. Peter K. Hoover

Ms. Isabella W. Horsky
Mr. Peter Hunter
Lucille L. Hynes
Dr. Marilto
David Ivers
Mrs. Maureen Janda
Glenn W. Jeffrey
Rev. Harold E. Johnson
Jeffrey M Jones
Mr. Norihisa Juba
Ms. Leslie Juris
Mr. and Mrs. John Juvinall
R. Fred Kautz
Mrs. Linda M. Kawtoski
Leslie Kean
Donnie and Darlene Kee
Mr. Stephen Kendall
Mr. Lee Ketchum
John Kievit
Ms. Doreen Kim
Mr. John Kirpanos
Ms. Eleanor Kneibler
Ms. Bonnie J. Kobilansky
Mr. Kevin Kohagen
Mr. David Kraus
Ms. Angelina Krzesinski
Mrs. Faye G. Kunze
Linda LaBerge
Regis Langelier, Ph.D.
Mr. and Mrs. Brian Langevin
Kim Larrow
Ms. Jacquelyn Lavey
Ms. CJ Liang
Dorothy Liston
Mr. Stephen Looby
Eileen S. Lorenz
Lorinna W. Lowrance
Mrs. Martha Lussenhop
Mr. Barry Lynn
Colin MacKenzie
Ms. Kathleen S. Malarkey
Terry and Jan Manning
Ms. Christina Marciniak
Mr. Rob Marshall
Ms. Harry Martens
Lewis and Cheryl Masters
Mr. Joe Maulsby
Ms. Heidi Mayer
Mr. Thomas Maziarz
Mr. Steven McCann
Mrs. Elaine McDonald
Dr. Gary Mcfadden
Dorothy McGinnis
Mrs. Laureen McIlrath
Ms. Suzanne McIntire
Susan McPhee
Ms. Chris Meisinger
Ms. Ingrid Meyer
Mr. Larry Michals
Karen Mokrzycki
Mr. David Moulton
Mrs. Lindy Munoz RN
Mr. Edward Murphy
Ms. Maureen Murphy
Mr. Charles W. Nagel
Ms. Tess Nelson
Jim & Barbara North
Mr. Peter Nostrand
Mr. Niels Nyborg
Ms. Margaret O'Donnell
Ms. Rebecca OConnell
Mr. Craig Oren
Marilyn and Bob Parks
Robert J. Patterson
Mr. William Pattinson
Ms. Sharon Pearce
Professor Robert J. Peroni
Mrs. Cornelia Perry
Starla Phelps
Mr. Charles E. Phelps
Judy Phillips
Ms. Sandy Pons
Ms. Jessica Preciado
Mr. Paul Preuss
Karen Puig
Ms. Barbara J. Ragland
Dr. Rollin John Randall
Mrs. Joyce Ratkowski
Raymond James Client Disbursements
Susan Reed
Ms. Sara Reed
Mr. William Reny
Mrs. Susan Rey
Roberta M. Richardson, MD
Ms. Susan Ross
Mr. Peter Ruestman
Mr. Tom Rumora
Mrs. Sue Sabaloni
Mr. David T. Sands
Ms. Sonnhilde Saunders
Ms. Jane Sauther
Ms. jan schafer
Lori Schifrin
Brian and Barb Schrag
Mr. Larry Schultz
Mr. John Schwager
Linda Secretan
Mr. and Mrs. F R. Sekowski
S. Shedenhelm
Mr. David Sheehan
Dr. Dee L. Shepherd-Look
Mr. Doyle Shook
Ms. Mary Beth Siegel
Michael H. Silber, MB, ChB
Robert Sinai
Miss Amardeep Singh
Mr. Kevin Skipper
Ms. Annette Slovick
Mr. Bill Smeaton
Mr. Duncan M Smith
Dwain L. Smith DVM
Mrs. Leslie Smith
Ms. Corina Soimar
Mr. Timothy Sojka
Mrs. Patricia Spampinato
Michael & Regina Spaulding
Mr. Marvin Spencer
Ms. Alida D. Sullivan
Ms. Carolyn Taylor
Ms. Cleda Thomas
Mr. Rob Thomas
Grant P. & Sharon R. Thompson
Susie and Joe Thurman
Mr. Tim M. Tierney
Dr. Lee Todd
Mr. Melvin G. Trammell
Lynn Marie Trotti, MD, MSc
Mr. William Tschantz
Linda Tuomaala
Michael Ulwelling
Ms. Luann Wagnon
Christine Tunison Wait
Mrs. Margaret Watson
Greg Weber
Mr. Jeffrey Weill
Mr. Bill Wendt
Mr. David Whelpton
Fran Williams
Ms. Jean Wimer
Lucy Wong
Diane W. Wood
Mr. Dean Zarras
Dr. Sally Zigmond

SPONSORS ($1,000 - $2499)

Anonymous (3)
Janet L. Allis
Joan Arsenault
Mr. and Mrs. Joseph Aten
Drs. Jacquelyn and Scott Bainbridge
Paula and Ted Barnett
Mrs. Janis M. Bates
Lois E. Belohlavek
Ms. Amy Boebel
Mr. Arnold A. Brewer
Mr. Richard Brezski
Mark and Laurie Buchfuhrer
Susanne and Tom Campbell
Ms. Caroline Chamales
John Daly
Mr. Lorne L. Ebel
Pam and Rob Fairly
Mr. and Mrs. James B. Fullerton
Ms. Sylvia R. Gallagher
Vera M. Gerhardt
Mr. J. Michael Goodwin
Ms. Elizabeth Grant
Ms. Rebecca Hardesty
Ms. Zahra Hashmi
Mr. James Hemak
Mr. Clyde L. Humphrey
Mr. and Mrs. Edward Kittredge
Leon and Dina Krain
Mr. James Krall
Richard & Linda Krase
Mr. Daniel Kurys
Paul Lohrenz
David Loskutoff PhD
Ms. Susan Mallory
Marilyn Marlette
Mr. Howard McNally
Jon and Jessica Moore
Ms. Diane O'Connor
Mr. Nelson Pardee
Donna and Randal Peterson
Debra B. Price
Mrs. Peter L. Randlev
Kathy Richards PhD, RN, FAAN
Mrs. Linda Richter
Barbara K. Robar
Mr. Walter Rosenbaum
Ms. Linda Santos
Mr. William C. Shackelford

Mr. and Mrs. Stephen N. Smith PE
Dr. Craig Snydal
Ms. Judith Steinheider
Dr. Gilbert Storms
Ms. Mary Stuart
Helen W. Sutphen
Mr. Aleksandar Totic
Mr. and Mrs. Frank Usina
Ms. Joy K. Walker
Ms. Kay-Frances Wardrope
Mr. Peter G. Warren
Howard and Mary Ann Watrous
Jon Wellinghoff and Karen Galatz
Ms. Toby Woodhouse
Ms. Diane Zagerman

PATRONS ($2,500 - $4,999)

Anonymous
Ms. Mary Lou Burket
Russ Buschert
George Grandison
Scott B and Monica C Hill
Stephen H Iser
Pat & Diane McKeague
Kenneth F. Myszka
Shalini Paruthi MD
Peggy Peterman
Mr. Robert E. Spangler
Karen Walborn
Dr. Bonnie Yankaskas

BENEFACTORS ($5,000 - $9,999)

Anonymous (2)
Mr. Richard Aiello
Mr. Tim Bailey
Dr. Alex Baron
Charles & Ellen Brown
Lisa & Erik Cressman
Christopher J. Earley, MB, BCh, PhD, FRCPI
E. W. Littlefield, Jr.
Dr. Betty Louise Lumby
Ms. Catherine MacMillan
Ms. Jennifer Pierce
Mr. and Mrs. Paul Rochester
Ms. Sandy Schultz
Mr. David Sherwood
Mr. & Mrs. E. Randall Smolik
Mr. Jack Stone
Dan Vreeland
Lisa and Kenneth Wahl
Cal & Grace Walstra
Mrs. Judith A. Waterman

LEADERS ($10,000 and above)

Anonymous
Jim and Sandra Aberer
Ronald and Sharon Barrett
Mr. and Mrs. Peter K. Brooks
The Dzienkowski Family
Ms. Alethea Givens, Trustee for Laura I Walker Trust
Mr. Bruce Nelson
Mr. and Mrs. Gregory C. Oberland
Mr. John Ralston
Mr. and Mrs. Paul Rochester
Jan A. Sogge and Louis Roberts
Ms. Lynda D. Sakraida
Ms. Robin B. Tost
Nancy Simon Trustee of Mary S. Johnson
Mr. Daniel Vreeland
Lisa and Kenneth Wahl

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 2023-24 fiscal year. Individual donors provided the majority of support for Foundation programs and activities, representing 80% of donations collected.

This year, the RLS Foundation Research Grant Program reached an important milestone by funding four research studies – two in the U.S. and two in Europe. This historic funding level is made possible through member support and a collaboration with the American Academy of Sleep Medicine Foundation (AASMF), which co-funded one grant award. These grants fulfill our mission of advancing research to find 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!

Sincerely

Greg Oberland

2023 - 2024 Highlights | Financials

Revenues and support

Contributions	$907,285
Membership Dues	$134,567
Other	$92,461
Total revenues and support	$1,134,313

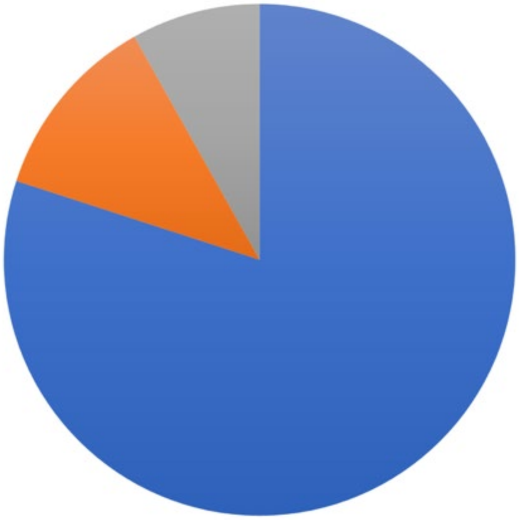
Expenses

Program services	
Education	$515,631
Membership	$194,938
Research	$241,860
Support Groups	$47,136
Total program services	$999,565
Fundraising	$74,017
Management and general	$94,035
Total expenses	$1,167,617

Statements of Activities For the Fiscal Year Ended September 30, 2024

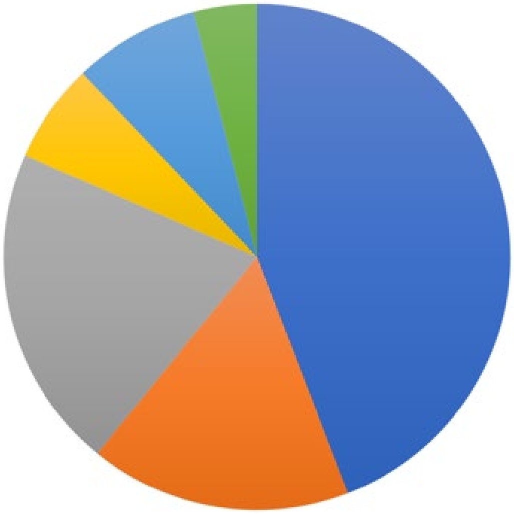
The RLS Foundation's full financial statements, the complete audit opinion of Montemayor Britton Bender PC, and all accompanying notes are available online at: www.rls.org

2024 Where Our Funds Come From



● Contributions	80%
● Membership Dues	12%
● Other	8%

2023 Where We Use Our Funds



● Education and awareness	44%
● Membership	17%
● Research	21%
● Support Groups	4%
● Fundraising	6%
● Management and general	8%