

2020-2021
Annual Report

International Essential Tremor Foundation

Your Voice for Essential Tremor



International
Essential Tremor
Foundation



awareness



20TH ANNIVERSARY

2021 marked the 20th anniversary of **National Essential Tremor Awareness Month**. The IETF observed it with the theme, "Let's Talk About ET" encouraging everyone to start conversations about ET to raise awareness. Marketing materials offered included posters, water bottles and tote bags to continue awareness all year long.

education



ET VIRTUAL EDUCATION EVENTS

In lieu of in-person education events, the IETF developed a series of **ET Virtual Education Events** to provide those affected by ET with first-hand knowledge and information to help them understand and manage it.

PODCAST

The **Talking Essential Tremor** podcast was introduced to provide short, audio segments around topics related to essential tremor including research, coping devices and personal stories of perseverance and hope.

WEBSITE

The **IETF website**, www.essentialtremor.org, was redesigned with enhanced navigation and mobile responsiveness.

education



SCHOLARSHIPS

The IETF continued to provide scholarships to exceptional college students with essential tremor through its **Catherine Rice Scholarship Fund**. To date, the IETF has dedicated more than \$51,000 to student scholarships.

“ I'm so respectful of you and all the work you are doing.”

Richard

support



SUPPORT GROUPS

70+ **Essential Tremor Support Groups** around the world continued connecting people together to learn, grow, and serve as a means of emotional support. Many groups transitioned to a virtual format during the COVID-19 pandemic, while the online existence of the ET Awareness Group on Facebook proved to be beneficial those wanting to social distance.

research



GRANT PROGRAM

The IETF reached the \$900,000 mark for dollars earmarked for ET research through its **ET Research Grant Program**. Thanks to the generosity of donors, the foundation was able to increase research grants from \$25,000 to \$50,000.

“ I just wanted to express my appreciation for the contents of the latest issue of *Tremor Talk* (magazine). I found it quite interesting.”

John

From the Executive Director

The year 2020 brought unprecedented challenges to the world with the COVID-19 pandemic. At the IETF, we changed our schedules (working remotely at times), and altered our mindset to enable us to continue our mission of education, research, support and awareness for the essential tremor community.

We transitioned from in-person educational events, to virtual education events, and introduced a new Talking Essential Tremor podcast series. These programs allowed us to reach a wider and more diverse audience. Our support groups met the challenge by coming together via Zoom, and many research studies adapted by conducting online or phone screenings. We leaned harder on our social media and email outreach to continue our messaging and keep the lines of communication open. We also launched a newly designed website with mobile responsiveness and easier navigation.

These are just a few of the examples of the changes we made in a changing world. Our main priority was to continue to be here for the people who need us, and we are proud to say we succeeded. Financially we are stronger than ever.

We are grateful to each of you who also have continued to adapt and stay connected to us. Your support is so meaningful. It has enabled us to remain, "Your Voice for Essential Tremor."

Sincerely,



Patrick McCartney

IETF Board of Directors

Kelly Lyons, PhD., President — UNIVERSITY OF KANSAS MEDICAL CENTER

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Mission

Providing hope to the essential tremor community worldwide through awareness, education, support and research.

“ I am grateful that there are resources like the IETF to help those of us who have or are caring for someone with essential tremor. ”

Betty

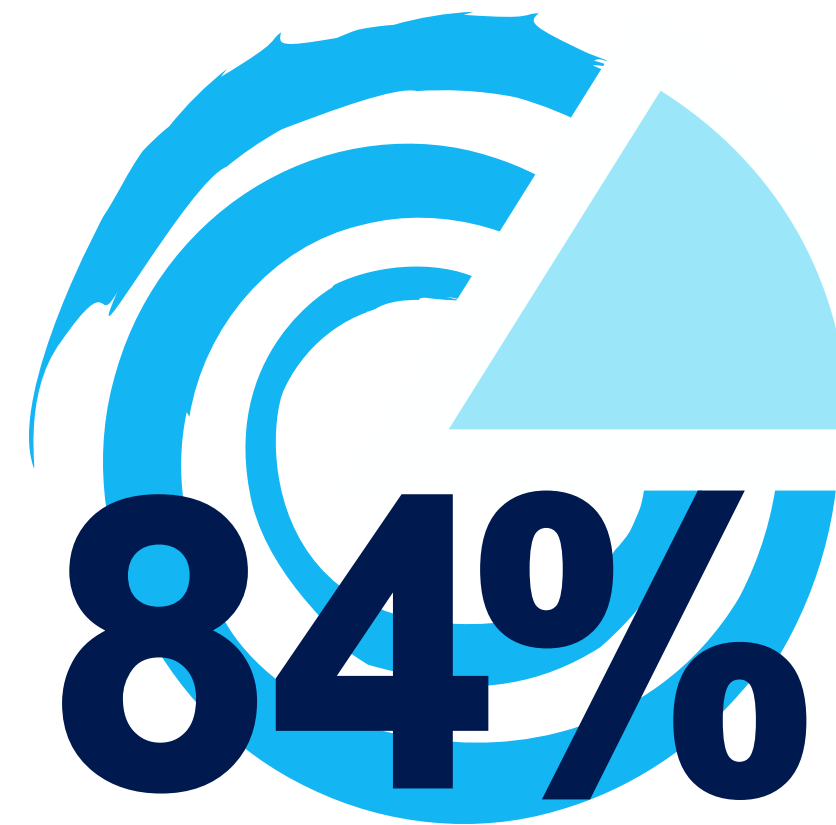
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Financial Statement



“ I can truly say I may not have made it to where I am today without the encouragement that came from winning the scholarship and becoming connected with the IETF. ”
Tyler, scholarship recipient

expenses for
Research, Education,
Awareness &
Support



revenue from
direct contributions
from donors

REVENUE

Contributions	\$ 424,446
Investment Income	\$471,863
Grants	\$30,000
Memorials/Bequests	\$217,782
Exempt Function Revenues	\$5,741
Research	\$2,172,409
Special Events ¹	\$71,976
TOTAL REVENUE	\$3,394,217

EXPENSES

Program ²	\$488,219
Management/General ³	\$92,475
Fundraising ⁴	\$39,355
TOTAL EXPENSES	\$620,049

NET ASSETS

\$6,475,436

¹ Includes revenue received from National Essential Tremor Awareness Month.

² Includes awareness, education, support and research activities and initiatives.

³ Includes expenses related to office overhead such as supplies, computers, copier, salaries, and rent.

⁴ Includes National Essential Tremor Awareness Month activities, annual appeal, and annual donations.