



Richard Brodsky's JOURNEY OF HOPE

2023



Richard M. Brodsky Foundation
1247 Mara Court
Atlantic Beach, NY 11509

(516) 770-7724

www.richardmbrodsky.org
richardm.brodsky@gmail.com

5K AIDS / Cancer Run / Walk
www.5kaidscancer.com

April 1, 2023 **there is no other person living with HIV & brain cancer who run marathons, at age 70, I ran 5 marathons this past year**

Willy L. Zambrano, Architect | 410 Atlantic Ave. | Freeport, NY 11520

RE: 16th annual 5K AIDS / Cancer Run / Walk June 11, 2023 | Baldwin Park | Baldwin, NY 11510
10th annual sports night / co-ed faculty Volleyball game at Great Neck North High School | May 18, 2023

Dear Willy L. Zambrano, Architect:

On June 11, 2023, the Richard M. Brodsky Foundation, a 501 (c) (3) public charity, #47-0941830, will sponsor its 16th annual 5K AIDS / Cancer Run / Walk at Baldwin Park, Baldwin, New York. Funds and in-kind gifts received for the 5K will benefit Long Islanders living with HIV and cancer by providing community support and services.

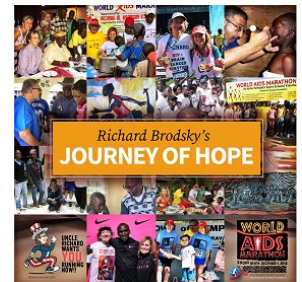
My name is Richard Brodsky and I'm President of the Richard M. Brodsky Foundation. I'm HIV-positive since 1997, a brain cancer survivor since 2002, + a marathon runner for life. 15 of my last 37 marathons have been my fastest since my cancer diagnosis. I'm 70 years young and I've completed 80 marathons. My wife Jodi agreed to run a marathon with me for my 100th birthday; I could never deprive my wife of her wish to give me a present.

I believe that people can reverse their aging process, even those living with HIV and cancer. Our mission, with your support as a sponsor, participant and/or volunteer, is to raise awareness to Government and people afflicted with either illness to NEVER GIVE UP. People living with so-called life-threatening illnesses can dramatically improve their health by exercising, eating healthy, avoiding tobacco, alcohol, narcotics and unsafe sex. Government can do its part by making sure that medicine and medical care are affordable.

The Foundation has sponsored 5 FREE Run / Walks for people living w/ HIV, Cancer & Friends in the past 13 years + 15 5K / AIDS Cancer Run / Walks. In addition, the Foundation has sponsored 18 World AIDS Marathon in Mbita & Kisumu, Kenya + Rockaway, NY on World AIDS Day. From the local 2022 5K Event + follow-up donations we donated \$10,000 in cash & clothing for relief to [Center of AIDS Research & Treatment at Northwell Health and its Client Advisory Board](#) (CAB); [Family Health Centers Long Island FQHC](#); [Five Towns Community Center, AIDS services](#); [Hangout One Happy Place](#); [Options for Community Living](#); [Richard David Foundation](#); [St. John's ICARE Foundation](#); [Sunrise Day Camp of Long Island](#); + [Theresa Foundation](#). (\$400,000+ for Long Islanders since 2008)

I would like to invite you or your company to be a sponsor for the Richard M. Brodsky Foundation's 16th annual 5K AIDS / Cancer Run / Walk. For a \$25 donation you will receive a Certificate of Appreciation, have your name on Event banner & certificate of completion which all finishers receive. For all larger donations noted below, you will also be entitled to all gifts noted for smaller donations:

- \$50, you will receive the 48-page book, Richard Brodsky's Journey of Hope,
- \$100, your name on the Event t-shirt, you will receive a shirt.
- \$150, your logo & website or phone number on Event t-shirt + 2 shirts for you.
- \$200, your website will be linked to www.5kaidscancer.com
- \$250, your logo will appear on the Event banner. (donate by June 7)
- \$4,000, cost for 400 dryfit Event t-shirts, your name will be noted on shirt for donating shirts



People in our very own communities are counting on individuals like you and me to make a difference in their life. Please join me in my fight against AIDS and cancer. Thank you on behalf of all people afflicted with HIV and cancer.

Very Truly Yours,

Richard Brodsky, President
Richard M. Brodsky Foundation

www.richardmbrodsky.org Foundation website
www.worldaidsmarathon.com marathon website
www.treblood.com book website
www.5kaidscancer.com 5K run/walk in America website

5K AIDS CANCER RUN WALK

YOU RUN. LONG ISLAND GETS HEALTHY.

REGISTER ONLINE AT 5KAIDSCANCER.COM

LIVE OR VIRTUAL ATTENDANCE

<p>June 11, 2023</p> <p>9 AM START</p> <p>BALDWIN PARK</p> <p>3219 Grand Avenue Baldwin, New York</p>	<p>TEE SHIRTS / MEDALS</p> <p>Personalized Event Tee (As seen on Jodi & Richard below)</p> <p>Register by May 23</p> <p>May 24 or later registration receives a general event shirt</p>	<p>TOYS/CASH/FOOD DONATED TO</p> <ul style="list-style-type: none">• Five Towns Community Center• Hangout One Happy Place• Harmony Healthcare Long Island• Northwell Health• Options for Community Living
<p>RAFFLES</p> <p>\$5,000 free raffle prizes</p> <p>Including 10 t-shirts</p> <p><small>Image donated by Stephen Bennett whose paintings are featured on United Nations postage stamps</small></p>	<p>RUNNING TO EAT</p> <p>\$5 GIFT CERTIFICATES TO: Lido Kosher Deli, Long Beach Runyon's, Seaford The Cabana, Long Beach</p> <p>\$10 GIFT CERTIFICATES TO: Remy's Hewlett</p>	<p>INFO/CONTACT</p> <p>Coffee and Brunch for more information contact: richardm.brodsky@gmail.com</p> 
<p>500 POSTERS DONATED BY</p> <div><p>GalaFresh FARMS</p></div> <div><p>H&B Premier Tax and Accounting LLC 718-308-7741</p></div> <div><p>B CC Berkshire Chamber of Commerce 516-377-4252</p></div> <div><p>RIDGEWOOD SAVINGS BANK <i>multiply the good</i> Baldwin Harbor 516-223-2835</p></div> <div><p>park assets REAL ESTATE CORP. 718-684-8000</p></div>	<p>100+ Medals / Trophies</p> <p>Age-group Winners 3-deep including Overall & Masters</p>	 <p>Personalized Event Tee, color may vary, subject to availability.</p>

Richard M. Brodsky Foundation 1247 Mara Court Atlantic Beach, NY 11509
Contact: Richard Brodsky Phone: (516)770-7724 E-mail: richardm.brodsky@gmail.com

REGISTER! for 16th annual 5K AIDS/Cancer Run/Walk, Baldwin Park, June 11, 2023

My name is Richard Brodsky & I'm President of the Richard M. Brodsky Foundation, a 501 (c)(3) public charity. I'm HIV+ since 1997, a brain cancer survivor since 2002, and a marathon runner for life. I'm 70 years young and I recently qualified to run my 2nd Boston Marathon. I plan on running 5 marathons this year including Ft. Lauderdale; Boston; Nova Scotia; Albany, NY + World AIDS Marathon.

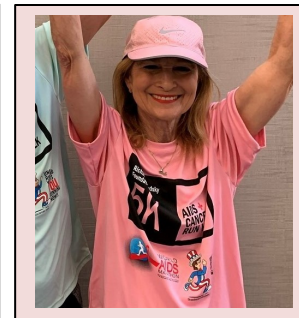
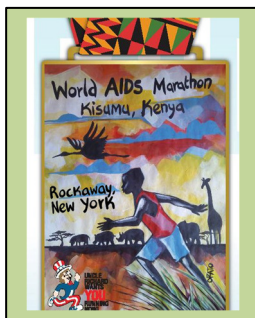


I believe that people can reverse their aging process, even those living with HIV or cancer. Our mission needs to be to raise awareness to Government, business and society that people afflicted with either illness should NEVER GIVE UP. People living with life threatening illnesses can dramatically improve their health by leading a healthy lifestyle. Government can do its part by making sure that medical care & medicine is affordable.

- **About the 5K.** Everyone will receive an Event t-shirt, register by May 23; your name will be on back of shirt.
- \$25 gift certificates to all registrants: \$5 from Lido Kosher Deli, \$5 from The Cabana (both from Long Beach), \$5 from Runyon's of Seaford, + \$10 from Remy's of Hewlett.
- \$6,000+ free raffles including 10 World AIDS Marathon t-shirt with image painted by Stephen Bennett whose work appears on United Nations Postage Stamps.
- Trophies or medals as noted on reverse side of flyer (100+ awards and \$1,400 in gift certificates)

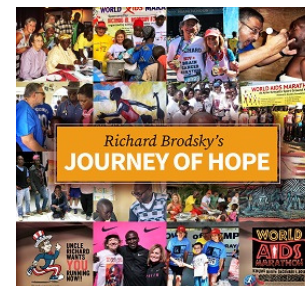


Proceeds/toys/clothing/food to benefit people living w/ HIV & cancer at Center of AIDS Research & Treatment at Northwell Health / North Shore University Hospital, Harmony Healthcare Long Island, Hangout One Happy Place, Options for Community Living, and Five Towns Community Center + activities for people living w/ HIV & cancer.



We are offering our sponsor/partners various options for supporting the June 11 run/walk. For a \$25 donation you will be entitled to have your name on Event banner. For all larger donations noted below, you will also receive all gifts noted for smaller donations:

- \$50, you will receive the 48 page book, **Richard Brodsky's Journey of Hope**
- \$100, your name on Event t-shirt, a shirt for you, donate by May 23
- \$150, your logo & website or phone # on shirt + 2 shirts for you + 1 month ad in FOOTNOTES (donate by May 23), which reaches 4,000 runners.
- \$200, your website will link to **www.5kaidscancer.com**.
- \$250, your logo will appear on the Event banner. (donate by June 7)
- \$4,000, cost for 400 Event t-shirts, your name as donor noted on shirt.



Donations to the Richard M. Brodsky Foundation may be mailed to Richard M. Brodsky Foundation, 1247 Mara Court, Atlantic Beach, NY 11509 or visit **www.5kaidscancer.com** & click **DONATE** or **REGISTER**

The Richard M. Brodsky Foundation, a 501(c) (3) public charity, will be sponsoring its 16th annual

5K AIDS / Cancer Run / Walk

June 11, 2023 Register/donate on web www.5kaidscancer.com



**UNCLE
RICHARD
WANTS
YOU
RUNNING
NOW!**

- FREE personalized dryfit Event t-shirt. Register by May 23, \$25. After May 23, \$28 + t-shirt. June 11, Baldwin Park, 3232 Grand Avenue, Baldwin, NY. 9 am start time, arrive by 8:30 am. Race day registration \$30.
- Proceeds to benefit people living w/ cancer & HIV at Center of AIDS Research & Treatment at Northwell Health/ North Shore University Hospital, Five Towns Community Center, Hangout One Happy Place, Harmony Healthcare Long Island and Options for Community Living.
- \$25 free gift certificates to 4 restaurants at top of page.
- No charge for people living with HIV or cancer. Contact Richard, richardm.brodsky@gmail.com for further info.

Run to Eat, \$25 in FREE gift certificates to top 4 restaurants at top of page

In Loving Memory of Victor Nelson

TOWN OF HEMPSTEAD

Directions: Baldwin Park is located at south end of Grand Ave in Baldwin. From Sunrise Highway take Grand Ave south to end and enter park. Drive about 3/4 mile as road curves left, Check-in is on left side near tennis courts.

John R. Eyerman, Esq. 212-921-0069

Jontue Discount Boutique 718-471-7404

Amenities: Trophies or medals to top 3 m/f overall, masters 40+ & top 3 m/f, 3 deep for under 12, 13-15, 16-19 & all 5 yr groups thru 85+. \$200 in gift certificates (\$50 each) to m/f overall & masters + \$25 gift certs to m/f age group + 2nd/3rd place overall & masters winners. Great food. \$5,000+ free raffles.

Mail to: Richard M. Brodsky Foundation | 1247 Mara Court | Atlantic Beach, NY 11509

First name _____ Last name _____ Sex ☐ M ☐ F Age (race day) ____

Address _____ City _____ State _____ Zip Code _____

E-mail _____ I cannot run or walk but I would like to donate \$ ____

Tel _____ T-shirt size (circle one) S M L XL XXL Wheelchair Yes ☐ No ☐

By signing the box below, I agree, warrant & covenant as follows: AS A PARTICIPANT IN THE 5K AIDS CANCER RUN WALK, I ASSUME ALL RISKS OF PARTICIPATION IN THE EVENT BY SIGNING GENERAL RELEASE AGREEMENT The undersigned athlete (Athlete) on behalf of himself/herself and on behalf of personal representatives, assigns, heirs, executors, hereby fully & forever releases, waives, discharges, covenants not to sue SRC Timing, Race Organizer, Baldwin Park, Town of Hempstead, Nassau County, the Richard M. Brodsky Foundation, Inc. and its board members, and all municipal agencies whose property and/or personnel are used and all other sponsoring or co-sponsoring companies, or individuals related to the 5K / AIDS Cancer Run / Walk, hereinafter called '5K', (collectively Releases) from all liability to the Athlete and his / her personal representatives, assigns, heirs & executors for all loss(es) or damage(es) and any and all claims or demands, therefore, on account of injury to the athlete or property or resulting in the death of the athlete, whether caused by the active or passive negligence of all or any of the Releases or otherwise, in connection with the Athletes participation in the '5K'. The athlete is fully aware of the risks & hazards inherent in participating in the '5K' & hereby elects to voluntarily compete in this run/walk Event, knowing the risks associated with these events. The Athlete hereby assumes all risks of loss(es), damage(es), or injury(ies) that may be sustained by him/her while participating in this Event including the risk of contracting Covid 19. The Athlete agrees to the use of his/her name in photos, broadcasts, newspapers, brochures & all media without compensation. The Athlete acknowledges that the entry fee is non-refundable and non-transferable. The Athlete warrants that all statements made herein are true & correct and understands that Releases have relied on them allowing Athlete to participate in '5K'. X _____ X _____

Participant

Parent / guardian if under 18

THANKS
CLUBFLYERS.COM
For donating flyers

PL Radin
Agency
783-3484



Brands Cycle & Fitness
Wantagh, 781-6100



IHOP Oceanside 536-0527

Guterman's
764-9400

Key Food 431-5515
E. Long Beach

Mazzitelli 371-0192
Construction Corp

G4 Development
Group 931-0095

Ophthalmology Assoc
Long Beach 431-1101

Russo Law Group
800-680-1717

CWA Local 1104
420-1104

Tikals Auto 371-
Repair 9582

Ron Fatoullah &
Assoc. 466-4422

Maidenbaum Property Tax Reduction Group, LLC 336-8622



REMY'S

The Cabana
889-1345

Italian Restaurant
758-7555



Seaford 221-2112

431-
4411



Lido Kosher Deli

Theresa Alessandra
Russo painting by
Kenyan artist Sam Olu



Baldwin Bagel Cafe
223-3100



Park Assets
718-684-8000



347-709-8686



Italian Restaurant
766-3938

330-9639



allroundfoods.com



McDonald's
Baldwin
385-2729



377-4252



Uniondale 483-4911



631-361-9020



239-3900



374-5800

MALIK Fraternity



295-4300



sayvillerunning.com

Great Neck North High School



239-9500 Inwood, donated banner

Reverend Wanda Faye Myers
Jacqui Seltzer Hotels



678-3010



RWDSU/UCFW

Ebineezer Children's Home, Kenya



Five Towns Early Learning Center, Inwood



Family Health Center, Elmont



Living Hope Fellowship Church, Massapequa



Marion & Aaron Gural Nursery School, JCC



Five Towns Community Center, Lawrence



Cohen Children's Medical Center of NY



Center of AIDS Research & Treatment



St. John's Episcopal Hospital, Far Rockaway



The Richard M. Brodsky Foundation in conjunction with its partnership with Delivering Good and Toys R Us & Babies R Us, and allroundfoods.com donated \$360,000 in toys, Covid 19 food relief & cash at 120 Events from 2015 - March 2023. The 5K AIDS Cancer Run Walk or World AIDS Marathon banner was proudly displayed at all events.

Prominent Groups and Individuals Who Have Expressed Support of the Foundation

President Joseph R. Biden - On behalf of the American people, I extend my heartfelt appreciation to you for your volunteer leadership, and I encourage you to continue to answer the call to serve. The country is counting on you.

President Barack Obama - AIDS is the worst public health crisis in human history, and finding a cure is a priority of mine. But government cannot fight AIDS alone. People like you are invaluable working at the grass roots to show the human face and spirit that I believe will ultimately defeat AIDS. I wish you all the best for a successful race.

President Bill Clinton

- The HIV/AIDS epidemic is one of the most urgent problems of our time and it needs the voices, energy, and involvement of people like you.

United States Senator Ted Kennedy

- I wish you all the best in your continuing battle against HIV/AIDS. I commend you for all you're doing to raise money for a cure.

Congressman Thomas R. Suozzi

- I thoroughly wish you all the best in your continuing battle against HIV/AIDS and I commend you for all you're doing to raise money for a cure.

Former United Nations Special Envoy to HIV/ AIDS in Africa, Stephen H. Lewis

- I wish you every triumphant success. There can be no objective on this planet more worthy than to overcome the pandemic of HIV/AIDS.

Michael Nyagah Mainge, Nakuru, Kenya

- But a prophet is coming. It is said that a prophet is not recognized in his homeland. Richard Brodsky (read AIDS prophet) is flying from his homeland for a purpose - to continue with the awareness that is slowly sliding to oblivion. Are we going to heed his call or despise his noble efforts?

Ronald Fatoullah, Co-chair of the Board of Directors of the Long Island Alzheimer's Association

- A heartfelt thank-you to Richard and Jodi Brodsky and the Richard M. Brodsky Foundation for their exceptional efforts in fighting HIV/AIDS and in assisting those with brain cancer. Richard, your life history is truly an inspiration to all of us!

Dr. Anton Berzins, Great Neck North High School, school psychologist

- It's easy to bring out the best in our students when we focus our energies on a worthy cause, and a wonderful human. The kids see your generosity, kindness, and perseverance, and respect that.

Harvard Medical School, Dr. Bruce Dezube

- Yours is a beautiful message of hope.

Mike Polansky (Former President of the Greater Long Island Running Club)

- There is no harder working team of race directors on Long Island than Richard and Jodi Brodsky.

Geri Barish, Exec. Director of Long Island Breast Cancer Action Coalition (Hewlett House – cancer resource center)

- Thank you for the wonderful work you do for the AIDS & Cancer Community. Through your awareness programs, runs and other events you have brought a positive and educational awareness to so many.

Professor Asher J. Matathias, President Long Island Lodge#1353, B'nai B'rith

- May the Almighty grant you good health, much love, and the will to continue your work. You are a beacon for people living with HIV and cancer.

Reverend Wanda Meyers, Living Hope Fellowship of Massapequa

- I pray God's richest blessings upon you as you continue to make a difference in the lives of others. You have certainly made a difference in mine.

Dr. Bruce Hirsch, Northwell Health

- Your marathoning is a living inspiration. When I see you run, I smile and start to jog myself.

Mayor Jean Celender, Village of Great Neck Plaza

- I wish to commend Richard on his remarkable journey to encourage people living with HIV + cancer to live healthy productive lives. You are inspiring many and making a difference in the fight for a cure.

Former Town of Hempstead Supervisor Kate Murray

- Our township salutes you and we offer our hearts, minds + hands to assist in all of your noble endeavors.

Tarika James, Chief Medical Officer of Harmony Healthcare Long Island

- It is great that Richard Brodsky has an everlasting passion for supporting research towards AIDS + cancer.

Jerry S. Laricchiuta, CSEA President of Local 830 Nassau County

- Richard Brodsky is an unbelievable champion for those who suffer from illnesses such as AIDS + cancer. Support his cause, he is the real deal.

Jewish World, Albany, NY - Says Brodsky in 2019 at age 67, "I know I don't fit the profile to be running marathons with HIV and brain cancer. I'm 20 pounds overweight for a marathon runner and I should be 20 years younger. In the past two years I ran 10 marathons including my first Boston Marathon."



Jodi has agreed to run a marathon with me for my 100th birthday and I will not deprive my wife of my present.

WORLD AIDS MARATHON

HELPING KENYA

THROUGH RUNNING

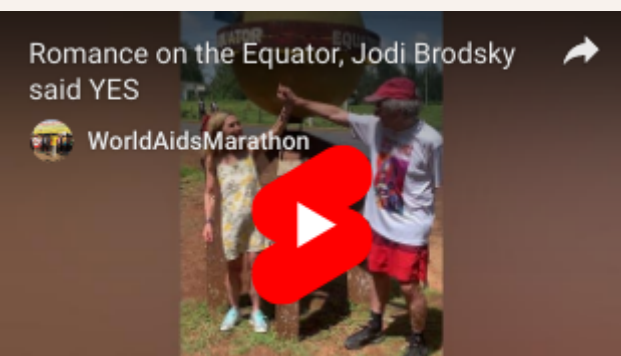


16

th trip to Kenya; it gets better every year.

Prior to our annual pilgrimage to Kenya from December 9 – 19, the Richard M. Brodsky Foundation sponsored the only marathon on World AIDS Day in North America. Rockaway boardwalk was the location, an ideal course because there is no traffic. It was the coldest, windiest day of autumn and we had a modest turnout. The offer still holds that if anyone did not show up cause it was too cold, I will mail your t-shirt.

Kenya has been very welcoming to my wife Jodi, Dr. Richard Sartori, Jameelah Aziz, and myself. Combined, we have visited there 42 times since 2006. Every year is a new adventure. This year we got to visit the equator where I proposed to Jodi again and she said YES.



W

e also staged our 1st ever 5K free AIDS run/walk in Dunga, Kenya. Jodi did win 1st place female overall, although it was a close call between the cow and goat. Dr. Sartori donated the medicine and examined & treated 128 orphans while a clinical officer cared for 40 adults at 4 orphan dinner dances for 641 Kenyan orphans. Jameelah & friends donated 215 pounds of clothing which was given away at the dinner dances. Major partying and dancing occurred at the dinner dances at Mama Sarah's, Pres. Obama's late grandmother who recently passed away at 99; Dr. Bonyo's Mama Pilista Bonyo Memorial Health Center; Pastor Paul's Word Academy; and Jiu Pachi, headed up by Eunice Owino. Eunice also hosted art lessons + a concert by very talented Kenyan artists & musicians: Sam Olu, Edward Orato, George Omondi Odongo, Kysh Roberts and Gabiro MTU Necessary. The kids loved dancing and singing with Kysh Robert's and Gabiro MTU Necessary.

We also hosted a Meet & Greet dinner our 1st night in Kisumu; we gave all 37 guests the 2021 World AIDS Marathon t-shirt which featured the image of Theresa Russo. The image on the shirt was donated by Stephen Bennett and his work appears on United Nations postage stamps. This was my Foundation's way of thanking the Theresa Foundation for providing two grants in 2021 for special needs kids, more specifically for art lessons & concerts in Kenya. Donations are appreciated and can be made via this link, <https://grouprev.com/WAM2022>. Anyone donating \$100 will receive a World AIDS Marathon dryfit t-shirt.



Thank you to
our sponsors,
volunteers &
participants...



...and Town of
Hempstead
and its staff
for permitting
use of park



Donating shoes and clothing to:
St. John's ICARE Foundation

WINNERS m/f, 3
deep in 5 year
age groups
won a medal
or trophy



162 participants registered for 15th annual 5K AIDS Cancer Run Walk
Live + Virtual Richard & Jodi Brodsky pictured in green shirts above

Bob Koenig singing
national anthem

June 12, 2022 Baldwin Park
certificate design by R. Brodsky



Overall m & f winners, l to r: Kinsey Sheppard (3), Jonathon Davis (2), Jerry
Francois (1) 17:38; Olga Green (3), Nancy Xavier (2), Una Broderick (1) 21:18
Bragging rights, Jodi Brodsky green shirt above masters female winner 24:52



Options for Community Living

Thanks Bohemia
Track Club and



*RACING to take the
COVID-19 Vaccine*



RICHARD M. BRODSKY
FOUNDATION



Photo left: Baldwin resident Hareesha
Boyagodage with a few of his kids at
the 15th annual 5K AIDS Cancer Run
Walk. Family time is the best time.



Thank GalaFreshFarms,
of Baldwin for donating
\$800 in gift certificates to
families who participated
in the June 12th run/walk.

The above video, <https://youtu.be/L9p-MvADYKc>, is a plea for everyone to take the vaccine. I'm 68 (now 69), HIV+ and a brain cancer survivor. 6 weeks after taking my second Pfizer COVID-19 vaccine I ran my fastest marathon in the past 20 months. The video is also a plea for America to share its vaccine with poorer countries. 30 presenters from diverse backgrounds share powerful messages to end this global pandemic. Thanks to all presenters + Akarsh Lal, video editor/writer for your assistance.

THE RICHARD M. BRODSKY FOUNDATION WOULD LIKE TO EXTEND ITS HEARTFELT THANKS TO

Abraham Roofing

for being a Sponsor for the 5K AIDS Cancer Run Walk. The Richard M. Brodsky Foundation donated \$5,000 in cash + \$3,000 in clothing to the following organizations: [Center of AIDS Research & Treatment at Northwell Health and its Client Advisory Board \(CAB\)](#); [Family Health Centers Long Island FQHC](#); [Five Towns Community Center, AIDS services](#); [Hangout One Happy Place](#); [Options for Community Living](#); [St. John's ICARE Foundation](#); [Sunrise Day Camp of Long Island](#); and [Theresa Foundation](#). Thanks to our sponsors + [PIP Signs, Marketing & Print of Inwood](#) for donating event banner + [Maidenbaum Property Tax Reduction Group](#) for donating printing, foods sponsors including [allroundfoods](#), [Tamburino's](#), [Pantano's of Uniondale](#), raffle sponsors + [REMYS'S](#) of Hewlett, [Runyon's](#) of Seaford, [Rachel's Waterside Grill](#) of Freeport, [Lido Kosher Deli](#) and [The Cabana](#) of Long Beach for donating \$6,500 in gift certificates to the runners and volunteers.



Enjoy the video World AIDS Marathoners Love Affair With Kenya on my youtube channel [worldaidsmarathon](https://youtu.be/sGwNJbaZ-v8).

<https://youtu.be/sGwNJbaZ-v8>.

Please subscribe, comment, LIKE and share. Why can't we embrace & celebrate diversity like my Kenyan friends.

A story of everything that Kisumu, Kenya has to offer: it's animals, artists, dancers and singers + its vibrant fishing economy bordering Lake Victoria and Kenya's incomparable runners.

Kisumu/Dunga/Kenya needs a sister city... NYC/Rockaway?
https://youtu.be/ivkEbq_wy5o. Kenya has some incredibly talented runners, musicians, singers, dancers, artists and is surrounded by Lake Victoria. The Kisumu Impala Sanctuary faces Lake Victoria and is a five-minute drive from downtown Kisumu and is at the beginning of Dunga. The video showcases Dunga through music videos with slides of Kenyan artists and even animals participating in a 5K AIDS fun run + a day at JIU PACHI where orphans dine and dance and are examined by doctors. My wish is for a cultural bridge between USA and Kenya with a pavilion in the Rockaways where Kenyans could sell their paintings, jewelry, clothing, and wood carvings; Kenyan musicians could have a venue to perform; a playground & communal bar b que area; and a fish market where fresh fish could be sold and cooked from Jamaica Bay; and a small museum/theatre which could showcase videos of Dunga and the Rockaways; and residents of the Rockaways would want to travel to Dunga

Kisumu/Dunga/Kenya needs a sister city... NYC/Rockaway?

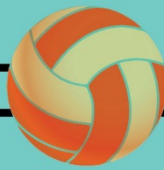


Thank you, Dr. Anton Berzins, faculty advisor of AIDS Awareness Club at Great Neck North High + all the students for giving voice & purpose to my videos Racing to Take the COVID-19 Vaccine, Magic Johnson, Will You Coach Our AIDS Awareness Faculty Basketball Game and World AIDS Marathoners Love Affair with Kenya.

Great Neck North High School (GNNH) will be sponsoring its 10th annual sports night to benefit the Richard M. Brodsky Foundation.

The students of the AIDS Awareness Club and Faculty Advisor Dr. Anton Berzins are working on organizing a co-ed faculty volleyball game. My best memories of GNNH sports night are when the talented students produced a video titled, "Magic Johnson, Will You Coach Our AIDS Awareness Faculty Basketball Game?"

<https://youtu.be/AfjSVJ4h49E>.



**GREAT NECK NORTH HIGH SCHOOL
AIDS AWARENESS CLUB**

10th ANNUAL

CO-ED FACULTY FUNDRAISING VOLLEYBALL GAME

AIDS

**SPREAD THE WORD,
NOT THE DISEASE**

PROCEEDS TO BENEFIT

THE RICHARD M. BRODSKY FOUNDATION

AND OTHER LOCAL HOSPITALS AND
AIDS AND CANCER ORGANIZATIONS

**Thursday
May 18, 2023
(Tentative date)**

Big Gym

5 – 7 pm

\$5 Donation

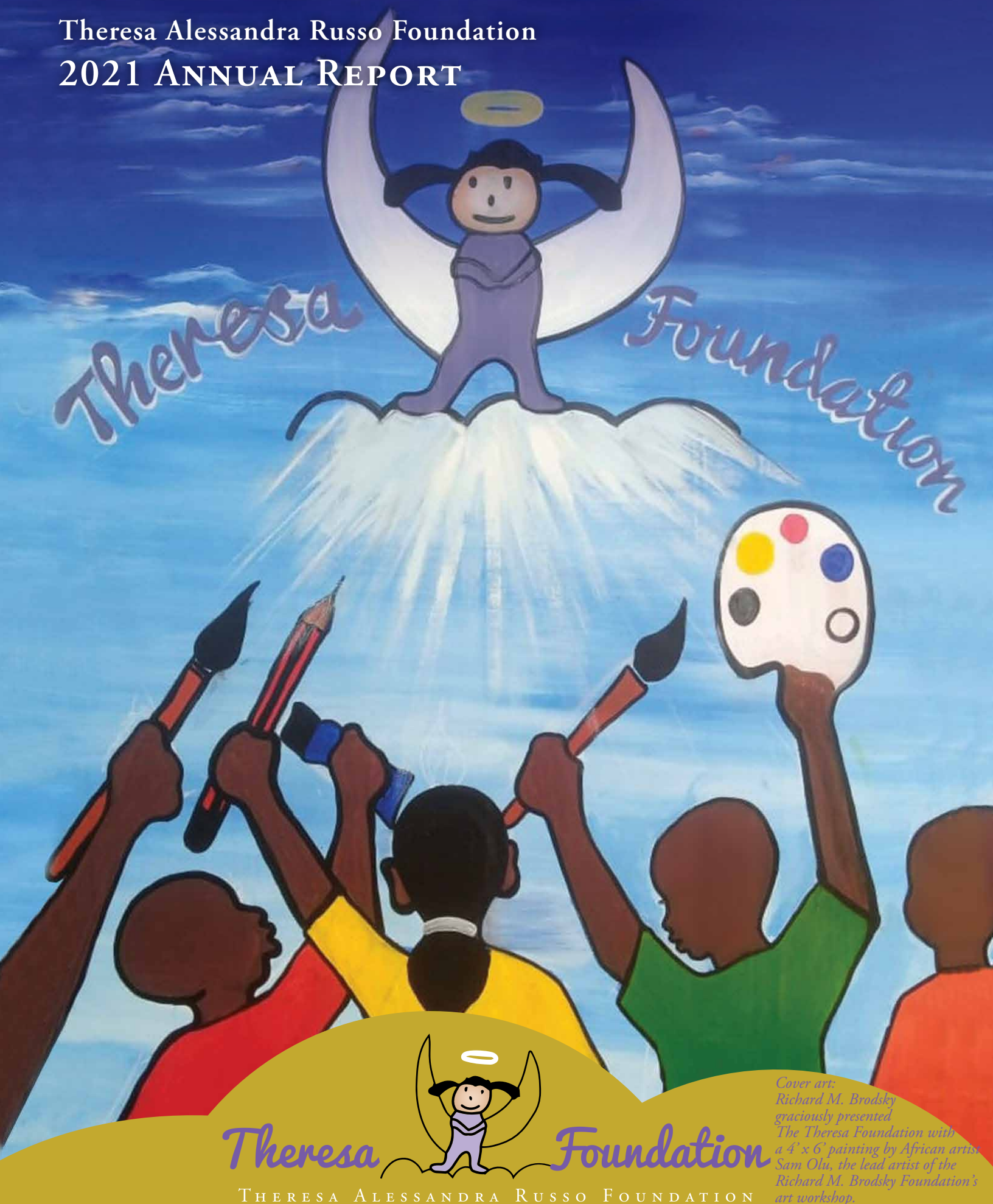
**PLENTY
OF FOOD**

HALFTIME

50/50

RAFFLES

Theresa Alessandra Russo Foundation
2021 ANNUAL REPORT



Cover art:
Richard M. Brodsky
graciously presented
The Theresa Foundation with
a 4' x 6' painting by African artist
Sam Olu, the lead artist of the
Richard M. Brodsky Foundation's
art workshop.



Richard M. Brodsky Foundation

Not only has Richard M. Brodsky lived with HIV for over 20 years, he is also a brain cancer survivor who has dedicated his life to raising awareness that an HIV or cancer diagnosis does not mean you have to stop living life. He created the **Richard M. Brodsky Foundation** in 2006 to raise awareness and money for research to find a cure or vaccine for AIDS and to offer aid to those already afflicted with AIDS and brain cancer in Africa, the United States, and beyond. On the ground in Kenya, his foundation provides food, shelter, and shoes for orphans. Since its founding, it has sponsored 45 orphan dinner dances for 11,816 orphans while providing medical care for 2,914 others. To date, philanthropy efforts by Richard and his foundation have directly saved the lives of over 900 orphans in Africa.



The Theresa Foundation was a proud sponsor of the Richard M. Brodsky Foundation's art workshop for orphans in Kenya in 2021. In addition to his work helping those living with HIV/AIDS and cancer, Richard is also passionate about enriching the lives of special needs children in Africa by expanding access to music, creative movement, and art education. He made a promise that if his life was spared, he would use his resources and life to help those living with the effects of cancer and HIV, along with children with special needs. Richard graciously presented the Theresa Foundation with a 4' x 6' painting (featured on the cover) by African artist Sam Olu, the lead artist of the art workshop.

After founding the Richard M. Brodsky Foundation, Richard was inspired to write his book, *Richard Brodsky's Journey of Hope*, which offers a deeper look into his personal journey of hope while sharing photos and stories of the work that his foundation has accomplished. Richard's book is available to read for free by visiting www.worldaidsmarathon.com, and his love for Kenya and its artists, musicians, dancers, singers, orphans, runners, and animals is also shared in his YouTube video "World AIDS Marathoners Love Affair with Kenya".

Beyond their efforts in supporting research and global AIDS projects, the Richard M. Brodsky Foundation also has a strong commitment to living aid organizations. He and his wife, Jody's beliefs stretch beyond awareness into the education of the many complex issues involved living with the HIV illness. One hundred percent of the proceeds from the Foundation's World AIDS Marathon in Kisumu, Kenya goes towards research and living aid.

To learn more about volunteering your professional skills or getting involved with the Richard M. Brodsky Foundation, you can visit www.richardmbrodsky.org. To view the story of the past 15 World AIDS Marathons, orphan dinner dances, medical care provided, and how they are able to help special needs kids, visit www.worldaidsmarathon.com.





As a team

Jodi & Richard Brodsky do everything they can to eliminate the stigma of AIDS, give hope to others living w/ HIV & cancer, + offer hope to runners that they can run faster as they age. Richard is 70 and qualified to run his 2nd Boston Marathon in '23. Jodi, will run her 10th straight Boston Marathon in '23. Richard plans to run 5 marathons in '23 while Jodi plans to run 6.

About 2,560,000 results (0.51 seconds)

HIV+ brain cancer runner denied Boston Marathon entry

myemail.constantcontact.com/HIV-brain-cancer-runner-denied-Boston-Marathon-ent...

Apr 3, 2017 - Richard & Jodi Brodsky finishing the 2015 Miami Marathon. I will do everything I can to help eliminate the stigma of AIDS. There are people who have been accepted to the Boston Marathon in the past by making phone calls and writing compelling letters, but I have not been successful as I have already ...

#Boston #Marathon, #HIV+ #brain cancer #marathon #runner denied ...

<https://www.linkedin.com/.../boston-marathon-hiv-brain-cancer-runner-denied-access-ri...>

Apr 15, 2017 - founder of World AIDS Marathon & 5K AIDS Cancer Run Walk, seeking to improve the lives of people living w/ HIV & cancer. Read why Reverend Wanda Faye Myers thinks it is imperative for Richard to run the Boston Marathon and how he can help others living with HIV and cancer. <http://conta.co/2oeEV9>.

59 Years Young, HIV+ Brain Cancer Survivor Will Be Running Long ...

www.marketwire.com/.../59-years-young-hiv-brain-cancer-survivor-will-be-running...

Apr 30, 2012 - ATLANTIC BEACH, NY --(Marketwire - April 30, 2012) - Richard Brodsky was diagnosed HIV-positive in 1997. In 2002 he was diagnosed with terminal brain cancer and given 2 - 4 years to live. Brodsky's goal is to run his fastest marathon time for his 4th straight time. Brodsky's last 3...

Richard Brodsky: Advocate | A&U Magazine

<https://aumag.org/Features>

Feb 28, 2018 - Brodsky stays vigorous and vital by running marathons, including the Jerusalem Marathon, the Nova Scotia Marathon, and the New York Marathon. His Foundation sponsors ... When Richard runs, he usually wears a T-shirt that sports the words on front, "HIV+ Brain Cancer Survivor." He's often compared to ...

Cancer and HIV survivor says he's running for his life | Miami Herald

www.miamiherald.com/sports/other-sports/article1939399.html

Jan 27, 2012 - The spirited, resilient Brodsky crushed the four-hour barrier with a 3:23:23 in the New York City Marathon the year after his HIV diagnosis. ... Whatever remains of his brain tumor is "dormant," she said, adding that fewer than 5 percent of patients with his type of aggressive tumor, glioblastoma multiforme, ...

You've visited this page many times. Last visit: 1/24/17

11th annual 5K AIDS Cancer Run Walk by Richard M. Brodsky ...

<https://groupv.com/aids-cancer18>

I'm HIV+ since 1997, a brain cancer survivor since 2002, and a marathon runner for life. Running, leading a healthy lifestyle, and have access to medical care and medicine is keeping me strong. At age 65, seven of my last ten marathons have been my fastest since cancer. Finally, after running 56 marathons I qualified to ...

Cancer survivor continues to run with purpose | CTV Atlantic News

<https://atlantic.ctvnews.ca/cancer-survivor-continues-to-run-with-purpose-1.3514669>

Jul 22, 2017 - A man who lives with HIV and survived terminal brain cancer, is spreading his message of wellness here in the Maritimes. ... "Right now we are enjoying the ride, and you know, even if we get slower, he says one day we will be the fastest couple marathon runners in the world. So we will shoot for that," says ...

LIFETIME FITNESS Invites 64 Yr Young HIV+ Brain Cancer Survivor ...

konknet.com/lifetime-fitness-invites-64-yr-young-hiv-brain-cancer-survivor-miami-b...

Jan 26, 2017 - Richard Brodsky is HIV+ since 1997, a brain cancer survivor since 2002 and a marathon runner for life. He ran his fastest marathon in NOVA SCOTIA since his terminal cancer diagnosis on July 24, 2016 finishing in 03:53:30. Says Richard, "my wife Jodi Brodsky (formerly Jodi Slansky) is the fastest Jewish ...

World AIDS Marathon: Invite Richard to Speak

www.worldaidsmarathon.com/inviterichardtospeak.html

World AIDS Marathoner & wife traveling to Kenya for 10th time. Invite HIV+ brain cancer survivor, marathon runner to speak at your school or business. -How is it I'm surviving HIV & brain cancer + running marathons? People living with HIV and/or cancer can reverse their aging process. I'm 62 years young. My last 3 ...



Richard Brodsky's advice on how to beat life-threatening illnesses

Having a Conversation with G-D helps, too. (see back of page)

DANCE, LAUGH, SMILE, AND PARTY LIKE THERE IS NO TOMORROW, AND BE SILLY - Almost every Saturday night my wife Jodi and I go dancing. We laugh and smile easily. Recently my kids said I'm great relating to my grandkids. I get down to their level and act silly. 4- and 6-year-old kids are always being told what to do so if they can have power over grampa, it is a good thing. It all started when I took a candy bar out of a bag that had 20 assorted candy bars and I did not ask my granddaughters for permission. I explained to them that I was invited to Ben's (a 5-year old) birthday party but could not make it and it even says Ben on the bag and this was my goody bag. My grandkids disagreed and kept threatening me that they will tell my daughter. I promised not to do it again if they didn't report me because I won't be allowed to visit again. It is just a silly game and this is what they say when they see me first thing in the morning. "I'm going to tell mommy."

FIND A HOBBY THAT INTERESTS YOU - Find your creative side: Sing; write poems or lyrics for songs; act; dance; advocate; paint; design clothing; read; research or be part of a research study; review books, movies, restaurants, hotels, museums; cook or bake; write books or videos or articles to local newspapers; or choose a sport to coach, referee, or participate. You know what's next...

... RUNNING MARATHONS HAS SAVED MY LIFE, I'M NOT SUGGESTING YOU RUN A MARATHON - First consult with your doctor if this can work for you: day 1, run 100 feet and then walk until you reach a mile. Increase your run by 100 feet/day and walk until you reach a mile. In 53 days you will have run a mile. Day 54, run a mile, then run 100 feet and then walk until you reach two miles. Day 107, run 2 miles and 100 feet and then walk until your reach 3 miles; increase your run by 100 feet/day and by day 159 you will be running 3 miles. Make sure you have good walking and running shoes, best to visit a local running store. You are now ready to run your first 5K which is 3.1 miles. If you could not run 3 miles and had to walk during the 159 day training period, you can always run/walk the 5K. There are local running clubs where you can run or walk with new friends for free

BE KIND, LOVING, FORGIVING AND NON-JUDGMENTAL - We've all been hurt in life, but if the person who hurt you asks for forgiveness, it is much healthier for you to forgive. Staying mad can only cause stress. We've all made mistakes and upbringings and life's situations can change people's perceptions on what is acceptable behavior.

HELP OTHERS IN NEEDS; YOUR SITUATION IN LIFE COULD ALWAYS BE WORSE - Make someone smile, buy a cup of coffee for a stranger, even if it is once a month, help someone elderly cross the street, say thank you and give compliments more often, help a child learn to spell or read, reconnect with family and friends. I recently witnessed two cousins whose parents had a disagreement 45 years ago reconnect and they both realized they wasted 45 years.

THERE IS SO MUCH JOY IN THE WORLD EXCEPT I GET TERRIBLY SEASICK - My hobby is tracking my friend Maryanne and her husband Kyle sail around the world and watch their progress every day. I travel vicariously through them and have visited hundreds of atolls and archipelagos and places I could never visit. Many of you know how much I love going to Kenya. I thought I would take Jodi on a romantic boar ride in Lake Victoria. We paid for a 90 minute boat ride; in 20 minutes I was thrilled to be back on land.

ASK YOURSELF, HOW WOULD YOU LIKE PEOPLE TO HELP YOU - Could you use a meal or a ride to a doctor? Or how about a visit from a friend or a good book to read, or just a special snack, a card or how about a fresh baked bread or cake?

VOLUNTEER AND CONNECT WITH OTHERS - Volunteer at local schools, libraries, places of worship, civic clubs, fairs, museums, food pantries, health or running events, your alumnus, fraternity or sorority, community center, local charitable organizations, or holiday events. If you have computer skills, you can help organizations anyplace in America or around the world. We are so blessed to be living in America. Third world countries have so little. Poverty, hunger, clean drinking water, AIDS, malaria, infant mortality, medical care, orphaned children, a lack of education, droughts, floods, etc. We have problems in America but at least we have safety nets where our government helps. This especially applies to kids with special needs where programs don't exist in Africa.

MY PERSONAL SECRETS: - I'm not a brain surgeon or rocket scientist but this works for me. I'm HIV+ since 1997 and was diagnosed with terminal brain cancer in 2002. I was determined to beat HIV and that was a much more serious illness back in 1997. A year later I ran my fastest marathon: 3:23:23 at age 45. In 2002, I was doing a book signing at Barnes & Noble in Greenwich Village and I had a seizure, broke my shoulder and was diagnosed with terminal brain cancer and doctors told me I could expect to live 2 - 4 years. I was determined to beat the brain cancer. After shoulder surgery, I started running a quarter mile every day for a week and each week I increased my run a quarter of a mile/day. I ran the NYC Marathon a year and a day after my seizure. I felt good knowing that I was running for everyone living with HIV and brain cancer. My brain oncologist, Dr. Casilda Balmaceda even finished the marathon with me. She suggested I start a Foundation to help others living with HIV and cancer; I took her advice.

Prior to my brain cancer diagnosis, running one marathon a year was my routine. I realized I had to step up my game if I was to survive so running multiple marathons would be my new goal. I get a lot more energy knowing I am not only offering hope to people living with HIV and cancer, but we have also been able to feed 12,000+ orphan in Kenya and provide medical care for 3,100+ Kenyan orphans. We are also helping people living with HIV and cancer in America, especially kids, more recently special needs kids in Kenya. All I have to do is keep running marathons and hope that generous donors like you can support my work. It does not get easier to run marathons as you grow older and sports massages are not a luxury, but a necessity. Goals are important and besides planning trips to Kenya for the next 30 years, 30 years of 5K AIDS Cancer Run Walks in Baldwin Park and sponsoring a World AIDS Marathon every year on World AIDS Day. My loving wife...



**MAKE
YOUR
SPOUSE
OR
PARTNER
YOUR
BEST
FRIEND**

...Jodi agreed to run a marathon w/ me for my 100th birthday; I won't deprive my wife of giving me a present. Please pray for Jodi's good health!

G-d Answers Richard Brodsky

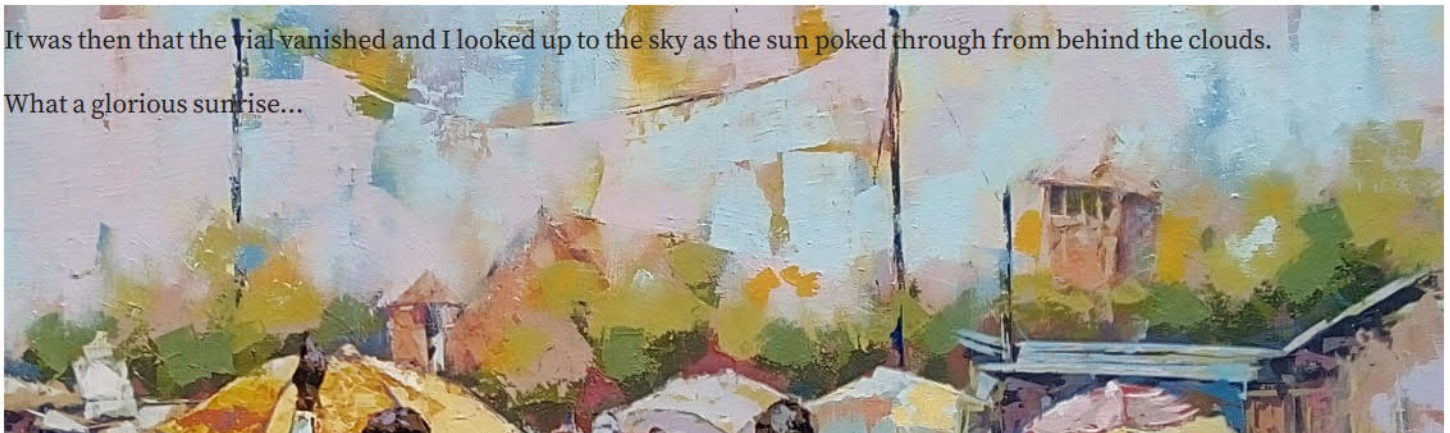
G-D answers HIV-positive, brain cancer survivor, marathon-running author of: *Jodi, The Greatest Love Story Ever Told*, (by Richard M. Brodsky)

Stopping at a drugstore to pick up some meds, I learned from the pharmacist that one prescription could not be filled for twenty-five years. I told the pharmacist that having the prescription filled was very important to me and I suggested that he put it through the system as an override. He looked at the prescription and was shocked to find my request for a conversation with G-d. A look of dismay crossed the pharmacist's face as he resubmitted the prescription. A computer snafu occurred and a second or two later the pharmacist handed me a small vial with a piece of paper inside. I thanked the pharmacist and proceeded to open the vial as I headed to the exit. The message inside read, "Okay, Richard, you have just one question." I exited the store and looked upward and implored, "WHY ME?"

"WHY NOT?" G-d countered as He explained He's getting old and tired and even He is not perfect. He realizes He's made mistakes and the really big ones He's managed to correct. "Dinosaurs..." He claimed, "...those were my biggest mistakes. I did manage to expel them from the planet. Flowers, there I have succeeded admirably. You could not find a human being designing such a variety of colors, textures, fragrances and general layout of a flower from its petals to how the flower opens itself up to the world. I screwed up on roses. They were never supposed to have thorns. But if everything were perfect down there nobody would look forward to keeping me company in the Afterward. Richard, as far as giving you HIV and brain cancer, we did have a computer glitch up here. All this business of pray to G-d, ask G-d's repentance, may G-d keep me in his good graces and on and on. I told you I'm getting old and I could not function without a computer. I'm actually surprised you people down there took so long to develop a computer. I gave you Galileo, DaVinci, Edison...you guys are centuries late. Richard, you were not supposed to get these two fatal illnesses. I was undecided between a few of my favorite earthly religious leaders who were much respected on Earth. People would take them more seriously than you. Next thing I know, the computer freezes and in a flash your name is the one selected to receive HIV and brain cancer. I could not exactly change what had already happened. We do rest up here and whoever talked about resting a day, a week, that doesn't cut it up here. A day or week may be fine but every fifty or so years we need a month, a year or years of rest. I slept through the Hitler years and I rested too long during the early years of AIDS. Besides, giving this illness to you as opposed to a religious leader might prove to be more interesting."

It was then that the vial vanished and I looked up to the sky as the sun poked through from behind the clouds.

What a glorious sunrise...



Painting by Arnold Jaoko

For more information visit: richardmbrodsky.org and click LINKS.



AIDS
Cancer
Run Walk



The Richard M. Brodsky Foundation

1247 Mara Court Atlantic Beach, NY 11509

www.richardmbrodsky.org

The Richard M. Brodsky Foundation invites you to be a sponsor for its 16th annual 5K AIDS/ Cancer Run / Walk on June 11, 2023. Kindly indicate the donation you would like to make and mail your check in the enclosed envelope.

Contact info: Richard Brodsky, richardm.brodsky@gmail.com or (516) 770-7724.

<input type="checkbox"/> Golden Humanitarian	\$25,000	<input type="checkbox"/> Advocate	\$250
<input type="checkbox"/> Miracle Lifetime	\$10,000	<input type="checkbox"/> True Believer, a t-shirt for you	\$100
<input type="checkbox"/> 400 T-Shirts, <i>Donated by You</i>	\$3,500	<input type="checkbox"/> Richard's Journey of Hope, a <i>Book for You</i>	\$50
<input type="checkbox"/> Racing to Save Lives	\$1,000	<input type="checkbox"/> Other _____	(amount, toys, product)

Please make your check payable to the Richard M. Brodsky Foundation, or for online donations visit www.richardmbrodsky.org or www.5kaidscancer.com. Toiletry / gift items may also be donated for people living with HIV + cancer, who are patients at Center of AIDS Research & Treatment at Northwell Health, + other local AIDS + cancer organizations. Toys may be donated for children attending Five Towns Community Center's programs + other local organizations + hospitals supporting kids living with illnesses. Product donations should be mailed to Richard M. Brodsky Foundation, 1247 Mara Court, Atlantic Beach, NY 11509. If you are making a product donation, please telephone me in advance. All product donations should be received by June 8. We also pick up + deliver food to organizations due to Covid 19. Thank you, Richard M. Brodsky.

*Thank you for
celebrating
with the
only
HIV+ brain cancer
marathon
runner!*

