

RESILIENCE

Like the Triumph Tulip, people with Parkinson's stand strong in the face of adversity.



2019

ANNUAL REPORT

INVESTING TODAY FOR A **BETTER** **TOMORROW**



Marlin Stangeland

A future without Parkinson's requires transformative change and unwavering commitment.

When the strategy was set for Parkinson Canada, investments to meet the growing needs of the Parkinson's community were prioritized, to reach and engage more people affected by Parkinson's, and to accelerate research discoveries. You responded to the call and thanks to you leading the way for rapid discoveries, and, one day a cure, is possible.

Sparking a movement for change has never been more important than right now. With the rapid growth rate of Parkinson's, the number of lives impacted by this challenging disease are greater and require more support and investments in research now. As the Chair of the Board of Directors it gives me great hope knowing that thanks to your support, amazing new projects are possible.

One of these projects is the **Canadian Open Parkinson Network (C-OPN)** which has now established most of the initial sites, including the University of Calgary as the central hub, under the leadership of Dr. Oury Monchi and McGill University with co-director, Dr. Edward Fon. With these first sites now in operation they are encouraging more people to consider registering with the Network, which will bring new clinical research to life.

Another great project that your investments ensured in 2019 was the second edition of the *Canadian Guideline for Parkinson Disease* that reached more than 65,000 family doctors throughout the country. Establishing these enhanced standards of care will support improved treatment through practical clinical advice. And I am delighted to share with you that the

YOU ARE AT THE HEART OF EVERYTHING WE DO.

Canadian Medical Journal Association, confirmed that it is one of their most in-demand publications of all time.

You are at the heart of everything we do. Our efforts on Parliament Hill are your efforts, and the growing number of Parkinson's ambassadors continue to fuel changes in policy regarding access to Parkinson's treatments and approved medication. Together, with your help we are fighting this enemy called Parkinson's so that you have meaningful choices.

Incredibly compassionate and caring donors like you have made everything Parkinson Canada does possible. And in 2019, your efforts resulted in a budget surplus, which included receiving for the very first time in the organization's history a one-time \$1 million donation from an incredibly generous family who wish to remain anonymous. This unprecedented gift is truly appreciated and just as important are the gifts from the 64,990 other amazingly wonderful people who have invested in the cause. Because of you the world is a little bit brighter today than it was yesterday for a family living with Parkinson's disease.

In closing, I would be remiss if I did not recognize another important milestone moment in the history of Parkinson Canada. I would like to express my appreciation to **Joyce Gordon**, who after 16 years as CEO has elected to retire. On your behalf I thank her for her leadership and commitment to you during her tenure. Joyce brought her passion for the Parkinson's community with her every day and enjoyed engaging with you and on your behalf.

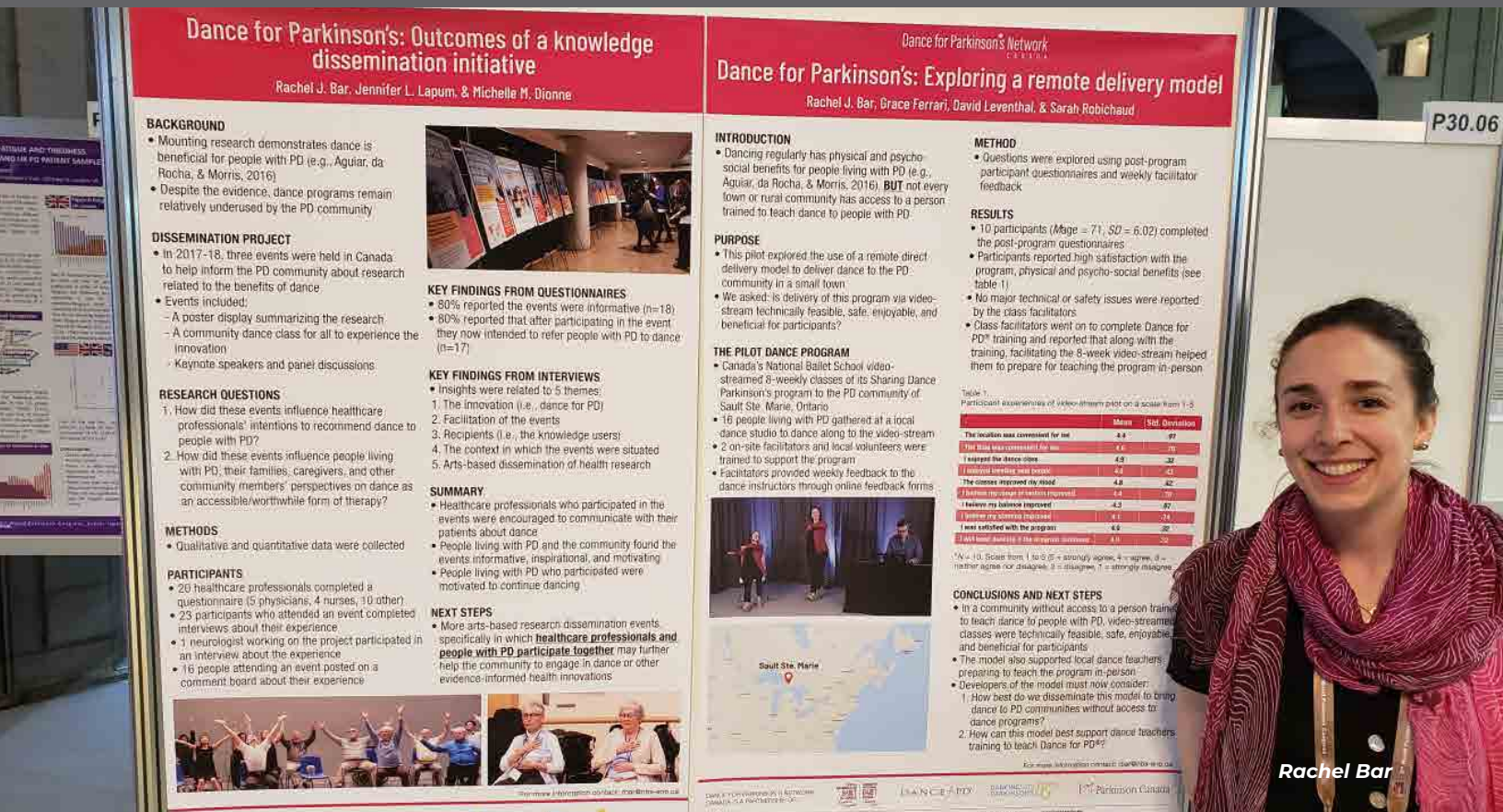
We were also preparing for change in leadership. On behalf of the Board, it is our pleasure to welcome **Karen Lee, PhD** as President and Chief Executive Officer to lead Parkinson Canada and to deliver on the future phase of becoming even more assertive in achieving the vision and mission you have come to depend on.

I extend my heartfelt wishes for your safety, health and well-being. You are so important to people with Parkinson's—thank you.

Marlin Stangeland

Chair, Parkinson Canada Board of Directors





Dance for Parkinson's: Outcomes of a knowledge dissemination initiative

Rachel J. Bar, Jennifer L. Lapum, & Michelle M. Dionne

BACKGROUND

- Mounting research demonstrates dance is beneficial for people with PD (e.g., Aguiar, da Rocha, & Morris, 2016)
- Despite the evidence, dance programs remain relatively underused by the PD community

DISSEMINATION PROJECT

- In 2017-18, three events were held in Canada to help inform the PD community about research related to the benefits of dance
- Events included:
 - A poster display summarizing the research
 - A community dance class for all to experience the innovation
 - Keynote speakers and panel discussions.

RESEARCH QUESTIONS

- How did these events influence healthcare professionals' intentions to recommend dance to people with PD?
- How did these events influence people living with PD, their families, caregivers, and other community members' perspectives on dance as an accessible/worthwhile form of therapy?

METHODS

- Qualitative and quantitative data were collected

PARTICIPANTS

- 20 healthcare professionals completed a questionnaire (5 physicians, 4 nurses, 10 other)
- 23 participants who attended an event completed interviews about their experience
- 1 neurologist working on the project participated in an interview about the experience
- 15 people attending an event posted on a comment board about their experience



KEY FINDINGS FROM QUESTIONNAIRES

- 80% reported the events were informative (n=18)
- 80% reported that after participating in the event they now intended to refer people with PD to dance (n=17)

KEY FINDINGS FROM INTERVIEWS

- Insights were related to 5 themes:
 - The innovation (i.e., dance for PD)
 - Facilitation of the events
 - Recipients (i.e., the knowledge users)
 - The context in which the events were situated
 - Arts-based dissemination of health research

SUMMARY

- Healthcare professionals who participated in the events were encouraged to communicate with their patients about dance
- People living with PD and the community found the events informative, inspirational, and motivating
- People living with PD who participated were motivated to continue dancing

NEXT STEPS

- More arts-based research dissemination events specifically in which **healthcare professionals and people with PD participate together** may further help the community to engage in dance or other evidence-informed health innovations



Dance for Parkinson's: Exploring a remote delivery model

Rachel J. Bar, Grace Ferrarj, David Leventhal, & Sarah Robichaud

INTRODUCTION

- Dancing regularly has physical and psycho-social benefits for people living with PD (e.g., Aguiar, da Rocha, & Morris, 2016). **BUT** not every town or rural community has access to a person trained to teach dance to people with PD.

PURPOSE

- This pilot explored the use of a remote direct delivery model to deliver dance to the PD community in a small town.
- We asked: Is delivery of this program via video-stream technically feasible, safe, enjoyable, and beneficial for participants?

THE PILOT DANCE PROGRAM

- Canada's National Ballet School video-streamed 8-weekly classes of its Sharing Dance (Parkinson's) program to the PD community of Sault Ste. Marie, Ontario
- 16 people living with PD gathered at a local dance studio to dance along to the video-stream
- 2 on-site facilitators and local volunteers were trained to support the program
- Facilitators provided weekly feedback to the dance instructors through online feedback forms



METHOD

- Questions were explored using post-program participant questionnaires and weekly facilitator feedback

RESULTS

- 10 participants (Mage = 71, SD = 6.02) completed the post-program questionnaires
- Participants reported high satisfaction with the program, physical and psycho-social benefits (see table 1)
- No major technical or safety issues were reported by the class facilitators
- Class facilitators went on to complete Dance for PD® training and reported that along with the training, facilitating the 8-week video-stream helped them to prepare for teaching the program in-person

Table 1. Participant satisfaction of video-stream pilot on a scale from 1-5

	Mean	Std. Deviation
The location was convenient for me	2.9	.97
The class was accessible for me	4.6	.79
I enjoyed the dance class	4.9	.32
I enjoyed the video and audio	4.6	.43
The classes improved my mood	4.8	.42
I learned new physical benefits	4.2	.67
I believe my balance improved	4.3	.67
I believe my stamina improved	4.1	.74
I was satisfied with the program	4.6	.38
I will have a positive effect on my program	4.0	.52

N = 10. Scale from 1 to 5 = strongly agree, 4 = agree, 3 = neither agree nor disagree, 2 = disagree, 1 = strongly disagree.

CONCLUSIONS AND NEXT STEPS

- In a community without access to a person trained to teach dance to people with PD, video-streamed classes were technically feasible, safe, enjoyable, and beneficial for participants
- The model also supported local dance teachers preparing to teach the program in-person
- Developers of the model must now consider:
 - How best do we disseminate this model to bring dance to PD communities without access to dance programs?
 - How can this model best support dance teachers training to teach Dance for PD®?

Rachel Bar

DANCE FOR PARKINSON'S: EXPLORING A REMOTE DELIVERY MODEL

Research into the benefits of dance conducted by *National Ballet School's* Rachel Bar demonstrated that 100% of the video-stream pilot participants strongly agreed or agreed that the virtual experience was beneficial when rating 10 physical and psychological aspects from mood to satisfaction and balance. Sixteen participants gathered in Sault Ste. Marie, Canada in a studio with support from two local facilitators and volunteers. The poster about the 8-week program was presented to an international audience of more than 2,800 scientists, clinicians, people with Parkinson's and care partners during *World Parkinson Congress* in Kyoto, Japan, in June. Parkinson Canada donors ensure innovative research like this to improve quality of life continues.

Parkinson Canada is a member of the *World Parkinson Coalition*®, an international forum that brings together more than 50 countries to provide leadership and share insights, research and programs. Save the date: the next triennial event is set for June 7-10, 2022 in Barcelona, Spain.



David Leventhal, founding teacher and Program Director for Dance for PD® leads group in Hamilton.

THE FUTURE HAS NEVER LOOKED MORE PROMISING **AND IT'S ALL THANKS TO YOU!**

BECAUSE OF YOU HERE'S JUST SOME OF WHAT WAS ACHIEVED IN 2019...



PRODUCED AND SHARED THE SECOND EDITION OF **CANADIAN GUIDELINE FOR PARKINSON DISEASE** WITH MORE THAN **65,000 FAMILY DOCTORS**.



SUPPLIED MORE THAN **\$1.4 MILLION** FOR **30 RESEARCH GRANTS** AND CLINICAL FELLOWSHIPS.

GOT **CARE PARTNERING** BOOKS INTO THE HOMES OF MORE THAN **5,000 FAMILIES**.



PROVIDED CARE AND COMFORT TO MORE THAN **2,500 PEOPLE** THROUGH PEER SUPPORT GROUPS.

RESPONDED TO MORE THAN **6,000 INDIVIDUALS** SEEKING ASSISTANCE THROUGH THE INFORMATION AND REFERRAL LINE.



4,627 CANADIANS FROM COMMUNITIES ACROSS THE COUNTRY REGISTERED FOR **PARKINSON CANADA SUPERWALK** AND HELPED RAISE FUNDS, AND AWARENESS OF PARKINSON'S DISEASE.

ALL THESE THINGS AND SO MUCH MORE WERE MADE POSSIBLE THANKS TO YOU!

STATEMENT OF FINANCIAL POSITION

as at December 31

	2019	2018
ASSETS		
Current		
Cash	\$502,831	\$412,341
Short-term Investments	3,613,396	2,923,766
Accounts Receivable	765,682	606,815
Prepaid Expenses and Other Assets	265,508	198,856
	5,147,417	4,141,778
Investments	6,972,294	6,184,581
Property and Equipment	756,333	511,240
TOTAL ASSETS	\$12,876,044	\$10,837,599
LIABILITIES		
Current		
Accounts Payable and Accrued Liabilities	856,400	973,851
Deferred Revenue	261,522	281,441
	\$1,117,922	\$1,255,292
Long-term		
Deferred Revenue	436,490	-
	\$1,554,412	\$1,255,292
NET ASSETS		
Unrestricted	3,783,981	2,165,818
Operating Reserve	5,056,318	5,056,318
Canadian Open Parkinson Network Reserve	830,000	1,000,000
Research Reserve	665,000	618,931
Invested in Property and Equipment	756,333	511,240
Endowment Funds	230,000	230,000
	11,321,632	9,582,307
TOTAL LIABILITIES AND NET ASSETS	\$12,876,044	\$10,837,599

REVENUE

\$12,695,880

EXPENSES

\$10,956,555

EXCESS REVENUE

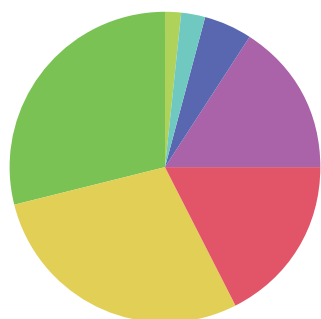
\$1,739,325

INCOME STATEMENT

For the Twelve Months Ending December 31, 2019 and 2018

	2019	2018
REVENUE		
Individual Giving	\$4,617,226	\$3,406,097
Planned Giving	2,874,920	2,963,673
Events	2,682,346	1,538,698
Corporate and Foundation Donations	1,447,248	2,287,338
Investment Income (loss)	813,174	(49,146)
Other	260,966	253,390
Contribution from The Charles Playfair and Dora Burke Playfair Fund for Research	0	901
TOTAL REVENUE	12,695,880	10,400,951
EXPENSES		
Research, Advocacy, Education and Support Services	5,615,549	5,425,928
Fundraising	3,150,782	2,998,072
Operations and Administration	2,190,224	1,873,745
TOTAL EXPENSES	10,956,555	10,297,745
Excess of Revenue over Expenses	\$1,739,325	\$103,206

USE OF RESOURCES



29% ● \$3,150,782
Fundraising

29% ● \$3,133,677
Education and Services

17% ● \$1,907,295
Operations and Administration

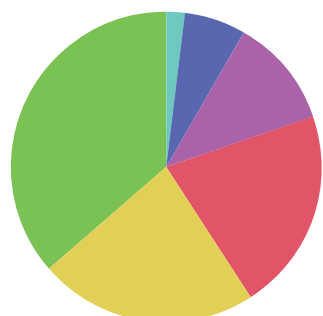
16% ● \$1,742,554
Research

5% ● \$536,191
Community Development

2% ● \$282,929
Governance

2% ● \$203,127
Advocacy

SOURCES OF REVENUE



36% ● \$4,617,226
Individual Giving

23% ● \$2,874,920
Planned Giving

21% ● \$2,682,346
Events

11% ● \$1,447,248
Corporate and
Foundation Donations

7% ● \$813,174
Investment Income

2% ● \$260,966
Other Revenue



Josephine Jollymore

NATIONAL HERO

From Margaret Milne (left), one of several who nominated Josephine

I'd like to tell you a bit about my friend, my inspiration, **Josephine Jollymore** (of New Glasgow, Nova Scotia). Despite losing her husband Gordon to Parkinson's in 2005, Josephine has remained extremely active in the community. Since 2003, she'd been leading our local chapter and support group.

Selflessly working to improve the lives of people going through the pain and struggle of Parkinson's disease, Josephine has always been on call 24/7. A big-hearted volunteer, she has led efforts with the Pictou/New Glasgow Chapter of Parkinson Canada since 2003.

Josephine's reputation for hard work and dedication is well known in the community and within the group. Members, past and present, know that her advice, guidance and concern are always just a telephone call away. Moreover, each year she personally raises a significant proportion of funds at the annual Pictou/New Glasgow SuperWalk event.

In short, Josephine is the heart of our support group. She has been an inspiration to me, to all of us in the group, to be there for one another, just as she has always done.

This year, I hope you'll consider doing something for someone, or maybe even for yourself, and choose to support or participate in SuperWalk this September.

STATS

\$2.5 Million raised

10,000
PARTICIPANTS

PARKINSON CANADA SUPERWALK™

NO MATTER WHAT

With a desire to convey the spirit of Canadian's living with Parkinson's a new theme for SuperWalk was launched in 2019.

No Matter What—has become the rallying phrase that helps to demonstrate the tremendous strength in response to adversity that people living with Parkinson's experience daily. For some that is shown by fighting through rigidity to proudly lifting a grandchild, or enduring other daily challenges that come with Parkinson's like depression, anxiety, fatigue and more. Throughout each day people living with Parkinson's exhibit a strength of spirit that is important to acknowledge. They, or perhaps even you, show a willingness to persevere, No Matter What.

In 2019, walkers from across the country celebrated that strength of spirit and came together at SuperWalk united with a rallying cry:

"Today is a chance to help all Canadians living with Parkinson's."

"Today we'll show that a diagnosis doesn't stop us from living."

"Because No Matter What tomorrow may bring, we will not stop until there is a cure for Parkinson's disease."

With more than 10,000 participants lending their voices and personal efforts

to raise \$2.5 million across the country, this achievement is remarkable. It brings the total raised to over \$42 million since inception of SuperWalk. Every dollar was raised by caring, committed and compassionate people like you. And because of you and your ongoing efforts, more people with Parkinson's will receive support, while increased investments are made in research to improve treatments and continue the quest for a cure.

Looking ahead to 2020, by continuing to stand together with the same strength of spirit exhibited daily when facing one's Parkinson's symptoms. A united effort will lead to a world without Parkinson's, because you will never give up, No Matter What, and nor will those who support you.



4,527
Registered walkers

80 Communities

\$492.06
raised per participant

RESEARCH HOLDS THE KEY TO UNLOCK THE MYSTERIES OF PARKINSON'S DISEASE.

Dr. Christel Renoux
Assistant Professor,
McGill University



Funded by Parkinson Québec

Pilot Project Grant
\$50,000 over 1 year

“We have already studied how drugs can slow down the degradation of the dopamine-producing cells in the brains of laboratory mice, but the challenge has always been to translate these effects from animal studies into human work,” says Renoux. “This research will help us ensure that we can deliver on the promise of these drugs.”

Ms. Linda Kim
PhD Candidate,
University of Calgary



Funded by Parkinson Society
British Columbia

Graduate Student Award
\$20,000 over 2 years

“In our lab, we’re discovering a region in the brain that hasn’t been studied traditionally for motor control implications,” says Kim. “It gives us an additional brain region to start thinking about when we think about freezing of gait.”

While there is no cure, research is helping to improve quality of life for people with Parkinson's and their families.

Dr. Ji Hyun Ko
Assistant Professor,
University of Manitoba



Funded by Pedaling for Parkinson's
 (Prince Edward County, ON)

New Investigator Award
\$90,000 over 2 years

"Even before they develop dementia, a lot of people with Parkinson's have mild cognitive problems that hinder their daily activity," says Ko, who first trained as an electrical engineer. "Although it may be milder than dementia, it can cost people their job."

2019 RESEARCH AWARDS



Thanks to donors like you, as of September 2019, **30 new grants, fellowships and student awards** were funded.

These new awards represent a total of \$1,442,170 committed to support new research projects in Canada over the next two years. Including the 12 research awards in their second year (\$237,500), and the 30 new projects, making the total investment committed in 2019 \$1,679,670.

The new awards include:

- 7** Pilot Project Grants
- 13** Graduate Student Awards
- 5** New Investigator Awards
- 4** Basic Research Fellowships
- 1** Clinical Movement Disorders Fellowship



INVESTING FOR THE FUTURE



**CANADIAN
OPEN PARKINSON
NETWORK**

Living with Parkinson's changes a person's life forever; **a cure can't wait.**

That's why Canada is leading the world with several new large-scale initiatives for data sharing in neuroscience, Open Science, and artificial intelligence. The Canadian Open Parkinson Network (C-OPN) will harness these efforts and promote multidisciplinary collaborations among Parkinson's researchers in Canada. Life-changing treatments can come at a much-accelerated pace thanks to amazing donors who embrace these large-scale projects that would not be possible at a single centre.

When Phase 1 is complete, Canadians from coast to coast can participate, confidentially, at 8 sites in 4 provinces, actively solving the problems of Parkinson's disease. Applications are completed online, followed by an in-person interview. www.copn-rpco.ca

I REACH OUT TO YOU AND THE BROAD COMMUNITY IN THE HOPE THAT C-OPN WILL CONTRIBUTE TO WIN THE FIGHT AGAINST PARKINSON'S DISEASE.

Oury Monchi, PhD • Director, Canadian Open Parkinson Network



“As parents (and now grandparents), our greatest wish is to win the fight against this chronic and degenerative disease so that generations following us will speak about Parkinson's as a curable disease.”

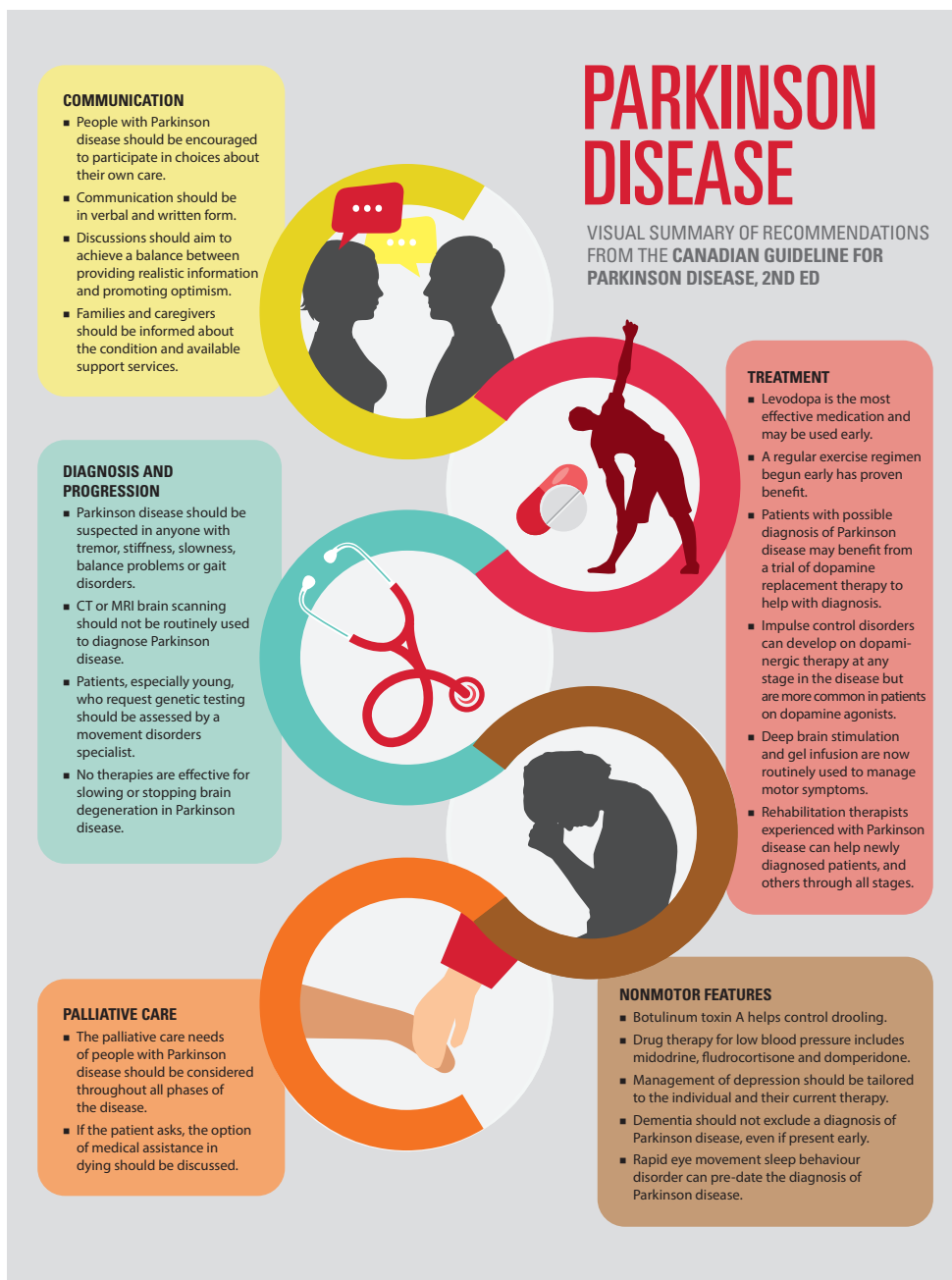
Linda Bérard, diagnosed in 2013,
pictured with partner Yves Lafortune



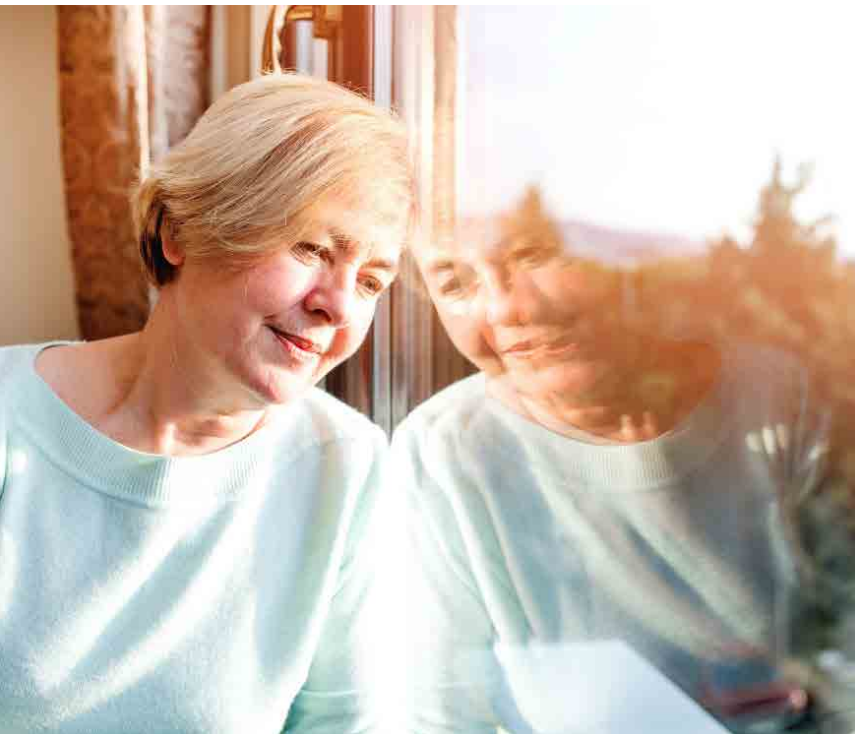
A comprehensive new **Canadian Guideline for Parkinson Disease**, 2nd Edition, provides practical guidance for physicians, allied health professionals, people with Parkinson's and families on disease management.

“Depression and anxiety are common symptoms of Parkinson patients and can be harder to recognize. Physicians should feel more comfortable with treating the depression and anxiety as these directly impact the quality of life of people with Parkinson's and their caregivers.”

Dr. David Grimes



CAREPARTNERING: MANAGING PARKINSON'S DISEASE TOGETHER



A person's life story changes after a diagnosis of Parkinson's. There begins a chapter of collaboration in care that eventually evolves into more hands-on caregiving; a part of the societal fabric of most cultures.

CarePartnering: Managing Parkinson's Disease Together, was launched in May 2019 at the CarePartner Summit in Toronto. Thanks to generous donors who made the production and distribution of this book possible more than 5,000 individuals across Canada, including 150 caregivers who attended the summit received it. This book delivers supportive, practical tips, and references to other resources that are a big help when navigating a Parkinson's journey. For many, it's become their go-to tool because it includes 7 assessment worksheets, plus tip sheets, and inspirational stories of how everyday people manage life with Parkinson's.

"We identified that there wasn't enough information to support care partners," says Linda Redford, Parkinson Canada support group facilitator and care partner to husband, Don.

Access this book and the companion worksheets online at <https://www.parkinson.ca/about-parkinsons/care-partnering/>



ENGAGING THE COMMUNITY ONLINE



Parkinson Canada: **4,910** | SuperWalk: **5,445**



Parkinson Canada: **4,773** | SuperWalk: **2,114**



Video plays

78,100

Subscriptions

1,756

ACT on time™

ACT on Time™ A PROGRAM FOR INDIVIDUALS, CARE PARTNERS AND HEALTHCARE PROFESSIONALS

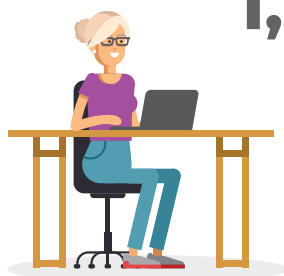
Although it may not feel like it at first, there are many choices in how you can manage your Parkinson's disease. That's why a variety of **ACT on Time™** tools were created to help you manage your disease symptoms and to understand and monitor the various treatments available. More than a dozen resources are included.

Managing My Parkinson's Disease in a Healthcare Setting is a booklet designed to help people with Parkinson's and their caregivers to stay safe and well in healthcare settings. **Parkinson's Disease Medical Alert Card™** helps advise healthcare providers of your medications and should be completed with all the medications you are taking (including any over-the-counter medications and natural supplements).

The Getting the Most Out of My Neurologist Visit™ information sheet was created to provide tips for good communication with specialists.



1,251,203 web site visits



- Parkinson.ca **671,916**
- Superwalk.ca **480,843**
- Parkinsonpost.com **48,109**
- L'actualiteparkinson.com **36,396**
- ParkinsonClinicalGuidelines.ca **13,939**



PEDALING FOR PARKINSON'S AND THE RIGID RIDERS



Jim Redmond inspires new Pedaling for Parkinson's in 2019

When two long-term friends like Peter Istvan and David Newall got together in 2011 we could not have guessed that they would have sparked a cycling movement that would result in the largest single site fundraising event for Parkinson's disease in Canada raising \$1.7 Million by the end of 2018, when its founders decided to step away.

In 2019, Jim Redmond and Krista Simonett stepped in to build on this legacy, moving the event to Prince Edward County. At its core Pedaling for Parkinson's will always maintain the same heart and intent as it did right from the start taking a group of closely connected, passionate riders who set out to raise as much money as possible to give Canadians living with Parkinson's a better life, while the search for a cure continues. The events, the scenery, and the routes couldn't have been more different from 2018 to 2019, but the spirit of a connected community remained.

Jim is not alone. Sparked by his own individual passion Steve Iseman was diagnosed with young onset Parkinson's disease in 2014 and, over time, developed debilitating cognitive limitations that made his working life impossible. An avid cyclist, he increased his activity levels as he learned more about the disease, the importance of intense exercise. Wanting to share that benefit with others, Steve enlisted the support of his friend and the leader of a Young Onset Support Group in Toronto, Mike Loghrin, who brought his organizational skills forward to get things moving, and the Rigid Riders were soon formed.

This group of people with Parkinson's, many of whom had not been on a bike in years, who experience motor symptoms that make them less mobile showed sheer determination of will in completing the 40km route together in Prince Edward County. Driven by mutual support and the compassion that comes from leaders like Steve and Mike they are proving what recent research is confirming, that exercise is essential especially for people with Parkinson's.

The Rigid Riders plan on returning to take on the annual event this year and into the future. A new "Go the Distance" virtual ride has also been launched to inspire riders across Canada to enjoy the same challenge and sense of community that the physical rides have inspired from the convenience of one's own home or local community, and physical rides are growing across the country.

We do hope that you are inspired by what the Rigid Riders have achieved and invite you to join them. Details on all events can be found at www.pedalingforparkinsons.ca.



AMBASSADORS LAY THE FOUNDATION

It takes a movement to create a better world for all people living with and affected by Parkinson's disease. It starts by first understanding what is needed, and then focusing on what would be the most impactful to support our Parkinson's community.

In the fall of 2019, a *Plan for Parkinson's* was launched in time for the start of the federal election campaign. The plan included priorities for improved access to care for people with Parkinson's and care partners and funding for the *Canadian Open Parkinson Network* (C-OPN), as well as recommendations that come from the new Canadian Guideline for Parkinson disease. More than 200 Parkinson's Ambassadors, people just like you who have passion and drive to make a difference, had five short weeks in the run up to Election Day on October 21st to connect with candidates in their local ridings and educate them on the benefits of the plan.

To boost interest and raise the profile of access to care needs for people with Parkinson's disease, an online petition was launched asking the next Prime Minister to reduce wait times for a Parkinson's diagnosis. The petition was signed by over 2,000 people from across Canada and will be used to support future advocacy with the

federal Government. The quest of the Ambassadors took on greater meaning, so they connected with over 100 candidates to raise awareness about the *Plan for Parkinson's*.

"In addition to specialist physicians, we need more nurses, and speech, occupational and physical therapists with training in this area, as well as appropriate palliative care for Parkinson patients," says **Dr. David Grimes**, neurologist and lead author of *Canadian Guideline for Parkinson Disease*.

Sharing personal stories about how Parkinson's has affected them, the Ambassadors undoubtedly made a mark on each of the candidates, many of whom now hold office.

The work continues, and you and your voice will be needed more than ever as the shift to work with the Government on the plan starts.

Contact advocacy@parkinson.ca.

STORIES

FROM THE FIELD

TO PAINT – TO DREAM

Susan Bucovetsky, Artist, PwP

The oil painting winter scene by Susan Bucovetsky captures her husband and granddaughter strolling after a snowfall in the Laurentians, a region in Quebec. This painting was reproduced on a greeting card and sent to Parkinson Canada donors, as a very special thank you for their ongoing support helping people with Parkinson's to live life to the fullest. Susan continues to be passionate about painting as it provides her with an escape and enables her to express herself.



MY WORLD CAME CRASHING DOWN

Helene Deutsch

"I'm living with Parkinson's. I'm 59 years young, and I never saw it coming. Not that long ago, I was a registered nurse. I was working in home care at a local health agency."

COME SAIL AWAY

Steve Van Vlaenderen, PwP

In 2010, Steve Van Vlaenderen realized his lifelong dream of buying a sailboat. A year later, Steve was diagnosed with Parkinson's disease and he was devastated. Doctors told him the sailboat was not a good idea, due to balance issues and other problems brought on by the disease. His diagnosis made him feel defeated, robbed, and angry.

"I get a euphoric feeling. Sailing on the Great Lakes, it's a feeling of peacefulness," Steve said.

Visit parkinsonpost.com and subscribe to access the full stories like these in your inbox each month.



PARKINSON CANADA BOARD OF DIRECTORS

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Nancy MacCready-Williams
 Michael Zegers
 Sprague Plato
 Michael Rothe
 Judi Richardson
 Dr. Antonio Strafella

The Research Policy Committee (RPC) and Scientific Advisory Council (SAC) are two separate volunteer committees. The chair of the SAC also serves on the RPC to ensure continuity.

SCIENTIFIC ADVISORY COUNCIL

The Scientific Advisory Council (SAC) is a volunteer panel of experts which reviews funding applications to determine scientific excellence and relevance to Parkinson's disease, providing the highest quality of objective adjudication.

Dr. Ron Postuma, Chair, McGill University

Dr. Silke Appel-Cresswell,
 University of British Columbia

Dr. Frédéric Calon, Université Laval

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Dr. Jean-François Trempe, McGill University

Dr. Joel Watts, University of Toronto

RESEARCH POLICY COMMITTEE

The Research Policy Committee (RPC) provides funding allocation recommendations to the Parkinson Canada Board of Directors. The RPC also advises the Board on policies about the most effective means to promote research into the cause(s), management, and eventual cure of Parkinson's disease.

Dr. Martin McKeown, Chair, PD Research, University of British Columbia

Dr. Ron Postuma, Chair, SAC; McGill University

Dr. Wendy Horbay, Vice-Chair

Dr. Daniel Levesque, Université de Montréal

Dr. Julie Nantel, University of Ottawa

Dr. Angela Roberts, Lawson Health Research Institute

Mr. John Parkhurst, Patient Advocate

PARKINSON'S DISEASE SHATTERS LIVES.

It brings enormous heartache to people with Parkinson's, and those who love them. People just like **you**. And the number of people diagnosed with Parkinson's is growing rapidly. If you want to get rid of Parkinson's forever – more funding for researchers working tirelessly on new treatments and a cure is essential. And while this research brings us closer to the day a cure is found, your gifts will also support those living with Parkinson's right now.

Will you join the fight today?



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We gratefully acknowledge the generosity of all the amazing, caring and compassionate donors and volunteers like you, without whom none of this work highlighted in the annual report would be possible.