



YOUR 2023 IMPACT



Parkinson Canada

A message from Karen, Bob & Laura



As we reflect on 2023, the word ‘momentum’ comes to mind. Momentum fueled by your unwavering support.

Thanks to the steadfast support of donors and partners, we expanded our services, invested in more research, raised the voice of people living with Parkinson’s, and created more opportunities for empowerment than ever before. Our community is the inspiration for all that we do, as we partner, connect and fuel work that helps improve lives of people with Parkinson’s today and create a better future ahead.

With the right information, care and support, members of our community are finding the strength to navigate the challenges Parkinson’s presents, living boldly, loudly and unapologetically. Finding new ways to stay connected to their passions. Sharing their voice to create positive change. Together, we are helping shift the narrative around living with Parkinson’s - helping challenge stigma that people with Parkinson’s face, so we can inspire and empower them to thrive.

The generosity of our donors, partners, volunteers and champions has been the cornerstone of transformation, making profound impacts that are resonating throughout the country. Each contribution, each gesture of support, has created waves of positive change that will ripple out well into the future.

Here are just a few incredible ways that you – our Parkinson Canada community – impacted people with Parkinson’s across Canada in 2023:

You helped improve access to the best possible Parkinson’s care through the launch of CareFinder, our user-friendly online directory that connects people with Parkinson’s-informed services based on their location.

You ensured Canadians do not have to face Parkinson’s alone by helping us launch a Peer-to-Peer Support Program that matches trained volunteer mentors with those living with or caring for someone with Parkinson’s.

You accelerated advancements in Parkinson’s research by funding the most promising projects across Canada, led by expert clinicians and researchers, to better understand the cause and potential treatments.

You helped us partner to drive collaboration and empower our community, hosting landmark events with the Canadian Movement Disorders Society, The Michael J. Fox Foundation and Parkinson’s UK.

Thank you for partnering with us. Your generosity is making a difference, fueling our momentum as together, we craft a legacy of resilience, strength and possibilities for all people affected by Parkinson’s in Canada.



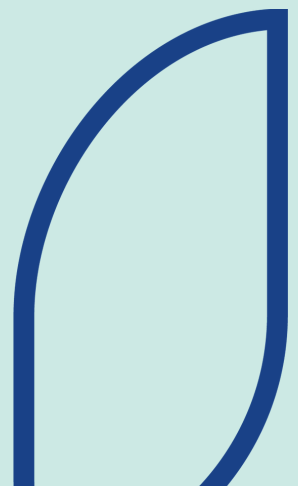
Karen Lee, PhD
President & CEO
Parkinson Canada



Bob Kuhn
Chair
Parkinson Advisory
Council



Laura Edgar
Chair
Board of Directors



YOUR IMPACT, BY THE NUMBERS

Across our programs and services, research program and advocacy work, 2023 was a big year with big impact – only possible thanks to Parkinson Canada’s generous donors, partners and volunteers.

88,000 donations throughout the year that continue to make a positive impact



5,282 calls and emails for information and help were answered



41 matches made for peer-to-peer support

16,761 people attended our webinars, helping them on their Parkinson’s journey



2,348 requests/downloads of online resources



3,442 people participated in fundraising events

\$2,597,204 raised through community fundraising events



260 volunteers gave their time as peer-to-peer mentors, leading support groups, and more.



400 event volunteers



28 research grants awarded



\$2 million + awarded in research funding

2,500 people benefitted from over **100** support groups



471,000 visits to our website, empowering people with evidence-based information



YOUR RESEARCH INVESTMENT

Parkinson's is complex, and there is so much to explore, which is why research is so crucial to understand the causes, risks, treatments and how to enhance support and diagnoses. Fueled by generous donors, Parkinson Canada's research program has invested more than \$31 million in research since 1981. In 2023, we awarded \$2 million in funding to 28 projects. We continued to support and fund the expansion of the Canadian Open Parkinson Network (C-OPN), the first national, open science platform dedicated to accelerating Parkinson's research.

Research spotlight: eCare-PD

A person living with Parkinson's in Canada may only see their doctor once or twice a year on average because of a lack of specialists. We continually hear from the community that Parkinson's symptoms can change day to day, and even hour to hour, and that there is an urgent need for tools that will empower individuals to manage and track their disease course more regularly.

Thanks to you, we are investing in the development of a digital health app called eCare-PD through a Parkinson Canada research grant awarded to Dr. Tiago Mestre and his team at the Ottawa Hospital Research Institute. This innovative tool has the potential to support people in self-managing their Parkinson's between doctor visits by connecting them to community supports and providing information related to their journey through symptom tracking, day-to-day activity monitoring, and educational content for self-care.



SUPPORT IN THE RIGHT PLACE, AT THE RIGHT TIME

Navigating Parkinson's without information, community and the right care can be daunting. We provide free, accessible and tailored programs and support across Canada, both in person and online, so no one has to go through this journey alone. From support groups, peer-to-peer mentoring, to being a listening ear on the phone, we help people with Parkinson's live well. To help people find the right care, close to home, we launched CareFinder – an online directory that shows you specialists, wellness programs and more, with tailored results based on your location.

ELEVATING THE VOICES OF PEOPLE WITH PARKINSON'S

We bring our community's voices together to influence federal and provincial government policies that will make a difference for people. In 2022, we made recommendations to the federal government on support for the Parkinson's community, which resulted in milestone achievements in 2023. We advocated for increases to health funding from the federal to provincial governments; to increase the Canadian Pension Plan Disability Benefit; and to expedite implementation of the Age Well at Home Benefit to provide people with Parkinson's the support they need to live well at home. Great strides were made in these areas, and we continue to advocate to ensure the perspectives of people with Parkinson's are heard as policy decisions are made.



YOUR GENEROSITY IN ACTION

In 2023, Parkinson Canada's community of donors, volunteers and supporters helped redefine what is still possible with Parkinson's.

Here, we celebrate the unwavering support of individuals like you, who make every moment of progress possible.



Embracing the Spirit of Giving and Kindness

Jim Long, a man of extraordinary kindness, embodied the essence of compassion in every aspect of his life. Raised in a family where generosity ran deep, Jim's innate sense of duty guided him to become a pillar of support for his sister, Pat, when she was diagnosed with Parkinson's.

His commitment to caring for Pat extended beyond his family. He tirelessly advocated for Parkinson's awareness and support, organizing fundraising events and personally ensuring Pat received the best care possible. Jim's dedication knew no bounds. Jim's legacy lives on. In his Will, he made sure to leave a gift to Parkinson Canada. His children could not be prouder, and we could not be more grateful.



Connecting People to Care

TD Bank Group (TD) has helped open doors to comprehensive Parkinson's care through their leadership support of CareFinder, our innovative online directory that launched in November 2023.

This pivotal tool has bridged the gap for many, ensuring that the right support is just a click away, no matter where someone is in their journey with Parkinson's. This new resource stands as a reminder that caring for family, finding joy, and living fully are still possible. CareFinder is possible thanks to lead donors TD through the TD Ready Commitment, Iris Jacobson & Alan Levine, and our supporter community. Thank you for collaborating with us, TD!



SuperMom & Super Supporter

Even in the face of life-altering challenges, Carlota Lee embodies resilience, hope, and an unwavering commitment to making a difference. In 2019, her life took an unexpected turn when she was diagnosed with Parkinson's, altering her journey as an avid marathon runner and tennis enthusiast.

Carlota's journey extends beyond personal perseverance, encompassing community leadership and advocacy. She continues to chair the Odium Brown VanOpen tennis tournament.

She also quickly became involved in raising funds to support Parkinson Canada by co-founding our national Women for Parkinson's initiative, introducing the annual SuperMom Walk/Run in Vancouver, and becoming an active member of the Campaign Cabinet.

We celebrate the profound impact of Carlota's passion and generosity, as she works to raise awareness and funds for better treatments.



Purpose, Passion & Possibilities

When Deb's youngest brother was diagnosed with Parkinson's almost twenty years ago, she was moved to find a way to make a difference. In 2009, she began volunteering with Parkinson Canada to raise awareness and vital funds for research into Parkinson's.

An alumnus of the Kellogg-Schulich EMBA and a member of Verity Club in Toronto, Deb connects her communities of women to support her volunteer work. Beginning with the Women & Philanthropy event, she leveraged her passion to empower women to help build a fundraising model driven by women. This strategy led to her partnership with Carlota Lee, another passionate member of our community. Together, they established Women for Parkinson's, a national network of dynamic women who have united to create a successful fundraising strategy, raising over \$200,000 to date to accelerate research.



Growling Beaver gears up for 10-year anniversary

Jeff Parr knows the impact Parkinson's can have on those living with it and on the friends and family who surround them. First his father-in-law was diagnosed, followed by other family friends and close friend Evan Siddall, co-founder of the Growling Beaver Brevet. Together with Clairvest Group Inc., Jeff boldly stepped into the role of primary sponsor for this unique cycling event, which raised more than \$500,000 last year alone. Now in its 10th year, the event continues to thrive through the generosity of dedicated sponsors and top fundraisers like Jeff.

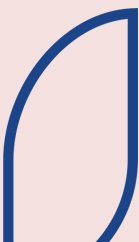


Monthly Donor Makes a Difference

Jim had just retired from teaching and was planning a holiday with his wife when he was diagnosed at 56 years of age. He and his wife, Bette, were quick to reach out for support, joining local support groups tailored to their unique needs – for Jim, as someone living with Parkinson's, and for Bette, as a care partner.

Over the course of Jim's 23-year journey with Parkinson's, he and Bette became involved with Parkinson Canada. Bette established a support group for care partners and they participated in SuperWalk. Bette recalls Jim's strength and resilience in the face of Parkinson's: "Jim was an inspiration in his courage and ability to overcome challenges."

The unwavering support of family, friends, and local support groups were a lifeline for Jim and Bette. Today, Bette is a committed monthly donor, and her ongoing support for over 20 years ensures people always have a place to turn and promising research continues. Thank you, Bette!





SuperWalk Superstar pays it forward

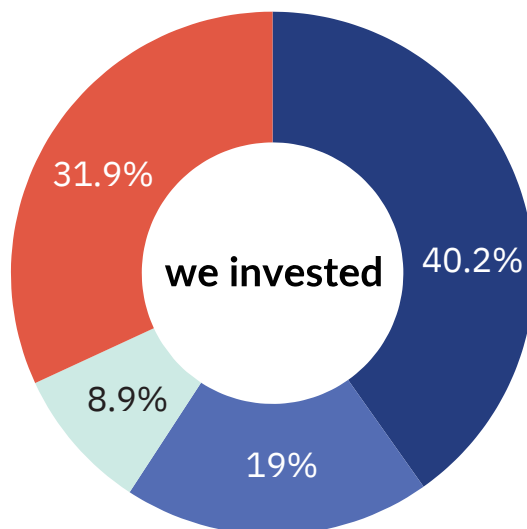
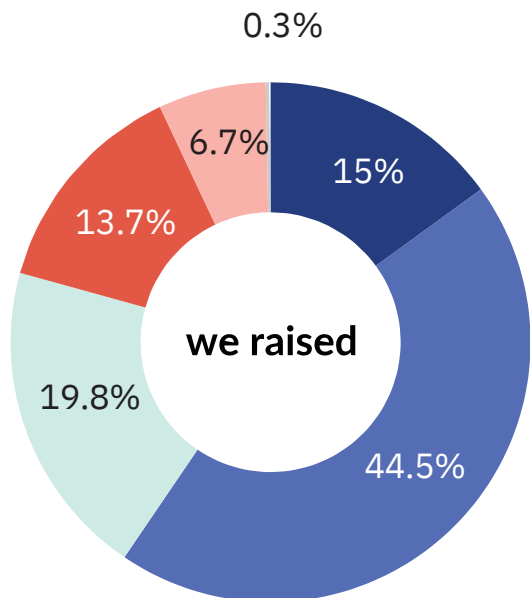
After her first SuperWalk in 2018, Kim Morston took some time to focus on her health. She turned to Parkinson Canada for information and support. Along her journey, she learned about and eventually pursued Deep Brain Stimulation (DBS), a surgical treatment for Parkinson's. She found connection and community through our DBS Support Group, gaining the invaluable perspective and support of people who have been there.

Finally, Kim felt like she had her life back, and wanted to give back to those who had supported her. With strength and resilience, Kim returned to SuperWalk in 2023, raising over \$13,000 to ensure people like her always have the compassionate support and trusted information they need. She plans to participate in SuperWalk in 2024 and get involved in our Peer-to-Peer Support Program. We are inspired by Kim's generosity of spirit and dedication to giving back to the Parkinson's community.



Your generosity by the numbers

We value your gift, and we make sure it goes as far as possible for people living with Parkinson's.



- Planned giving - \$1,971,091
- Individual giving - \$5,848,254
- Events - \$2,597,204
- Corporate & Foundation - \$1,805,356
- Investment income - \$886,831
- Other - \$40,821

- Research - \$2,709,121
- Awareness - \$1,275,963
- Programs & Services - \$2,144,669
- Advocacy & Public Affairs - \$597,187

For a detailed Statement of Financial Position as of December 31, 2023 please visit impact.parkinson.ca

The above represents a summary of how your generous contributions were spent during 2023. Completed audited financial statements for the year ended December 31, 2023 are available upon request and on our website. If you have any questions about how we fundraise, please contact us at 1-888-664-1973.

Parkinson Canada is proud to be accredited with the Imagine Canada Standards Program, which holds us to the highest standards of ethical and financial accountability. The Standards Program Trustmark is a mark of Imagine Canada used under license by Parkinson Canada.



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LEADERSHIP

Thank you to these inspiring volunteer leaders who helped guide our 2023 initiatives.



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A tribute to Judi Richardson

Judi Richardson, Director and Past Chair of our Board of Directors passed away in 2023. In honour of her memory, Parkinson Canada has renamed our top-ranked pilot grant The Judi Richardson Parkinson Canada Pilot Grant. This award demonstrates innovation and achievement of the highest merit.



LEADERSHIP



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Our community of supporters is growing, and so is our collective impact.

Thank you for all you made possible for people living with
Parkinson's in 2023!

To learn more about your
impact or to make a
donation:

- 📞 1-888-664-1973
- ✉️ donate@parkinson.ca
- 🌐 parkinson.ca/donate

For more information
about Parkinson's and
available support:

- 📞 1-888-664-1974
- ✉️ support@parkinson.ca
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Explore the full impact of our generous community by visiting impact.parkinson.ca, or
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