Improving lives today. Giving hope for tomorrow.

Annual Report

M Parkinson Society British Columbia Société Parkinson Colombie-Britannique

Our Mission

Parkinson Society British Columbia exists to address the personal and social consequences of Parkinson's disease through advocacy, education, community outreach, scientific research and public awareness.

What is Parkinson's Disease?

Parkinson's disease is caused by a loss of dopamine in the brain and is the second most common chronic neurodegenerative disorder after Alzheimer's disease. Symptoms include tremor, rigidity, slowness of movement, difficulty with speech, sleep disturbance and mood disorders. There is currently no cure.

It is estimated that there are 11,000 individuals living with Parkinson's in British Columbia; 100,000 in Canada; 1 million in the US and 6.3 million worldwide. Experts predict that the incidence of Parkinson's will increase significantly as the population ages. And while the vast majority of people with Parkinson's are over 60, 20% are diagnosed before the age of 50 of which many are in their 30's and 40's.

Serving People across the Province

2013 Support Groups

- > Abbotsford
- > Burnaby
- > Campbell River
- > Chilliwack
- > Chinese Speaking (Vancouver)
- > Courtenay/Comox Valley PWP
- > Courtenay/Comox Valley Caregivers
- > Cowichan
- > Cranbrook
- > Creston
- > Denman Island
- > Fort St. John
- > Kamloops
- > Kelowna PWP
- > Kelowna Caregivers
- > Ladner
- Langley PWP
- > Langley Caregivers
- > Maple Ridge/Pitt Meadows PWP

- > Maple Ridge/Pitt **Meadows Caregivers**
- > Mission
- > Nanaimo PWP
- > Nanaimo Caregivers
- > New Diagnosis 1 (Vancouver)
- > New Diagnosis 2 (Vancouver)
- > New Westminster
- > North Shore
- > Osoyoos
- > Parksville/Qualicum
- PWP
- > Parksville/Qualicum Caregivers
- > Penticton
- > Powell River
- > Prince George
- > Quadra Island
- > Richmond
- > Shuswap/Salmon Arm PWP

- > Shuswap/Salmon Arm Caregivers
- > South Sunshine Coast (Sechelt)
- > Sparwood
- > Squamish
- > Surrey
- > Terrace
- > Trail/Castlegar
- > Tri-Cities PWP
- Tri-Cities Caregivers
- > Tri-Cities Men's Group
 - > Tsawwassen
 - > Vancouver Arbutus
 - > Vancouver Caregivers
 - > Vancouver West Side
 - > Vernon
 - > West Vancouver Caregivers
 - > White Rock



Chair

We managed 52 support groups throughout BC



We produced and premiered a documentary



We funded innovative research

Message from Colin MacBeath, Chair

Our vision is for a better life with a brighter future for British Columbian's living with Parkinson's today and a world without Parkinson's tomorrow. Although Parkinson's is complex, our core strategies to achieve our vision were simple:

- > Advocate on behalf of people living with Parkinson's to influence relevant public policy.
- > Produce credible education materials about Parkinson's to enhance the knowledge of people living with Parkinson's, health care professionals and the general public.
- > Provide effective support services to more people living with Parkinson's to extend our reach.
- > Fund the best research projects to improve treatment and find a cure for Parkinson's.

Our people delivered:

- > We extensively promoted the Canadian Guidelines on Parkinson's Disease to health care professionals throughout British Columbia.
- > We produced and premiered Undefeated. An Intimate Portrait of Parkinson's – a documentary about 5 unshakable people living with Parkinson's, produced and distributed over 2,500 copies of Parkinson's Disease. Understanding and Moving Forward – a comprehensive handbook about living with Parkinson's, and hosted over 250 people at educational workshops and seminars.
- > We managed 52 support groups throughout British Columbia, responded to more than 1,700 information requests, and facilitated 18 connections through PD Link.
- > We funded innovative research through the Parkinson Society Canada National Research Program.

None of this would be possible without the gracious financial support of our members, donors and sponsors.

Needless to say, it has been an eventful year. But momentous. And rewarding.

1



Jean Blake CEO

Message from Jean Blake, CEO

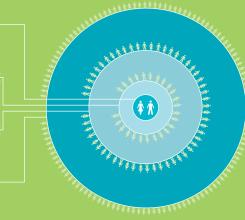
Improving lives today. Giving hope for tomorrow.

I am pleased to take this opportunity to further introduce myself to the Parkinson Society British Columbia community. My appointment as CEO began in September 2013, and I feel proud to be part of an organization that includes such a passionate group of dedicated members, supporters and staff.

I was fortunate to attend the World Parkinson Congress in Montreal where I quickly became familiar with the many faces of Parkinson's. I listened as doctors and researchers shared their latest discoveries, I watched the powerful movements of dance and yoga, and more importantly, I had the opportunity to speak with many people who are affected by the disease. I soon learned the depth of courage, resilience and hope that lies within our community. I returned home feeling inspired to lead our organization to greater heights of advocacy and support.

It is through members like you that we are able to fulfill our mission and I want to express my gratitude. You chose to partner with us to improve the quality of life for those living with Parkinson's, and we are grateful for your generosity.

As I look ahead to 2014, we plan to continue growing our network of support and hope to build even stronger bonds within our community. At PSBC, we are lighting the path to living well with Parkinson's. I warmly invite you to join me in this next phase of our journey.



Message from Mona Kragh, Treasurer

Our financial statements for the year ended December 31, 2013. They were audited by our external auditors who provided their qualified opinion that, based on the audit evidence they accumulated, the financial statements fairly present the Society's financial position and results in accordance with Canadian not-for-profit accounting standards.



Mona Kragh **Treasurer**

The Statement of Financial Position presents healthy working capital with current assets significantly exceeding current liabilities. The Society's investment portfolio with a market value of \$1,125,219 continues to generate modest returns.

Overall, the Statement of Revenue and Expenses presents a 2013 deficit of \$306,174.

In 2013, the Board invested considerable resources of \$133,541 for the production of the documentary, *Undefeated. An Intimate Portrait of Parkinson's*. The documentary has been used to educate and build awareness for Parkinson's disease. It was launched at the 3rd World Parkinson Congress and has received international acclaim.

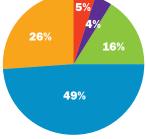
The Society enters 2014 with reserves equal to 14 months of its historical expenses which provides the Board with further opportunity. In response to increasing evidence that exercise is one of the best non-medical options to manage Parkinson's symptoms, the Board is further investing in this area for 2014.

Our Picture of Financial Accountability

To view a copy of our audited 2013 Financial Statements, please visit www.parkinson.bc.ca.

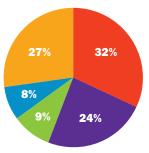
Revenue 2013

5%	Investment &		
	Other Inco	ome	
4%	Corporate Donations		
16%	Bequests		
49%	Special Events		
26%	Donations & Membershi		
		5%	



Operating Expenses 2013

- 32% Support Services
- 24% Administration & Governance
- 9% Public Awareness
- 8% Federation Support includes Research 3%
- 27% Fundraising



There are an estimated **11,000** individuals living with Parkinson's in British Columbia.

- There are an estimated **100,000** individuals living with Parkinson's in Canada.
- There are an estimated **1,000,000** individuals living with Parkinson's in the US.
- There are an estimated **6.3 million** individuals living with Parkinson's worldwide.

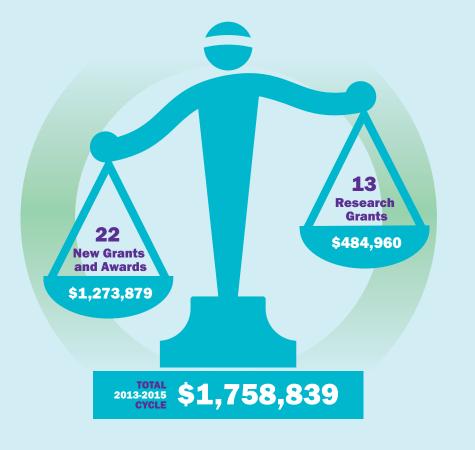
Research

Parkinson Society Canada's National Research Program funds high-quality innovative research by established and promising Canadian investigators. Together with our Regional Partners across Canada, PSBC contributes annually to the Research Program in order to support our joint mission.



The Research Program in Canada spans a variety of health disciplines such as nursing, occupational therapy, speech language pathology and social work. It also aims to build capacity among the next generation of Canadian researchers and contribute on an international scale to the collective understanding of this complex disease and to the global search for a cure.

This partnership collaboration results in increased research funding. Together we were able to fund 22 new grants and awards for the 2013-2015 cycle totaling \$1,273,879. Including the 13 research awards in their second year, our current total investment in research is \$1,758,839.



Education, Support services

2013 Highlights

In 2013, Parkinson Society British Columbia expanded its services to people living with Parkinson's as part of our mission to address the growing need for support and education.



Since January 1, 2013, PSBC staff has talked one-onone with **1,760** individuals seeking information and referrals, managed **52** support groups and facilitated **18** connections in our *PD Link* program.

PSBC hosted two *Time Out for Caregivers* workshops attended by a total of **80** caregivers. Our bi-annual *New Diagnosis Seminar* was attended by **85** people. **7** support group visits were made to lower mainland support groups.



We participated in a Health Fair at UBC for medical students and allied health



dents and allied health faculties. Close to **100** people took away our materials and asked questions to enhance their knowledge of Parkinson's disease. **8** in-service presentations were given in the community to audiences including residential facility staff, adult mental health nurses, graduating classes of registered massage therapists and family groups. In total, over **100** people were involved in our in-services.

PSBC developed a new 75-page handbook, *Parkinson's Disease. Understanding and Moving Forward* – a comprehensive resource for people living Parkinson's, their family and friends. To date, **2,500** copies have been distributed including orders from Parkinson Society Newfoundland and Labrador for **225** and from Parkinson Society Central and Northern Ontario for **1,050** copies.

We created **7** new help sheets, **6** of which address legal issues. The legal series was funded by a grant from the Law Foundation of British Columbia and writing was contributed by **4** talented lawyers.



Web access to our support and education materials continues to increase. Last year approximately **1,500** documents were downloaded from our website.

Fundraising

We are extremely thankful to all donors and sponsors who helped us raise \$1,024,280 in 2013. Your investment, support and dedication are vital to the continued success of our organization.

How you've helped.

We are grateful to all Champions for Parkinson's who organize their own fundraising events to benefit Parkinson Society British Columbia. The combined total of independent fundraising in 2013 was over \$37,000 including \$20,000 from Me-n-Ed's Charity Golf Classic and \$8,000 from the Cummings family who hosted an Oktoberfest event as well as an "Undefeated" movie screening night. You can be a Champion for Parkinson's too! We provide support and materials to help you raise awareness and donations. From tennis tournaments to poker nights, BBQs to bike rides, garage sales to golf tournaments - no event is too big or too small.

PSBC membership grew 5% in 2013 to 1,213. We want to extend a special thank you to our members for lending their voice to advocate for better treatment options, better PharmaCare



Parkinson SuperWalk took place in 23 communities and raised \$392,000.

7



An Affair to Remember: An Evening in Paris raised \$115,000.

and improved healthcare in BC. More voices means greater advocacy. Please join us and become a member in 2014.

We saw a 17% increase in the number of monthly donors and are especially thankful to these loyal supporters for their ongoing commitment to helping us serve the Parkinson's community.

Many supporters plan ahead and include PSBC in their Will. In 2013, the Society received gifts totaling \$169,679 from five estates. These gifts create a legacy of hope for all those living with Parkinson's. Please add PSBC as a beneficiary in your Will.

We are proud of the important gains we made in 2013 and owe our success to the unwavering dedication of our Board members, volunteers, staff and supporters. Thank you!

Special Thanks to our Supporters

We are inspired by donors who champion our cause with their generous gifts and we are proud to acknowledge the support of our volunteers, members and donors who enable us to serve the Parkinson's community in BC. Thank you.

This report lists those who have honoured the Society with a significant gift in 2013. Due to space constraints, we are unable to list all of our donors but their support is greatly appreciated.

> Delores Couch

> Donna Dingle

> Hermann and

Regine Fefer

> Victor Dyck

> Jed Falk

> Rob Feist

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> Yuri Fulmer

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- > George and Sheri
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- > Alan G. Thompson

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- \$500 to \$999
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 - **Richard Hutton** > Marni and Kent
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 - > Elisabeth Thompson
 - > Kan Tseung and Sau
 - Fai Tsin > Jim Tyson

8

Special Thanks to our Supporters

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- > Jean Blake
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9

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> The River 97.5FM

> The Estate of John

Patricia Ashleigh*

> The Estate of Hans

> The Estate of Anita

> The Estate of Irene

Mildred Stevens*

generous individuals

who gave during their

lifetime and are now

Note: We strive to

ensure that each

listed and spelled.

name is appropriately

Please let us know if

so we may correctly

recognize you in

future.

we have made an error

10

*This represents

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Suite 600 - 890 West Pender Street, Vancouver, BC V6C 1J9 Telephone: 604 662 3240 | Toll Free: 1 800 668 3330 | Fax: 604 687 1327 www.parkinson.bc.ca

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