



Inspire hope.
Extend our reach.
Strengthen our impact.
Better, together.

Our Mission

Parkinson Society British Columbia is the voice of British Columbians living with Parkinson's. Our purpose is to ease the burden and find a cure for Parkinson's disease through advocacy, education, research and support services.

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 13,300 (2014/2015) individuals living with Parkinson's in British Columbia. Experts predict that the incidence of Parkinson's will increase significantly as the population ages. While the vast majority of people with Parkinson's are over 60, 20% are diagnosed before the age of 50 and many are in their 30s and 40s.

Staff

Chief Executive Officer	Jean Blake
Director, Resource Development	Cecilia Tupper
Information & Support Programs Manager	Stacey Dawes (on leave)
Resource Development Manager	Betty Hum (on leave)
Marketing & Communications Manager	Alicia Wrobel
Donor & Member Services Coordinator / Office Manager	Susan Atkinson
Education & Support Services Coordinator	Caroline Wiggins
Education & Support Services Coordinator / Counsellor	Myriame Lépine Lyons
Resource Development Coordinator (part-time)	Lucy Isham-Turner
Registered Clinical Counsellor	Courtney Hanna
Event Coordinator, Interim	Robin Shantz

Board of Directors

Chair	Colin MacBeath
Vice Chair	Andrew Davenport
Treasurer	Mona Kragh
Secretary	Bob Thompson
Member at Large	Val Swannell
Directors	Ariane Grill Cec Primeau Sherri Zelazny Tim O'Connor Dave Rickards
Medical Advisor	Martin J. McKeown, BEng, MD, FRCP(C)

Executive Message

We continue to implement our strategic objectives to inspire hope, extend our reach and strengthen our impact including:



Colin MacBeath
Chair



Jean Blake
CEO

- launching a counselling service for people with Parkinson's disease and their families, providing more in-depth support for issues such as adjusting to a new diagnosis, grief, loss, anxiety and depression.
- increasing access to Parkinson's specific exercise programs across BC by engaging Dr. Becky Farley to train another 45 physiotherapists and 44 fitness professionals in Parkinson Wellness Recovery (PWR!).
- meeting face-to-face with 20 of our 50 volunteer-led support groups throughout BC, providing support, current information and resources and connecting with all facilitators by phone and teleconference.
- launching Step by Step, a volunteer-led walking program in communities across BC, that encourages people with Parkinson's to maintain a regular exercise routine.
- continuing to promote The Parkinson's Movement to increase awareness of the benefits of exercise and to fundraise, including the development of a public service announcement.
- introducing a series to address the needs of carepartners of people with Parkinson's disease, providing one program, face-to-face, and a second, via webinar, to make this program more accessible to any carepartner in BC.
- providing education events and Parkinson SuperWalk in Victoria at the request of Headway, the local Parkinson's organization.
- through our Regional Conferences, providing access to leading experts such as Dr. Martin McKeown from UBC's Movement Disorder Clinic, to help people live well at every stage.
- providing more Communication and Swallow Workshops across BC, with the wonderful support of speech language pathologist, Sherri Zelazny.
- continuing to help fund the National Research Program coordinated through Parkinson Canada to fund 26 projects, including 11 research awards in their second year, and 15 new grant, fellowship and student awards across Canada.

Once again, we are grateful to have your support which has allowed us to act as a friend and guide to individuals and families faced with Parkinson's-related challenges.

Signed,

Colin MacBeath, Chair

Jean Blake, CEO

Message from Mona Kragh, Treasurer



Mona Kragh
Treasurer

Our financial statements for the year ended December 31, 2015 have been audited by 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.

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 \$1,024,286 continues to generate modest returns.

Overall, the 2015 Statement of Revenue and Expenses presents a positive balance of \$47,422.

During 2015 the Board invested in additional education sessions to extend our reach and increase our impact particularly in the area of exercise and psychological issues experienced by people with Parkinson's and their carepartners.

In 2016, the Board is further investing in programs that will improve quality of life for people with Parkinson's disease. These programs include *SongShine*, a program to train choral leaders in a voice strengthening method for those with Parkinson's, as well as Dance for PD®, helping dance teachers work with the Parkinson's population.

The Society enters 2016 with reserves roughly equal to 12 months of its historical expenses which provides the Board with further opportunity.

Our Picture of Financial Accountability

To view a copy of our audited 2015 Financial Statements, please visit www.parkinson.bc.ca.

REVENUE 2015

38%	Special Events \$508,931
29%	Bequests \$385,156
27%	Donations \$351,193
6%	Investments and Other Income \$76,656

EXPENSES 2015

39%	Support Services \$498,115	6%	Administration & Governance \$73,553
31%	Fundraising \$401,346	5%	Research \$60,888
12%	Public Awareness \$149,280		
7%	Federation Support \$91,332		

Inspire Hope

How are we growing our investment in research and supporting advocacy?

RESEARCH

- 15 new grant, fellowship and student awards funded through Parkinson Canada's National Research Program in 2015 funded in part by Parkinson Society British Columbia.
- These new awards total \$924,090 to support new research projects in Canada over the next two years. Parkinson Canada's National Research Program is currently committed to investing a total of \$1,264,079 including the 11 research awards now in their second year.

ADVOCACY

Based on input from a survey conducted in 2014 and input from support group visits, we developed a campaign for a provincial Parkinson's disease strategy asking government and health authorities to partner with PSBC and the UBC Movement Disorder Clinic. The strategy is intended to:

- Achieve better patient outcomes:
 - Through a "person-centered approach across conventional boundaries of the health system."
 - By providing a picture of optimal care based upon best evidence and best practices.
 - Through assisting the health system in planning across British Columbia.
- Help control costs:
 - In 2012/13, the BC Ministry of Health estimated that \$112 million was spent in BC on direct care related to PD including hospital, MSP and Pharmacare costs.
 - As the number of people with PD is expected to roughly double by 2031, costs can be projected to double as well, to \$224 million in 2031.

PSBC is recommending funding to support the development of a provincial Parkinson's strategy and sufficient funding to enable at least one pilot that crosses traditional barriers and improves patient outcomes.

We are suggesting a minimum of \$100,000 for the 2016 budget year. These funds would go to support the health authority that chooses to engage in a pilot.



5

research projects in BC in their second year are:

Dr. Mattia Volta
Knocking out a protein to protect against Parkinson's

Paul Cocker
Grappling with gambling: The receptor that could hold the key

Naila Kuhlman
How one Parkinson's gene can change the shape & function of brain cells

Mathew Sacheli
Prescribing exercise as a treatment for Parkinson's

Kim Jameson
End-of-life care planning: Removing the onus from the patient

2

new research projects in BC funded for 2015-17 are:

Chelsie Kadgien
Tracking the transportation gene
Austen Milnerwood
Silencing defective genes: A possible treatment strategy

Through a Parkinson Quebec matching fund for 2015-17, PSBC also funded:

Charles Ducrot
Survival of dopamine neurons in Parkinson's disease: The role of synaptic contacts

Extend Our Reach & Strengthen Our Impact

How are we investing in a full range of services for the Parkinson's community?

255% INCREASE

in web downloads of educational materials over the previous year



62% INCREASE

over 2014 in traffic to Parkinson Society British Columbia's website



89 PHYSIOTHERAPISTS & FITNESS PROFESSIONALS

became certified in the Parkinson Wellness Recovery (PWR!) program

108 PARTICIPANTS

participated in our Step by Step program in its first year



53 COUNSELLING CLIENTS

since we launched our free short-term counselling service in April 2015 (several of whom have been couples/families)



16 ACTIVE CONNECTIONS

made through the PDLINK program



331 TOTAL ATTENDEES

at four Regional Conferences



Photo: Ken Meisner

50+ SUPPORT GROUPS SUPPORTED

by PSBC in British Columbia to connect those living with Parkinson's, their families and caregivers

163 PEOPLE TRAINED

in voice & swallow disorder techniques at our seminars*

**Please note that as of 2016 these events will be referred to as Communication & Swallow Workshops*



Serving People Across the Province: 2015 Support Groups

- 100 Mile House
- Abbotsford
- Burnaby
- Campbell River
- Chilliwack
- Burnaby Chinese Speaking
- Coquitlam
- Courtenay/Comox
- Courtenay/Comox Caregivers
- Cowichan/Duncan
- Cranbrook
- Creston
- Ladner
- Fort St. John
- Kamloops
- Kelowna
- Kelowna Caregivers
- Langley
- Lion's Bay
- Maple Ridge/Pitt Meadows
- Maple Ridge Caregivers
- Mission
- Nanaimo
- Nelson
- New Diagnosis 1 (Vancouver)
- New Diagnosis 2 (Vancouver)
- New Westminster
- North Shore
- North Shore Caregivers
- Osoyoos
- Parksville/Qualicum
- Parksville/Qualicum Caregivers
- Penticton
- Penticton Caregivers
- Powell River
- Prince George
- Quadra Island
- Richmond
- Sparwood/Elk Valley
- South Sunshine Coast
- Shuswap/Salmon Arm
- Surrey
- Terrace
- Trail/Castlegar
- Tri-Cities
- Tri-Cities Caregivers
- Tsawwassen
- Vancouver Arbutus
- Vancouver Caregivers
- Vancouver West Side
- Vernon
- White Rock

1,343 INDIVIDUALS

have spoken one-on-one with our support services team for information and referrals



Better, Together

How are we working to collaborate, improve and raise critical funding?

7% INCREASE IN
ONLINE
GIFT
GIVING



over 2014 totaling over \$92,500

15% INCREASE
IN MONTHLY
DONORS



16 CHAMPIONS
FOR PARKINSON'S

helped to raise \$49,899 by holding
independent community events



\$47,816 RAISED DURING THE
PARKINSON'S MOVEMENT,

a campaign aimed at promoting the benefits of exercise for Parkinson's
symptoms and raise funds for critical programming



THANK YOU FOR HELPING US TO RAISE \$1,245,280!

\$411,216 WAS
RAISED BY OVER
20 COMMUNITIES

during Parkinson SuperWalk



MEMBERSHIP
NUMBERS
REACHED
1,235



\$385,156
WAS
RECEIVED
FROM THE
ESTATES OF
7 GENEROUS
INDIVIDUALS

who named Parkinson Society
British Columbia
in their Will.



Special Thanks to Our Supporters

We are continuously inspired by donors who champion our cause with their generosity 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.

This report lists those who have honoured Parkinson Society British Columbia with a significant gift in 2015. Due to space constraints, we are unable to list all of our donors but their support is greatly appreciated.

INDIVIDUALS

Leadership Circle \$5,000 or more

- Anonymous
- Cameron Belsher and Sarah Lee-Belsher
- Mrs. Wendi Kaiser and Dr. Angela Wensley

INDIVIDUALS

Benefactors Circle \$1,000 - \$4,999

- Anonymous (22)
- Peter and Marie Baigent
- Mark Betteridge
- Barbara Bilsland and Daniel Gumprich
- Jean Blake
- Dave Brownlie
- Jillian and David Carson
- Linda Dawson
- Victor Dyck
- Marjorie and Roger Eamer
- Donna Evans
- Frank Fallows and Family
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- Pam Harris
- Richard Haschke and Jacqueline Ordronneau
- Penny Henderson
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- Arne and Pauline Johansen
- Jesse Johl
- Ingrid and Jurgen Kahl
- Anne Marie and Peter Kains
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- Andrew Laurie
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- Carolyn and David Simmons
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- Mike, Melissa and Caroline Smerdon
- Yirk Leung So
- Suzanne Stothers
- Ida Sullivan
- Lyn Blanchard and Val Swannell
- Dr. Jennifer L. Takahashi
- Nadanong Taninart
- Linda Thiessen
- Cheryl and Garry Toop
- Dave and Jennifer Wall
- Fern Watt
- Sean Rossiter*
- Andrea and John West
- Dick Williams
- James and Deborah Yeates
- Paul and Marguerite Zakus

INDIVIDUALS

Tulip Circle \$500 - \$999

- Anonymous (27)
- Darbra Adair
- Rob Aird
- Clifford and Carol Anderson

- Barry and Georgina Beddome
- Kelvin Bergeson
- Maureen Bird
- Joan Carter
- Narender Cheema
- Don Chunn
- Nick and Gail Ciavarella
- Brian Cishecki
- Tim Creelman
- Dr. Silke Cresswell
- Bob and Vi Crone
- Tony and Glenys Dawson
- Elzo and Lynn deVries
- Gavin E. Dirom
- Gerald Falk
- Roberta Farr
- Hermann* and Regine Fefer
- Jean and Douglas Flintoft
- Robert and Muriel Foers
- Mike and Ae Ganske
- Paul Gevatkoff
- Stanley E. Gieschen
- M. Glegg
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- Lindsay Hall-Richardson
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- Helena Hiltz
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- Bob and Renae Kuhn
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- Gordon Lindsay

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- Mubeena Miller
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- Dorothy Nenniger
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- Allan and Carole Parrish
- Iris Pierrot
- Dr. Alan and Brenda Reynolds
- John Riesterer
- Lana Russell
- Malindar Sandhu
- Carolyn Shaw
- Theresa Sheehan and Terry Ellis
- Jaswant Singh
- Alex and Robert Skelly
- Deana Grinnell-Smerdon and James Smerdon
- Richard and Joan Smyth
- Felicity Stahl
- Carol Steedman and Ron Pawliuk
- Janet Stuehmer and Richard Hutton
- Kent and Marni Stuehmer
- Margaret and Jim Sturt-Smith
- Georgina Suppes
- Robert Swannell
- Maria Thomas
- John and Gilberte Thompson
- Renice Townsend
- Dave Umbach
- Manjit Virk
- Carl Wagner
- Maria Whittaker
- Dorothy and Kenneth* Wishart
- Patricia and Brian Wood
- Eva Yuen

LEGACY GIFTS

- Estate of Vala Gislason
- Estate of Jessie McLennan
- Estate of Ruth Sigbritt
- Ingeborn McNeill

- Estate of Gwendelyne Ethel Moysa
- Estate of Norman Moysa
- Estate of Bernice Samuelson
- Estate of Irene Walchuk

CORPORATIONS, COMMUNITY AND EMPLOYEE GROUPS, FOUNDATIONS AND SERVICE CLUBS

Leadership Circle \$5,000 or more

- Anonymous
- A&W - Newton/Strawberry Hill
- Bell Media
- Blake, Cassels & Graydon LLP
- BMC Networks Inc.
- Community Connection Health Foundation
- Dragon Fire Charitable Foundation
- Frances A. McClean & Charles J. McNeely, Jr. IMP Fund held at Vancouver Foundation
- Glacier Media Group
- Global BC
- Grant Thornton, LLP
- KSL Advisors LLC
- Lewis Family Fund
- Liberty Homes
- NL Broadcasting Ltd.
- Scotiabank
- Shaw Communications
- TELUS (Team TELUS Cares)
- The Georgia Straight

CORPORATIONS, COMMUNITY AND EMPLOYEE GROUPS, FOUNDATIONS AND SERVICE CLUBS

Benefactors Circle \$1,000 - \$4,999

- Beaver Valley Lions Club
- Bellringer Family Foundation
- Black Hills Estate Winery
- Black Press
- Bond Reproductions

- Canadian Western Bank
- CISL 650AM
- Clark Wilson LLP
- CN Employees' and Pensioners' Community
- Conam Charitable Foundation
- Friends of Ayes Ranch Society
- Halo Metrics
- Jamieson Creek Holdings Ltd.
- Link Charity Canada Inc.
- MacDonald Dettwiler and Associates Ltd.
- Magee-Seward Family Foundation
- Nak' Azdli Band Council
- North Vancouver Host Lions Club
- Oyama Zipline
- Provincial Employees Community Services Fund
- Rogers Media Inc.
- Royal Canadian Legion Branch No. 52
- Royal Canadian Legion Branch No. 88
- Custom Plates and Profiles, a division of Samuel, Son & Co. Limited
- Shoppers Drug Mart
- TELUS Community Ambassadors
- The Capital Media Co.
- The Raven Foundation
- Township of Langley
- UniPHARM & Medicine Centre Pharmacies
- Charitable Foundation
- Werner and Helga Hoing Foundation

** This represents generous individuals who gave during their lifetime and are now deceased.*

Note: We strive to ensure that each name is appropriately listed and spelled. Please let us know if we have made an error so we may correctly recognize you the future.



Are you ready to become a hero for Parkinson's?

Join us for Parkinson Society British Columbia's largest fundraising event of the year, Parkinson SuperWalk taking place September 10, 11 & 17 in over 20 communities across the province.

For more information, or to register, please visit:

<http://bit.ly/SuperWalkBC>

Parkinson SuperWalk in British Columbia is being operated by Parkinson Society British Columbia under license from Parkinson Canada.



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