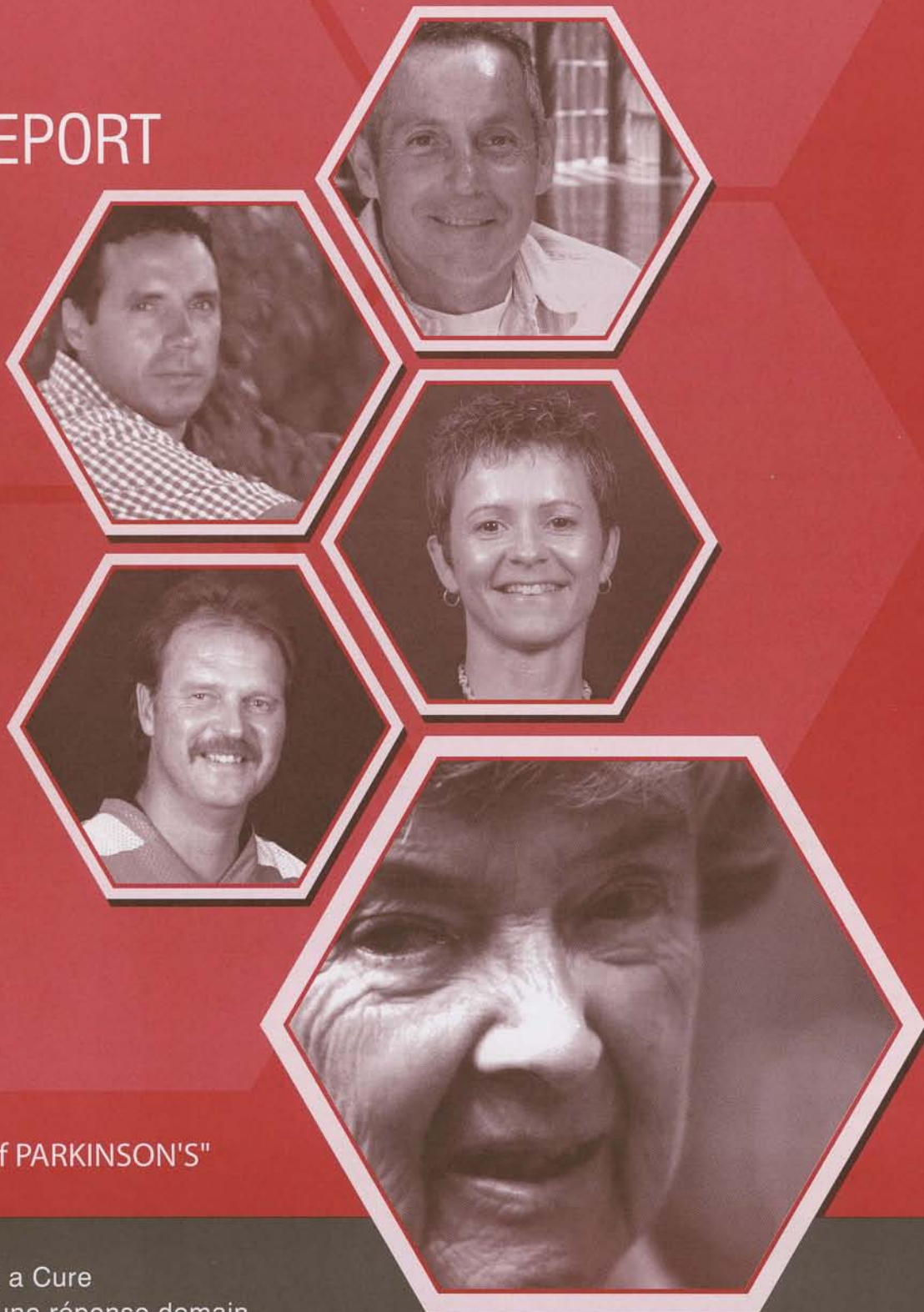




Parkinson Society Canada  
Société Parkinson Canada

# ANNUAL REPORT 2005



"We are the FACES of PARKINSON'S"

Ease the Burden; Find a Cure  
Un appui aujourd'hui, une réponse demain



# MESSAGE FROM THE NATIONAL BOARD CHAIR AND CEO & PRESIDENT

## 40 Years of Making a Difference!

Walter Redinger, a 65-year-old Ontario artist, was diagnosed with Parkinson's in the early 1990s. According to Walter, Parkinson's is a minor speed-bump on the road of life.

He says there is something else besides Parkinson's. What is that thing?

"Life," says Walter defiantly.

Walter is just one of approximately 100,000 people living with Parkinson's in Canada. He and others like him are the reason Parkinson Society Canada and its Regional Partners exist. It is why we constantly look for new and better ways to provide support and hope to those we represent. This year we took a hard look at our financial position and came up with a forward-looking plan.

As a result, we

- continued to increase our investment in research - currently, we can only fund one third of grant applicants;
- are developing, thanks to a generous bequest, a psycho-social research grant program to increase support for the "Ease the Burden" mandate of our mission;
- redesigned our website's home page to reflect the Pan-Canadian presence of PSC and its Regional Partners;
- improved the speed, timeliness and consistency of our financial reporting;
- improved management outcomes in Human Resources, Financial Management, Resource Development and Communications & Marketing - thanks to the professionalism and level of responsibility assumed by staff;
- developed/approved a budget to support organization development and our mission;
- worked to resolve the challenge of resource allocation ... progress has been slower than expected but our work this year will take us another step closer to sharing resources equitably.

We are pleased to report that 18,931 family physicians have been reached through our Medical Information and Support Program (MISP) to date. With the support of a generous corporate sponsor, PSC will reprint the MISP kit for distribution to the remaining family physicians across Canada and to neurologists.

Future plans for the Program include:

- expanding market penetration of the kit to ensure 100% of family physicians practising in Canada have the best tool kit available on Parkinson's;
- ensuring all components of the kit are available in English and French;
- updating the contents of the kit to include emerging information about the marked prevalence and impact of neuropsychiatry problems associated with Parkinson's such as cognitive impairment, hallucinations/delirium, behavioural impairment and depression.

We will continue, with your generous support and commitment, to make a difference each and every day in the lives of people living with Parkinson's, caregivers and family members!



Barry Johnson  
Chair, National Board of Directors  
Parkinson Society Canada



Joyce Gordon  
CEO & President  
Parkinson Society Canada







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## What is Parkinson's?

It is a chronic progressive neurological disorder caused by a reduction of dopamine in the brain, affecting nearly 100,000 Canadians.

## Symptoms include:

- A resting tremor
- Difficulty with fine movement
- Slowness and stiffness of muscles
- Difficulty with balance and walking
- Loss of volume and clarity of speech
- Tendency to shuffle when walking
- Handwriting difficulty

Knowledge of symptoms, medication, exercise and therapy can help people maintain control over their Parkinson's.

## OUR MISSION

Parkinson Society Canada is the national voice of Canadians living with Parkinson's. Our purpose is to ease the burden and find a cure through research, education, advocacy and support services.

*We gain strength, and courage, and confidence  
by each experience in which we really stop  
to look fear in the face ...  
we must do that which we think we cannot.*  
- Eleanor Roosevelt

*Where there is no struggle,  
there is no strength.*  
- Oprah Winfrey





# RESEARCH

## 40 Years of Finding a Cure with Your On-Going Financial Support!

PSC's National Research Program was launched in 1981 with the creation of its first Scientific Advisory Board. From 1981 to 2004, PSC has supported 166 Canadian or visiting researchers in single- or multi-year research projects and has invested more than \$10.7 million in Canadian Parkinson research and training. In the past three years alone, PSC has invested over \$2.1 million.

Modelled on the Canadian Institutes of Health Research's four pillars of research, PSC's program supports a broad range of applications - biomedical, clinical, health services and systems research and population studies. Our volunteer Scientific Advisory Board - comprised of Canada's top neurosurgeons, neuropathologists and neuroscientists - evaluates research proposals using a rigorous peer review process to support some of the most promising projects in Canada.

### Special Thanks to

- Boehringer Ingelheim
- RBC Foundation
- Friedman Family
- Heard Family
- Anonymous donors of M&M grant for their generous support of individual awards

## National Research Program Awards for 2003-2005 Cycle (Granting period July 1, 2003 - June 30, 2005)

### Pilot Project Grants (one year Grant)

**Dr. Anatol Feldman, University of Montreal - \$45,000**

Virtual reality for gait initiation and control in Parkinson patients

**Dr. Lennard P. Niles, McMaster University - \$45,000**

Neuroprotection by Neural Stem Cells and Melatonin in a Model of Parkinson's disease

### Friedman Pilot Project Grant

**Dr. David Park, Ottawa Hospital - \$45,000**

Pathways by which DJ-1, a gene linked to familial PD, mediate dopaminergic loss

**Drs. Michael Rathbone and Eva Werstiuk, McMaster University - \$22,000**

Protection against MPP+-induced apoptosis by non-adenine based purines

### New Investigator Grants

**Dr. Francesca Cicchetti, Laval University - \$80,000**

Anti-inflammatory drug treatment in animal models of Parkinson's disease: a novel therapeutic approach

**Dr. Christian Duval, Brock University - \$49,800**

Tri-dimensional Kinematic characterization of drug-induced dyskinesia; a study of young-onset versus elderly patients

### Operating Grants

**Dr. David Grimes, Ottawa Hospital - \$100,000**

Parkinson's Genetics in a Canadian Cohort

**Drs. Daniel Lévesque, Claude Rouillard, Paul Bédard and Thérèse Di Paolo, Neuroscience Research Center, Laval University - \$100,000**

The transcription factors Nur77 and Retinoid X Receptor (RXR): putative new players involved in motor dysfunctions associated with Parkinson's disease and L-DOPA therapy

**Dr. Anurag Tandon, Centre for Research in**

**Neurodegenerative Diseases, University of Toronto - \$100,000**

Organization and Disassembly of Alpha-Synuclein Complexes in Human Cells

### Basic Research Fellowships Program

**Dr. Trent Anderson, University of Calgary - \$90,000**

Cellular mechanisms of deep brain stimulation for Parkinson's disease

**Dr. Ratan Bhardwaj - Karolinska Institute, Sweden - \$90,000**

The role of endogenous neural stem cells in mammalian adult CNS neurogenesis towards a potential cure for Parkinson's disease

**Dr. Jeff Biernaskie - Toronto Hospital for Sick Children - \$90,000**

Therapeutic potential of skin-derived precursor cells for cell replacement in Parkinson's disease

### Clinical Research Fellowship Program

**Dr. Connie Marras, University of Toronto - \$90,000**

Parkinson's disease Prognosis

### Boehringer Ingelheim Clinical Movement Disorders Fellowship (one year Fellowship)

**Dr. Cindy Zadikoff, University of Toronto - \$45,000**

Clinical Studies in Parkinson's disease



# RESEARCH

40 Years of Finding a Cure with  
Your On-Going Financial Support!

## National Research Program Awards for 2004-2006 Cycle (Granting period July 1, 2004 - June 30, 2006)

### Pilot Project Grants (one year Grant)

**Drs. Scott Heximer and Hubert Van Tol, University of Toronto**  
- \$45,000

Defining the role of RGS2 as a modulator of dopamine signalling in the striatum

**Dr. Howard T. J. Mount, University of Toronto - \$45,000**

Energetic charge and monoamine turnover in novel lines of a-synuclein-transgenic mice

**Dr. David Park, University of Ottawa - \$45,000**

Use of RAG mice to delineate involvement of the adaptive immune response in Parkinson's disease

### M&M Pilot Project Grant

**Dr. Abbas F. Sadikot, Montreal Neurological Institute**  
- \$45,000

Pitx3: A novel transcription factor crucial to survival of midbrain dopaminergic subpopulations

### Friedman Pilot Project Grant

**Dr. Brian E. Staveley, Memorial University of Newfoundland**  
- \$45,000

The role of parkin and ubiquitin carboxy-terminal hydrolases in Drosophila models of Parkinson's disease

### New Investigator Grants

**Dr. Frédéric Calon, Laval University Medical Center (CHUL)**  
- \$90,000

Nanotechnology approach towards brain delivery of neurotrophic factors in Parkinson's disease

**Dr. Susan H. Fox, Toronto Western Hospital - \$45,000**

Investigation of the neural mechanisms underlying psychosis in Parkinson's disease

### Heard New Investigator Grant

**Dr. Oury Monchi, Institut universitaire de gériatrie de Montréal - \$90,000**

Cognitive deficits in Parkinson's disease: functional neuroimaging

**Dr. Elena Moro, Toronto Western Hospital - \$90,000**

Motor Cortex Stimulation for Parkinson's disease: understanding possible mechanisms of action through neuroimaging

**Dr. Alex Rajput, Royal University Hospital (Saskatoon)**  
- \$45,000

Alpha-synuclein genetics in pathologically verified Parkinson's disease

### Basic Research Fellowships

**Dr. John R. Adams, Pacific Parkinson's Research Centre, University of British Columbia - \$45,000**

Neuroimaging investigation of early biomarkers for nigrostriatal cell damage in patients with a high genetic risk of developing Parkinson's disease

**Dr. Joohyung Lee, Toronto Western Hospital - \$90,250**

Role of abnormal synaptic plasticity in levodopa-induced dyskinesia in Parkinson's disease

**Dr. Anna Moszczynska, Centre for Addiction and Mental Health (Toronto) - \$95,000**

Parkin, alpha-synuclein, and dopamine transporter interactions: Implications for Parkinson's disease

**Dr. Katerina Venderova, Toronto Western Research Institute - \$80,750**

Role of the endocannabinoid system in Parkinson's disease and levodopa-induced dyskinesia

### Clinical Movement Disorders Fellowship (one year Fellowship)

**Boehringer Ingelheim CMD Fellowship**

**Dr. Jennifer Takahashi, Centre for Movement Disorders (Markham ON) - \$45,000**

*Courage is the first of human qualities  
because it is the quality that  
guarantees all others.*  
- Winston Churchill

# RESEARCH

## Achievements

- The 2<sup>nd</sup> annual Donald Calne Lectureship was awarded to Dr. Oleh Hornykiewicz of Vienna - one of the world's leading neuroscientists. Early in his career, he determined that Parkinson's disease results from too little of one kind of neurotransmitter, known as dopamine. His subsequent development of L-dopa for the treatment of Parkinson's revolutionized treatment and remains the cornerstone of therapy today.
- **2004-2006 Awards:** \$941,000 in new funding this year in addition to \$395,500 to support existing 2003-05 cycle awards in their second year
- **Awards Breakdown:** 10 new grants and 5 new fellowships - 5 Pilot Project grants, 5 New Investigator grants, 4 Basic Research Fellowships and 1 Clinical Movement Disorders Fellowship
- **Total Projects funded in 2004:** 29 awards across Canada - 15 new awards and 14 awards from the 2003-05 cycle
- **Funding Increase:** research commitment of \$1,063,750 represents a 27% funding increase over last year
- **Clinical Assistance & Community Outreach Grants:** 22 grants totalling \$240,000 went to clinical nurses to educate, support and be a resource to people with Parkinson's/care partners and community-based programs which provide direct care and services ... since its inception in 1990, PSC has supported these community-based programs with \$2.1 million in grants

## New Research Commitment

Parkinson Society Canada and its Board of Directors have made a commitment to invest in prevention and care as proactive strategies to reduce the social and economic burdens of Parkinson's disease and the need for basic epidemiological research. In recognition of the need to provide funding and foster capacity building in this area of research, PSC is developing a program specifically focused on a Social & Psychological stream of research. It is anticipated that an announcement for the first award in this new category will be made in 2007.

## Scientific Advisory Board

Dr. A. Jon Stoessl (Chair)  
*Pacific Parkinson's Research Centre*

Dr. Doug Hobson  
*University of Manitoba*

Dr. Michel Panisset  
*McGill University*

Dr. Pierre J. Blanchet  
*University of Montreal*

Dr. Mandar Jog  
*London Health Sciences Centre*

Dr. Christopher Robinson  
*Royal University Hospital*

Dr. Thérèse Di Paolo  
*Laval University*

Dr. A.E. Lang  
*Toronto Western Hospital*

Dr. Oksana Suchowersky  
*University of Calgary*

Dr. Alan Goodridge  
*Memorial University of  
Newfoundland*

Dr. Andres Lozano  
*Toronto Western Hospital*

Dr. Joseph Tsui  
*Pacific Parkinson's Research Centre*



# RESEARCH

## National Clinical Assistance and Community Outreach Programs

Parkinson Society Canada (PSC) provides funding of healthcare services for people with Parkinson's across the country.

Academically-trained neurologists dedicated to the care of people with Parkinson's are supported through our Clinical Assistance Program which recognizes the invaluable service of a medical team within a geographic area of Canada. Funds (partial salary) go to a healthcare professional to provide ongoing support and services for people with Parkinson's right in their own community.

Our Community Outreach Grant Program supports community-based programs providing direct care and services to people with Parkinson's. It recognizes the expertise and dedicated efforts of specialized staff and helps them to achieve program objectives.

## National Clinical Assistance Program (June 1, 2004 - May 31, 2005)

<i>Neurologist</i>	<i>Clinic/Centre</i>	<i>Location</i>	<i>Designated Nurse</i>
Dr. Jon Stoessl	Pacific Parkinson's Research Centre University of British Columbia	Vancouver BC	Sharon Yardley
Dr. Oksana Suchowersky	Department of Clinical Neurosciences University of Calgary	Calgary AB	Lorelei Derwent
Dr. Wayne Martin	Movement Disorders Clinic Glenrose Rehabilitation Hospital	Edmonton AB	Pam King
Dr. Doug Hobson	Movement Disorder Program The St. Boniface Clinic - University of Manitoba	Winnipeg MB	Joanne Malenko
Dr. Mandar Jog	Movement Disorders Clinic London Health Sciences Centre	London ON	Linda Hall
Dr. Anthony Lang	Movement Disorders Centre Toronto Western Hospital	Toronto ON	Janine Bell
Dr. Giovanna Pari	Movement Disorder Clinic Kingston General Hospital	Kingston ON	Sandy Weatherby
Dr. David Grimes	Division of Neurology Ottawa Hospital - Civic Campus	Ottawa ON	Keely Haas
Dr. Anne-Louise Lafontaine	McGill Movement Disorders Clinic McGill University, Montreal Neurological Hospital	Montreal QC	Lucie Lachance
Dr. Emmanuelle Pourcher	Quebec Memory and Motor Skills Disorders Clinic Laval University	Quebec QC	Marie-Claude Fortin
Dr. Calvin Melmed	Department of Neurosciences Jewish General Hospital	Montreal QC	Cindy Dalton
Dr. Sylvain Chouinard	André Barbeau Movement Disorders Clinic Centre Hospitalier de l'Université de Montréal	Montreal QC	Chantal Beauvais
Dr. Alan Goodridge	Movement Disorder Clinic Health Sciences Centre, Memorial University of Nfld	St. John's NF	Denise Murphy
Dr. Jean Rivest	Movement Disorders Clinic CHUS	Fleurimont QC	Daniel Soucy
Dr. Michel Panisset	Hotel Dieu de Montreal	Montreal QC	Marie-Josée Fortin

# RESEARCH

<i><b>Applicant</b></i>	<i><b>Clinic/Centre</b></i>	<i><b>Location</b></i>	<i><b>Designated Nurse/ Program Delivery Agent</b></i>
Bonnie McInnes	Community Services & Outreach St. Peter's Hospital	Hamilton ON	Laura Jewell, RN
<b>RBC Foundation Community Outreach Grant</b> Mary Narrowmore	VON St. John Inc.	St. John NB	Sheree Trecartin, RN
Dr. George Turnbull	School of Physiotherapy Dalhousie University	Halifax NS	Janet Millar, PT
Roseann Norton	VON Niagara Inc.	Thorold ON	Rita Talosi, RN
Dr. Mandar Jog	Movement Disorders Program London Health Sciences Centre	London ON	Linda Hall, RN
<b>RBC Foundation Community Outreach Grant</b> Chee Chui	North York General Hospital Seniors' Health Centre	North York ON	Chee Chiu, pharmacist
Bonnie Bereskin	The Parkinson's Speech Group	Toronto ON	Bonnie Bereskin, speech language pathologist

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## National Board of Directors

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Meredith Saunderson

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replacement for Russell  
Armstrong)

### Secretary

Alan Riccardi

### Treasurer

Bruce MacGowan

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Senator Michael Pitfield

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Dr. John Wherrett

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C.C., C.M.M., C.D.  
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General of Canada

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Yves Samson  
Meredith Saunderson  
Fran Squire  
Yvon Trépanier  
Isabel Ward  
Les Whiting  
David Whittle

### Honorary Counsel

Arthur I. Fish



# VIVRE AVEC LA MALADIE DE PARKINSON

## Al Smith

Lorsqu'il a reçu son diagnostic de maladie de Parkinson en 1999, sa méconnaissance de cette maladie l'a effrayé bien davantage que la maladie elle-même. Al Smith avait été golfeur professionnel, conduisait une motocyclette dans ses temps libres et aimait jouer avec ses petits-enfants. Il s'est alors demandé s'il pourrait poursuivre ces activités et pendant combien de temps.

Il a réalisé que « la maladie de Parkinson est une maladie, et non une sentence de mort. C'est un obstacle sur un très long parcours. » Aux 100 000 autres Canadiens qui suivent ce parcours, il offre ce message : « Apprenez à connaître vos limites et ayez le courage de les dépasser. Je continue de jouer au golf et de conduire ma Gold Wing lorsque je le peux. Je joue avec mes petits-enfants et je vis pleinement ma vie. »

## Alison Wood

Alison Wood avait 46 ans lorsqu'elle a remarqué pour la première fois le tremblement de sa main gauche. Trois ans plus tard, en 2003, elle a reçu son diagnostic de maladie de Parkinson. Elle alors craint que tout ce qu'elle avait planifié pour sa retraite - faire de la tapisserie, être joueuse de clochettes et donner des ateliers - soit affecté par le tremblement de ses mains. Elle était aussi préoccupée par la possibilité d'éprouver de la difficulté à parler, à sourire et à écrire.

Malgré ce diagnostic, Alison a choisi de faire tout ce qu'elle peut pendant aussi longtemps qu'elle le peut et de faire ce qu'elle aime. Elle a recommencé à enseigner à temps partiel et a accepté le poste de directrice administrative de l'International Hand Bell Committee. Elle chante avec les Richard Eaton Singers, chorale qui accompagne souvent l'Orchestre symphonique d'Edmonton. Grâce au D<sup>r</sup> Harold Wiens, professeur de musique étudiant les bienfaits du chant chez les patients atteints de la maladie de Parkinson, elle a appris que les leçons de chant renforceront sa voix.

« J'ai encore certaines craintes face à l'avenir et à ce que seront ma mobilité et mon indépendance, mais je suis heureuse, car je fais ce que j'aime et j'aurai de bons souvenirs à chérir. »

## Marlene Nypiuk

En 2002, Marlene Nypiuk a couru son premier marathon pour célébrer son 60<sup>e</sup> anniversaire de naissance. En mai 2005, elle a reçu son diagnostic de maladie de Parkinson. Sa première réaction fut la suivante : « Où me suis-je trompée ? »

Maintenant retraitée après 28 ans comme sténographe judiciaire, Marlene continue de s'entraîner et de participer à des épreuves de course. En sortant de chez elle chaque matin, elle est reconnaissante de cette autre journée, de cette autre course. « Un jour, je ne ferai peut-être que marcher, mais présentement je cours. Jusqu'à présent, mes symptômes ne sont pas prononcés et je ne prends pas de médicaments. J'ai de bonnes journées - et de meilleurs jours. »

Marlene se concentre sur les choses qu'elle peut faire, plutôt que sur les activités qu'elle ne peut pas accomplir. La Parkinson's Society of Alberta lui fournit soutien et compassion, dit-elle. Lorsqu'elle est morose, Marlene se rappelle les paroles de John Bingham : « Le miracle, ce n'est de terminer, mais plutôt d'avoir le courage de commencer. »



# ÉDUCATION, REPRÉSENTATION ET SOUTIEN

Nous remercions  
spécialement

## 40 ans à fournir un appui aujourd'hui grâce à votre aide!

Chaque année, nous nous efforçons d'améliorer la qualité de vie des personnes atteintes de la maladie de Parkinson au Canada par la sensibilisation, un meilleur accès aux services de soutien et la communication d'information exacte et à jour.

## Éducation et soutien

### Réalisations

- Envoi de 105 806 documents d'information aux partenaires régionaux pour les chapitres / groupes de soutien, afin de sensibiliser le grand public ainsi que les personnes atteintes de la maladie de Parkinson, les familles et leurs aidants.
- **L'Actualité Parkinson** : trois numéros au cours de l'exercice 2005 - prochaine parution en décembre... le thème de la page couverture en 2005 était le suivant : « Un jour dans la vie de » ceux qui travaillent avec les personnes atteintes de la maladie de Parkinson - neurologues, travailleurs de première ligne en santé... articles importants sur le 40<sup>e</sup> anniversaire de la SPC et la Grande randonnée... projet pilote pour combiner *L'actualité Parkinson* et le bulletin régional dans une même distribution... sondage auprès des abonnés de *L'actualité Parkinson*.
- **Nouveau directeur de l'éducation et des services** : travaille avec les partenaires régionaux pour faciliter, élaborer et mettre en place des programmes et des services visant à répondre aux besoins des divers publics de la SPC... supervise la conception, la mise en œuvre et l'évaluation des programmes nationaux d'éducation visant à promouvoir la sensibilisation à la maladie de Parkinson, à l'impact de cette maladie sur les Canadiens et au rôle joué par la SPC dans le soutien, l'éducation et l'habilitation des Canadiens atteints de la maladie de Parkinson.
- **Système d'information pour les salles d'attente** : envoi de 247 820 documents d'information, à l'intention des personnes atteintes de la maladie de Parkinson, de leur famille et de leurs aidants, aux bureaux des médecins du Canada (1 600 endroits) ... 2 755 patients se rendent à des bureaux offrant de l'information sur la SPC... 50 000 brochures de la SPC ont été ramassées par des patients dans les bureaux des omnipraticiens du Canada au cours des trois premiers mois de l'exercice 2005.

### Projets futurs

- Remanier le site Web de la SPC, par ex., nouvelle information, meilleur accès à l'information.
- Améliorer la fonctionnalité du babillard pour les personnes atteintes de la maladie de Parkinson.
- Explorer les partenariats avec des organismes similaires (par ex., en neurologie) au Canada et au niveau international.
- Élargir la portée de *L'actualité Parkinson* afin de rejoindre un plus grand nombre de personnes atteintes de la maladie de Parkinson au Canada.
- Travailler avec toutes les régions pour augmenter la visibilité de la Société Parkinson Canada.
- Vérifier la documentation en matière d'éducation et de services au Canada.
- Fusionner / peaufiner les programmes d'éducation et de services afin d'en optimiser les avantages pour les personnes vivant avec la maladie de Parkinson et les partenaires régionaux.

- Financière Manuvie de son parrainage de la ligne d'information et d'aiguillage;
- la Banque Scotia et Boehringer Ingelheim de l'impression de la Trousse de ressources et d'information à l'intention des médecins de famille;
- le Comité de rédaction de *L'Actualité Parkinson* de sa surveillance du contenu rédactionnel;
- les partenaires régionaux de leur contribution aux programmes d'éducation et de services;
- les intervenants, les familles et les aidants de leur énorme contribution à *L'Actualité Parkinson*.

**ParkinsonPost**  
**L'Actualité Parkinson**



# EDUCATION, ADVOCACY AND SUPPORT

## Responding to Individual Information Needs

From June 1, 2004 to May  
31, 2005, PSC's Information  
& Referral Centre responded  
to 1,519 inquiries  
89% were answered within  
24 hours

## Method of contact

Phone - 59%  
Mail/email - 32%

**Average length of time  
spent on call** - 15 minutes

## Heard about service from

PSC website - 23%  
Medical clinic - 14%

## Kind of callers

People living with  
Parkinson's - 35%  
Healthcare  
professionals - 21%

## Special Thanks to

**The Hon. Bill Graham**  
*Minister of National Defence*

**The Hon. Michael Pitfield**  
*Senator/PSC Honorary Chair*

**Members of National  
Advocacy Committee**  
(Chair Yvon Trépanier)

## Advocacy

### Achievements

- created new National Advocacy Committee
- PSC celebrates 40 years of Easing the Burden and Finding a Cure
- elevated profile of PSC and Canadians with Parkinson's among parliamentarians and their staff and with Health Canada and the Minister's office
- signing of World Charter on Parkinson's disease by key Federal Ministers

### Major Event

On April 21, 2005, a PSC luncheon on Parliament Hill was hosted by Minister Bill Graham and Senator Michael Pitfield. This event recognized PSC's 40th Anniversary and Parkinson's Awareness Month. Attended by key decision-makers - parliamentarians and policy staff - it marked the start of a renewed effort to highlight issues linked to Parkinson's.

### Future Plans

- liaising with Minister of Health's office on establishing joint committee to identify status of current Parkinson's epidemiological data including patient population, frequency of diagnosis and other key areas of interest
- developing National Advocacy Strategy to guide future work of PSC staff and volunteers
- implementing National Government Relations Strategy over 12-month schedule of activity - including PSC's approach to 2006 federal election
- reviewing partnerships and opportunities to align with other organizations to aid advancement of PSC's advocacy objectives





# REGIONAL PARTNERS

## Parkinson Society British Columbia

890 West Pender Street, Suite 600, Vancouver BC V6C 1J9  
Ph: 604-662-3240 ... Toll Free (BC): 800-668-3330 Fax: 604-687-1327

[www.parkinson.bc.ca](http://www.parkinson.bc.ca)

- completed 2005-09 strategic plan in October
- offered healthcare in-services throughout province in partnership with Susan Calne, CM RN NPF co-ordinator, Pacific Parkinson's Research Centre
- held 8 well-attended conference and education meetings across BC including a 3-day Facilitators' conference in October
- fundraising highlights: 6th Annual Parkinson Society British Columbia/Ballet BC 'Play-a-Round' Golf Tournament raised \$66,000 (most successful to date); 10th Annual SuperWalk in 8 communities raised \$130,000 (online registration revenue more than doubled from previous year); concert - organized by residents of North Vancouver in honour of long-time North Shore Drama Educator (recently diagnosed with Parkinson's) - showcased 5 young opera singers and raised \$10,200 (performance, venue and services donated)

## Victoria Epilepsy and Parkinson's Centre Society

813 Darwin Avenue, Victoria BC V8X 2X7 Ph: 250-475-6677 ... Fax: 250-475-6619

[www.vepc.bc.ca](http://www.vepc.bc.ca)

- held 6 well-attended major educational events with topics from "Memory Challenges" to "Exploring the Mind Body Connection"
- finalizing plans for new "Parkinson's Mind Body Program" which will use expertise of medical personnel and yoga instructors
- collaborated with registered Massage College to enable clients and spouses to access affordable weekly therapeutic massages
- implementing new strategic plans for revenue development and communications with launch of new logo and key statements
- individualized consultation and counselling services with experienced social worker are used and valued by hundreds of clients

## The Parkinson's Society of Alberta

Edmonton General, Room 3Y18, 11111 Jasper Avenue, Edmonton AB T5K 0L4  
Ph: 780-482-8993 ... Toll Free: 888-873-9801 Fax: 780-482-8969

[www.parkinsonalberta.ca](http://www.parkinsonalberta.ca)

- conducted major surveys of people with Parkinson's and caregivers in Alberta in collaboration with Faculty of Nursing, University of Alberta, to help shape future strategic directions
- organized/sponsored major presentation to more than 100 healthcare professionals in April by Susan Calne, RN, on "Care of Patients with Parkinson's"
- used telemedicine conferencing technology to reach 100 additional health professionals at 17 sites in AB, BC and SK
- held 27<sup>th</sup> Annie Wylie Memorial Lecture, featuring Susan Calne, with client and family lecture on "Living Well with Parkinson's"

- hosted presentation for 120 by Dr. Wayne Martin, Director of Movement Disorder Clinic, Edmonton, on "Identifying Complications Associated with Medical Treatment in Parkinson's Disease"

- implemented asset database (@EASE) to enhance organizational and fund development capacity
- fundraising highlights: held new Parkinson's Golf Classic in June; SuperWalk 2004 in Edmonton and Grande Prairie saw significant increases in revenues and partnerships; April potted tulip sales continue to grow

## The Parkinson's Society of Southern Alberta

102-5636 Burbank Crescent SE, Calgary AB T2H 1Z6  
Ph: 403-243-9901 ... Toll Free (AB): 800-561-1911 Fax: 403-243-8283

[www.parkinsons-society.org](http://www.parkinsons-society.org)

- hosted 3-day conference in March for direct service staff from across Canada
- undertook 5-month external Organizational Assessment
- provided support to more than 600 current and 300 new clients
- 2005 client services included 4 Parkinson's presentations by keynote speakers, new seminar series for Newly-Diagnosed, speech therapy classes, therapeutic exercise classes, Brainwaves program, 23 support groups for people with Parkinson's and caregivers, physical therapy support and advice, and ongoing counselling services for individuals and families
- 125 volunteers gave more than 1,700 hours in wide range of activities, e.g. major events, newsletter mail outs, serving on committees and Board of Directors
- fundraising highlights: Porridge for Parkinson's, Hotwings Challenge, golf tournament, 6 SuperWalks, Progressive Limousine Dinner, 2-day Casino, tulip bulb sales

## Saskatchewan Parkinson's Disease Foundation

Box 102, 103 Hospital Drive, Saskatoon, SK S7N 0W8  
Ph: 306-966-1348 ... Fax: 306-966-8030

[www.parkinson.ca](http://www.parkinson.ca)

- held regular Movement Disorder Clinics in Saskatoon and Regina
- continued to coordinate and assist in sourcing and distributing educational materials for chapters, support groups and new patients; arranging annual educational talks featuring renowned neurologists, and preparing quarterly newsletter
- fundraising highlights: volunteers play major role in helping raise more than \$250,000 annually with activities such as Print West Golf Classic, Curling Classic, SuperWalk and Tulip Bulb sales

## Parkinson Society Manitoba

171 Donald Street, Suite 302, Winnipeg MB R3C 1M4  
Ph: 204-786-2637 ... Toll Free: 866-999-5558 Fax: 204-786-2327

[www.parkinson.ca](http://www.parkinson.ca)

- experienced significant growth due to efforts of Board, staff and volunteers: membership increased by 125%, overall revenues by almost 85% and services for people with Parkinson's (support groups) by more than 125%



# REGIONAL PARTNERS

- adopted (by Regional Advisory Board) The Ethical Fundraising and Financial Accountability Code and Canadian Code for Volunteer Involvement to support growth and development
- completed development (by Regional Advisory Board) of 2004-08 strategic plan evolving into policy governance (TM) model to cultivate trust, mutual respect, cooperation and accountability; enhance ability to increase revenue to sustain and support growth of organization; ensure equity, consistency and
- consolidation of education and service to benefit people with Parkinson's across province; act as regional leader in driving research, advocacy and communication among partners fundraising highlights: SuperWalk raised \$72,250; Annual Golf Classic brought in \$45,000

## PSC Central & Northern Ontario Region

4211 Yonge St., Suite 321, Toronto ON M2P 2A9  
Ph: 416-227-1200 ... Toll Free (National): 800-565-3000 Fax: 416-227-1520

[www.parkinson.ca](http://www.parkinson.ca)

- identified that volunteers provided 6,250 hours of service - by 6 chapters/support groups during pilot program
- created new Information Sessions for Newly-Diagnosed and Progressive Supranuclear Palsy conference
- increased visibility of PSC and partnership organizations, e.g. Extendicare, Tai Chi Society, Bayshore, Baycrest, North York General Hospital, Metro Homes for the Aged
- 3 new Movement Disorder Specialists now seeing patients in Region

## PSC Southwestern Ontario Region

4500 Blakie Road, Unit 117, Meadowbrook Business Park, London ON N6L 1G5  
Ph: 519-652-9437 ... Toll Free (ON): 888-851-7376 Fax: 519-652-9267

[www3.sympatico.ca/pf.swo](http://www3.sympatico.ca/pf.swo)

- collaborated with volunteer healthcare professionals to develop learning tool for PEP for Community Caregivers, an educational program for healthcare professionals caring for people with advanced Parkinson's; received \$50,000 in support of PEP
- expanded relationships/partnerships with students: The University of Western Ontario, Tulips for Parkinson's Student Club; Fanshawe College and The University of Western Ontario, Nursing Studies; The University of Western Ontario, Occupational Therapy Students Programs
- held Regional Annual Conference with 240 attendees
- contributed \$219,000 to national PSC programs and research

## Parkinson Society Ottawa

1053 Carling Avenue, Ottawa ON K1Y 4E9 Ph: 613-722-9238 ... Fax: 613-722-3241

[www.parkinson.ca](http://www.parkinson.ca)

- provided clients with several educational sessions including fatigue, sleep and Parkinson's, family education night and 2 research updates
- moved to new office with larger program area, resource lending library and adequate, affordable parking
- fundraising highlights: supported Shelby Hayter, young-onset person with Parkinson's who ran in April Boston Marathon and raised more than \$35,000 for Parkinson's research (garnered great deal of media publicity); new fundraising initiative: first annual Yuk Yuk's Comedy Night for Parkinson's; SuperWalk 2005 raised more than \$67,000

with record number of walkers (400) and family day featuring live music, lunch and children's activities

## Parkinson Society Quebec

1253 McGill College Avenue, Suite 402, Montreal QC H3B 2Y5  
Ph: 514-861-4422 ... Toll Free (National francophone line): 800-720-1307  
Fax: 514-861-4510

[www.infoparkinson.org](http://www.infoparkinson.org)

- held annual congress for people with Parkinson's, caregivers and healthcare professionals, several conferences and workshops on topics: troubled sleep, anxiety, yoga and Tai Chi
- responded to more than 3,000 calls for information on Parkinson's
- hosted 30 conferences for general public and healthcare professionals
- included conference on Deep Brain Stimulation during annual general meeting

## PSC Maritime Region

5991 Spring Garden Road, Suite 830, Halifax NS B3H 1Y6  
Ph: 902-422-3656 ... Toll Free (NS, NB & PEI): 800-663-2468 Fax: 902-422-3797

[www.parkinsonmaritimes.ca](http://www.parkinsonmaritimes.ca)

- opened new Resource Centre in Society's new offices with \$2 million grant from Banyan Tree Foundation
- held major regional conference in Fredericton attracting participants from all 3 provinces
- held workshops in local communities throughout region featuring Jan Duff, RN, Dr. David King and others
- fundraising highlights: HOPE Volleyball, Golfing for Parkinson's, SuperWalk and Porridge for Parkinson's

## Parkinson Society Newfoundland & Labrador

136 Crosbie Road, Suite 305, Viking Building, St. John's NL A1B 3K3  
Ph: 709-754-4428 ... Toll Free (NL): 800-567-7020 Fax: 709-754-5868

[www.parkinson.ca](http://www.parkinson.ca)

- sponsored 4 Parkinson Community Education Programs at various Island sites and visit by physiotherapist Janet Millar from Nova Scotia
- partnered with ALS on public lecture by Dr. Dale Corbett on "Stem Cell Research"
- completed need assessment survey for people living with Parkinson's
- selected well-known radio personality, Claudette Barnes, as Honourary Chair
- moved to new more accessible office space and upgraded office technology
- developed guidelines for new regional award in honour of Anne Rutherford
- fundraising highlights: 5 SuperWalks with 57% increase over 2004; sales of 20,000 tulip bulbs; successful 3rd annual breakfast event; flea market; positive response from United Way for grant to assist with volunteer training



# FINANCIAL ACCOUNTABILITY

## June 1, 2004 – May 31, 2005: The Fiscal Year in Review

The past fiscal year was both rewarding and challenging for Parkinson Society Canada. We are a national organization with Regional Partners from coast to coast, working together to support Canadians living with Parkinson's.

Some Regional Partners are not yet self-sufficient. As a result, their operations are fully consolidated into Parkinson Society Canada's financial statements. The financial results represent the National office, Ontario (excluding Ottawa), the Maritimes, Manitoba, and Newfoundland & Labrador.

### Summary - Fiscal 2005

- Gross revenue retained the 2004 level.
- Research, clinical and outreach grants of \$1,208,143 represent a 14% increase over last year.
- Operating and Administrative expenses were maintained at the 2004 level.

### Revenue

Parkinson Society Canada's gross revenue was \$6.3 million. Bequest revenue (an unpredictable revenue source) was 41% less than the prior year. Gross revenue remained consistent - with a 10% increase in corporation donations, increases in research contributions and a 7.5% rise in individual donations.

74 communities across Canada took part in SuperWalk 2004 and raised a record \$1,680,000. (*See Our Donors section for 2005 results.*)

### Expenditures

In fiscal 2005, \$3.2 million in research, education and services expenditures supported Canadians living with Parkinson's - up 16.5% from 2004.

Although Fundraising costs increased by 2%, gross revenue, excluding Bequests, increased by 10%.

### Net Assets

Net assets were \$3.76 million at May 31, 2005 - an increase of 9% over 2004. Reserves, including an internally restricted research stability fund, are being maintained to ensure the delivery of our core National programs: research, education, advocacy and support services.

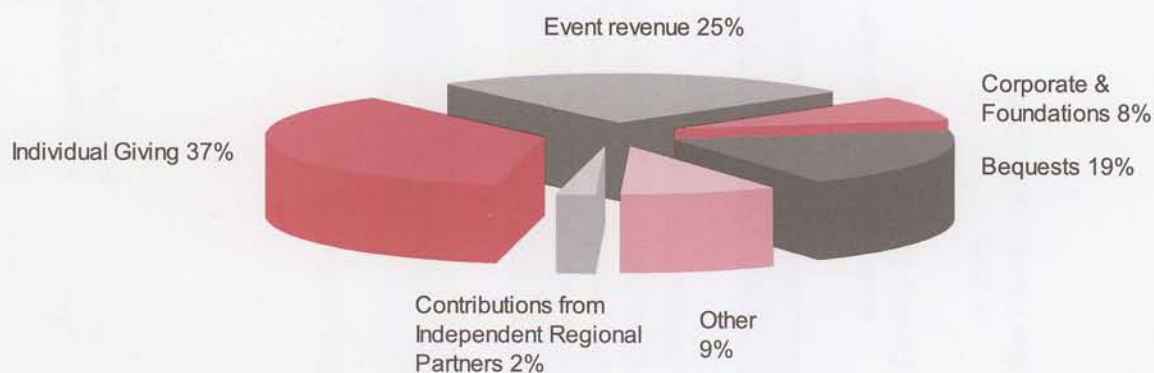


# FINANCIAL ACCOUNTABILITY

## BALANCE SHEET AS AT MAY 31, 2005

	2005	2004
<b>ASSETS</b>		
<b>Current Assets</b>		
Cash and Short Term Investments	\$ 4,193,588	\$ 3,912,950
Accounts Receivable	244,897	196,767
Prepaid Expenses	165,975	124,307
	\$ 4,604,460	\$ 4,234,024
Capital Assets	152,757	146,523
	\$ 4,757,217	\$ 4,380,547
<b>LIABILITIES</b>		
<b>Current Liabilities</b>		
Accounts Payable and Accrued Liabilities	\$ 327,739	\$ 251,628
Deferred Contributions	668,706	692,612
	\$ 996,445	\$ 944,240
<b>Net Assets</b>		
Unrestricted Net Assets	\$ 3,028,454	2,648,504
Net Assets internally restricted for the Research Stability Fund	454,343	501,062
Net Assets invested in Capital Assets	152,757	146,523
Net Assets internally restricted for regions	125,218	140,218
	\$ 3,760,772	\$ 3,436,307
	\$ 4,757,217	\$ 4,380,547

## SOURCES OF REVENUE





# FINANCIAL ACCOUNTABILITY

## STATEMENT OF CHANGES IN NET ASSETS FOR THE YEAR ENDING MAY 31, 2005

	2005	Research Stability Fund	Internally Restricted	Capital Assets	Total	2004 Total
Net assets, beginning of year	Unrestricted \$ 2,648,504	\$ 501,062	\$ 140,218	\$ 146,523	\$ 3,436,307	\$ 2,350,049
Excess (deficiency) of revenue over expenses	246,492	153,281	-	(75,308)	324,465	1,086,258
	\$ 2,894,996	\$ 654,343	\$ 140,218	\$ 71,215	\$ 3,760,772	\$ 3,436,307
Interfund transfers	\$ 15,000	\$ -	\$ (15,000)	\$ -	\$ -	\$ -
Amortization of internally restricted funds	200,000	(200,000)	-	-	-	-
Net investments in capital assets	(81,542)	-	-	81,542	-	-
	\$ 133,458	\$ (200,000)	\$ (15,000)	\$ 81,542	\$ -	\$ -
<b>Net assets end of year</b>	<b>\$ 3,028,454</b>	<b>\$ 454,343</b>	<b>\$ 125,218</b>	<b>\$ 152,757</b>	<b>\$ 3,760,772</b>	<b>\$ 3,436,307</b>

## EXPENDITURES



The expenditures in this chart exclude direct fundraising costs



# FINANCIAL ACCOUNTABILITY

## STATEMENT OF OPERATIONS FOR THE YEAR ENDED MAY 31, 2005

	2005	2004
<b>REVENUES</b>		
Individual Giving	\$ 2,302,676	\$ 2,141,857
Events Revenue	1,685,758	1,671,489
Bequests	1,222,874	2,065,085
Corporate Donations	493,408	447,012
Other Revenue	583,115	309,010
	<b>\$ 6,287,831</b>	<b>\$ 6,634,453</b>
<b>EXPENSES</b>		
<i>Research, services and education</i>	\$ 3,219,952	\$ 2,763,892
Fundraising	1,804,059	1,738,345
Operating and administration	876,463	869,625
	<b>\$ 5,900,474</b>	<b>\$ 5,371,862</b>
Excess of revenue over expenses before		
Regional Partners' support	\$ 387,357	\$ 1,262,591
Support from regions	137,449	97,450
Support to Regional Partners	(200,341)	(273,783)
Excess of revenue over expenses	<b>\$ 324,465</b>	<b>\$ 1,086,258</b>

A copy of PSC's Audited Financial statement is available upon request.



# OUR DONORS

## 40 Years of Generosity with Your Unwavering Commitment in the Fight Against Parkinson's!

We thank our thousands of donors and volunteers for yet another successful fundraising year. Your efforts bring help and hope to the Parkinson community across Canada.

### Achievements

- **Outstanding Year for SuperWalk for Parkinson's:** The 2004 SuperWalk Campaign set a new record - raising \$1,680,000, an 11% increase over 2003. This year 11,000 walkers, including 332 teams and 216 SuperSTARWalkers (\$1,000+), walked in 76 locations across Canada. We experienced continued success in online participation - online registration levels increased by 117% and online donations went up 145%. A special thank you to Tom Cochrane, our Honorary Chair, for his support and involvement.
- **Corporate, Employee and Foundation Giving:** These groups continue to give generously to the Parkinson cause. This year, we are pleased to recognize two outstanding corporate donors: Manulife Financial and Boehringer Ingelheim (Canada) Ltd. Manulife Financial's sponsorship of the National Information and Referral Centre has enabled us to provide outstanding service to people requiring information on Parkinson's and access to community services. An on-going supporter of our research program, Boehringer Ingelheim (Canada) Ltd. funds a clinical fellowship in Movement Disorders and donates to the **PSC Medical Information & Support Program**. A special thank you to the corporations who sponsored key programs in 2004: CIBC, RBC Financial Group through RBC Foundation, Scotiabank and TD Bank Financial Group.
- **Individual Giving - Annual and Major Gifts:** Annual gifts from direct mail, monthly donors, phone and website donations form the backbone of our development program. In 2004, we exceeded our individual giving net revenue target by 13%. Online giving saw an increase of 25.7% over the previous fiscal year; our monthly giving program grew by 25%. We are proud in this Annual Report to formally recognize several donors who supported our major gifts program.



Special thanks to the **employees of the Government of Canada's Healthpartners** annual campaign for their generous contribution of financial support and volunteer time.

### The Parkinson Legacy

We gratefully acknowledge the 39 bequests received this past year.

Thank you to the staff and volunteers of HOPE (Helping Other People Everywhere) for their generous support.

For their financial support, we thank our **Regional Partners, their chapters and support groups.**

*We are often asked what donors can do to make a major impact or leave a lasting legacy with Parkinson Society Canada. One of the best ways is to name a Research Grant. Research, vital to the Parkinson community, helps uncover more effective treatments, therapies and drugs for people currently living with Parkinson's - and will one day find a cure. It is vital to fund research now because, within the next decade, the number of people with Parkinson's is expected to double. Investing in research will help minimize the impact this increased incidence will have on our society. It is a very exciting time in the field of Parkinson research. Many scientists and researchers are hopeful that a cure can be found in the next 10 to 15 years. Naming a Research Grant helps to provide essential funding that will give researchers the resources needed to pursue promising ideas and theories. Naming opportunities begin at \$45,000. For more information, contact Sarah Magee, Manager, Corporate Development and Major Gifts, at 1-800 565-3000, ext. 3385.*



# OUR DONORS

## Benefactor

**\$25,000 and above**

Bruce Galloway

## Builder \$10,000 - \$24,999

2 Anonymous

Russell Irvine

John & Mary Ellen Welland

## Patron \$5,000 - \$9,999

Doreen Bogert

Irving & Ruth Frisch

Niki Guner

Erika Perry

Frank D. Reeves

Sharon Spencer

## Partner \$3,000 - \$4,999

Frances Cowan

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Stacey Smyth

George White

## Sponsor \$2,000 - \$2,999

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## Friend \$500 - \$999

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Alex Miller

Kenneth Montague



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Dr. Ralph Witty  
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Claire Wong  
Daniel G. Wozniak  
David & Allison Wright  
Heidi Wyma  
Morden Yolles  
Terry York  
Dov Zevy  
Robert Zittler

## The Parkinson Legacy - Realized Bequests

Estate of Albert Arnold Gallander  
Estate of Albert Daoust  
Estate of Andree Browne  
Estate of Annelise Larsen  
Estate of Blanche Lorain Dear  
Estate of Clifford Bevington  
Estate of Donald Francis Timms  
Estate of Edward Bonner  
Estate of Elmer Winfield Sterry  
Estate of Ernest Ewert  
Estate of Esther Brister  
Estate of Frank Sidwell  
Estate of Hazel E. Pascoe  
Estate of Helen Dunbar Martin  
Estate of Helen Gladstone  
Estate of Iola Wilhelmine Hipple  
Estate of Janina Porulski  
Estate of Jean Isabel Hossack  
Estate of Kathleen Christina Merrick  
Estate of Lillian Vallance  
Estate of Margaret Ainsley Jamieson  
Estate of Maria Metsch  
Estate of Mary E. Shouldice  
Estate of Mary Harriett Whetstone  
Estate of Rev. Maynard F.H. Pollex  
Estate of Mildred Johnson  
Estate of Millage George Wilbur  
Estate of Muriel Dane  
Estate of Muriel M. Mussen  
Estate of Myrel Eileen Pardoe  
Estate of Myrtle F. Smith  
Estate of Nestor Yaremy  
Estate of Ronald M. Brown

Estate of Stella Kowalsky  
Estate of Traute Irmgard Machold  
Estate of Vera Melissa Fleming  
Estate of Violet Beatrice Eburne  
Estate of Walton Grant Pascoe  
Estate of William Parker Osborne

## Groups & Organizations

### \$25,000 and above

Garden Centre Group Co-Op Corp.  
H.O.P.E. (Helping Other People Everywhere)  
Healthpartners Fund

### \$10,000 - \$24,999

IBM Employees' Charitable Fund  
Sears Employee Charitable Fund

### \$5,000 - \$9,999

BMO Financial Group Fountain of Hope

### \$1,000 - \$4,999

All Charities Campaign, Province of Manitoba  
Bell Canada Employee Volunteer Program  
Employees Community Fund of Boeing Toronto  
EnCana Cares Foundation  
Kamero Technical Services Inc.  
OPG Employees' & Pensioners' Charity Trust  
Telus Community Connections  
The Oakville Curling Club  
Waterloo Region District School Board

## Corporations

### \$25,000 and above

Boehringer Ingelheim (Canada) Ltd.  
Manulife Financial  
RBC Financial Group through RBC Foundation

### \$10,000 - \$24,999

CIBC  
George Weston Limited  
GlaxoSmithKline Inc.  
Kohl & Frisch Ltd.  
Novartis Pharma Canada Inc.  
Shire BioChem Inc.  
TD Bank Financial Group  
Teva Neuroscience

### \$5,000 - \$9,999

AstraZeneca Canada Inc.  
CB Richard Ellis  
Nathan Hennick  
Pure Metal Galvanizing  
Quality Meat Packers Ltd  
RioCan Financial Services

### \$1,000 - \$4,999

Casco Inc.  
EdgeStone Capital Partners L.P.  
Elite Roofing & Management Inc.  
Franklin Templeton Investments Corp.  
Fraser Milner Casgrain LLP  
Gowling Lafleur Henderson LLP  
Leon's Furniture Limited  
Markay Development  
Neelands Refrigeration Limited  
Procter & Gamble Inc.  
Samuel-Acme Strapping Systems  
State Building Group  
The National Life Assurance Company of Canada  
Toyota Canada Inc.

## Foundations

### \$10,000 - \$24,999

The Catherine & Maxwell Meighen Foundation  
The Harold Crabtree Foundation  
The Mayvon Foundation  
The Peterson Family Charitable Foundation

### \$5,000 - \$9,999

Medtronic Foundation  
Scott Island Foundation

### \$1,000 - \$4,999

Charities Aid Foundation America  
CHUM Charitable Foundation  
Foundation For Youth  
Graham Munro Charitable Foundation  
Herbert Green Family Charitable Foundation Inc.  
Justin & Elisabeth Lang Foundation  
Macfarlane - Christie Foundation  
Mennonite Foundation of Canada  
Moses & Temara Tobe Foundation Inc.  
The Birks Family Foundation  
The J.P. Bickell Foundation  
The John C. & Sally Horsfall Eaton Foundation  
The Lillian & Don Wright Foundation  
The Miriam & Harold Green Family Foundation

*Every effort has been made to ensure the accuracy of this list. If there are errors, please accept our apologies.*