

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

Annual Report
2014



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 12,500 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. 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 30's and 40's.

Staff

Chief Executive Officer	Jean Blake
Director, Resource Development	Cecilia Tupper
Director, Education and Support Programs	Robbin Jeffereys (retired)
Information and Programs Manager	Stacey Dawes
Resource Development Manager	Betty Hum
Marketing and Communications Manager	Laura Darch
Information and Referrals Coordinator	Courtney Hanna
Education and Support Services Coordinator	Caroline Wiggins
Donor and Member Services Coordinator	Susan Atkinson

Board of Directors

Chair	Colin MacBeath
Vice Chair	Andrew Davenport & Alexandra Rice
Treasurer	Mona Kragh
Secretary	Bob Thompson
Members at Large	Tony Pugh & Val Swannell
Directors	Pat Gallaher (In Memoriam) Dave Rickards Ariane Grill Jennifer Spencer Tim O'Connor Joe Vukelic Cec Primeau Sherri Zelazny
Medical Advisor	Martin J. McKeown, BEng, MD, FRCP(C)

Executive Message

This year marked the first year of a five year strategic plan that will take us to 2020. Our primary strategic directions are to inspire hope, extend our reach, strengthen our impact and work better to achieve optimal performance.

To extend our reach and strengthen our impact, we delivered several new programs and services, including Voice & Swallow seminars and an exercise pilot. Our Voice & Swallow seminars taught practical skills to those who currently experience these symptoms and offered valuable information to those wishing to be proactive in their treatment. Our exercise pilot participants showed improvements in physical capacity and quality of life.

To inspire hope, we launched The Parkinson's Movement, a campaign to further draw attention to the benefits of exercise. Participants were encouraged to commit to an exercise goal for Parkinson's Awareness Month in April. The positive responses and extraordinary stories that were shared helped to raise public awareness of Parkinson's disease and the issues associated with it.

Further, together with our Parkinson Canada Partners, we were proud to fund 29 new grant, fellowship and student awards across Canada. Included in the awards were eight research projects in British Columbia.

We are sincerely grateful to have the support of our members, donors and sponsors. It has allowed us to be a friend and a guide to individuals and families living with Parkinson's disease.

Signed,

Colin MacBeath, Chair and Jean Blake, CEO

Colin MacBeath, Chair

Jean Blake, CEO



Colin MacBeath
Chair



Jean Blake
CEO



We delivered several new programs and services, including Voice & Swallow seminars.



We launched The Parkinson's Movement, a campaign to draw attention to the benefits of exercise.



Together with Parkinson Canada Partners we funded 8 research projects in BC.



Mona Kragh
Treasurer

Message from Mona Kragh, Treasurer

Our financial statements for the year ended December 31, 2014 have been 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.

The Statement of Financial Position reports healthy working capital with current assets significantly exceeding current liabilities. The Society's investment portfolio, with a market value of \$1,017,545, continues to generate modest returns.

Overall, the Statement of Revenue and Expenses reports a planned deficit of \$234,618. In 2014, the Board chose to invest in additional research to inspire hope and additional education sessions to extend our reach and strengthen our impact.

The Society enters 2015 with reserves roughly equal to 12 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 2015.

We are excited and pleased to announce the return of Dr. Becky Farley who will provide training for up to 50 certified physical trainers in PWR! exercise strategies and up to 50 physiotherapists in PWR! physio techniques.



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Our Picture of Financial Accountability

To view a copy of our 2014 Financial Statements, please visit www.parkinson.bc.ca.

Revenue 2014

50%	Special Events \$573,820
31%	Donations \$353,732
15%	Bequests \$171,343
4%	Investments and Other Income \$46,940

Expenses 2014

35%	Support Services \$484,436	9%	Research \$120,432
27%	Fundraising \$376,047	5%	Administration & Governance \$77,039
12%	Public Awareness \$163,435		
12%	Federation Support \$159,064		

Inspire Hope

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

RESEARCH

- \$1,348,949 invested by Parkinson Society Canada's National Research Program towards Parkinson's research in British Columbia since 2002.
- 29 new grant, fellowship and student awards supported by Parkinson Society British Columbia and its regional partners as of July 2014.
 - 8 research projects in British Columbia funded including:

Dr. Mark Carpenter
Balance and the brain

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

Dr. Daryl Wile
Mapping the brain to find an early diagnostic test for Parkinson's

Matthew Sacheli
Prescribing exercise as a treatment for Parkinson's

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

Professor Alex MacKay
Measuring the brain's white matter and how it affects thinking in Parkinson's

Also: **Dr. Mattia Volta**
Kim Taylor
Knocking out a protein to protect against Parkinson's
End-of-life care planning: Removing the onus from the patient

ADVOCACY

- Support group visits coupled with a survey conducted in 2014, allowed us to establish the following as advocacy priorities:
 - Reducing Waitlists** currently at 18 to 24 months to see a neurologist specializing in movement disorder.
 - Educating Community and Allied Health Professionals** regarding diagnosing and/or treating and/or caring for people with Parkinson's disease.
 - Medication on Time** is an issue especially when hospitalized and sometimes in care facilities.
 - Pharmacare Coverage** for PD medications especially for those with lower incomes.
 - Caregiver Supports and Resources**

Action: In 2015 we plan to recruit and train volunteer advocacy ambassadors to share their stories and build a campaign to take these issues forward. Furthermore, we will support Parkinson Society Canada in a national advocacy campaign during the upcoming federal election.

Extend Our Reach & Strengthen Our Impact

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

40% INCREASE

over 2013 in traffic to Parkinson Society British Columbia's website.



192 TOTAL ATTENDEES

at our Regional Conferences in Nanaimo and Kamloops.



34% INCREASE

in web downloads of educational materials over the previous year.



50% IMPROVEMENT IN OVERALL QUALITY OF LIFE

reported by those who participated in our pilot exercise programs in Vancouver and Burnaby. Participants also showed advancement in all monitored activities.

32 REGISTRANTS

for our Time Out for Caregivers workshop.



12 ACTIVE AND CURRENT CONNECTIONS

made through the PD Link program.



255 RESPONSES FROM PEOPLE LIVING WITH PARKINSON'S AND 124 RESPONSES FROM CAREPARTNERS

to two surveys that assisted in identifying advocacy issues (see page 4) & determining the need for more programming outside the lower mainland.



NEW! VOICE & SWALLOW SEMINAR

80 people trained in voice & swallow disorder techniques.



43 INDIVIDUALS REACHED

at our Young Onset Conference held in September.



1450+ INDIVIDUALS HAVE SPOKEN ONE-ON-ONE

with our support services team for information and referrals.

Serving People Across BC 2014 Support Groups

- ◆ Abbotsford
- ◆ Burnaby
- ◆ Campbell River
- ◆ Chilliwack
- ◆ Chinese Speaking (Vancouver)
- ◆ Courtenay/Comox
- ◆ Courtenay/Comox Caregivers
- ◆ Cowichan
- ◆ Cranbrook
- ◆ Creston
- ◆ Fort St. John
- ◆ Kamloops
- ◆ Kelowna
- ◆ Kelowna Caregivers
- ◆ Ladner
- ◆ Langley
- ◆ Lion's Bay
- ◆ Maple Ridge/Pitt Meadows
- ◆ Maple Ridge/Pitt Meadows Caregivers
- ◆ Mission
- ◆ Nanaimo
- ◆ Nelson
- ◆ New Diagnosis 1 (Vancouver)
- ◆ New Diagnosis 2 (Vancouver)
- ◆ New Westminster
- ◆ North Shore
- ◆ Osoyoos
- ◆ Parksville/Qualicum
- ◆ Parksville/Qualicum Caregivers
- ◆ Penticton
- ◆ Penticton Caregivers
- ◆ Powell River
- ◆ Prince George
- ◆ Quadra Island
- ◆ Richmond
- ◆ 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

50+ SUPPORT GROUPS SUPPORTED BY PSBC

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

Better, Together

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



\$86,000 IN ONLINE GIFT GIVING. A 64% INCREASE

over 2013, further reducing administration time.

\$171,343 WAS RECEIVED FROM THE ESTATES OF 6 GENEROUS INDIVIDUALS

who named Parkinson Society British Columbia in their Will.



\$70,876 RAISED DURING OUR NEW CAMPAIGN, THE PARKINSON'S MOVEMENT,

meant to promote the benefits of exercise for Parkinson's symptoms and raise funds for critical programming.



19 CHAMPIONS FOR PARKINSON'S HELPED TO RAISE \$56,906

by holding independent community events including Me-n-Ed's 7th Annual Charity Golf Classic and Coast to Coast for Parkinson's - Grady and Kelley Ride Across Canada.



\$432,998 WAS RAISED BY 21 COMMUNITIES

during the Parkinson SuperWalk, representing a 10% increase over 2013.



THANK YOU FOR HELPING US TO RAISE \$1,073,565!



MEMBERSHIP GROWTH OF 5% OVER 2013.

29% INCREASE IN MONTHLY DONORS.



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 Parkinson Society British Columbia with a significant gift in 2014. 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 (3)
- Sarah and Cameron Belsher

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

- Anonymous (10)
- Mark Betteridge
- Barbara Bilisland
- Ernest D. Black
- Jean Blake
- Delores Couch
- Linda Dawson
- Marjorie and Roger Eamer
- Ralph Emsland
- Donna Evans
- Frank Fallows and Family
- Leah Shaw and Steven Genn
- James H. Gilkison
- Jean E. Greenaway
- Alan and Marjorie Grinnell
- Cathy and Gary Harasym
- Richard Haschke and Jacqueline Ordronneau
- Barbara and Shell Hershberg
- Jan and Rod Hobbs
- Ruth and Donald James
- Ingrid and Jurgen Kahl
- Klaus Kahl
- Anne and Peter Kains
- Maureen Legg
- Paul Leinemann

- Linda Leslie
- Marna Leslie
- Roberta and Angus Leslie
- Linda Loo and Stephen Richards
- Colin and Kate MacBeath
- Jonathan Mackin
- John and Mary Manuel
- Diane Marsh
- Ellen and John McCurrach
- Peter McDermott
- Margaret Mutch and James Patterson
- Judith and Robin Nelson
- Ruth Nobbs
- Ted and Carolyn Osborn
- Stewart Pugsley
- Dr. Alan Reynolds
- Breda and John Sheehan
- Carolyn and David Simmons
- Bernie and John Smerdon
- Mike, Melissa and Caroline Smerdon
- Lyn Blanchard and Val Swannell
- Dr. Jennifer L. Takahashi
- Linda Thiessen
- John and Gilberte Thompson
- Cheryl and Garry Toop
- Dean Toye
- Christopher Vollan
- Carl A. Wagner
- Magdalene and Peter Watts

- Barry West
- Dick Williams
- James and Deborah Yeates

Tulip Circle \$500 to \$999

- Anonymous (7)
- Darbra Adair
- Rob Aird
- Colin Arnold
- Joanie Ball
- Shelagh Ballard
- Maureen J. Bird
- Mike and Lynn Born
- Wallace Bradley
- Todd Brown
- Blake Burgess
- Margaret Carley
- Wendy Caywood
- Nancy and Ken Coutts
- Tim Creelman
- LaVerne Cunliffe
- Justin D'Agostino
- Dale DeBeeld
- Gavin E. Dirom
- Victor Dyck
- Janet E. Ellis
- Gerald Falk
- Hermann and Regine Fefer
- Tracy Fertig
- Matthew Freeman
- Yuri Fulmer
- Mike and Ae Ganske
- Gerald M. Gartner
- Stanley E. Gieschen
- David Grunder
- Terry and Brent Hancock
- Linda and Rick Hirtle
- Bernadette and Bruce Hirtle

- Gary Holland
- Dolores I. Houghton and Cary Graham
- Wim and Mimi Hunfeld
- Jennifer Hunt
- Lucille Huot
- Barbara Inniss
- Audre Barbara Jackson
- Rita Jo-Ann Johnston
- Anders Jorgensen
- William Koch
- Faisal Khokhar
- Mona Kragh
- Chuck and Deb Lawson
- Mark Lyons
- Gary Mah
- Jennifer and John Marriott
- Len and Betty Marston
- Eileen Mate
- Richard and Barb Mathias
- Herb & Donna Matthews
- Nairn McKenna
- Jack and Angela McKeown
- Malcolm McLaren
- Dave McNeil
- Roger and Dominique Miller
- Richard Milton
- Bjorn Moller
- Steven Moore
- Brett B. Morgan
- Edward and Penny Moul
- Beverley Muench
- Dr. Kenneth Muth
- James & Kim Nenniger
- Dorothy Nenniger
- Kathy-Ann Nobbs-Thiessen

- Mavis and Walter Norman
- Rendy and Brian Olthuis
- Helen Petre
- Paula Phillips and Dan Robb
- Iris Pierrot
- Ian and Ebie Pitfield
- June and John Reeve
- David and Elaine Rickards
- Judy Rose
- Lana Russell
- Ivor Ruste
- Richard Shantz
- Theresa Sheehan and Terry Ellis
- Doris and David Shoemaker
- Cordie and Stan Siemens
- Mary Simonin
- Kip Smith
- Richard and Joan Smyth
- Suzanne Stothers
- Parni and Kent Stuehmer
- Jim and Eva Stuehmer
- Janet Stuehmer and Richard Hutton
- Ida Sullivan
- Robert Swannell
- Geoffrey Swannell
- Michael Tatchell
- Linda Tod
- Russell Tront and Jennifer Hunt
- Antoinette Tummillo
- Judith and Ewout van Dishoeck
- Barbara and Andrew Vogan
- Val Walters
- Ms. Gwendolyn Williams
- Jennifer Williams
- Leroy and Shirley Wolbaum
- Paul and Marguerite Zakus

LEGACY GIFTS

- The Estate of Patricia Ashleigh
- The Estate of Jessie McLennan
- The Estate of John Morrison
- The Estate of Erica Saladin
- The Estate of John T. Walters

CORPORATIONS, COMMUNITY AND EMPLOYEE GROUPS, FOUNDATIONS AND SERVICE CLUBS

Leadership Circle \$5,000 or more

- A&W - Newton/ Strawberry Hill
- AbbVie Corporation
- Bell Media, Kelowna
- Blake, Cassels & Graydon LLP
- BMC Networks Inc.
- CISL - AM 650 Radio
- Community Connection Health Foundation
- Grant Thornton, LLP
- Iranian-Canadian Benevolent Foundation
- James B. Wallace Foundation
- Lewis Family Fund
- NL Broadcasting Ltd., Kamloops
- Scotiabank
- Telus (Team Telus Cares) Foundation
- TEVA Canada Innovation
- The Alan and Doreen Thompson Charitable Foundation
- Val Walters
- Ms. Gwendolyn Williams
- Jennifer Williams
- Leroy and Shirley Wolbaum
- Paul and Marguerite Zakus

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

- Allwest Electric
- Beaver Valley Lions Club
- Bellringer Family Foundation
- Bond Repro

- Canadian Western Bank
- DNV Firefighters Charitable Society
- Loca 1183 I.A.F.F.
- Fasken Martineau DuMoulin, LLP
- Global BC
- Gorman Bros. Lumber Ltd.
- Green Planet Wholesale
- Howard C. Green Memorial Fund held at Vancouver Foundation
- MacDonald Dettwiler and Associates Ltd.
- North Delta Lions Club
- Pine Crescent Holdings
- Powell River Parkinson's Support Group
- Pratt's Compounding Pharmacy Inc.
- Provincial Employees Community Services Fund
- Right of Way Operations Group
- Royal Canadian Legion Branch No. 173
- Royal Canadian Legion Branch No. 88
- SFU Community Trust
- The Capital Media Co.
- The Lighting Warehouse
- The Magee Seward Family Foundation
- The Raven Foundation
- Tsileil-Waututh Nation
- Valley Driving School Ltd.
- Valley West Automotive Ltd.
- Werner and Helga Hoing Foundation
- White Spruce Enterprises (1901) Ltd.

Tulip Circle \$500 - \$999

- Abbotsford Parkinson's Support Group
- Abilities Neurological Rehabilitation
- Army, Navy and Airforce Veterans - Unit 284
- Burnaby Loughheed Lions Club
- Can-Ital Ladies Society
- Colliers International
- Custom Plates and Profiles, a division of Samuel, Son & Co. Limited
- Dr. Hugh M. Parsons Inc.
- Fibreco Export Inc.
- Graham Marine Services Ltd.
- Green Roads Recycling Ltd.
- Kamloops Brock Central Lions Club
- Land Forest People Consulting Ltd.
- Ledcor Construction Ltd.
- Leslee Farrell Real Estate
- LKN Consulting Ltd.
- Mill Bay Lions Club
- Pender West Capital Partners Inc.
- Royal Canadian Legion Branch No. 164
- Royal Canadian Legion Branch No. 280
- Royal Canadian Legion Branch No. 8
- The Madulo Fund
- Tsileil-Waututh Nation - Health Department
- UniPHARM & Medicine Centre Pharmacies Charitable Foundation

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.



In memory of Pat Gallaher,
our longest serving director, who passed away in February 2015.
"My glass isn't half full; it's overflowing."



Parkinson Society British Columbia
Soci t  Parkinson Colombie-Britannique

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