



VIEWPOINTS

Summer 2026

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by Parkinson Society
British Columbia

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Your support is essential.

Parkinson Society BC would not exist without the support of our members, donors, and volunteers.

OUR MISSION

Parkinson Society British Columbia exists to empower people with Parkinson's in British Columbia through providing resources and services to enable self-management, self-reliance, and self-advocacy.

Here are a few of the ways you can support the Society:

MEMBERSHIP

For an annual fee of \$25, your household benefits from unlimited access to our education and support services, events, and resources.

DONATIONS

Contact us to set up monthly, quarterly or annual donations, or think of us when giving through United Way.

PLANNED GIVING & BEQUESTS

Consider Parkinson Society BC as a beneficiary in your will.

FUNDRAISING

Become a Champion for Parkinson's by organizing your own event benefiting the Society. For more information on how you can support us, visit www.parkinson.bc.ca/donate.

SUPPORT GROUPS

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Articles contained in Viewpoints are for information only. Parkinson Society British Columbia does not guarantee nor endorse any product or claim made by an author. In matters of medical treatment or therapy, patients should consult their physicians.

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Research Program

CO-SUPERVISORS



Dr. Susan Bronskill



Dr. Connie Marras

Research

Rethinking How Real-World Data Can Help Parkinson's Disease Clinical Trials

Dr. Priti Gros from the University of Toronto, alongside her co-supervisors Dr. Connie Marras and Dr. Susan Bronskill, studies how real-world data can be used to improve clinical trials for disease-modifying therapies in Parkinson's disease (PD). Real-world data (i.e. information routinely collected during everyday healthcare encounters) can help researchers design future trials and understand how treatments perform outside of controlled research settings.

Over the past two decades, numerous clinical trials for PD have tested promising therapies to delay disease progression, but none have demonstrated definitive long-term benefit. This raises a critical question: are these experimental drugs truly ineffective, or are we failing to study them in ways that reflect their impact on how Parkinson's disease unfolds in the real world? Their research addresses this question by showing how real-world data can help to rethink PD clinical trials through a series of studies: from who is recruited, to how progression is measured, to which potential therapies to test, and informing how clinical trials could be designed in the future.

Who participates in Parkinson's disease-modifying therapy trials?

Most Parkinson's disease-modifying therapy trials recruit participants from teaching hospitals and academic centers. Until recently, little was known about whether individuals seen in teaching hospitals early in their disease—the group most likely to be recruited into disease-modifying therapy trials—are representative of the overall Parkinson's population. Dr. Gros' research team used population-based data to compare nearly 20,000 individuals with Parkinson's across Ontario (Canada). They examined those seen early by neurologists in teaching hospitals as a proxy for trial-eligible participants and compared them with individuals receiving early care in other settings, such as community neurology or primary care. Because the data capture nearly all healthcare interactions in a single-payer health system, this approach allowed for a province-wide real-world comparison.

They found that individuals seen in teaching hospitals were younger, had fewer comorbidities, and lived in more socioeconomically advantaged neighborhoods. In the long-term, they were less likely to develop dementia, require long-term care, or die, compared with individuals seen in other settings. Moreover, they were also more likely to receive additional Parkinson's medications and surgical therapies, reflecting greater access to specialized interventions.

These results suggest that Parkinson's disease trials may underrepresent individuals with faster complications and those from more disadvantaged communities. This has important implications for trial generalizability and health equity.

This work reveals potential blind spots in traditional clinical trials and suggests the need for more intentional recruitment strategies that better include all populations, including those historically underrepresented.

Beyond who is recruited: how progression is measured

The team's current research focuses on how Parkinson's disease progression is measured in clinical trials and how to assess whether these measures align with the long-term health system trajectory of the disease. Many trials rely on short-term changes in clinical rating scales, particularly the motor component of the Movement Disorder Society Unified Parkinson's Disease Rating Scale (MDS-UPDRS Part III). Yet Parkinson's unfolds over many years, sometimes decades.

By linking clinical assessments to long-term health service outcomes, they aim to evaluate whether short-term changes in commonly used scales are correlated with long-term milestones such as falls, dementia, institutionalization, or death. This study will test whether outcomes in clinical trials predict long-term disease burden.

Using real-world data to inform future trials: which therapies to test?

Their research uses real-world data not just to explore limitations in existing clinical trials, but also to help design future studies. By using large population-based health data and advanced methods, they can study treatments in ways that closely resemble clinical trials, but over much longer periods of time. The research will focus on drug repurposing (i.e. medications that are already approved and widely used for other conditions and may also help slow PD). They study how exposure to these drugs relates to outcomes that matter to people living with Parkinson's disease and to the health system, such as independence, need for care, and survival. This approach helps identify potential therapies that are suited to be formally tested in clinical trials. It also offers a practical way to study long-term treatment effects at a large scale.

Using real-world data to design clinical trials

They are currently reviewing the literature and examining how randomized clinical trials have incorporated real-world data in their design not only within the field of neurology but also other medical fields. This involved reviewing trials that incorporated data such as health records, disease registries or health administrative data to support trial planning, follow-up, or outcome measurement. This work helps outline how real-world data can be thoughtfully integrated into clinical trials and potentially reduce cost, improve length of follow-up and capture meaningful outcomes.

What this means for people living with Parkinson's disease

Parkinson's disease clinical trials do not always reflect the experiences of everyone living with the disease. People who are most likely to be recruited into trials may differ from many individuals in the broader community, including those who are older, have additional health conditions, or live in more disadvantaged settings. At the same time, many trials rely on short-term measures that may or may not necessarily capture how Parkinson's or the experimental drugs affect people over the long term. Real-world data, which follow individuals over many years in everyday care, may offer an opportunity to better understand disease progression outside of trial settings. Integrating this type of data into trial design may help future studies become more inclusive, cost-effective and more relevant to the lives of people living with chronic conditions, such as Parkinson's disease.

Dr Priti Gros is a movement disorders neurologist and clinical associate at Toronto Western Hospital. She is currently a PhD student in Clinical Epidemiology and Healthcare Research, supervised by Dr. Connie Marras and Dr. Susan Bronskill. She is passionate about how real-world data can support clinical trials for disease-modifying therapies in Parkinson's. Beyond her PhD, she is passionate about non-pharmacological therapies in Parkinson's and is involved in the Dancing with Parkinson's Boards of Directors.

Ask an Expert

Allie Saks discusses the numerous benefits of the Pedaling for Parkinson's™ program



Allie Saks has been a driving force in bringing innovative, evidence-informed exercise programs to people living with Parkinson's disease (PD) in British Columbia. In 2016, she became

Vancouver's first certified Rock Steady Boxing (RSB) coach. This year marks ten years of her leadership in delivering and growing the program locally.

As a registered Occupational Therapist, Allie has combined her clinical expertise with specialized training in both RSB and Parkinson Wellness Recovery (PWR!) to deliver dynamic, tailored classes that support strength, balance, mobility, and overall quality of life. In addition to her work with RSB, Allie also helped launch Vancouver's first Pedaling for Parkinson's™ program, further expanding access to effective, research-based exercise options for people living with Parkinson's.

Her programs provide more than physical benefits; they create a welcoming, non-clinical environment where participants build confidence, connection, and resilience. Through careful assessment and personalized adaptations, she ensures each participant can engage safely and meaningfully, regardless of experience or ability.

Please tell us about the Pedaling for Parkinson's™ program – how did it begin, and what inspired you to get involved personally?

In 2003, neuroscientist Dr. Jay Alberts and Cathy Frazier, who lives with Parkinson's disease, rode a tandem bike during a multi-day ride across Iowa. Cathy noticed a dramatic reduction in her symptoms, saying she felt like she "didn't have Parkinson's anymore." This experience sparked research into the effects of high-cadence cycling (meaning pedaling at a faster-than-normal rate, typically 90+ revolutions per minute) on

Parkinson's symptoms. With support from the Davis Phinney Foundation in 2009, Dr. Alberts developed a structured cycling protocol. Early clinical success led to the creation of community-based Pedaling for Parkinson's™ classes.

By 2013, the program expanded nationwide and is now delivered by trained instructors to support people with Parkinson's in living well today. I was inspired to get involved because of my personal passion for cycling and through my work as an Occupational Therapist and Head Coach at Rock Steady Boxing Vancouver, where I see daily how targeted, evidence-informed exercise improves quality of life for people with PD.

What are the benefits of cycling for Parkinson's disease? What does the current research say about its benefits?

The Pedaling for Parkinson's™ program is informed by research demonstrating that consistent, high-cadence cycling can help reduce PD symptoms. Research has shown that participants who ride three days per week over eight weeks have shown improvement in their PD-related symptoms by as much as 35%.

For over 17 years, Dr. Alberts and his team at the Cleveland Clinic have studied the impact of forced and high-intensity aerobic exercise on people living with PD. Their findings include improved motor function, better cognitive performance, reduced symptom severity, and enhanced quality of life.

Can you walk us through a typical class, from warm-up to cool-down? What can participants expect in terms of structure, class size, and the kind of real-time feedback or guidance they receive during the session?

The warm-up generally features gentle pedaling to gradually increase heart rate, with a focus on posture, breathing, and smooth movement.

The main set usually features structured intervals using cadence, resistance, and rhythm, with an emphasis on consistency, symmetry, and effort rather than competition.

The cool-down usually has a gradual slowing of pace, stretching, and body awareness.

Class sizes are usually a small group format to allow individualized attention (approximately five to eight individuals per class, with a maximum of 12).

Coaching offers real-time verbal cues and feedback, with ongoing posture, cadence, and effort adjustments. We make sure to have plenty of encouragement and education throughout the session.

We always make it FUN – we play upbeat, motivating, feel-good music and we take song requests!

How does Pedaling for Parkinson’s™ differ from other forms of exercise for PD, such as boxing, tai chi, or dance?

Cycling is low-impact and joint-friendly, and is primarily seated, making it an accessible way for individuals with balance challenges to get their heart rate up. Compared to boxing, dance, or tai chi, there is less emphasis on complex choreography or standing balance, and a greater focus on rhythmic, repetitive cardio. It complements other PD programs rather than replacing them – many participants combine cycling with boxing, strength training, or balance work!

As an instructor, what has surprised or inspired you the most while leading these classes?

It’s been incredibly inspiring to watch participants grow more confident in their bodies, especially seeing those who were hesitant at first become consistent, committed riders. There’s also such a strong sense of community and encouragement in every class – we have so much FUN riding together! Some of our participants have even started their own support group and meet monthly. Improvements extend beyond the classes as well, such as better walking endurance or increased daily activity.

What adaptations or modifications are available for riders with balance challenges, mobility limitations, or varying fitness levels?

Resistance and cadence are tailored to individual ability – you are in charge of your bike and how hard you can or want to work. There is always the option for slower pacing, shorter intervals, and frequent rest breaks. We also ensure ongoing adjustments based on how participants are feeling that day and put an emphasis on “meeting people where they are.”

Are there individuals with Parkinson’s for whom Pedaling for Parkinson’s™ classes may not be suitable? How can someone determine whether it’s a good fit for them?

Individuals with unstable cardiac conditions, severe orthopedic pain not tolerated with cycling, or medical restrictions on aerobic exercise may not be suitable for the classes. Riders must be able to get onto their stationary bike with minimal assistance and pedal for 45 minutes. Participants are encouraged to speak with their healthcare provider if unsure, and start slowly and build gradually. A trial class is often the best way to determine fit!

What encouragement or advice would you give to someone who feels nervous about starting an exercise program, or who hasn’t exercised in years?

You are welcome to have a carepartner participate in the class with you – free of charge! It’s also never too late to begin moving – always remember that “Movement is Medicine!”

You do not need prior fitness or cycling experience, as most of our riders started as beginners having never done a cycling class before. Be assured that Parkinson’s-specific programs are designed to be supportive and adaptable. The hardest part is often just showing up the first time.

If individuals would like to try Pedaling for Parkinson’s™, where can they learn more and sign up?

Classes are currently being offered at the Jewish Community Centre (JCC) at 950 W 41st Ave, Vancouver, BC, on Tuesdays from 12:30 – 1:15pm until June 16.

We will be taking a break for July and August, but classes will resume in September! Stay tuned for the upcoming fall schedule.

For more information or to join a class, please email vancouver@rsbaffiliate.com.

Is there anything else you would like to add?

Exercise is one of the most empowering tools people with Parkinson’s have. Movement, when done safely and intentionally, can truly change how people live with Parkinson’s disease. Programs like Pedaling for Parkinson’s™ provide not just physical benefits, but connection, confidence, and hope. We hope to see you at one of our upcoming classes!

Annual Report



Jorge Villalobos,
Person with Parkinson's

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Our Mission

Empower people with Parkinson's in British Columbia by providing resources and services to enable self-management, self-reliance, and self-advocacy.

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. Both motor and non-motor symptoms may be experienced, such as tremor, rigidity, slowness of movement, difficulty with speech, sleep disturbance, and mood disorders. There is currently no known cure.

It is estimated that there are approximately 17,500 individuals living with Parkinson's in British Columbia. While most people with Parkinson's are over 60, 20% are diagnosed before the age of 50 and many are in their 30s and 40s.

Executive Message

Dear Friends of Parkinson Society BC,

We are pleased to be presenting another Annual Report to our community! Although we wish we were greeting you in less unsettling and uncertain times globally. Perhaps this provides an opportune time to reflect on the importance of mission-driven non-profit organizations – just like Parkinson Society British Columbia (PSBC) – which offer continuity, hope, a sense of belonging, and practical support to their communities. We are proud to highlight some of the ways that we did this last year:

ADVANCING RESEARCH

PSBC partnered with the Alzheimer Society B.C. and Yukon, Michael Smith Health Research BC, Brain Canada, Branch Out Neurological Foundation, CLEAR Foundation and the Patrick & Dulcie Lenox Endowment to launch a new research funding program focused entirely on Parkinson's and Alzheimer's diseases, and their shared features. We did this because we know that research into Parkinson's disease is more important than ever before, given that it is predicted to grow by more than 30% over the next decade. The program will help to build specialized research networks across BC that can deliver innovative and cutting-edge research.

SUPPORTING ACCESS TO HEALTHCARE

We have continued to provide financial support to four Movement Disorders Clinics across the province to enable greater access to allied health professionals including speech and language pathologists, physiotherapists, and occupational therapists. This investment helps solidify critical multi-disciplinary care for those living with Parkinson's. We are delighted that Interior and Island Health have continued to fund positions beyond the life of their financial partnership with PSBC.

DELIVERING PROGRAMS AND SERVICES

So many of you have used our free exercise programs, virtual physiotherapy, information and referral service, counselling, and healthcare navigation services. You have read our publications, attended our educational webinars, and joined our activity groups. Our provincial network of more than 50 support groups, facilitated by the most compassionate and steadfast volunteers, means that those living with Parkinson's in B.C. can connect with those who share their experience in their own community.

ACKNOWLEDGEMENTS AND LOOKING AHEAD

We are grateful for the ongoing dedication and support of our volunteers, Board Directors, donors, staff, and the wider community. Quite simply, we would not exist and could not do what we do without you – and that has been the case since the Society's inception in 1969! There remains so much to do – particularly in the area of advocating for better access to movement disorders specialists in rural and remote areas of the province, and timely access to Deep Brain Stimulation surgery. Thank you for helping us continue to support and uplift the Parkinson's community in British Columbia. Our goal is that every person touched by this complex disease has the information and services they need to live life to the fullest.

With gratitude,

Joanne Baker
CEO



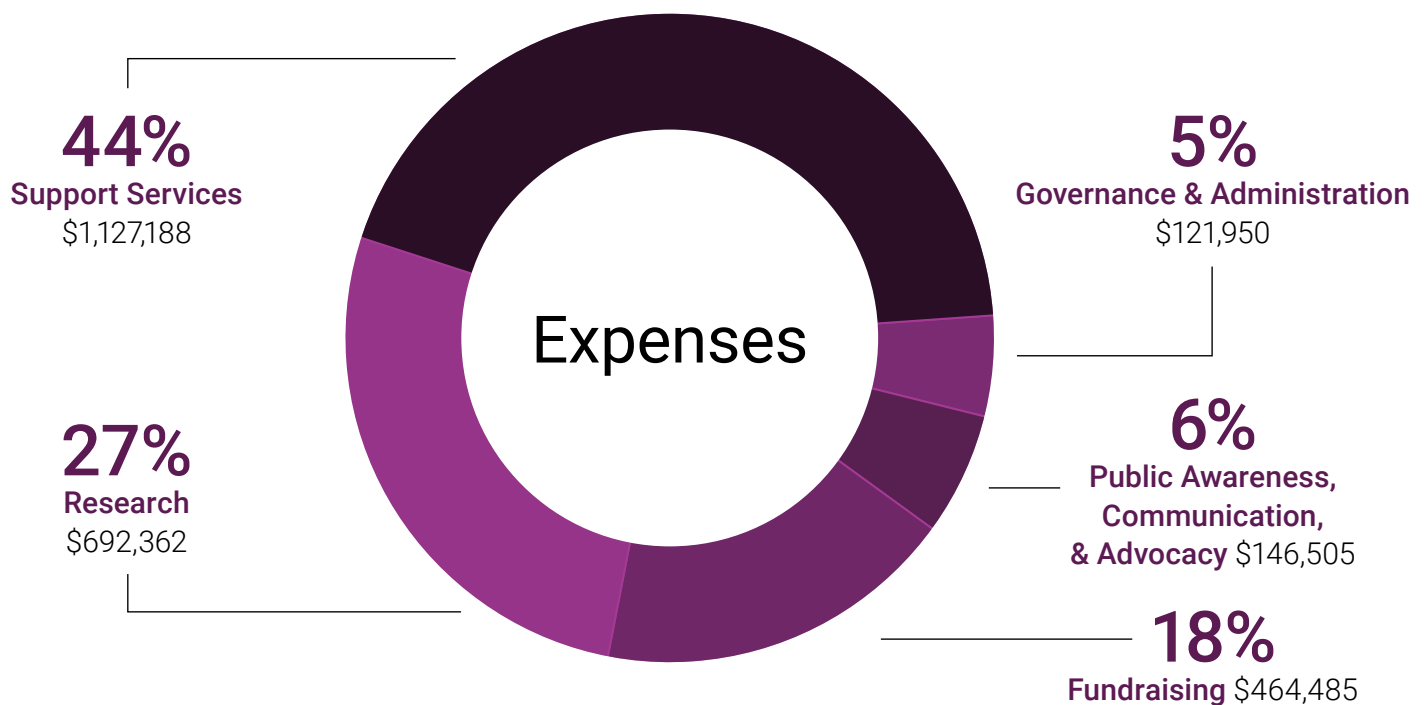
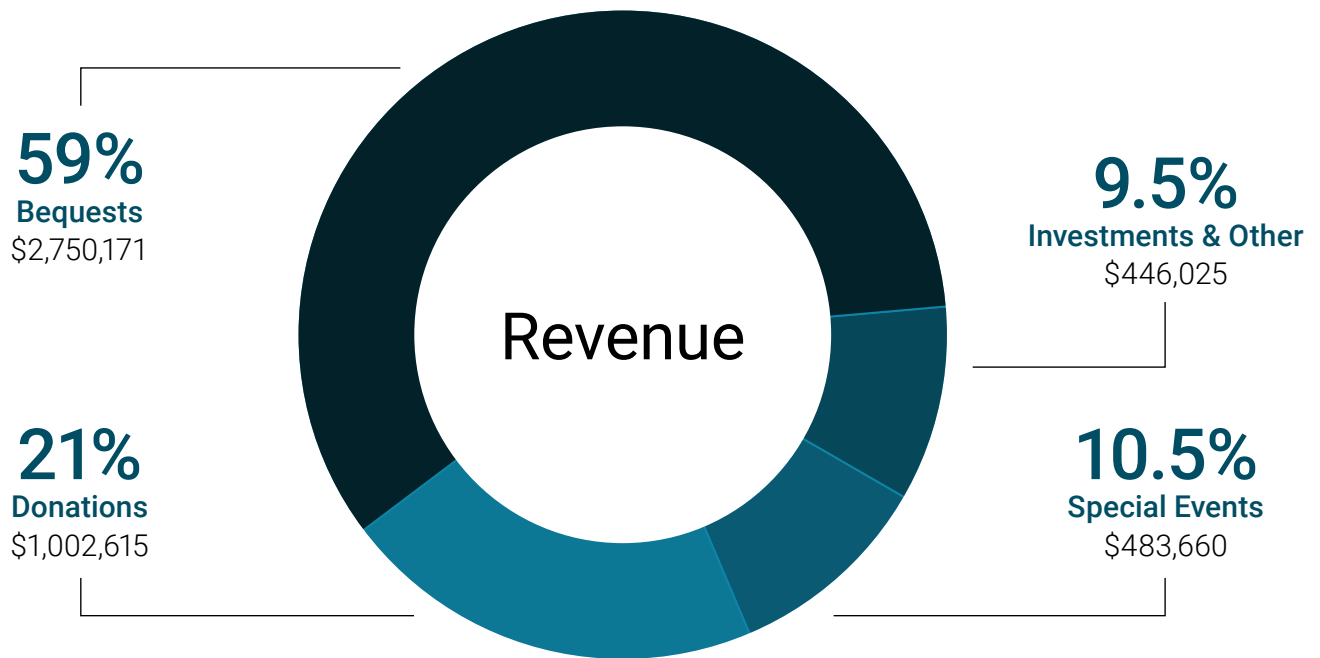
Andrew Davenport
Board Chair



Message from our Finance Committee

The Society enters 2026 with reserves equal to nearly 3 years of its historical expenses, which provides the Board with further opportunity to increase the Society's impact and reach throughout BC.

To view a copy of our audited 2025 Financial Statements, please visit www.parkinson.bc.ca.



Special Thanks to Our Supporters

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Note: We strive to ensure that each name is captured, appropriately listed, and correctly spelled. Please let us know if we have made an error so we can update our records and recognize you in the future.

Parkinson's Ready Program

The "Parkinson's Ready" program aims to reduce stigma and enhance support for individuals living with Parkinson's disease (PD) by training key leaders in the safety, transportation, and service industries.

By improving awareness and understanding of PD, these leaders will be able to provide positive and supportive experiences for residents as well as visitors and families impacted by PD. In 2024 & 2025, PSBC helped deliver 11 trainings to more than 400 individuals. After attending the program, 82% of participants reported having adequate knowledge of PD and 75% reported confidence when interacting with PwP at their workplace and in their personal lives.

500+

volunteer hours contributed to help make Parkinson SuperWalk in BC possible

1,500+

volunteer hours contributed within Programs & Services highlighting the essential role community members play in expanding our reach across the province



Save the Date!

Parkinson SuperWalk will return to British Columbia on Saturday, September 12, 2026.

Registration opens June 1st, visit:
www.parkinson.bc.ca/superwalk



Investing in Research

Parkinson Society British Columbia (PSBC) proudly invests in research that advances understanding, improves care, and moves us closer to a cure for Parkinson's disease. Through direct funding and strategic partnerships — including with the Parkinson Canada Research Program and Michael Smith Health Research BC — we support clinical studies, pilot projects, fellowships, and innovative research that address the needs of people living with Parkinson's in BC and beyond.

FUNDED THROUGH THE PARKINSON CANADA RESEARCH PROGRAM

Connor Bevington

University of British Columbia

Effects of exercise on brain energetics in Parkinson's disease.

Daryl Wile

Exercise snacks for people with Parkinson's disease: A pilot randomized controlled trial.

Miguel Angel Perez Castro

University of Toronto

Creating a model with targeted genetic manipulation of dopaminergic neurons to uncover potential treatment targets through in vivo CRISPR screenings.

Parichehr Moghaddam

University of British Columbia

Lifestyle interventions in Parkinson's disease as an extension of standard clinical care.

Pooja Gandhi

University of Alberta

Exploring the efficacy of the effortful swallow maneuver for improving swallowing in people with Parkinson's disease.

Stefan Lang

University of British Columbia

Network signatures of non-motor symptom outcomes following Deep Brain Stimulation in Parkinson's disease.

FUNDED THROUGH MICHAEL SMITH HEALTH RESEARCH BC

Ifeoluwa Awogbindin

University of Victoria

The impact of SARS-CoV-2 infection/COVID-19 and microglial contribution on the development and severity of Parkinson's disease.

Jason Chan

Fraser Health Authority

Dynamic functional brain imaging of the motor and cognitive effects of dopaminergic medications in patients with Parkinson's disease.

Lisa Julian

Simon Fraser University

Organelle signaling in stem cell identity specification.

Nicholas See

Simon Fraser University

A chemical biology approach to uncovering modulators of a Parkinson's disease-linked protein.

Nika Shakiba

University of British Columbia

Unlocking the competitive potential of pluripotent stem cells: Towards novel stem cell therapeutics.

LOOKING AHEAD

We remain committed to supporting both clinical and translational research that improves the lives of people affected by Parkinson's disease. As new projects are funded, PSBC will continue to share updates, outcomes, and discoveries that reflect the impact of your support — bringing hope and progress to the Parkinson's community.

Our Year in Review



\$150k

raised by community members hosting third-party events to support PSBC



18

outreach presentations made for people with Parkinson's and healthcare professionals



2

lectures held for Douglas College Health Care Assistants



\$328k

raised as a part of Parkinson SuperWalk



63

3 Communication & Swallow Workshops delivered across BC, with 63 attendees

1,073

15 educational webinars with 1073 registrations



91

new counselling & healthcare navigation clients



78

referrals from healthcare professionals to PSBC through PD Connect



16%

increase in Instagram followers

11%

increase in YouTube subscribers



15

healthcare professionals trained in Parkinson's exercises through PD Warrior

41

support groups across BC, providing ongoing connection and support



53

new physiotherapy clients

Stories

From the Anchor Chair to the SuperWalk Stage: Coleen Christie's Personal Story



Coleen and her father, Alan

For many British Columbians, Coleen Christie has been a familiar face for more than 25 years, known for the calm, compassionate way she delivers the news into living rooms across the province. Outside of work, she's an animal lover and fitness enthusiast, and has also developed a deep passion for Parkinson's disease (PD) awareness, shaped by her own family's experience.

It was an audition for a TV commercial that began Coleen's broadcast career. That led to a 10-year career as an award-winning promotion producer at CHEK TV in Victoria – which she found both creative and deeply rewarding.

When she was later headhunted for a job in the United States, she found herself at a crossroads: continue on the production path she knew well, or take a chance at an on-air career she had begun to explore. In the end, she chose the less certain route.

That decision brought her to a new Vancouver TV station just preparing to launch – VTV, which would later become the CTV affiliate. She began as an entertainment reporter before quickly moving into the anchor chair. That was in 1997, and she has never looked back.

"I feel incredibly lucky that I love what I do," Coleen says. "I would still consume a lot of news, even if I wasn't working in it, but getting to communicate it to others is a real privilege."

There's no such thing as a typical day for her. When anchoring *Global National*, it starts with an editorial call, followed by shaping the newscast with producers, including writing, reviewing, and refining stories right up to airtime. On the Global BC side, she anchors *Global News at Noon* and Global BC's 24-hour news channel, *BC1*, including live news conferences and breaking news.

As she puts it, anchoring is all about deadlines. The work begins long before the broadcast does. And a lesser-known detail: at Global BC and at most stations – anchors do their own hair and makeup, and buy their own wardrobe. She says, "If you're looking for a glamorous career, look elsewhere."

If you have attended Parkinson SuperWalk in Vancouver in the last several years, you would have also seen Coleen take the stage as the event's master of ceremonies. SuperWalk has a deeply personal meaning to her, as Coleen's father, Alan, was diagnosed with Parkinson's seven years before he passed away at the age of 86. "I watched a kind, intelligent, vibrant man slowly become locked inside a body that wouldn't cooperate and a mind that played tricks on him," she says.



Window visit at the care home during the pandemic



Alan loved art classes in his care home

What began as shaky hands prior to his PD diagnosis gradually progressed to gait problems, and he began to trip more frequently. Alan also developed cognitive issues, starting with confusion and progressing to sundowner syndrome (wakefulness in the overnight hours) and hallucinations. He would sometimes see people or small animals that were not really there, including a kitten he found comforting. Alan seemed to take it all in stride, though Coleen recalls that losing his speech really broke his heart.

Coleen's stepmother had no choice but to place him in a long-term care home three years before his death, which unfortunately coincided with the start of the COVID-19 pandemic. "That was incredibly hard for all of us, but she really had no other choice. Looking after him was killing her – and my dad knew it," Coleen says.

Ultimately, losing him was hard, but watching him suffer in the care home, no matter how loving, was even harder. "He was always the parent in my corner. He believed I could accomplish anything if I set my mind to it. I credit him with my interest in the arts. He had an appreciation for creativity. He himself was very creative," she says.



Coleen and her father, Alan



Lending her time and voice to Parkinson SuperWalk is a way to give back to the community, raise awareness, and hopefully one day, live in a world without Parkinson's. Coleen says SuperWalk allows her to put faces and names to the disease. Every year, she meets individuals in the PD community, recalling that last year she met a young woman who was newly diagnosed. "That always breaks my heart... it seems so unfair," she says. Coleen also reminds us that Parkinson's doesn't discriminate and impacts people from all walks of life. "Not a day goes by that I don't think, 'I could be next.'"

But through the stories of challenges and hardship, what shines for Coleen is the community's resilience. Being a part of this event is comforting for her, a reminder of the strength and support that exists when people come together in shared experience. Coleen hopes the work done by Parkinson Society BC, through fundraisers like Parkinson SuperWalk, can ultimately end this disease.

Join us this year on Saturday, September 12th in communities across BC, and help realize Coleen's vision of a tomorrow without Parkinson's. Funds raised through this event help Parkinson Society British Columbia continue to grow our programs and services, expand advocacy efforts, and increase our investment in innovative research. We hope to see you there!

Newsworthy

Upcoming Education & Exercise Events

Tuesdays, May 5 – June 30, 10:00 – 11:00am

Hand & Dexterity Exercise Class – Level 1 🌐 Online

Join physiotherapist, Shelly Yu, for an exercise series focused on hand and dexterity challenges associated with Parkinson's. Exercises will target upper extremity movement, hand dexterity, grip strength, hand-finger coordination, and handwriting. All exercises will be done sitting. Please ensure you have a table available to use for the handwriting portion of the class.

Thursdays, May 21 – July 23, 1:00 – 2:00pm

SongShine 🌐 Online

This program harnesses the power of the brain, breath, and emotion to reclaim voices. Joani Bye will engage participants in uplifting sessions using singing, breath work, diction, articulation, and creative imagination exercises to strengthen voices affected by Parkinson's or other neurological challenges.

Bi-weekly, starting Monday, June 1, 11:00 – 11:30am

Mindfulness Mondays 🌐 Online

Join Registered Clinical Counsellor Sara for virtual mindfulness designed for anyone living with or affected by Parkinson's disease. These 30-minute guided sessions offer a supportive space to pause, reset, and reconnect. Participants will explore strategies to cultivate calm, manage stress, and support emotional wellbeing. Whether you attend every session or drop in when you can, all are welcome.

Wednesday, June 24, 11:00am – 12:00pm

Personal Planning & Representation Agreements with Nidus 🌐 Online

Your choice. Your plan. Your life. Join us for this webinar in collaboration with Nidus, offering a robust overview of personal planning and Representation Agreements. Nidus staff will review the usefulness of personal planning and discuss ways it can benefit you and your loved ones.

Mondays, July 13 – August 31, 2:00 – 3:00pm (no class August 3)

Balance Exercise Series – Level 1 🌐 Online

This seven-session balance exercise series targets the various components involved with balance and helps improve biomechanical constraints, limits of stability, anticipatory postural adjustments, reactive responses, sensory re-weighting, and dynamic walking. The class starts sitting then moves to standing. Please note that due to the nature of a virtual balance class, participants may need to have a loved one nearby to ensure safety.

Wednesday, July 15, 11:00am – 12:00pm

Summer Social: Improv for Parkinson's 🌐 Online

Join us for a fun and interactive virtual session introducing improv as a tool to support life with Parkinson's. Led by Improv for Work and Wellness, this relaxed social will focus on building community, trying new skills, and sharing plenty of laughs. Activities are accessible and adaptable for all stages, with family members and carepartners encouraged to join.

Saturday, July 25, 10:00am – 2:30pm

Communication & Swallow Workshop 🌐 Online

Join speech-language pathologist Jasmine Cload for this virtual hands-on workshop on communication and swallowing challenges in Parkinson's. Using Lee Silverman Voice Treatment® methods, participants will learn practical strategies to improve speech, expression, and swallowing. Open to those experiencing symptoms or looking to take a proactive approach.

Tuesdays, September 1 – 29, 12:00 – 1:00pm

Chair Yoga – Level 1 🌐 Online

Join us for five sessions of 60-minute gentle chair yoga designed to warm your body and encourage movement in stiff joints and muscles. This fully seated class will bring awareness to all your limbs, providing you with valuable skills to integrate into your daily routines and morning practices.

Parkinson’s Awareness Month

This past April, we marked Parkinson’s Awareness Month by sharing resources and the message that Parkinson Society BC is there for everyone, no matter where they are in their Parkinson’s journey. Thank you to everyone who showed their support! Your involvement helped raise much-needed awareness of the disease’s impact across British Columbia.

Some campaign highlights include:



LIBRARY DISPLAYS

Public libraries across the province displayed informational brochures, posters highlighting Parkinson Society BC resources, and book displays with content related to Parkinson’s disease!



TRANSIT ADVERTISEMENTS

This year’s campaign included a mix of platform posters, interior transit ads, and digital billboards across Metro Vancouver to help amplify our message. Posters were displayed at Commercial–Broadway, Vancouver City Centre, and King George stations, while interior advertisements were featured throughout the SkyTrain network and on buses.



PROCLAMATION

As part of ongoing efforts to raise awareness and increase visibility, the Government of British Columbia issued an official proclamation recognizing Parkinson’s Awareness Month in 2026. The proclamation served as a formal acknowledgment of the importance of Parkinson’s awareness across the province.

In the community

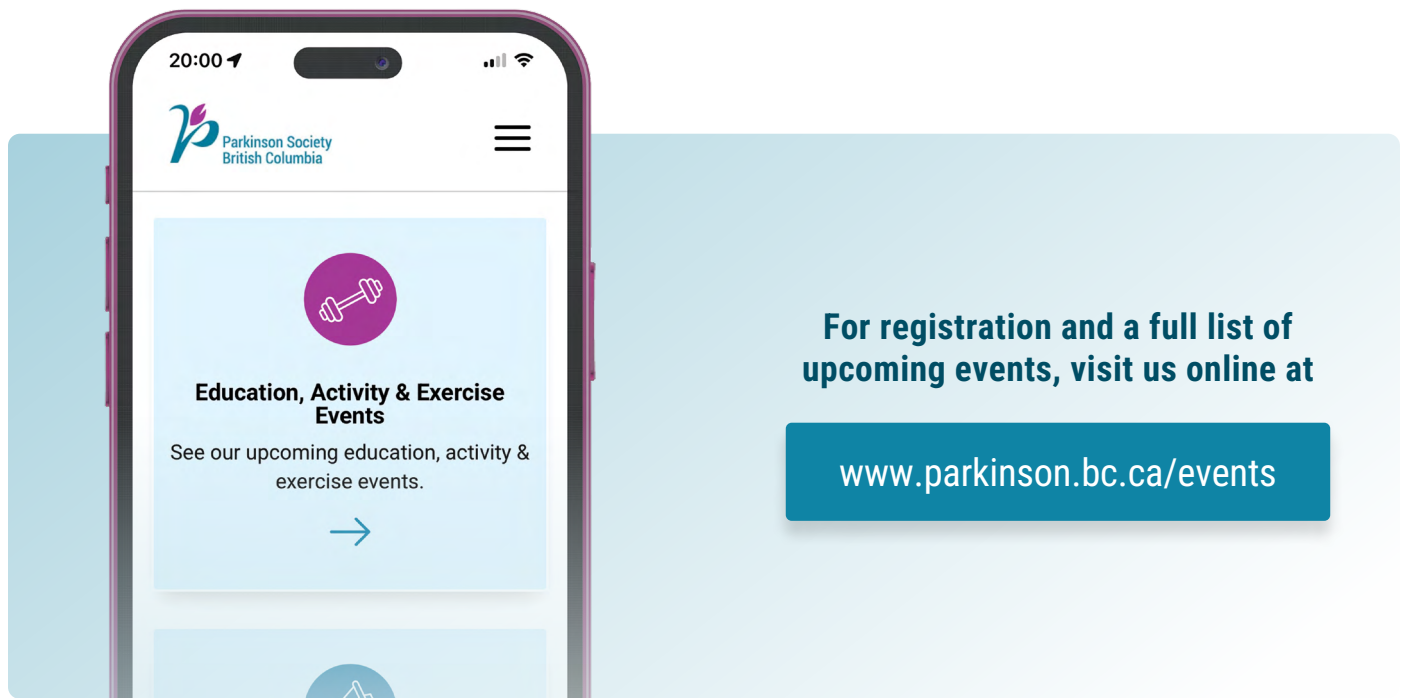
ALDOR ACRES’ OPENING DAY

On April 26, Aldor Acres Family Farm hosted a special opening day in support of Parkinson’s Awareness Month. Visitors enjoyed spring activities including hayrides, animal encounters, and the seasonal farm market, while proceeds from ticket sales supported PSBC and other local organizations!

KELOWNA AWARENESS COMMUNITY KIOSK

Members of the Kelowna Parkinson’s Support Group held a community kiosk at Orchard Park Shopping Centre, Kelowna’s largest shopping centre, on World Parkinson’s Day (April 11)!





Thank You to Our Fundraisers & Donors

We extend our sincere gratitude to the organizations, donors, and third-party event organizers whose continued generosity and commitment strengthen PSBC and the community we serve.

Burger and Beer Night

Big thanks to our Comox support group leaders for hosting their annual burger and beer night, raising over \$1,700 for PSBC!

Agnes Parke Memorial Golf Tournament

Thank you for your continued support and fundraising efforts!

Special thanks to our monthly donors!

Monthly gifts are the easiest way to make a lasting impact for people with Parkinson's, and we are so grateful for your ongoing donations.

Interested in hosting a fundraiser for Parkinson's Society?

We're here to help. Reach out to us at events@parkinson.bc.ca with any questions – we'd be happy to support you. Thank you for your generosity, time, and commitment.

Want to support Parkinson Society BC? Visit our donation page at

www.parkinson.bc.ca/donate



Register Now for SuperWalk 2026!

Lace up your runners, gather your teams, and join us for Parkinson Society British Columbia's largest fundraising event of the year, Parkinson SuperWalk!

The screenshot shows the Parkinson SuperWalk website interface. At the top, there are navigation links for 'About' and 'Resources', a search bar, and 'REGISTER' and 'DONATE' buttons. The main content area features a large headline: 'GREAT PROGRESS BEGINS WITH ONE STEP'. Below the headline, there is a paragraph of text: 'Join us for Parkinson Society British Columbia's largest fundraising event of the year, Parkinson SuperWalk! This year on September 12th incredible British Columbians throughout the province will walk together to help give hope to approximately 17,500 people in BC living with Parkinson's disease.' Below this is another paragraph: 'Funds raised in BC through this event help Parkinson Society British Columbia continue to grow its programs and services, expand advocacy efforts, and increase its investment in innovative research.' At the bottom of the content area, there are 'REGISTER' and 'DONATE' buttons. The page also includes decorative graphics of a heart and a star.

SuperWalk this year will be taking place on September 12 throughout the province. Incredible British Columbians will walk together to help give hope to approximately 17,500 people in BC living with Parkinson's disease. We look forward to seeing you at our 36th annual event!

THANK YOU TO OUR NATIONAL SPONSOR



Register today at

parkinson.bc.ca/superwalk

Download a pledge form to start fundraising today!



1021 West Hastings Street, 9th floor,
Vancouver, BC V6E 0C3



RETURN POSTAGE GUARANTEED
PORT DE RETOUR GARANTI