

2010-2011 Annual Report

Parkinson Society Ottawa is a regional partner of Parkinson Society Canada, responsible for delivering regional education, awareness, supports and services for individuals and families living with Parkinson's in Eastern Ontario while raising funds for leading edge research for a cure.



This Year's Highlights

- **2010 Perspectives on Parkinson's** focusing on "Challenges and Solutions"
- Parkinson Society Canada's **Donald Calne lecture** held in Ottawa, honouring Dr. Andres Lozano
- Parkinson Society Ottawa raising awareness at the Canada 55+ Summer Games in Brockville
- Federation partners across Canada changing to a common year end – December 31
- Parkinson Society Ottawa volunteers Alice Templin and Claire Veenstra completing the 800 km **Camino** route to raise awareness and funds for Parkinson's
- **SuperWalk 2010** in Ottawa raising more than \$147,000 - our 2nd highest total ever!
- Honorary board member, **Larry Haffner** receiving Parkinson Society Canada's **David Simmonds Award**
- Ottawa volunteers and clinicians testifying at the Parliamentary Subcommittee on Neurological Health
- Members celebrating the holidays with music and dancing and **The Grey Jazz Big Band**
- **Kili Conquerors** raising a PSC banner on the summit of Africa's highest peak

Investing in Research



Supporting leading edge research continues to be important to Parkinson Society Ottawa's mission. In 2010-2011, our organization invested \$53,870 in Parkinson's research through Parkinson Society Canada's national peer reviewed research program. In addition, we recognized Parkinson Society Canada research grant recipients Dr. David Park, Dr. Michael Schlossmacher, Dr. Tomlinson, and Dr. Parsanajad who together received \$120,000 from Parkinson Society Canada's national research program. We were pleased to learn that funding invested last year, to support Dr. Shawn Hayley's Parkinson's research provided extra pilot data that aided his receiving a CIHR operating grant entitled "An ecologically minded multiple hit hypothesis of Parkinsonism: Inflammatory processes." The value of this award is \$666,834 over five years.

Education and support services

Providing timely **information and referral**, and **individualized counselling** are essential services that support people living with Parkinson's and their families. Last year Parkinson Society Ottawa reached out to more than **338 people** in more than **434 I & R and counselling support sessions**. This outreach has been important for those most at risk, for people who have been recently diagnosed and for those experiencing challenges with complex health needs, depression, personal care or isolation. Thank you to Angela Supino, Support Services Counsellor, and Elise Sims, Education and Programs Coordinator whose commitment and knowledge make a difference everyday to the people that we work with.

Education and awareness: Every year, Parkinson Society Ottawa delivers specialized education and awareness to people living with Parkinson's and their family members. Last year, we held more than **55 education sessions** for **1336 people** across Eastern Ontario - more than twice as last year. The largest increase came under the area of general awareness which included presentations to service groups, retirement homes, employee groups, and community expos and kiosks. Thank you, once again, to our education volunteers whose knowledge and dedication ensure that this program is delivered with a high level of excellence and compassion: Diane Coté, Judy Glustien, Peggy Gray and Liz Palmer and Elise Sims, Education and Programs Coordinator. A second thank you and congratulations go to the 2010 planning team **for *Perspectives on Parkinson's***: Elise Sims and Alice Templin.



Support Groups: In addition to individualized services, Parkinson Society Ottawa's offers **16 support groups**. Participation in these professionally facilitated groups continues to grow year over year and in 2010, participation grew almost 8 % over last year. This year, **286 people** attended a **Parkinson Society Ottawa support group** in one of the following communities:

- Almonte
- Arnprior
- Brockville
- Ottawa Centre (2)
- Cornwall
- Kanata (2)
- Kemptville
- Orleans (2)
- Ottawa South
- Pembroke
- Renfrew
- Perth
- Winchester

Therapeutic exercise and speech groups: Parkinson Society Ottawa coordinates therapeutic activities every year that are offered by registered professionals, and these are often coordinated by community partners, who add value to these programs. Together we work to ensure that people living in Eastern Ontario know that living well with Parkinson's means staying active and engaged. We wish to thank Dagmar MacDonald, Lisa Fischer, Ottawa and District Physiotherapy Clinic Abbie Kwon Pilon, The Ottawa Hospital - Riverside Campus, Queensway Carleton Hospital and Kemptville District Hospital, for their continuing support. Last year, approximately 112 people participated in supported therapeutic exercise and speech programs across Eastern Ontario.



Resources Material

Parkinson Society Ottawa continued to add new material to the **Mae Cini Resource Library**, last year, and we encourage our members to check it out. Thank you to Alice Templin for her advice and commitment on this project. As well, *The Parkinson Paper* was distributed throughout Eastern Ontario and beyond to more than **700 households**. Thank you to our 2010 Editorial Committee who spend significant time, energy and talent to tell our story every season.

L-R: Darcy Litteljohn; Dennise Taylor-Gilhen; Martha Moore; Grant Cranston; Editor Fran Squire; Jim Gayfer and (not in photo) Georgina J. Rose-Beaty and Al Tilley.

We can't do it without you!

Parkinson Society Ottawa was fortunate to work with more than 125 community volunteers last year. Volunteers freely offer their time to help us run our special events, prepare member mailings, provide program and education support, and govern our organization and we sincerely thank them all for their commitment. Warm congratulations go to **Alice Templin**, Parkinson Society Ottawa's **2010 Volunteer of the Year Award**.



Fund Development

Parkinson Society Ottawa had a remarkably successful year in fund-raising in 2010-11 raising **\$1,039,382** - our most successful year ever. Included in this total is a significant bequest, designated to research, received late in the year that will allow our organization to support research at a more significant level moving forward. We are very grateful for the support received from our very generous community. Congratulations go to our 2010-2011 volunteers lead by Resource Development Chair, Sprague Plato, and Director of Resource Development, Hilary Evans. Your hard work makes a difference, everyday. Thank you!

2010-11 Fund-Raising highlights:



Community led events: Every year our organization benefits from the special events organized and managed by community volunteers. This year, and to name only a few, our supporters walked many kilometers in Ontario and over ancient pilgrimage routes, asked for donations rather than birthday or wedding presents, created and sold cookbooks; organized musical events, ran golf tournaments, held art shows and stamping parties, and a few even climbed Africa's highest mountain. Thank you to all of our supporters for their hard work and dedication: Reta Currie and Sandy Bookalam; Dan Ducharme; Jeff

Kaluski, Carol Kloos; Brenda Lavergne; Emily Leger; Marlayne Hardy; Phil Read and Alice Templin and Claire Veenstra among many others. Your passion and commitment inspire us all to do more!

Workplace campaigns:

Parkinson Society Canada is one of 16 national health charities that make up HealthPartners, a federated fundraiser that offers an opportunity for federal government employees to "Choose Health" during the fall Government of Canada Workplace Charitable Campaign. As a beneficiary of this and many other workplace charitable campaigns, Parkinson Society Ottawa gratefully acknowledges all of the GCWCC, United Way, Bell Canada, Bank of Montreal, London Life, and the many other employees who volunteer to coordinate fundraising activities, and to all of the anonymous donors that support our mission in this way.



SuperWalk for Parkinson's - our national signature event raised more than 2.9 million dollars, last year, in more than 90 communities across Canada. In 2010-2011 Parkinson Society Ottawa raised more than \$147,000 at SuperWalk - the 2nd highest total in our history. We thank each and every one of the 580 people that helped to make SuperWalk 2010 so successful. For more information about this year's walk on September 10, 2011 go to www.parkinsonsuperwalk.com.

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** *Left during the year*

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