

2009-2010 Annual Report

Working together to change lives!

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. On November 24, 2009 Parkinson Society Ottawa signed a **federation agreement** that formally brought Parkinson Society Canada together with 11 regional partners from Newfoundland to British Columbia. This was a culminating moment for our organization, resulting from many years of work by hundreds of committed volunteers and staff from across Canada.



2009-2010 Highlights:

- Volunteers and staff meet MPPs at Queens Park
- Support Group facilitators training day: Problem Gambling and Parkinson's
- Robert Harry Matthews Pilot Project Grant
- Pour parler pratiquement!
- New support group: Almonte
- Strategic Plan renewed for 2009-2012
- Shelby Hayter's Olympic Torch run
- Comedy Night for Parkinson's
- Farewell to Alan Muir
- Welcome to Elise Sims and Hilary Evans

Our successes:

An important area of success for Parkinson Society Ottawa last year involved **information and referral**, and **individualized counselling** - essential services that Parkinson Society Ottawa provides for people living with Parkinson's and their families. Last year, Parkinson Society Ottawa worked with **419 people** in this program – more than twice as many people as last year. A key component of this success was the development of an outreach strategy for care partners. Thank you to Angela Supino, Parkinson Society Ottawa's Support Services Counsellor, whose commitment and knowledge has made a great difference to the people that she has worked with this year.

Education and awareness: reaching out to our community is another essential part of the work that we do to make a difference. Whether we are providing PD101 education to families and individuals who are newly diagnosed or speaking to the general public, this program is an important component of the support that we provide. Last year, Parkinson Society Ottawa held more than **34 education sessions** across our region, for more

than **613 people**. This total is a slight reduction over the prior year of 37 sessions – and 790 people, primarily related to a change in date for our regional symposium from February to April. Thank you, once again, to education volunteers: Diane Coté, Judy Glustien, Peggy Gray and Liz Palmer and Elise Sims, Education and Programs Coordinator, who joined us in February. A second thank you and congratulations go to *Perspectives on Parkinson's* 2010 planning team: Elise Sims and Alice Templin. Results from the symposium will be reported at our 2010-11 AGM, next year.

In addition to individualized services, Parkinson Society Ottawa's offers **16 support groups**, and participation in these professionally facilitated groups grew by 10% over last year, continuing a similar rate of growth that began last year. This year, **265 people** attended a **Parkinson Society Ottawa support group** in one of the following communities:

- Almonte
- Arnprior
- Brockville
- Ottawa Centre (3)
- Cornwall
- Kanata
- Kemptville
- Orleans (2)
- Ottawa South
- Pembroke
- Renfrew
- Perth
- Winchester

People living in Eastern Ontario know that living well with Parkinson's means staying active. With this in mind, Parkinson Society Ottawa provided **Tai Chi** at The Palisades Retirement residence in Ottawa and sponsored specialized physiotherapy exercise programs across the region. Delivered by local providers Abbie Kwon Pilon, Ottawa and District Physiotherapy Clinic, The Ottawa Hospital - Riverside Campus, Queensway-Carleton Hospital and Kemptville District Hospital, approximately 100 people participate in these essential programs.

Another very important program that Parkinson Society Ottawa delivers is therapeutic **speech and swallowing groups**. For the first time last year, Parkinson Society Ottawa delivered this preventative program in both English and French for **17 people** learned how to enhance their speech and prevent swallowing problems. We thank Lisa Fischer and Marissa Lepage for their excellent work and commitment to our community.



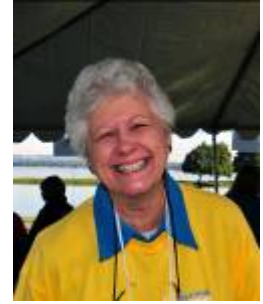
We know that our members find it easier to stay current about new research, therapies and how best to live well with Parkinson's when they receive Parkinson Society Ottawa's newsletter, *The Parkinson Paper* or visit the **Mae Cini Resource Library**. Parkinson Society Ottawa added a significant amount of new material to the **Mae Cini Resource Library**, in 2009-10 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**. A large thank you goes to our Editorial committee: Grant Cranston; Jim Gayfer; Darcy Litteljohn; Martha Moore; Georgina J. Rose-Beaty; Al Tilley and of course, our dedicated editor Fran Squire for another very successful year.

Investing in Research

Supporting leading edge research continues to be important to our mission. In 2009-2010, Parkinson Society Ottawa invested more than \$43,000 in Parkinson's research through Parkinson Society Canada's national peer reviewed research program. In November 2009, we celebrated by honoring Parkinson Society Canada research grant recipients Dr. David Park, Dr. Marc Germain, Piotr Kolodziej, and Sarah Hewitt who together received \$205,000 in Parkinson Society Canada research grant funding. Additionally last year, Parkinson Society Ottawa was very pleased to fund a Parkinson Society Canada Pilot Project Grant directed to Dr. Shawn Haley named for Ottawa resident, the late Robert Harry Matthews.

Volunteers - We can't do it without you!

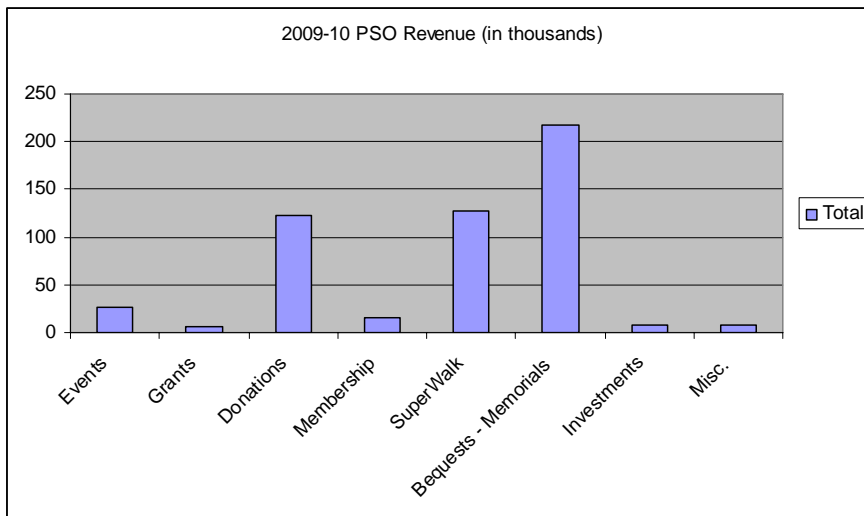
Parkinson Society Ottawa was fortunate to work with more than 125 community volunteers last year. Volunteers freely offer their time to help us run our special events, prepare member mailings, provide program and education support, and govern our organization and we sincerely thank them all for their commitment. We would like to congratulate **Joan Wills**, Parkinson Society Ottawa volunteer extraordinaire who received Parkinson Society Ottawa's **2010 Volunteer of the Year Award** this year.



Fund Development:

In 2009-2010 Parkinson Society Ottawa raised **\$540,269** a 16% increase over last year and we are very grateful for the support received from our very generous community. Congratulations go to our 2009-2010 volunteers, lead by Resource Development Chair, Sprague Plato, and to Alan Muir, past Director of Resource Development and new Director, Hilary Evans. Your hard work makes a difference, everyday. Thank you!

A few highlights on what we raised:



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 would gratefully like to acknowledge 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 contributed more than \$1 in \$10 of Parkinson Society Ottawa's annual revenue, last year.

New Initiatives: Last year, renowned Canadian painter David Galbraith donated his painting *Rose of Sharon* to Parkinson Society Ottawa. We are raffling the painting off and tickets are currently on sale for a draw on February 3rd, 2010.

SuperWalk for Parkinson's - our national signature event raised more than 2.7 million dollars, last year, in more than 80 communities across Canada. In 2009-2010 Parkinson Society Ottawa raised almost \$127,000 at SuperWalk - the 2nd highest total in our history. We thank each and every one of the 580 people that helped to make SuperWalk 2009 so successful. For more information about this year's walk on September 11, 2010 go to www.superwalk.com.



Leading the way in 2009-2010

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** Left during the year

