



Annual  
report **2021**



P A R  
K Ì N  
S O N

QUÉBEC



# HERE FOR YOU



## Legend

- 1 Abitibi-Témiscamingue  
**ROUYN-NORANDA**
- 2 Bas-Saint-Laurent  
**RIMOUSKI**
- 3 Centre-du-Québec – Mauricie  
**TROIS-RIVIÈRES**
- 4 Chaudière-Appalaches  
**VILLE DE QUÉBEC**
- 5 Côte-Nord  
**SEPT-ÎLES**
- 6 Estrie  
**SHERBROOKE**
- 7 Montréal-Laval  
**MONTRÉAL**
- 8 Outaouais  
**GATINEAU**
- 9 Saguenay–Lac-Saint-Jean  
**CHICOUTIMI**



## Testimonial

**My name is Paule Fortier. I live in Saint-Eustache and I have been living with Parkinson's Disease since 2015.**

It's been several years now, but the symptoms remained mild for a long time. It's not visible, but it is progressing nonetheless. I continue to be physically and socially active, so the disease is progressing slowly.

**Through Parkinson Basses-Laurentides, I was able to take virtual yoga, drawing, singing and dancing courses in 2021, all of which were designed to help me maintain my coordination, flexibility and balance.**

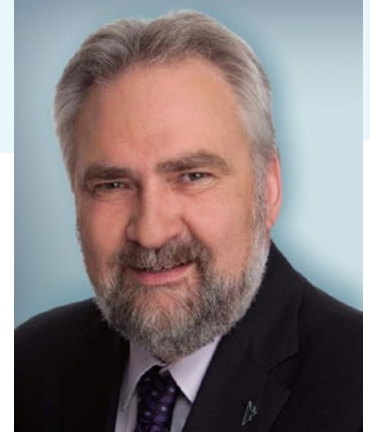
**I'd never tried these activities before, but more significantly, I didn't know anyone with Parkinson's Disease, like me. I met new friends. The support from Parkinson Québec has made a huge impact on my experienced since my diagnosis.**

To support Parkinson Québec and its members, my son, Daniel Inoué, rode his bike across Canada, from Black Creek, British Columbia to Saint-Eustache, in fall 2021. Daniel partnered with Défi Vélo and was able to raise more than \$7,000 for the cause.

I live in the moment as much as I can, but I know it is a degenerative disease. I worry about becoming a burden to my loved ones. To get through these challenges, we need support from our loved ones. I am so grateful for the challenge my son took on; it is such an accomplishment. When I saw him arrive in early November (after cycling more than 5,000 km), I couldn't believe it!

*Paule Fortier*

# PRESIDENT'S MESSAGE




## New governance in 2021

In 2021, the Parkinson Québec members of the annual assembly adopted not only new governance, but also a new way of operating. Based on close collaboration with its nine regional partners, **Parkinson Québec, through its partner organization, wants to get closer to the regions and orchestrate the development of services and programs in a context of cooperation and complementarity.** The primary objective of this new way of operating is to avoid the duplication of efforts and siloed intervention that are unfortunately too common in provincial organizations.

This is all designed to better reach people with Parkinson's Disease and their loved ones in their own environments. This type of rapprochement is sure to be beneficial on several levels, not least by enhancing the services offered to people affected and also to caregivers, who provide invaluable support for people living with the disease. In this period of isolation caused by the pandemic, it is essential for these people to stay in contact and promote interactions in their respective environments.

Another reason for implementing this new operating method is the quest for better synergy. As an organization dedicated to people living with Parkinson's Disease, we have the duty to develop effective complementarity between **Parkinson Québec and all of its incorporated regional partners.** Drawing on all this expertise and sharing it effectively, we will be able not only to better know the needs of people living with the disease, but also to respond more effectively to the expectations of these people, who are the reason Parkinson Québec and its incorporated regional partners exist.

We have integrated a short introduction to each regional partner into this annual report, providing a brief overview of the services and activities of all our partners. A new regional partner, Parkinson Côte-Nord, joined us in 2021. This addition will allow us to enhance the service offer in this region and we hope to reach as many people as possible living with the disease. We offer a warm welcome to Parkinson Côte-Nord, and pledge our full cooperation.



Increased presence and participation from our regional partners will obviously help us to enhance an already highly active network in the main regions of Québec. Nonetheless, we must be careful to ensure that people living in regions that are not served can benefit from personalized assistance and support. To do so, we plan to promote partnership development to ensure we reach as many people living with the disease as possible in their own environment.

This year, the Government of Québec recognized Parkinson's Disease as an occupational disease. Following the modernization of the *Act respecting occupational health and safety and the Act respecting industrial accidents and occupational diseases*, Québec now recognizes the harm caused to people exposed to pesticides who subsequently developed Parkinson's Disease. Following this, Parkinson Québec made efforts with its partners and different target publics, including health professionals, to adequately inform them of the process for making a professional claim from the CNESST. All this information can be found on the Parkinson Québec website.

Fulfilling our mission and carrying out our charitable work from research funding and advocacy to education and information on local services, depends on the backing, support and trust of many volunteers and donors. Again this year we benefitted from their support and want to thank them warmly. For example, we want to thank Alain Champagne, president of Jean Coutu Group and the organizing committee of the 11th annual Défi Vélo, who made it possible to surpass the initial objective of \$200,000. This event, held virtually, deserves to be highlighted and our thanks here are a testament to our great appreciation.

We must also recognize the exceptional contribution of some donors, who made it possible for Parkinson Québec to achieve an important component of its mission by funding the development of research on this disease. Over the past ten years, exceptional contributions from Ghislaine Saucier, J. Sébastien van Berkomp and Michel Saucier have made it possible not only to create a fund specifically dedicated to research, but especially to finance many research projects and motivate other donors to do the same.

All of these accomplishments are the result of the combined effort of many volunteers who contribute their time and skills every day to ensure sound governance of our organization. **We wish to thank all members of Parkinson Québec for their trust and their commitment to the cause of people living with Parkinson's Disease. Thank you also to all members of the Board of Directors for their unwavering support and their constant assistance in making this new governance a reality. Without you, none of this would be possible.**



**Daniel Cauchon**

President

# MISSION AND VISION

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## Our mission

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Strive for excellence in research, advocacy, education and support for people living with Parkinson's Disease.

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## Our vision

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A better life for people living with Parkinson's Disease today. A world without Parkinson's Disease tomorrow.

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## The 4 components of Parkinson Québec

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The four components of the mission that affect people living with the disease and their caregivers are:



**Support  
for research**



**Advocacy**



**Information  
and education**



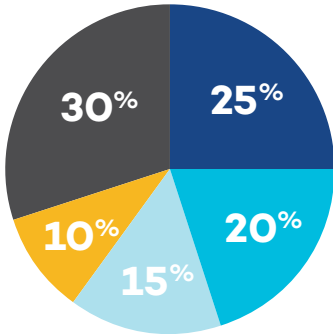
**Support**

# HOW DO WE USE YOUR DONATIONS?

Parkinson Québec assumes administration costs of 14%.

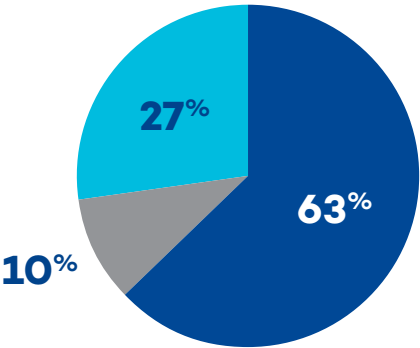
Its net revenues are invested in the different components of its mission.

Contribution methods



- 25% Annual campaigns
- 20% Research-directed donations
- 15% Benefit events
- 10% Major and planned donations
- 30% Government subsidies

Invested as follows



- 63% Community services (support, information and education)
- 10% Awareness and visibility
- 27% Research funding

# SUPPORT NEAR YOU

## Abitibi-Témiscamingue

### Mission

Our mission is to provide top-quality services to people living with Parkinson's Disease and their caregivers, from the board of directors through each of our five mutual aid groups established in each RCM territory in our region.

### Population and people living with Parkinson's Disease (PLPD)

There are 147,909 residents of Abitibi-Témiscamingue, and an estimate of 200 PLPD.

### Key projects in 2021

The Parkinson's Journey was replaced by postal solicitation and by people-to-people contacts. We also held a fruitcake sale through personal contacts and with the assistance of some businesses.

### Contact information

PO Box 204  
Rouyn-Noranda (Québec) J9X 5C3

**T** 819 880-1425

## Bas-Saint-Laurent

### Mission

Incorporated in July 2002 and registered as a charitable organization with the Canada Revenue Agency, Parkinson Bas-Saint-Laurent is committed to working for the betterment of people facing Parkinson's Disease and their loved ones, to advocating for their rights, to fostering mutual aid, to providing support and information and to offering access to activities that contribute to maintaining health and raising public awareness of the cause.

### Population and people living with Parkinson's Disease (PLPD)

Parkinson Bas-Saint-Laurent works on a vast and sparsely populated territory of only approximately 200,000 residents. According to estimates, there are close to 800 PLPD in the region.

### Key projects in 2021

The 6th annual Parkinson's Journey was held Saturday, September 18, 2021 in Bas-Saint-Laurent. Approximately 20 people participated in a physically distanced symbolic walk at Parc Beauséjour to close the event. Parkinson Bas-Saint-Laurent wants to thank the 340 participants, donors, volunteers and companies that showed their solidarity and made this event a great success.

### Contact information

97-180 de l'Évêché West  
Rimouski (Québec) G5L 4H9

**T** 418 722-0600



## Centre-du-Québec - Mauricie (PCQM)

### **Mission**

PCQM is a not-for-profit organization with the mission of welcoming, assisting and supporting people living with Parkinson's Disease, their families and caregivers. They offer a range of services, information and training activities to break social isolation, maintain and improve quality of life. Services for caregivers' groups are as important as for people living with Parkinson's Disease.

### **Population and people living with Parkinson's Disease (PLPD)**

The total population for these two regions is 520,434. There are approximately 1,900 PLPD, of which 661 were active members in 2021.

### **Key projects in 2021**

Strategic planning 2022–2027 and development of virtual services that will now be integrated into our post-COVID service offer.

### **Contact information**

30-10 Duplessis Street  
Trois-Rivières (Québec) G8T 9T4

T 819 693-1287

## Côte-Nord

### **Mission**

Parkinson Côte-Nord is the last support group for people living with the disease to join Parkinson Québec, like the seven other regions. It was officially recorded on the Québec Registraire des entreprises on February 9, 2021. A board of directors comprised of four people, including a neurologist, ensures governance of the group.

### **Population and people living with Parkinson's Disease (PLPD)**

The Côte-Nord population was assessed in 2020 at 90,529. Given the geographic features of the region, Parkinson Côte-Nord concentrates its activities in Sept-Îles.

### **Key projects in 2021**

The organization offers its members adapted activities aimed at maintaining and developing physical and mental wellbeing: physical exercise programs, information sessions (conferences, webinars), training workshops facilitated by specialized resources as well as discussion and experience sharing meetings.

### **Contact information**

T 418 960-2290

[parkinsoncotenord@gmail.com](mailto:parkinsoncotenord@gmail.com)

# SUPPORT NEAR YOU

## Estrie

### Mission

The goal of Parkinson Estrie is to improve the quality of life for people living with Parkinson's Disease as well as their caregivers and families in the region. Our vision is to be the recognized regional resource preferred by people living with the disease, their caregivers, organizations and the health and social services network.

### Population and people living with Parkinson's Disease (PLPD)

The population of Estrie is 499,197, and Parkinson Estrie currently has 354 members living with Parkinson's Disease and caregivers.

### Key projects in 2021

Although the pandemic made it impossible for us to gather for the traditional walk around the Lac des Nations, Parkinson Estrie was still able to thank its donors on September 11, 2021 at Guillaume Lafond's show at Orford drive-in. Under honorary chair Nancy Bogus, close to 150 people attended this event.

### Contact information

300, du Conseil Street, Room 333  
Sherbrooke (Québec) J1G 1J4

T 819 239-6232

## Montréal-Laval

### Mission

The mission of Parkinson Montréal-Laval is the betterment of people living with Parkinson's Disease and their loved ones through a free, bilingual local service offer as well as by providing information and psychosocial support.

### Population and people living with Parkinson's Disease (PLPD)

The combined population of the cities of Montréal and Laval is more than 2.5 million. In 2021, our membership exceeded 700 members (by member we mean a person who uses our services or participates in our activities).

### Key projects in 2021

Tandem project: TANDEM is a program that matches two people living with Parkinson's Disease. The principle? Connect two people who want to share their experience, learn from each other and develop new strategies for better living with the disease.

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We held the conference "Démystifier la maladie de Parkinson" approximately ten times in person and via Zoom in 2021.

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Our 2021 Parkinson's Journey was a success. We opted for a hybrid format that complied with all health measures. Thanks to more than 100 people, we raised more than \$25,000.

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### Contact information

560 Ontario Street East  
Montréal (Québec) H3A 1B9

T 514 868-0597

## Outaouais

### Mission

Parkinson Outaouais's goal is to improve the quality of life of people living with Parkinson's Disease in the Outaouais region as well as their caregivers.

### Population and people living with Parkinson's Disease (PLPD)

Parkinson Outaouais serves the greater Outaouais region, which comprises the city of Gatineau and four RCM: total population of 404,265. Parkinson Outaouais reaches approximately 350 people affected by the disease (people living with the disease and caregivers).

### Key projects in 2021

The increase in recurrent PSOC funding made it possible to hire a director general for the first time and the (non-recurrent) subsidy from Emploi Québec also made it possible to hire a community agent for one year.

Despite the challenges of the past two years, we maintained varied programming while adapting to the new situation, particularly virtual activities.

The Parkinson's Journey and the cake sale were also successes, raising close to \$40,000.

### Contact information

80 de Sérignan Street  
Gatineau (Québec) J8V 3T9

T 819 360-6050

## Région Québec

## Chaudières-Appalaches (PRQCA)

### Mission

To fulfill its mission, PRQCA relies on the support of a permanent team including a coordinator, administrative assistant and two social stakeholders, a 13-person board of directors and approximately ten volunteers.

In 2021, the board of directors established a short- and medium-term investment policy aimed at maintaining, developing and/or consolidating the following projects:

- a) Development in Chaudière-Appalaches;
- b) Overall activity plan;
- c) Awarding of university scholarships;
- d) Funding of at-home physiotherapy service and;
- e) Exploration of the possibility of relocating our premises to a location that also brings together other community organizations.

### Population and people living with Parkinson's Disease (PLPD)

The Chaudières-Appalaches region includes 432,782 residents, and the Capitale Nationale 757,065 residents. According to INSPQ data, in 2016, there were 2,820 PLPD in total in the two regions.

### Key projects in 2021

We held physical and artistic activities, monthly conferences, support groups, at-home physiotherapy services and, of course, our PAÉO service (Parkinson-Accueil-Évaluation-Orientation).

The 2021 Parkinson's Journey had 218 participants who walked for the cause.

### Contact information

245 Soumande Street, Suite 218  
Québec (Québec) G1M 3H6

T 418 527-0075

# SUPPORT NEAR YOU

## Saguenay–Lac-Saint-Jean

### Mission

Raise awareness of Parkinson's Disease and encourage people living with Parkinson's Disease to feel empowered over their lives and adopt behaviours and life habits that foster their functional and cognitive independence;

Raise awareness of the various services and resources;  
Reduce social isolation,

Raise awareness of the condition of PLPD:

Public and healthcare system employees, Contribute to research on the disease,

Collaborate with Parkinson Québec and the other regional organizations.

### Population and people living with Parkinson's Disease (PLPD)

The population of the Saguenay-Lac-Saint-Jean region is 278,971. The current number of members is 207 (109 PLPD, 81 caregivers).

### Key projects in 2021

The organization offers a range of services such as:

Monthly meetings with conferences;

Weekly physical and social activities, offered in person or virtually;

Regular support groups for people living with Parkinson's Disease and others for caregivers;

Weekly conferences and information for caregivers made possible thanks to a subsidy from the APPUI program;

Monthly breakfasts.

### Contact information

4-2208 Roussel Street  
Chicoutimi (Québec) G7G 1W7

T 418 973-7003



# RESEARCH Research Research Research



## — 1

Parkinson Québec funds research aimed at advancing understanding of the disease, the development of promising therapies and interventions that have a positive impact on the daily lives of thousands of Quebecers living with Parkinson's Disease.

## 2 —

Parkinson Québec funds the future of science by supporting ambitious projects from Master's, doctoral or postdoctoral students. Our funding also includes launching and supporting young researchers with the most promising research programs. We ensure the relevance and continuity of the investments made.

## — 3

Parkinson Québec is an important platform for sharing knowledge between researchers and the Québec Parkinson's community.

### **We hold events (virtually in 2021) to:**

Keep the community up to date on the most recent developments in research;

Promote conversations between researchers and the community and create opportunities to meet top researchers;

Recentre patients in researchers' investigations and galvanize their commitment to the cause.

## **Parkinson Québec and the Saucier van Berkom fund**

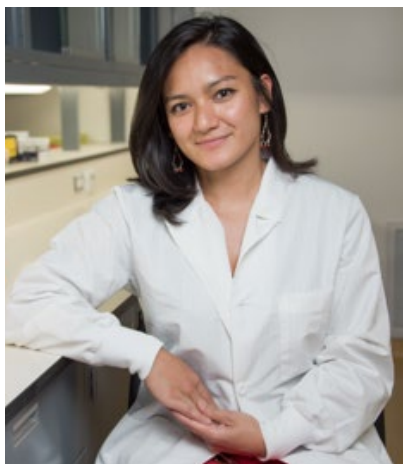
In 2012, Parkinson Québec and the Saucier-van Berkom family launched a research fund to increase the pace of research into finding a cure for Parkinson's Disease. This partnership is a shining example of how private investors and the community can work together to meet the needs of people living with Parkinson's Disease.

We are very proud to fund excellence in research through expert peer selection. We are proud to be able to contribute to the research projects of dozens of researchers who are trying to better understand the disease and thereby contribute to creating a world without Parkinson's Disease.

**In 2021, Parkinson Québec and its partners funded \$500,000 in research.**

**In total, Parkinson Québec and its partners have invested more than \$3.7 million in research since 2016.**

## RESEARCHER PROFIL



### Dr. Nguyen-Vi Mohamed, PhD

Dr. Nguyen-Vi Mohamed is a postdoctoral researcher at The Neuro and McGill University. She received her undergraduate and Master's degrees from Université Paris V in France, before moving to Canada to complete her thesis in cellular biology and pathology at Université de Montréal.

During her thesis, she became interested in the secretion methods of tau protein in Alzheimer's Disease. For her postdoctoral project, supported by the Fonds de Recherche de la Santé

du Québec (FRSQ), Parkinson Canada and now Parkinson Québec, she joined the laboratory of Dr. Edward Fon. She is now studying the pathophysiology of alpha-synuclein, in midbrain organoids derived from the blood of patients with Parkinson's Disease.

**“My goal is to study the pathology of alpha-synuclein in human midbrain cerebral organoids to identify the key propagation mechanisms to stop the development of Parkinson's Disease. My project would make it possible to understand the mechanisms involved in the propagation of alpha-synuclein and will have a direct impact on the development of new personalized therapies to eradicate Parkinson's Disease.”**

“Parkinson Québec thanks the Ministre du Travail, de l’Emploi et de la Solidarité sociale and the members of the Committee on Labour and the Economy for having heard the suffering of people affected by Parkinson’s Disease.”

- Romain Rigal, Services Development Coordinator at Parkinson Québec

# ADVOCACY

## Issue:

Recognition of Parkinson’s Disease as an occupational disease for people exposed to pesticides in their work environment.

## History of Bill 2021

### September 2019

Hearing at the CAFENR parliamentary commission

### March 2021

Hearing at the parliamentary commission on the draft amendment of Bill 59 modernizing the occupational health and safety regime

### April 2021

Minister Boulet announces the addition of Parkinson’s Disease to the list of occupational diseases

### September 2021

Bill 59 adopted

### April 2022

Deadline to submit a compensation request

**We estimate that close to 300 people in Québec live with the disease following pesticide exposure.**

**Following this major announcement, Parkinson Québec deployed tools to supply information to people exposed to pesticides living with Parkinson’s Disease in Québec, to guide them in their process with the CNESST.**

# EDUCATION & INFORMATION

**To get the most of the PD medication, adopt ParkiTrack.**

The graphic features a stack of ParkiTrack materials. The top item is a booklet titled "ParkiTrack" with a photo of a man and the text "Get the Most Out of Your PD Medication". Below it is a "Completed diary worksheet" with a grid for tracking medication and symptoms. To the right, a screenshot of a "completed 'veness of your medication' page" is shown, with a "PARKINSON QUÉBEC" logo. The background is light blue with a pattern of small dots.

## ParkiTrack

ParkiTrack is a dashboard developed to improve discussions between patients and neurologists to optimize dopaminergic treatments.

Developed in collaboration with Québec, Canadian and international experts as well as a group of patients from the Québec Parkinson's community.

**Distributed to more than 8,000 households in Québec since the beginning of 2021.**

**Adopted by four other Parkinson's associations in Canada.**

## Advice from healthcare professionals TAVIE en Mouvement

A nurse and experienced couples support you remotely to inform, guide and especially equip you to overcome the challenges related to Parkinson's Disease.

This reassuring and interactive program is currently seven sessions. It is everything you need to access resources, solve day-to-day problems and promote your quality of life.

Seven video segment sessions feature a nurse and couples living with Parkinson's Disease.

**917 registered since it was launched in September 2021.**

Developed in collaboration with Line Beudet, RN PhD, CRCHUM.

The graphic shows a young man and an older man looking at a tablet together. The background is a warm, orange-toned circle. At the bottom, the text reads: **Adoptez des stratégies pour mieux vivre à deux avec le Parkinson**. Logos for TAVIE Mouvement and PARKINSON QUÉBEC are in the bottom right corner.





## Vocavie

In collaboration with Parkinson Québec, the Université de Montréal's École d'orthophonie et d'audiologie developed virtual vocal stimulation sessions called "Musculatation de la voix", launched in 2020. These sessions offer daily practice to large groups of users and were adapted in collaboration with members of our community.

This innovative vocal stimulation method was greeted enthusiastically by our members at Parkinson Québec and with interest from the scientific community and stimulated social entrepreneurship. The Vocavie NPO was created in 2021 and continues to develop innovative services for the Parkinson's community and other populations with speaking difficulties based on knowledge acquired from the partnership with Parkinson Québec.

**587 participants in 2021.**

## Physical activities online

17 hours of physical activities available online for free throughout the year.

- Boxing;
- Morning stretches;
- Flexibility and mobility;
- Levels 1 and 2 physical activities;
- Voice training.

3 sessions offered (winter, spring, fall 2021):  
**3,194 participants in 2021.**

*"A big thank you to the entire voice training team! I benefit from it daily and I feel supported by caring and generous people."*

- Ginette



# PHILANTHROPY

## Together for a Québec without Parkinson's Disease



### Défi Vélo

To fulfill its mission, Parkinson Québec relies on the regular financial support of companies and committed individuals. To that effect, the 11th annual Défi Vélo was held from June 10 to October 13, 2022, under the honorary leadership of Alain Champagne, President of Jean Coutu Group and Brunet.

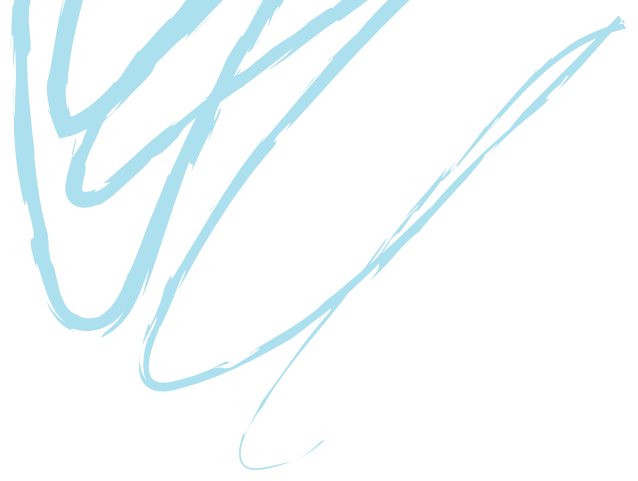
For the second year, this sports activity was held virtually, which mobilized the Parkinson's community across Québec, despite a year particularly defined by the COVID-19 pandemic.

**We are proud to have surpassed our fundraising goal by raising \$201,505.**

*My name is Carl Montpetit.*

I was diagnosed with Parkinson's Disease in 2014, and I have participated in the Défi Vélo since 2018. I participate because I believe it is important to promote physical activity. It's like my neurologist told me, "move, move move!". My challenge was to cycle more than 170 km, between Victoriaville, my adopted city, and Montmagny, my home city. I PedALL for Parkinson Québec!





## Parkinson's Journey

*Parkinson's Journey is the largest fundraising activity entirely dedicated to Parkinson's Disease in Québec.*

This year, events were held province-wide from September 12 to 18, 2021.

This event is held across Québec and encourages participants to participate in various physical activities—walking, running, dancing, etc.—in a fun family atmosphere.



## BOARD OF DIRECTORS



**Daniel Cauchon**  
President

With more than 30 years' experience with charitable organizations, Mr. Cauchon offers unique experience in management and also with regard to developing and improving programs and services.



**Lyne Tremblay**  
First Vice-Chair

Ms. Tremblay is a retired college teacher, having taught physical rehabilitation techniques for more than 25 years at Cégep de Chicoutimi. She has been president of Parkinson Saguenay-Lac-St-Jean since 2018 and she decided to give her time to the Parkinson's cause through physiotherapy.



**Jacques Huppertz**  
Second Vice-Chair

Mr. Huppertz worked for more than 32 years as a manager in the healthcare network. At the same time, he sat for 16 years on various municipal councils as well as on various boards of directors (Caisse Desjardins and community organizations). After his wife was diagnosed with Parkinson's Disease, he has been involved in their regional organization, Parkinson Estrie since 2015.



**Marie-France Cloutier**  
Treasurer

Ms. Cloutier has worked as a chartered administrator on not-for-profit and charitable organizations for more than 30 years. "I have been involved in this cause for more than 15 years because I have a very close friend living with the disease. I am energized by major challenges and I want to help unite the movement in Québec."



**Linda Bambonye**  
Secretary

Ms. Bambonye has more than 30 years' clinical and administrative experience in the nursing and hospital sectors in the Montréal region.



**Gabriel Demers**  
Member

Mr. Demers has a Bachelor of Law from Université de Sherbrooke. As a young professional, he wants to contribute his knowledge to benefit people living with Parkinson's Disease and their caregivers and contribute to a cause that is important to him.



**Siobhan Mullan**  
Member

Ms. Mullan has been a corporate lawyer at Blake, Cassels & Graydon S.E.N.C.R.L./s.r.l. since 2019 and specializes in mergers and acquisitions, securities, corporate governance and mining law.



**Nadine Labbé**  
Member

For more than 20 years, Ms. Labbé has held strategic roles in the banking sector. She joined National Bank in 2009, where she held key roles in different fields, including personal banking. Today she is Vice-President, Retail Lending. She has an MBA from Université de Sherbrooke and a Bachelor of Business Administration from UQAM.



**Marius Ménard**  
Member

After earning a law degree from Université Laval in 1977, Me Ménard was admitted to the Barreau du Québec in 1978. He then practised in the legal department of CSN for 15 years in Québec City. Me Ménard has been a member of the Parkinson Québec board of directors since 2021.



**Stéphane Gendron**  
Member

Mr. Gendron studied management in university. He held various positions related to energy efficiency for Hydro-Québec, where he still works as a commercial delegate. He has been a member of the boards of directors of Parkinson Québec and Parkinson Centre-du-Québec Mauricie since 2020.

# OUR TEAM



**Caroline Champeau**  
Interim General Director



**Hanan Zekri**  
Director of Finance  
and Administration



**Amina Kalache**  
Director of Major Giving



**Iris Boudier**  
Communications Director



**Anne Beaudoin**  
Information Support Line Manager



**Marie-Neige Filteau**  
Events Coordinator



**Auriane Haegeman**  
Executive Assistant



**Romain Rigal**  
Services Development Coordinator

# FINANCIAL STATEMENTS

## Results: Financial year ending December 31, 2021

REVENUES	2021	2020	EXPENSES	2021	2020
<b>Inflows</b>			Fundraising	\$183,022	\$281,344
Donations	\$319,392	\$435,796	Community services	\$779,663	\$697,953
Research-directed funds	\$315,045	\$295,106	Research funds	\$309,858	\$289,297
Bequests	\$120,485	\$150,309	Administration	\$223,573	\$224,369
Direct mail	\$110,402	\$109,468	<b>Total Expenses</b>	<b>\$1,496,116</b>	\$1,492,963
Government grants	\$724,961	\$495,628	Excédent des produits sur les charges avant autre élément	\$326,411	\$496,883
<b>Special events</b>	<b>\$223,928</b>	\$493,121	<b>OTHER FACTOR</b>		
<b>Other revenues</b>	<b>\$8,314</b>	\$10,418	Increase after estimate revision	-	\$77,888
<b>Total Revenues</b>	<b>\$1,822,527</b>	\$1,989,846	<b>Excess (deficiency) of revenues over expenses</b>	<b>\$326,411</b>	\$574,771

## Change in net assets • Financial year ending December 31, 2021

	Allocated to Québec ami des aînés	Allocated to research	Allocated to capital assets	Not allocated	2021 Total	2020 Total
<b>OPENING BALANCE</b>					\$1,273,174	\$698,403
Excess (deficiency) of revenues over expenses					\$326,411	\$574,771
Allocated internally					-	-
<b>CLOSING BALANCE</b>					<b>\$1,599,585</b>	\$1,273,174

## Balance sheet as at December 31, 2021

ASSETS	2021 Total	2020 Total
<b>Short-term assets</b>		
Cash flow	\$964,788	\$1,118,394
Temporary investments	\$613,213	\$491,852
Accounts receivable	\$170,865	\$120,725
Prepaid expenses	\$4,623	\$5,628
<b>Short-term total</b>	<b>\$1,753,489</b>	<b>\$1,736,599</b>
<b>Short-term total</b>	<b>\$308,708</b>	<b>\$73,824</b>
<b>Mutual funds</b>	<b>\$29,375</b>	<b>\$37,334</b>
<b>Intangible assets</b>	<b>\$9,740</b>	<b>\$15,890</b>
<b>Total Assets</b>	<b>\$2,101,312</b>	<b>\$1,863,647</b>

LIABILITIES	2021 Total	2020 Total
<b>Short-term liabilities</b>		
Accounts payable and accrued charges	\$302,305	\$135,778
Deferred contributions	\$169,422	\$414,695
<b>Total Liabilities</b>	<b>\$471,727</b>	<b>\$550,473</b>
Long-term debt	\$30,000	\$40,000
	<b>\$501,727</b>	<b>\$590,473</b>
<b>Net assets</b>		
Invested in tangible assets	\$39,115	\$53,224
Allocated to research	\$1,086,605	\$211,343
Not allocated	473,865	\$1,008,607
<b>Total Net Assets</b>	<b>\$1,599,585</b>	<b>\$1,273,174</b>

**Net liabilities and assets** \$1,863,647

# OUR AMBASSADORS

Parkinson Québec offers its sincere thanks to all its ambassadors or their generous donations.

## A BIG THANK YOU TO OUR AMBASSADORS

Visionary ambassadors: **\$50,000 AND MORE**

Ministère responsable des  
Aînés et des Proches aidants

Ministère de la santé et  
des Services sociaux

M. J. Sebastian van Berkom

Mme Ghislaine Saucier van Berkom

M. Michel Saucier

Pouvoir d'agir ambassadors: **\$10,000 AND MORE**

Caisse de dépôt et placement du Québec

Merz Pharma Canada

Oeuvre Charitable des  
Chevaliers de Colomb du Québec

Fondation Telus

Appui national

Le Groupe Jean Coutu (PJC) inc.

M. Alain Champagne

ProDoc

Succession Françoise G. Levesque

Fondation Famille Marc Theriault

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Webster Foundation, Eric T.

Parkinson Outaouais

Pharmascience



## Pouvoir d'agir ambassadors: \$5,000 AND MORE

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Succession Pierrette Séguin  
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## Pouvoir d'agir ambassadors: \$1,000 AND MORE

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Arnaldo Iannetti  
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Dominion Securities inc.  
Caisse de bienfaisance des employés et retraités du CN  
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Chris Arsenault  
CIBC World Markets inc.  
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Épicerie Marion et Fils  
Fasken Martineau  
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Fondation Denise et Robert Gibelleau  
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Fondation Frontenac - Fonds Normand Pépin  
Fondation Jean-Luc Gravel et Brigitte Breton  
Fondation Lise et Richard Fortin  
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Francis Pomerleau  
Gestion d'achats RAM inc.  
Gestion Deloitte s.e.c.  
Grégoire & Bertrand CPA inc.  
Guy Côté  
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Jean-Marc Thibodeau

Julie-Anne Petrilli  
Fonds DHP  
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Sail Plein Air Inc.  
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