



P A R
K Ì N
S O N

QUÉBEC

Annual
Report
2022

MISSION & VISION

Mission

Support people with Parkinson's Disease and their caregivers by addressing their needs related to information, education, advocacy, medical and scientific research funding as well as support and local services, while working closely with its regional partners.

Vision

Build an efficient and accessible network of partner organizations in Quebec resolutely focused on collaboration, innovation and providing exceptional services for people living with Parkinson's Disease and their caregivers.



Did you know that Parkinson's disease is the second most common neurodegenerative disease?

A Word from the President and the General Director



A handwritten signature in blue ink that reads "Lyne Tremblay".

Lyne Tremblay
President



A handwritten signature in blue ink that reads "C. Champeau".

Caroline Champeau
General Director

What an exciting year! In 2022, the organizational culture was built around an effective and structured partnership, focused on our mission to support people living with Parkinson's Disease and their caregivers.

First, we acknowledge the commitment and mobilization our regional partners bring to their exceptional collaboration. They helped to implement the **recommendations laid out in the PACTE report (adopted in 2021), which set benchmarks for developing an ambitious action plan.** This plan is intended to advance our organization, while raising the profile of our services and those of our regional partners. **All of us together—employees, directors and regional partners—**worked to reach our objectives **in a spirit of mutual respect, collaboration and collegiality.**

Our team of directors is diverse, with 14 positions on the board of directors, each offering complementary skills and making a valuable contribution. This **collaborative governance** structure has created opportunities for constructive discussions, honouring our responsibilities and developing a strong partnership with **our regional partners who are voting members of the Parkinson Québec organization.**

In early 2022, we appointed our new general director and several employees, who are valued members of our team at the **Parkinson Québec office. This strong and truly dynamic team** is key to excellence and discipline.

Our organization is making good progress and is using powerful tools so that every dollar raised is given to people living with Parkinson's, who are the reason we do what we do (PACTE). Each person's contribution is essential. We thank Daniel Cauchon, who was president of the board of directors until he resigned in September for personal reasons. His contribution during his successful term was highly valued by the entire team. We must offer a special thanks to our wonderful community for its trust, loyalty and many words of appreciation. We are so grateful.

Thank you for your support.

Parkinson's Disease:
TELLING STATISTICS

According to World Health Organization estimates, **more than 8.5 million people worldwide were living with Parkinson's Disease** in 2022.¹

A group of researchers determined that **2040**, the number of people worldwide living with Parkinson's Disease **will exceed 12 million.**²

.....

In Canada, according to the statistics recorded and available in 2019³, **WE ESTIMATE THAT 103,730 PEOPLE 40 YEARS AND OLDER LIVE WITH PARKINSONISM, WHICH INCLUDES PARKINSON'S DISEASE.** Data from Yukon and Nunavut are not included in this number, as they have not been accounted for. Projections suggest that the number of **Canadians living with Parkinson's Disease could reach 163,700 in 2031.**⁴

.....

In Quebec, in 2019, the **NUMBER OF PEOPLE** showing signs of Parkinson's Disease or Parkinsonism is estimated at **22,430**, including **9,970 WOMEN** and **12,460 MEN.**³



HERE
FOR YOU

Regional partners

- 1 Abitibi-Témiscamingue
- 2 Bas-Saint-Laurent
- 3 Centre-du-Québec – Mauricie
- 4 Capitale-Nationale et Chaudière-Appalaches
- 5 Côte-Nord
- 6 Estrie
- 7 Montréal-Laval
- 8 Outaouais
- 9 Saguenay–Lac-Saint-Jean

Regional offices

- A Basses Laurentides
- B Montérégie
- C Coeur des Laurentides
- D Lanaudière

Local services

- Group Services
- Individual Services
- Mutual Aid and Support Groups
- Psychosocial Services
- Social Activities

A variety of approaches ensures that everyone's needs are met!

OUR OBJECTIVES



Support for research



Advocacy



Information and education



Support - local services
(by regional partners)

Objective 1:

Support for research

Parkinson Québec invested more than **\$214,536.13** in research in 2022.

A total of **11 researchers** received funding in 2022.



Research is integral to patient care. It provides hope of having the best care today and living in a world without Parkinson's Disease tomorrow.

Projects funded

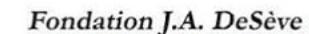
Motivational Parkinson's teaching: information and technologies assistance – EMAPTIC project (Ministry of Health and Social Services, Québec ami des aînés program)

The EMPATIC project was launched in 2020 in close collaboration with Line Beudet, nurse and researcher at Centre hospitalier de l'Université de Montréal (CHUM).

This project is made up of three types of innovative web interventions, specifically:

- TAVIE™ en Mouvement:
<https://parkinsonquebec.ca/tavie-en-mouvement/>
- Inspiring Parkinson's Testimonials and citizen interventions:
<https://parkinsonquebec.ca/en/living-with-parkinsons/testimonials/>
- Expert advice:
<https://parkinsonquebec.ca/en/services/daily-life/>

The EMPATIC project is intended to optimize the use of technologies to make information available across Quebec with the goal of empowering and improving the quality of life of elderly people living with Parkinson's Quebec and their loved ones.



Objective 1:

Support for research

Parkinson Québec invested more than **\$214,536.13** in research in 2022.

A total of **11 researchers** received funding in 2022.



Stimulating interdisciplinary co-development and the adaptation of innovative technologies for people with communication difficulties (École d'audiologie et d'orthophonie, Université de Montréal and Société inclusive)

This project debuted in 2022 under the supervision of Ingrid Verduyck, associate professor at the École d'orthophonie et d'audiologie de l'Université de Montréal and lead researcher at the Centre de recherche interdisciplinaire en réadaptation du Montréal métropolitain. The goal of the project is to develop an intra-ear technology capable of making an early diagnosis of the disease, tracking and providing support for speech therapy. We are working with a group of control patients living with Parkinson's Disease and their caregivers. This group attends coffee hours during which the issues surrounding artificial intelligence are discussed and they are able to guide researchers on ethical issues with the goal of adapting the protocol to reality on the ground.



Heel2Toe Project

Heel2Toe is a project with Nancy Mayo and Ahmed Abou-Sharkh, researchers and physiotherapy and occupational therapy professors at McGill University, and in partnership with PhysioBiometrics Inc.

The Heel2Toe is a technical sensor designed to promote better walking. The study of this device involves 100 people living with Parkinson's across Quebec. These people will receive this sensor and test it for several months to check improvements in walking.



Objective 1:

Support for research

Parkinson Québec invested more than **\$214,536.13** in research in 2022.

A total of **11 researchers** received funding in 2022.



Projects funded through the Fonds de recherche du Québec – Santé



Alexandru Hanganu

Association of neuropsychiatric symptoms with neurodegeneration and their accuracy in predicting individual cognition



Diana Matheoud

Molecular and cellular mechanisms regulating mitochondrial antigenic presentation as part of neurodegenerative diseases



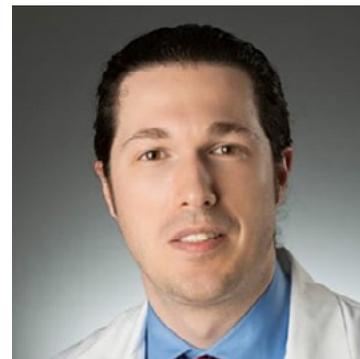
Johannes Frasnelli

Smell in brain disease screening



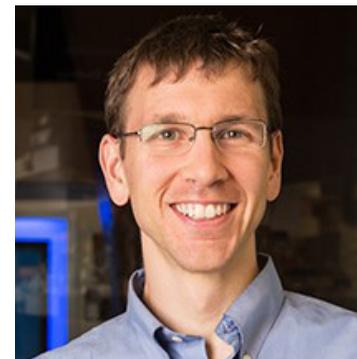
Abid Oueslati

Involvement of alpha-synuclein in Parkinson's Disease pathogenesis and treatments



Philippe Huot

Study of Parkinson's Disease and basal ganglia



Jeremy Van Raamsdonk

Using genetics to understand the biology of aging and the pathogenesis of neurodegenerative diseases



Martin Lévesque

Experimental therapies for Parkinson's Disease

Objective 2:

Advocacy



Victimes des pesticides du Québec: first file recognized

As part of its second objective—advocacy—Parkinson Québec works closely with the Victimes des pesticides du Québec association.

The recognition of Parkinson's Disease as an occupational disease in 2021 was significant and led to major victories in 2022:

- **June 2022:** the Victimes des pesticides du Québec association accompanied a worker living with Parkinson's Disease to the Tribunal administratif du travail following pesticide exposure. The Commission des normes, de l'équité, de la santé et de la sécurité du travail refused his file, but he won his case before the Tribunal. For the first time in Quebec, a worker's Parkinson's Disease was recognized as an occupational disease.
- **November 2022:** with the assistance and work of the Victimes des pesticides du Québec, a second worker living with Parkinson's Disease had his health problem recognized as an occupational disease by the Commission, which had initially rejected his request.

Nonetheless, we want to emphasize that dozens of files are still pending, that the Commission's eligibility criteria are restrictive and that pesticide victims, who are already bearing the burden of the disease, are reluctant to take on the fight for recognition. Furthermore, many victims do not have access to any compensation. Continuing this work is therefore necessary and essential, to ensure that people living with Parkinson's are able to obtain justice.

Neuro Partners

Parkinson Québec is a member of the Neuro Partners group, which brings together five organizations that support people living with a progressive neurological disease: muscular dystrophy, Huntington's Disease, multiple sclerosis, amyotrophic lateral sclerosis (ALS) and Parkinson's Disease.

Neuro Partners represents people living with the disease as well as their caregivers with government officials. Above all, we want a healthcare system that places people affected by progressive neurological diseases at the heart of the decisions that concern them.

We work for four priorities:

- **Caregivers**
- **Home care**
- **Adapted housing**
- **Innovative treatments and clinical trials**



Objective 3:

Information and education

Our video-based services totalled

23,481 views in 2022!

Services deployed



Online courses

<https://parkinsonquebec.ca/en/services/exercise-groups/>

We continued to develop our online course offering. Indeed, Parkinson Québec offered more than **700 virtual sessions** in 2022 that included five activities: boxing, physical activities (levels 1 and 2), voice training, flexibility and mobility as well as morning stretches. Between **357** and **535 participants** are registered in online courses depending on the period.



Services developed as part of the EMPATIC project

This year, we continued developing innovative services related to the EMPATIC research project. Accordingly, with Line Beaudet and her team, we offer **16 inspiring testimonials** in English and French from people living with Parkinson's Disease and caregivers, which show motivational and inspirational discussions about resilience in living with the disease.

We have also released the first English version of expert vignettes from healthcare professionals addressing specific issues such as understanding dysphagia, facilitating transitions and many others. A total of **12 video sessions** are available on our website and our YouTube channel at any time.

Moreover, the team working with Line Beaudet and Centre de recherche du CHUM updated the **12 downloadable sheets** and the resource guide, available on the TAVIE™ en Mouvement website.

Objective 3:

Information and education

Our video-based services totalled

23,481 views in 2022!

Services deployed



Walk with Confidence

<https://parkinsonquebec.ca/en/services/walk-with-confidence/>

The English version of the **10 video capsules** on the reading list entitled Walk with Confidence is available on our YouTube channel and our website. These videos offer 10 key strategies to help you walk better, faster and for longer. These methods are designed to optimize walking and prevent falls, making daily life easier. These videos were created with two researchers, Nancy Mayo and Ahmed Abou-Sharkh, who specialize in therapeutic interventions, including re-learning how to walk.



Adapted yoga capsules

<https://parkinsonquebec.ca/en/>

In collaboration with Yoga tout, Parkinson Québec made virtual yoga courses available to its community. Carole Morency is the certified yoga instructor and president-founder of Yoga tout, which has the mission of improving the quality of life of people living with Parkinson's Disease.

Videos on Parkinson's Disease

<https://www.youtube.com/watch?v=DyW6AUUp5OMo>

A video for the general public to raise awareness of Parkinson's Disease was written and developed with the CHUM. This video was produced in French and English in order to reach as many people as possible.

Objective 3:

Information and education

A cumulative total
of **1,378**
direct participants

The cumulative
number of repeat views
on YouTube is **52,746**



Conferences

Virtual conferences were held monthly on various topics related to Parkinson's Disease in order to disseminate information on a wide scale. The conferences held this year were:

January 31, 2022: *Making mini-brains to better understand Parkinson's Disease* – Dr. Nguyen-Vi Mohamed

February 24, 2022: *Yoga therapy to improve daily life* – Carole Morency

March 31, 2022: *The latest on medical assistance in dying legislation* – Dr. Georges L'Espérance

May 26, 2022: *Decoding the cellular mechanisms of Parkinson's Disease to better treat it* – Dr. Abid Oueslati

June 30, 2022: *A revolutionary tool to walk better and with confidence* – Dr. Nancy Mayo and Dr. Ahmed Abou-Sharkh

September 29, 2022: *Speaking and swallowing difficulties* – Dr. Ingrid Verduyckt

October 27, 2022: *Preventing caregiver burnout* – Julie Bickerstaff

November 24, 2022: *The EMPATIC user guide* – Dr. Line Beaudet

Hotline statistics



Anne Beaudoin: Information Support Line Manager

The information and support line is one of our key initiatives. In 2022, we answered **1,012 calls** on this telephone line and provided more than 531 hours of support.

Most callers are people living with Parkinson's Disease (**60%**). We also receive many calls from family members (**15%**) and caregivers (**12%**).

Objective 4:

Support - local services

(by regional partners)

Depending on where you are in Quebec, you will find a regional office or organization near you that offers a variety of local services to meet everyone's needs. Whether you are waiting for a diagnosis, living with Parkinson's Disease or a caregiver, a range of services are available for you. Here are the most popular services in each region.



Parkinson Centre-du-Québec Mauricie (3)

Adapted exercise classes in four sectors of Mauricie and Centre-du-Québec (Victoriaville, Drummondville, Trois-Rivières and Shawinigan)

In May, we hired four kinesiologists whom we also trained on Parkinson's Disease and physical exercise. Deconfinement presented many challenges and, progressively, members returned in person.

In parallel with in-person classes, our virtual classes are as popular as ever and they are now part of our regular services. They were created in April 2020 in response to confinement, and members asked us to maintain them. Many people are unable to get to in-person classes and these virtual classes encourage them to exercise for their wellbeing..

Statistics:

- 177 members attended exercise classes (in-person and virtual)
- Average of 23 members per session
- 128 in-person classes and 150 virtual classes offered in 2022
- 265.5 hours of exercise provided during the year



Parkinson Outaouais (8)

Establishment of psychosocial service

Through a grant from Appui pour les proches aidants, Parkinson Outaouais hired a consultant to design a psychosocial and coaching support service. This supports members in their experiences, supports people who receive a diagnosis and encourages them in their efforts. Since July 2022, all new members (people living with the disease and caregivers) are offered a meeting during which Parkinson Outaouais provides information and discusses needs. This service is also available to people who were members before the consultant joined the team, if they need.

As part of this psychosocial support, mutual-aid groups, coffee hours and conferences were established for both caregivers and people living with the disease.

Statistics:

- One-on-one meetings for people living with Parkinson's: an additional nine hours
- One-on-one meetings for caregivers: an additional seven hours

Objective 4:

Support - local services

(by regional partners)



Parkinson Saguenay-Lac-Saint-Jean (9)

Boxing classes

Since 2019, Parkinson Saguenay-Lac-Saint-Jean has offered boxing classes to members living with Parkinson's Disease and their caregivers. It's our most popular activity. The class consists in twice-weekly group workouts that respect the limits of each participant with guided adapted exercises. Coordination, balance, cardiorespiratory conditioning and social interaction are all improved!

Statistics:

- To date, approximately 40 members have participated

In the fall of 2022, a report on the benefits of boxing for Parkinson's Disease aired on TV and radio and raised public awareness of the importance of our organization. This led to several new members joining us.

Parkinson Bas-Saint-Laurent (2)

Exercise group

To promote access to activities that contribute to good health, Parkinson Bas-Saint-Laurent offers people affected by Parkinson's the opportunity to join an exercise class led by a professional. In 2022, Parkinson Bas-Saint-Laurent offered three adapted exercise classes (two adapted exercise classes given by a physiotherapist and a Pilates class given by a classical dance instructor who is also certified in Pilates). These took place over two sessions.

Statistics:

- To date, nearly 25 people use these services



Objective 4:

Support - local services

(by regional partners)



Parkinson Estrie (6)

Some Parkinson Estrie members were very pleased to see the return of in-person activities in 2022. Parkinson Estrie added new services to popular existing activities:

- A mutual-aid group for people diagnosed
- Personalized exercises offered in small groups in a training centre led by a kinesiologist
- Chair yoga
- A learning kit for people living with the disease and caregivers (information on Parkinson's, introduction to items to assist daily life, etc.). This project was developed in partnership with students from the Faculty of Medicine and Health Sciences at Université de Sherbrooke.

And we must mention the perseverance of members of the Lac-Mégantic and Granby exercise groups who work twice a week with their trainer to "fight Parkinson's".

Statistics:

- The Lac-Mégantic adapted boxing group has 17 people
- Exercise groups have approximately 15 to 20 people
- The mutual-aid group for people diagnosed with Parkinson's has 12 people. All groups are full from one session to the next.

Parkinson Capitale-Nationale et Chaudière-Appalaches (4)

Various adapted sporting and artistic activities are offered to our members each year, mostly in person, at a reasonable cost. Their goal is to help members stay independent through a combination of stretching, flexibility, balance and fine motor exercises. Facial muscle and breathing exercises are also offered. The activities available also offer social benefits, allowing participants to discuss and view information capsules on topics of interest for people with living Parkinson's Disease and their caregivers.

Statistics:

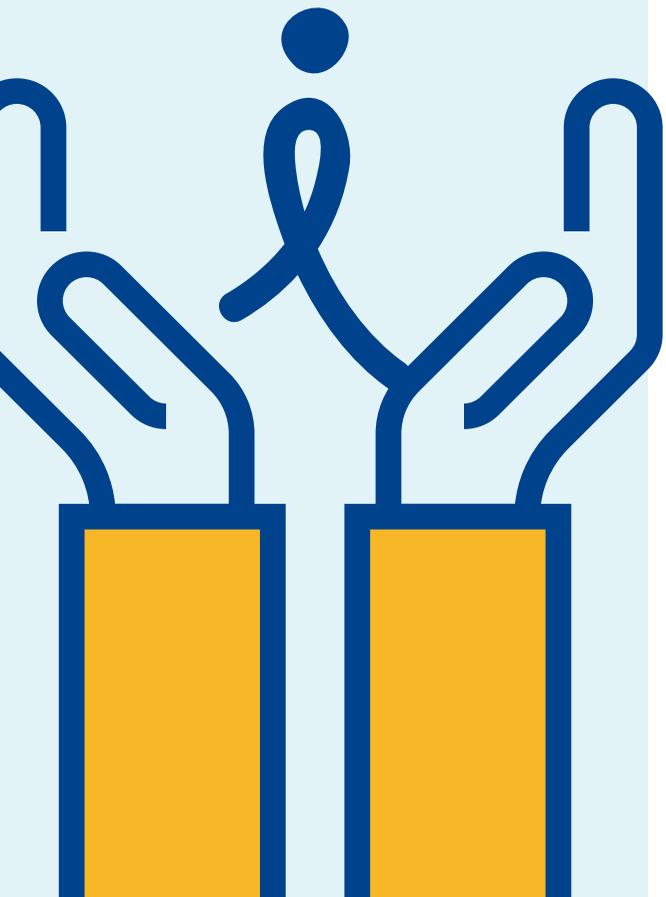
- There were 250 registrations in 2022.



Objective 4:

Support - local services

(by regional partners)



Parkinson Côte-Nord (5)

What stands out from 2022 are the monthly meetings during which we attended conferences or webinars on topics related to the disease. These presentations are opportunities to discuss together and to share our experiences. A neurologist from the hospital is present most of the time to provide necessary details.

Statistics:

- To date, these monthly meetings are attended by nearly 15 people.



Parkinson Montréal-Laval (7)

Pairing Project

**Transmission. Apprentissage.
Non-jugement. Développement.
Entraide. Mouvement.**



These are the values and mission behind the TANDEM program: transmission, learning, non-judgment, development, mutual aid, movement.

Parkinson Montréal-Laval is proud to have created the TANDEM program.

TANDEM allows participants to share their experiences and use these discussions as sources of resources and support. The goal is to pair up two people with Parkinson's Disease. They share their respective experiences, which allows them to learn from each other, discuss their reality and to develop new ideas for how to better cope with the disease on a daily basis. The project includes support from our leader at every step of the pairing and a tool box to promote discussions and mutual aid. Anyone living with the disease can participate, regardless of how long it has been since they were diagnosed.

Statistics:

- We are pleased to report that 11 pairs are already active to date.

Philanthropic activities



A cycling-based fundraiser is perfect for people living with Parkinson's Disease, bringing together supporters of the cause and cycling enthusiasts.

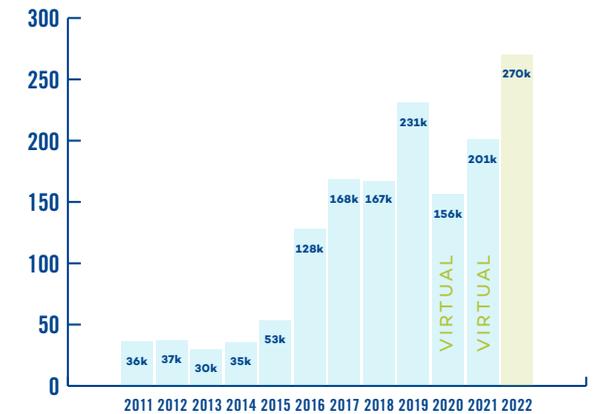
On Saturday, August 28, hundreds of Quebecers gathered for the twelfth Défi Vélo Parkinson, presented by Jean Coutu, Brunet and Pro Doc. This is the largest fundraising activity for Parkinson Québec, which supports thousands of people living with this progressive neurological disease.

Despite the pandemic, Quebecers participated in a hybrid format. The money raised allowed regional partners to offer local services to people living with Parkinson's Disease as well as their caregivers.

All of our partners contributed to the expansion and influence of the cause that affects thousands of people. Thank you for helping us!

Our objective: together, by combining our strengths, we will unleash the true power of support and its effects on daily life.

EVOLUTION OF THE AMOUNT RAISED



THE DÉFI VÉLO PARKINSON QUÉBEC 2022 EDITION
wishes to thank its partners for their generous support

25 000 \$

Jean Coutu Brunet Pro Doc

10 000 \$

APOTEX cartes cariton Williams

5 000 \$

Blakes BFL CIBC P. PRUD'HOMME teva

unismc niché pharma science SANDOX

More than \$270,000 raised

Philanthropic activities

PARKINSON'S JOURNEY

The Parkinson's Journey events are major province-wide financing events. The campaign is entirely to benefit people living with Parkinson's Disease and their loved ones. The money raised is used to maintain and improve the services offered to people living with Parkinson's Disease and their caregivers as well as to finance research!

This event encourages participants to participate in different physical activities such as walking, running, dancing, and more—in a festive family-friendly environment.



860
WALKERS
across Quebec

6
PARTICIPATING
regional
partners

More than
\$196,000
raised

Philanthropic activities

FRUITCAKE CAMPAIGN

Each year, as the holiday season approaches, regional partners can hold Fruitcake Campaigns.

Prepared in Quebec, the starring 900 g (2 lb) cake is full of delicious candied fruit (72%), incorporated into a rich and tasty batter.

A fruitful undertaking:

**Nearly
5,000 cakes
sold across
Quebec**



**More than
\$62,000 raised**

Social Media Presence

An increased social media presence

Parkinson Québec used the following strategies to develop its social media presence:

- Sponsored posts for key announcements and events during the year, such as the video *Qu'est-ce que la maladie de Parkinson?*, the Défi Vélo and the webinars
- Posts inviting people to participate in surveys or research projects
- Posts containing inspiring testimonials throughout the year to raise awareness among a constantly growing audience
- Posts promoting the activities of our regional partners and services, such as group classes

Additionally, there were a few appearances in digital newspapers such as the *Journal de Montréal*, and the *Les Affaires* newspaper.

Media visibility 2022

April 2022:

Awareness campaign on the lesser-known symptoms of Parkinson's:

<https://www.noovo.info/nouvelle/campagne-de-sensibilisation-aux-symptomes-meconnus-du-parkinson.html>

July 2022:

Medical Assistance in Dying:

<https://www.lapresse.ca/debats/opinions/2022-07-27/aide-medicale-a-mourir/l-importance-de-l-acces-aux-traitements-novateurs.php>



4,384
FOLLOWERS



922
FOLLOWERS



701
FOLLOWERS



8,886
FOLLOWERS

FINANCIAL STATEMENTS

Results: Financial year ending December 31, 2022

REVENUES	2022	2021
Inflows		
Government grants (note 3)	\$ 476,529	\$ 724,961
Bequests	\$ 362,269	\$ 120,485
Donations	\$ 313,393	\$ 319,392
Direct mail	\$ 47,814	\$ 110,402
	\$ 1,200,005	\$ 1,275,240
Research-directed funds (annex A)	\$ 237,390	\$ 315,045
Other revenues (annex B)	\$ 23,632	\$ 8,314
Special events (annex C)	\$ 410,256	\$ 223,928
Total Revenues	\$ 1,871,283	\$ 1,822,527

CHARGES	2022	2021
Community services (annex D)	\$ 927,680	\$ 779,663
Fundraising (annex E)	\$ 197,327	\$ 183,022
Research funds (annex F)	\$ 238,054	\$ 309,858
Administration (annex G)	\$ 274,846	\$ 223,573
Total Expenses	\$ 1,637,907	\$ 1,496,116
Excess (deficiency) of revenues over expenses	\$ 233,376	\$ 326,411

Change in net assets • Financial year ending December 31, 2022

	Allocated to capital assets	Allocated (note 12)	Not allocated	2022 Total	2021 Total
SOLDE AU DÉBUT	\$ 39,115	\$ 1,086,845	\$ 473,625	\$ 1,599,585	\$ 1,273,174
Excédent des produits sur les charges	(\$ 15,038)	-	\$ 248,414	\$ 233,376	\$ 326,411
Acquisition d'immobilisations	\$ 8,330	-	(\$ 8,330)	-	-
Affectation de l'exercice (note 12)	-	\$ 29,645	(\$ 29,645)	-	-
Utilisation de l'exercice (note 12)	-	(\$ 20,403)	\$ 20,403	-	-
SOLDE À LA FIN	\$ 32,407	\$ 1,096,087	\$ 704,467	\$ 1,832,961	\$ 1,599,585

FINANCIAL STATEMENTS

Balance sheet as at December 31, 2022

ASSETS	2022 Total	2021 Total
Short-term assets		
Cash flow	\$ 554,046	\$ 823,473
Accounts receivable (note 4)	\$ 82,120	\$ 170,865
Prepaid expenses	\$ 2,734	\$ 4,623
Temporary investments (note 5)	\$ 85,000	\$ 613,213
	\$ 723,900	\$ 1,612,174
Reserved cash - regional offices	\$ 120,912	\$ 141,315
Short-term total (note 5)	\$ 1,095,678	\$ 308,708
Mutual funds (note 6)	\$ 28,817	\$ 29,375
Intangible assets (note 7)	\$ 3,590	\$ 9,740
	\$ 1,248,997	\$ 489,138
	\$ 1,972,897	\$ 2,101,312

LIABILITIES	2022 Total	2021 Total
Short-term liabilities		
Accounts payable and accrued charges (note 8)	\$ 88,772	\$ 302,305
Deferred contributions (note 10)	\$ 51,164	\$ 169,422
	\$ 139,936	\$ 471,727
Long-term debt	-	\$ 30,000
	\$ 139,936	\$ 501,727

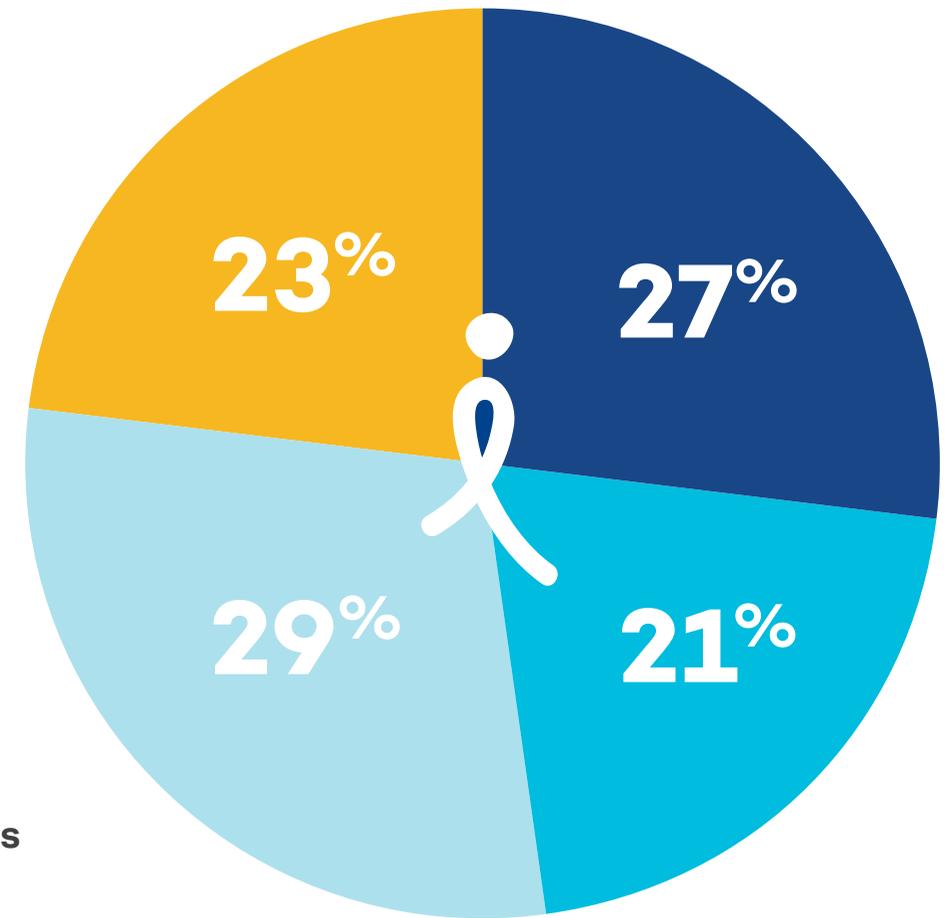
NET ASSETS		
Invested in tangible assets	\$ 32,407	\$ 39,115
Allocated (note 12)	\$ 1,096,087	\$ 1,086,605
Not allocated	\$ 704,467	\$ 473,865
	\$ 1,832,961	\$ 1,599,585
	\$ 1,972,897	\$ 1,599,585

DONATIONS

We are able to continue our mission thanks to the contributions of our ambassadors, volunteers, partners, sponsors and the government. Your support makes an enormous difference in the lives of people living with the disease and their caregivers.

We saw a lot of generosity in 2022, with a 34% increase in the total amounts received in donations and grants compared to 2021. You helped us to carry out numerous projects and invest in research in order to envision a world without Parkinson's Disease.

**Distribution
of donations
2022**



- 27% Donations
- 21% Grants
- 29% Campaign donations
- 23% Bequests

A HUGE THANK YOU!

Ambassadors



Visionary ambassadors: \$50,000 and more

Bitumar

**Chevaliers de Colomb
du Québec**

**Margaret Paquette
ménage**

**Ministry of Health and
Social Services**

Succession Jean Bertrand

**Succession Yolande
Riendeau**

TFI International

Pouvoir d'agir ambassadors: \$10,000 and more

**Caisse de dépôt et placement
du Québec**

Canada Revenue Agency

Carlton Cards Ltd.

**Fondation Famille Marc
Thériault**

Garaud Charitable Fund

**Jewish Community Foundation
- Montreal**

**Le Groupe Jean Coutu (PJC)
inc.**

The Master Group Inc.

**McGill University Radiology
Residency Program**

National Bank

Pharmascience

Pro Doc Itée

Rankin Construction inc.

TEVA

Éric T. Webster Foundation

Williams Pharmalogistique inc.

Pouvoir d'agir ambassadors: \$5,000 and more

BFL Canada

Fondation Norman Fortier

Isabelle Audet

Louis Marie Beaulieu

Niché

Utility Garments Inc.

Les Variétés Pierre Prud'homme

Pouvoir d'agir ambassadors: \$1,000 and more

Arnaldo Iannetti

Bernard Prevost

Branscome Paving Compagny

CN Employees' and Pensioners'
Community Fund

Filles de la Providence

Denise Verreault

Dominique Audet

Elbow River Marketing Ltd

Elise Crepault

Fondation Denise et Robert Gibelleau

Fondation Famille René et Deschênes

Fondation Frontenac

Fondation Lise et Richard Fortin

François Chartrand

Fransyl Itée

Gérald Côté

Gerald Hnatchuk

Guy Dufort

Huguette Charbonneau

Irène Gourichon

J. V. Raymond Cyr

Les Évadés inc.

Lorraine Isabelle

Louise Garant

Martin Deschênes

Miller Thimsib

Normandin Beaudry

P. Flanigan & Sons

Pavage Centre Sud du Québec

Raymond Brodeur

Robert Senet

Serespro

Succession Marie-Paule Lavoie
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Anne Beaudoin
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Marie-Neige Filteau
Senior Marketing and
Communications Advisor



Joannie Daly
Executive and Philanthropic
Development Assistant





My name is Raymond Champagne. I am a person living with Parkinson's Disease. Parkinson Québec's services help me to better cope with the disease in my daily life. I appreciate the moral support and advice they provide. I do the online exercises, which helps me to be active during the day. As someone dealing with Parkinson's Disease and all of its challenges daily, it is reassuring to have the support of professionals from Parkinson Québec. Benefitting from their support helps me to feel more hopeful about my experience with the disease. I sincerely thank Parkinson Québec for the excellent services they provide the community.

Raymond Champagne

Thanks

Parkinson Québec offers its warmest thanks to all caregivers for their kindness and their work with people living with Parkinson's Disease.

You are inspirations for the community. We appreciate the actions you take every day and your positive impact on all of us.

We are here to help you in your endeavours.

Once again, a huge thank you for your dedication!



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