

R e a l
s t o r i e s

R e a l
s t r e n g t h s

2025

**IMPACT
REPORT**

parkinson SOCIETY
SOUTHWESTERN
ONTARIO

Our Vision

To reach **every** person in southwestern Ontario affected by Parkinson's.

Our Mission

Parkinson Society Southwestern Ontario **enhances the quality of life** and care for people living with Parkinson's in southwestern Ontario.

I

Inspire: Fostering hope and possibility for families across southwestern Ontario living with Parkinson's, while encouraging strength, dignity, and resilience.

M

Mobilize: Uniting volunteers, donors, and partners to stand alongside those navigating Parkinson's, strengthening connection and support.

P

Programs: Providing services that support movement, connection, and well-being for people and carepartners.

A

Awareness: Deepening understanding of Parkinson's across the region through education and lived experience.

C

Compassion: Offering heartfelt care and understanding to families and carepartners navigating daily challenges.

T

Transform: Improving lives through accessible resources and engagement that bring comfort, confidence, and hope.

A MESSAGE FROM OUR CEO

Reflecting on 2025, it was an exceptional year for Parkinson Society Southwestern Ontario (PSSO). Our team remained deeply committed to strengthening and expanding our community across the region—bringing **Hope Close to Home** and ensuring that no one faces Parkinson's disease alone.

Throughout the year, we enhanced access to essential programs and services, including support groups, exercise classes, workshops, and educational conferences. These initiatives continue to play a critical role in improving quality of life, fostering connection, and empowering individuals living with Parkinson's and their carepartners.

A significant highlight of 2025 was our **\$50,000 investment** in eight regional boxing programs. These programs promote strength, balance, and endurance, and may help slow the progression of Parkinson's disease. Just as importantly, they provide participants with a sense of community, confidence, and enjoyment.

During Parkinson's Awareness Month in April, we amplified our message that Parkinson's *"Is More Than Just a Tremor."* Through our *"Hero of Hope Stories"* campaign, we shared powerful, real-life experiences to inspire, educate, and foster greater understanding of the disease's complexities.

Financially, 2025 was a strong and successful year—made possible by the generosity and dedication of our supporters. Our signature event, Walk for Parkinson's, remained our largest regional fundraiser, raising an outstanding **\$576,659**. We also experienced meaningful growth in third-party fundraising, with community-led initiatives contributing **\$42,980**. We extend our sincere thanks to everyone who organized, participated in, and supported these efforts.

These contributions enabled PSSO to invest **\$166,000** in Graduate Research Scholarship Awards, supporting the next generation of Parkinson's research. In addition, we were proud to fund **Dr. Jeff Holmes' iCare project**—*an innovative internet-based cognitive behavioural therapy program designed to support caregivers of individuals living with Parkinson's disease.*

As we look ahead, we are seeing a steady increase in new clients each month. In response, we remain focused on building strong relationships and ensuring individuals are connected to programs and supports within their local communities. We are also committed to strengthening and diversifying our revenue streams through initiatives such as the Hero of Hope Membership program, community grants, corporate partnerships, and major giving opportunities.

Our vision remains clear: that every person living with Parkinson's disease feels understood, valued, connected, and supported.

Thank you for being an integral part of the PSSO community. Your support makes this work possible.

**Shelley
Rivard**



FINANCIAL REVIEW

Parkinson Society Southwestern Ontario Statement of Financial Position as at **December 31, 2025**

ASSETS

Current Assets

Cash	\$524,553
Marketable Securities	\$1,880,352
Accounts Receivable	\$11,384
Government Remittances Receivable	\$24,180
Prepaid Expenses	\$6,304

Capital Assets	\$11,225
Total Assets	\$2,457,998

LIABILITIES

Accounts Payable and Accrued Liabilities	\$112,967
Deferred Contributions	\$25,455

NET ASSETS

Operating Fund	\$2,319,576
Total Liabilities and Net Assets	\$2,457,998

Parkinson Society Southwestern Ontario Statement of Operations Year Ended **December 31, 2025**

REVENUE

Fundraising	\$825,582
Donations & Bequests	\$569,954
Conference	\$65,715
Investments	\$64,736
Total	\$1,525,987

EXPENSES

Fund Development	\$297,339
Programs	\$548,049
Communications & Awareness	\$293,002
Administration/Governance	\$279,956
Research	\$166,031
Total	\$1,584,377

Unrealized Gain on Investments	\$67,546
Net Revenue/Loss	\$9,156



Dear Stakeholders,

With great enthusiasm, we reflect on and celebrate the impact we have made together as part of Parkinson Society Southwestern Ontario over the past year.

In 2025, we continued to see growth in our key fundraising initiatives while expanding awareness and services across the communities we serve. These achievements would not be possible without the dedication of our staff and volunteers, whose commitment drives everything we do.

Through their continued efforts, we have been able to invest further in programs and services that support individuals and families affected by Parkinson's today, while building hope for the future. Our Annual Golf Tournament continues to grow in popularity, and grassroots initiatives such as local pickleball tournaments have become valuable and emerging contributors to our fundraising success.

As a result, we have expanded access to essential resources across our region. We have also increased our investment in research funding, supporting advancements in care, treatment, and quality of life for those living with Parkinson's.

Our Board's diverse experience and leadership have helped maintain strong financial stewardship, ensuring the organization remains well-positioned for future growth and continued investment in programs, research, and education.

A heartfelt thank you to our donors, staff, and volunteers whose contributions have made this progress possible. We look ahead with continued purpose as we work to enhance the quality of life and care for people living with Parkinson's across southwestern Ontario.

- MATTHEW MITCHELL, BOARD TREASURER

THANK YOU COMMUNITY PARTNERS



DRIVING RESEARCH FORWARD



In 2025, Parkinson Society Southwestern Ontario proudly announced the inaugural **Joanne Bernard Memorial Award** for Innovations in Parkinson's Research and Caregiving at Western University. This award honours the legacy of Joanne Bernard, a devoted caregiver and passionate advocate for research who deeply understood the challenges faced by carepartners.

Through this initiative, **\$100,000** was raised to support impactful research within the Parkinson's community. We are pleased to recognize **Dr. Jeff Holmes** as the first recipient, receiving funding over two years for his project, "*iCARE: Internet-Based Cognitive Behavioural Therapy for Caregivers of Individuals with Parkinson's Disease.*"

This project reflects Joanne's enduring commitment to supporting carepartners while advancing meaningful research. We look forward to the positive impact this work will have on individuals and families affected by Parkinson's.

GRADUATE STUDENT SCHOLARSHIP

Parkinson Society Southwestern Ontario (PSSO), delivered the Graduate Student Scholarship Program, a strategic initiative that encourages emerging scientists to pursue Parkinson's research while advancing training and innovative study in the field.

We were proud to recognize our 2025 recipients, Marina de Oliveira Emerick, Sarah Park, Olivia Crozier, Mariia Vistyzenko, Rileigh Stapleton, and Juan Jurado-Coronel (*refer to the picture below*), for their dedication and meaningful contributions to advancing knowledge in Parkinson's.

Special thanks to **Mitacs** for their collaboration in making these grants possible and for fostering the next generation of researchers.



Since 2017, PSSO has invested a total of **\$948,027 CAD** in graduate-level research.

IMPACT FROM THE PAST YEAR



Attendee at the 15th Annual Parkinson Golf Classic Presented By Velikonja Financial of CIBC Private Wealth.



Paul, a PSSO client, at a Knock Out PD class.



Volunteers assisting at the Walk for Parkinson's.



Zander, joined by his grandfather George, presents the funds he raised.



2025 Spinning Wheels Tour makes a stop at the PSSO office.



Volunteers helping at the Walk for Parkinson's registration.



Dr. Shaun Boe, Dean of the Faculty of Health Sciences, at the Joanne Bernard Memorial Award.



Bobby Guin, a 2025 Faces of Hope feature.



Attendants at the Parkinson's Awareness Day Flag Raising Ceremony.



Dancing with PD Meaford group.



Participant at one of the 14 Walk for Parkinson's events.

THANK YOU!

15th Annual Parkinson Golf Classic Presented By Velikonja Financial of CIBC Private Wealth



104K

Following our Annual Golf Classic, donations reached over **\$104,072**, a **9.6% increase** from 2024, for individuals living with Parkinson's disease across southwestern Ontario.

90+

More than **90 volunteer hours** supported the golf tournament, from securing donations and preparing auction prizes to event setup and welcoming guests at registration.

2025 Walk for Parkinson's



576K

The 2025 Walk for Parkinson's raised over **\$576,659**, surpassing its fundraising goal and reflecting a **9.8% rise** from the previous year's event. All funds directly support local programs and services.

40%

More than **1,400 volunteer hours** supported the planning and delivery of 14 Walk for PD fundraising events, marking a **40% increase** and strengthening community impact.

WHERE WE SERVE

Brant County

SUPPORT GROUP
ROCK STEADY BOXING: BRANTFORD

Bruce County

SUPPORT GROUPS
CHAIR YOGA: KINCARDINE

Chatham-Kent

SUPPORT GROUP
LOUDER, CLEARER

Dufferin County

SUPPORT GROUP
PWR EXERCISE: ORANGEVILLE

Elgin County

SUPPORT GROUPS

Essex County

SUPPORT GROUPS
KINGSVILLE RETIREMENT HOME
SUPPORT GROUP
ROCK STEADY BOXING: WINDSOR
DANCING WITH PD

Grey County

SUPPORT GROUPS
ROCK STEADY BOXING: OWEN SOUND
DANCING WITH PD

Haldimand County

SUPPORT GROUP
MOVE BOLD: CALEDONIA



Huron County

SUPPORT GROUP

Lambton County

SUPPORT GROUPS
ROCK STEADY BOXING: SARNIA
SARNIA LONG-TERM CARE SUPPORT GROUPS

Middlesex County

SUPPORT GROUPS
LONDON CAREPARTNER (HYBRID)
SUPPORT GROUP
ROCK STEADY BOXING: ILDETON
KNOCKOUT PD: LONDON
LOUDER, CLEARER: LONDON

Norfolk County

SUPPORT GROUP

Oxford County

SUPPORT GROUPS
LONG-TERM CARE SUPPORT GROUP
EXERCISE PROGRAM

Perth County

SUPPORT GROUP

Region of Waterloo

SUPPORT GROUPS
ROCK STEADY BOXING: CAMBRIDGE
ROCK STEADY BOXING: KITCHENER
NEUROFIT: KITCHENER
WATERLOO CAREPARTNER SUPPORT GROUP
WATERLOO LONG-TERM CARE HOME
SUPPORT GROUP

Wellington County

SUPPORT GROUPS
KNOCKOUT PD: GUELPH
NEUROFIT: GUELPH
GUELPH CAREPARTNER SUPPORT GROUP

VIRTUAL & REGION WIDE PROGRAMS

CAREPARTNER SUPPORT GROUP
COFFEE KLATCH
DEEP BRAIN STIMULATION (DBS) SUPPORT GROUP
DANCING WITH PARKINSON'S
LOUDER, CLEARER: A PARKINSON'S VOICE TRAINING
MUSIC CHOIR: BEGINNER/INTERMEDIATE

NEWLY DIAGNOSED PROGRAMS
NEUROFIT
ROCK STEADY BOXING
YOUNG ONSET PARKINSON'S (YOPD) SUPPORT GROUP
YOUNG ONSET CAREPARTNER SUPPORT GROUP

PSSO REACH

Across Southwestern Ontario, we are here for anyone in need. Our programs guide individuals through every stage of the Parkinson's journey, helping manage symptoms and improve quality of life.

To learn more about services in your area, visit pssso.ca or call 1-888-851-7376.

PROGRAM IMPACT

38 support groups offered both in person and virtually across southwestern Ontario.

56 participants experienced movement and connection through *Dancing with Parkinson's*.



75 participants strengthened their voices through *Louder, Clearer: A Parkinson's Voice Training Program*.

78 participants found community and expression through the *Parkinson's Music Choir*.

38 participants gained guidance and reassurance through the *Newly Diagnosed Series*.



Approximately 74% of donations are directed back into programs and services.



About 6,784 The Parkinson's Update newsletters shared biannually with our community.

6,623 individuals receive the Parkinson's Enews Update each month.

VOLUNTEER ENGAGEMENT PROGRAM



PSSO is supported by a caring network of volunteers across southwestern Ontario. Their time and compassion help strengthen support groups, programs, and daily operations. They build meaningful connections and ensure no one faces Parkinson's alone, bringing *Hope Close to Home*.

22%

In 2025, over **2,562 volunteer hours** were dedicated to PSSO programs, events, and support groups, reflecting a **22% increase** from the previous year. Each hour represents compassion, connection, and commitment to the Parkinson's community.

250+

Office and administrative volunteers contributed over **250 hours** at PSSO in 2025, supporting mailings, donations, and outreach. Their dedication keeps us connected and strengthens care for the Parkinson's community.

65%

PSSO has been working to ensure support groups are available across as many areas of southwestern Ontario as possible, with significant growth in 2025. Volunteer involvement **increased by 65%**, serving **38 support groups** and contributing over **660 hours** from dedicated facilitators.

44%

Volunteers supported four major mailings, contributing to a **44% increase** in hours and over **144 hours** of service. Their dedication ensured key communications reached our community across southwestern Ontario.



**THANK
YOU**

parkinson SOCIETY
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2025

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