

SUPPORT CARE KNOWLEDGE



Victoria Epilepsy and Parkinson's Centre Society

ANNUAL REPORT
2015 - 2016



OUR MISSION

We are a vibrant and welcoming non-profit society whose purpose is to strengthen clients', families' and communities' ability to manage the physical, psychological and social effects of Parkinson's and epilepsy.



“I love working at Headway because it presents a wide variety of ways I can contribute to the greater Victoria community. Meeting with individuals, facilitating groups, coordinating volunteers, sharing information through newsletters and learning from clients and other professionals are all opportunities I access through the Victoria Epilepsy & Parkinson's Centre.”

- Lindsay Beal, Parkinson's Outreach Coordinator

“HeadWay is about personalizing both one's experience and services. It is about supporting people on their journey with health in ways that enrich the quality of their lives. This agency truly represents dedication to community service through partnership with those we serve and collaboration with other care providers.”

- Maureen Matthew, Parkinson's Program Coordinator

“I love my work at HeadWay. I am privileged to work with a team of talented professionals who are passionate about what they do and they do it extremely well, delivering much needed services, programs and workshops. I believe the Community Education component of my position helps to bring the reality of the daily lives of those with Parkinson's and epilepsy into view, and with that exposure, raises the awareness and the compassion of our community as a whole. “

- Shannon Oatway, Community Education & Awareness Coordinator

EPILEPSY FACTS

1 in 100 people have epilepsy.



The word “epilepsy” is a general term for more than 20 different types of seizure disorders. Seizures occur as a result of brief changes in the normal activity of brain cells. The extent of these changes, and their effect on the individual, can vary greatly. Epilepsy affects approximately 1 in every 100 Canadians, and begins most often in childhood or the senior years.

Question:

Do you know what ‘*paying it forward*’ means to the Centre?

Answer:

Someone leaves a bequest in their will for either the Parkinson’s or epilepsy program at the Centre. This in turn benefits someone in the future. The bequest financially enables the program & services to continue for the next person needing help. Great, eh? - *Barb Gilmore, Executive Director*

PARKINSON’S FACTS Nearly 100,000 Canadians have Parkinson’s.



Parkinson’s is a progressive neurological disorder resulting from the loss of dopamine production in a part of the brain called the substantia nigra. Dopamine acts as a chemical messenger, allowing nerve impulses to travel smoothly from one nerve cell to another. This enables the transmission of messages to muscles of the body to begin voluntary movement. As dopamine production decreases, muscle movements become slower and more rigid, tremors can develop and reflexes become more impaired, contributing to a loss of balance. Although most commonly diagnosed in seniors, Parkinson’s can occur in early to mid- adulthood as well and is known as early onset Parkinson’s.

MESSAGE FROM THE BOARD PRESIDENT

President's Report

Ross Young

I want to welcome you all to the 2016 Annual General Meeting. We are continuing to make progress while facing a number of changes to our organization. We have had three of our Board members leave due to personal reasons, moving and changing positions. They will be greatly missed. We hope to have three to four new Board Members in place for the coming year.

Our Executive Director, Barb Gilmore has also turned in her resignation. She wants to further her interest in Counselling, Workshops and Consulting. We will greatly miss her after three and a half years helping us to grow and reorganize towards our new goals. Thanks Barb!

Our new Executive Director will be Mira Laurence. Mira brings a lot of experience in fundraising, many contacts throughout the Victoria Area, and public relations. She will be starting her position immediately.

We added a Health Fair in February to help raise interest in our organization and money to help support our programs. The fair was extremely successful with those who attended and the vendors. Most of the vendors said that they plan on attending next year. I want to thank Lynn Fanelli and her core of Volunteers for their great work. For our first year it was a success. We need to improve the number of people attending and to make changes, so as to increase our revenue.

I want to thank our board for the support they have given us and help when needed. We are developing into a great Board with better things coming.

I want to thank everyone who volunteers for us and those who help us through donations. You are all essential to our growth and success.

I hope that this coming year is as good as last year and I feel it may be even better.



MESSAGE FROM THE EXECUTIVE DIRECTOR

Executive Director's Report

Barb Gilmore

2015-16 was another busy year! Again there were many caring people that contributed to the life and activity of HeadWay, Victoria Epilepsy & Parkinson's Centre, which is so very much appreciated.

Our membership numbers stay about the same at 660 Parkinson's members and 350 epilepsy members and please accept thanks on behalf of the Society for being so responsive with our summer and winter donation and membership campaigns. Donations are a very significant part of any charitable organization and for us it was 38% of our revenue in 2015-16. Members do amazing things too; such as Alf Todd's friend cycling to Tofino raised \$4000+ in pledges for Parkinson's; and Stephen Hives for purchasing and donating the epilepsy library books 'wish list'! And not to forget that members such as the late Tony Wade, and late Dr Neil Walker contributed immensely over the years as volunteers and members of the Board of Directors.

Our community events such as our HeadWay Charity Golf Classic; HeadWay Health Fair; and fundraising activities are always remembered and importantly serve as a pathway to the Centre to engage in services. Indeed they contributed 21% last year toward the financial goals of our fund development program. Thanks to Lynn Fanelli for creating and managing the first HeadWay Health Fair in Sidney: coordinating potential fundraising ideas such as 'cause marketing' with local businesses; and 'charity of choice' with organizations such as the Chamber of Commerce and community service groups Sidney Rotary and Victoria Orbus.

A community that is aware of symptoms of Parkinson's and what it takes to live with this health condition (both individual and caregiver), as well as first aid for seizures (1200 First Aid cards given at the Kite Festival in 2015) and what accommodating someone with epilepsy actually means to a classroom or a work situation, is extremely important. Thanks to our community education and awareness coordinator Shannon Oatway who, in addition to presenting in various community locations, actively uses social media and our website to enhance all of our face-to-face and newsletter communication. We now issue *The BrainWave* and *The Transmitter* three times during the year.

The Parkinson's Program with thanks to coordinator Maureen Matthew and outreach coordinator Lindsay Beal is always active with educational sessions in the community, private consultations at the Centre and support groups (Parkinson's or caregivers) in Sidney, Victoria, and West Shore locations.

It is necessary to recognise and again say thank you to our educational speakers; Dr. P Pathak, Dr P Hutchison, Dr K Roland, Dr M Gheis and Donna Ross RN as well as the funding that *Island Health Seniors Outreach* services continues to provide. The community exercise groups at Saanich Silver Threads and Cedar Hill Recreation Centre have been running for many years and now contribute to the array and choice of other exercise programs in the community including *ParkinGo* programs and HeadWay's own *Motion Ways*. Given the significance of the relationship between exercise and Parkinson's wellness, these are all welcome opportunities for people with Parkinson's!

Cont'd MESSAGE FROM THE EXECUTIVE DIRECTOR

2015-16 also introduced a pilot project using CBT (cognitive behavioural therapy) for Parkinson's symptoms such as anxiety. Thanks to the dedication and volunteer partnership of Dr. Mohammed Gheis and Deandra Pimentel RCC, Maureen was able to facilitate two groups over 8 weeks each. For project members this was a time consuming and serious commitment and clearly made a positive difference in their life.

The Parkinson Society of British Columbia (PSBC) appreciated our local support of the SuperWalk for Parkinson's last September and that fundraising effort was subsequently seen here October 2015 in a local regional conference featuring Dr M McKeown, and at another time a speech & swallowing clinic. Our association and coordinated efforts with PSBC is seen as an enhancement to the services that our members receive.

The Epilepsy Program experienced several changes over the year with program coordinators and new partnerships affecting the *Tools for Success* tutoring program for children with seizures. The Centre for Outreach Education at University of Victoria administers the tutoring program and we continue to refer clients. Lindsay Beal is now the program coordinator for all epilepsy services, individual consultations and educational meetings. In addition to epilepsy specific donations, *United Way of Greater Victoria* financially assists Lindsay to continue to focus on all of the community programs and specifically the support groups for parents, moms, younger adults and adults. *The Chronic Disease Self Management Program* (University of Victoria) has long been involved with Centre and used the venue to train 6 more volunteer trainers. We also welcomed *Country Grocer* to Epilepsy Awareness Month as they helped us so much with the *Purple Pansies for Epilepsy* campaign.

Volunteer Contributions from our 140+ volunteers in 2015-16 including the Board of Directors and committees; Charity Golf committee; Health Fair committee; and specific expert projects such as Sarah Pyne's library reformation and Amy Tran's pharmaceutical information, have been sincerely appreciated. See the 2016 spring edition of our newsletters and my note of your gifts

Financial Contributions are an important part of charities and 2015-16 had no shortage of thoughtful donors. Again, I need to express thanks to Alanna Holroyd and the *Vandekerkhove Family Foundation* for over 24 years of funding that totals more than \$750,000. We could not have managed this far without their generosity, thank you! *Peninsula Co-op* and corporates such as *CanPro* with the *Charity Golf Classic* over 24 years....*United Way of Greater Victoria*.....*Pacific Blue Cross*.... and especially the many personal donors that have given us financial support from their heart either as a donation, memorial, or bequest.....Thank you so very much!

As I finish my role of executive director at HeadWay, Victoria Epilepsy & Parkinson's Center I very much want to thank you for the learning, serving, and receiving we all experienced together. I look forward to seeing you in our community.

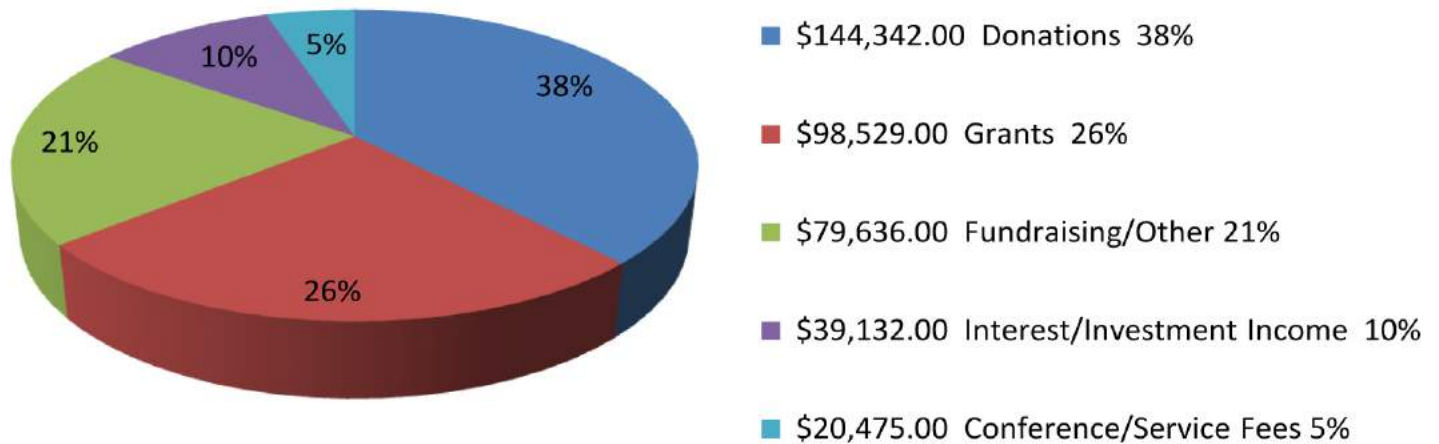
Sincerely,

Barbara Gilmore

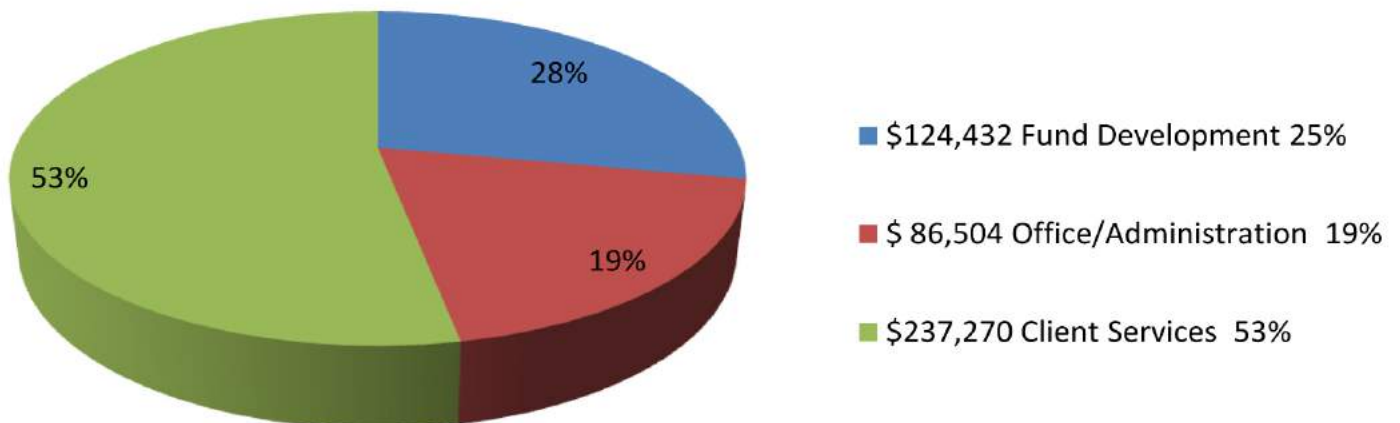
2015-2016 FINANCIAL STATEMENTS

2015-16 Audited Financial Statements attached separately.

2015-16 Revenue \$382,114



2015-16 Expenses \$448,206



REVENUE

Victoria Epilepsy and Parkinson's Centre Society shares a special thank you to our financial supporters.

As a non-profit society, financial contribution through individual donations, testamentary gifts, foundation & community grants, and event fundraising, have allowed us to continue since 1986. Thank you.

Donations 38% - membership campaign donations; personal and family / friend donations; testamentary gifts and bequests; Provincial Employees Community Services Fund; United Way donor directed contributions

Grants 26% - Island Health-Seniors Outreach; Vandekerkhove Family Foundation; United Way of Greater Victoria; Pacific Blue Cross Health Foundation; Harry & Dorothy Gray Foundation

Fundraising 21% -Charity Golf Classic with Peninsula Co-op, CanPro, Times Colonist and many corporate sponsors; HeadWay Health Fair with Saanich Health and Seaside Magazine sponsorship; and 3rd party fundraisers from members (A. Todd, L Hodgkinson) Victoria Charity Marathon pledgers and runners, and Epilepsy & Parkinson's awareness month activities (including Country Grocer, Heirloom Linens, Brown's Florist)



A blur goes by, yes it's Terri Beaton, with her trademark grin and easy going demeanor, Terri has been a part of the volunteer scene with our agency for years. It makes no difference if it's administrative, phones, or tasks; a Parkinson's event or Epilepsy; the Annual Charity Golf Tournament, or the HeadWay HealthFair... Terri is there to lend her hand. This year Terri co-produced a new Epilepsy event, the Joy and Hope Art Show, to add a little something unique to the usual fundraising fare. So thank you so much Terri, for your continual support, we are grateful for your giving spirit.

DONORS

Thank you to our financial donors as listed here for their generous and thoughtful contributions. Most donors continue to support us year after year. As well, thank you to the many anonymous donors that prefer not to have their name listed.

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Thank You!



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Office/Financial Manager

Della Cronkrite

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Maureen Matthew

Parkinson's Outreach Coordinator

Lindsay Beal

Epilepsy Program Coordinator

Lindsay Beal / Francina Kehoe (2015-16) / Jennifer Morgan (2015)

Community and Education Awareness Coordinator

Shannon Oatway / Amanda Ng (2015)

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Matt Peulen– Vice President
John Pereira – Treasurer
Katy Fairley– Secretary
Barb Gilmore – Executive Director

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