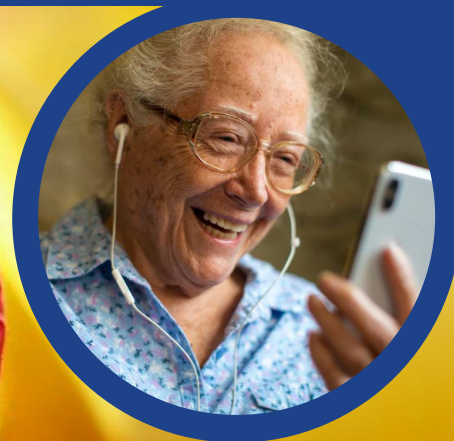


ACTIVITY REPORT

Parkinson Montréal-Laval



Our contact information

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2020

TABLE OF CONTENTS

MESSAGE FROM THE PRESIDENT	3
MISSION	4
Board of Administrators	4
TEAM	
Employees	5
Volunteers	5
OUR SERVICES	
Individualized meeting for diagnosed persons and their loved ones	6
Relaxation and meditation workshops	7
Twinning project.....	7
Practice your voice	8
Self-help groups	8
Respite and Exercises	9
For caregivers	
Individual and group support Montreal	10
Individual and group support Laval	11-12
Info-Reference Line	13
FINANCIAL SUPPORT	
The David Matthew Aronson Fund	14
COMMUNITY LIFE AND INVOLVEMENT IN THE ENVIRONMENT	
Board of Administrators	15
Office activities	
A new and strengthened team	16-17
A special thanks to Nicole	18
The Resource Guide	19
Public Relations	19
Communications and press relations	20
Website	21
Membership	21
PROJECTS WITH OUR PARTNERS	22
FINANCING	
Financing	23
Fundraising	
Tulip sales during awareness month	24
Parkinson's Journey	25
Fruitcake sale	26
Financial Statements	27-29
ACKNOWLEDGEMENTS	30

MESSAGE FROM THE PRESIDENT



The year 2020 was like no other year we have experienced or were ready for. Within a short period of time, COVID-19 has become part of our daily conversations and has impacted every aspect of our activities. We all had to adapt and adopt new ways of doing our daily activities while respecting the restrictions imposed by our health authorities.

Things were no different for Parkinson Montreal-Laval (PML). All our activities, such as the coordinator's presence in the office, support groups and individual meetings are now done remotely, which requires a lot of adaptation and patience from all of us, but together we have succeeded!

In early spring, Parkinson Montreal-Laval was able to benefit from additional funds received from our government funding agencies to support people living with the disease in the context of the restrictions imposed. This has resulted in the development of several new and exciting projects that have prior, allowed us to offer services to people living with the disease who did not know about PML as well as to our loyal members.

We are grateful to the multiple funding agencies that have been especially responsive to the emerging needs of people living with the disease and their caregivers in the context of COVID-19. Without this additional funding, we would not have been able to address these needs in a timely manner.

Parkinson Montreal-Laval has maintained a close working relationship with many community partners, which has become even more important given the situation.

As you will read in the report, PML's dynamic team has implemented a range of community-based activities to meet the various needs expressed by people living with the disease and their loved ones.

Thank you to all our volunteers, donors and partners for their ongoing support.

Linda Bambonye

President of the Board of Administrators of Parkinson Montreal-Laval

Our mission

Parkinson Montreal-Laval's mission is to improve the well-being of people living with Parkinson's disease and their loved ones by providing information, services and support.

Our Board of Administrators



Linda Bambonye
President



Annie Mathieu
Vice-president



Marie-France Cloutier
Secretary and Treasurer



Richard Goulet
Administrator



Robert Burgy
Administrator

»



Sharon Brissette
Administrator



Krista Larson
Administrator

OUR TEAM

Staff



Janie Guénette
Coordinator



Sophie Lecours
Coordinator and
Caregiver Advisor



Élisabeth Lapointe
Coordinator, Caregiver
Advisor and Network
Development



Alissa Scholl
Communications
Manager

Collaborator



Annie Cusson
Contractual Consultant

Volunteers involved in services



Diane Patenaude
Self-help group
facilitator and
conference speaker



Carmen Fortin
Conference speaker
and responsible for
Practice Your Voice



THE SERVICES

MOBILIZED AND CONNECTED!

In the 2020-2021 fiscal year we are pleased to report that we have maintained our service offer for people living with Parkinson's disease and their loved ones despite the pandemic.

This health context has brought its challenges, but we are very proud to say that almost all of our services have been maintained without interruption. We were very quick to make the virtual shift, and to support our members in this transition. In addition, our service offers for people living with the disease have been greatly diversified.

Recent diagnosis – Individualized meeting for diagnosed persons and their relatives

Person in charge: Sophie Lecours

When someone learns that Parkinson's disease will be a part of his or her daily life, many questions and concerns arise.

This is why, once again this year, Parkinson Montreal-Laval offers a service of individualized meetings for newly diagnosed people and their loved ones. The objective is to **support the participants in maintaining their quality of life, to provide them with concrete solutions to best deal with the disease and to help them through the process.**

During these meetings, Sophie Lecours answers questions in a supportive listening, and proactive environment. She provides all the necessary information and presents available resources so that the people who use the service can learn to deal with the disease at their own pace.

These 1.5 hour meetings allow people to be understood, informed, reassured and oriented towards the resources best suited to meet their needs according to the stage of their disease.

In 2020, **16 meetings were held** and **24 people were supported** by this service.



Relaxation and meditation workshops

Person in charge: Annie Cusson

Led by Annie Cusson, contractual advisor at Parkinson Montreal-Laval, these workshops allow participants to experiment with different meditation and relaxation techniques to help them find serenity and to motivate them to implement practices that promote wellness.

The objectives of these workshops set up for people living with the disease are varied:

- The acquisition of tools to better manage stress and anxiety;
- The development of a better breathing;
- Learning techniques that can be easily integrated into daily life;
- The implementation of techniques for pain management;
- Improvement of sleep;
- Sharing the experience of meditation and relaxation.



The popularity and enthusiasm for Annie's classes has been so strong that a second session is already in the works.

For the 2020-2021 year, **10 Zoom meetings were held** between January and March and **24 people participated** on a regular basis.



Twinning project

Person in charge: Annie Cusson

The twinning project is a service offered by Parkinson Montreal-Laval since January 2021. It aims to bring together people living with Parkinson's disease who want to share their experience, learn from each other or develop new ideas to better live with the disease. All people with the disease can participate, regardless of the number of years since diagnosis.



This pilot project, set up by our advisor Annie Cusson, includes support from her at every step and a toolbox to encourage discussion and mutual support.

We are pleased to report that **10 twinings** are already active to date..



Thanks to a grant from the Centraide, Annie Cusson is back to finish her mission and continue her calls to our members

Annie Cusson contacted **165 people** (average age 73) and made **30 friendship calls**.

These calls are intended, among other things, to establish contact with our members, to promote our services, or to identify members who require special attention.

Practice your voice

For the second year in a row, people living with the disease and members of Parkinson Montreal-Laval had the chance to participate free of charge in weekly sessions of Practice Your Voice.

Developed in collaboration with Carmen Fortin, a volunteer, and Ingrid Verduyckt, an assistant professor at the School of Speech-Language Pathology and Audiology of the Université de Montréal, these meetings take place in a pleasant environment.

The objective is twofold:

- Addressing the essential need to exercise the voice for people living with Parkinson's disease;
- Train trainees who must put into practice what they have learned.

The meetings are supervised by Mrs. Verduyckt and her associates. The benefit is therefore mutual! Parkinson Montreal-Laval submitted more than **22 applications** to the Practice Your Voice team in 2020 and about **40 free meetings** took place.



Self-help groups

These groups encourage verbalization and mutual support, and are based on the values of respect, openness and non-judgment. They are open to sharing experiences and social contact, and are safe places to talk with people who understand you.

The context of Covid and the health of some of our precious volunteers have forced us to close 4 of our 5 groups. However, we would like to thank our volunteers for their tremendous contribution and commitment.

Currently, two groups are being facilitated, voluntarily and virtually: one by Diane Patenaude and the other by Claire Savage. This virtual shift has opened up the registration process to a wider audience, since the factors of travel and distance have been eliminated. Various guests (therapist, kinesiologist, speech therapist) came to enrich the groups with their knowledge by presenting particularly inspiring subjects.

A total of **10 meetings were held** from November 2020 to March 2021.

We warmly thank Diane Patenaude, Annie Cusson and Claire Savage who have allowed the groups to continue despite the pandemic. In addition to the support they provide, they help break the isolation of many participants.



Respite and Exercises

When you are a caregiver, it is not always easy to free up time to participate in certain activities. Indeed, it is difficult to leave your loved one alone during this time.

This is why, with our partner NeuroMotrix, we still offer the Respite and Exercise service which allows a caregiver to participate in one of the activities (support group, conference, telephone follow-up...) while the loved one can benefit from a free home exercise session with one of the NeuroMotrix kinesiologists.

Designed for the well-being of both the caregiver and the loved one are being cared for, this formula allows :

- Caregivers to be able to participate peacefully in our activities and thus benefit from the support and advice they need;
- Loved ones who are being cared for to practice physical exercise, which is essential to maintain their autonomy and improve their quality of life. Physical activity has many advantages for the management of Parkinson's disease : improved muscle flexibility, better coordination, better balance, less fatigue, less stress and more.

In 2020, **12 Respite and Exercise sessions** were held, for a total investment of **\$1421.10**.



Services for caregivers

Individual and group support in Montreal

Person in charge: Sophie Lecours

In addition to organizing **individual meetings for newly diagnosed people and their loved ones**, Sophie Lecours provided **individual follow-up** (in person or by phone) to **79 people, including 11 caregivers, in 2020-2021**. She also answered **58 calls for information**, made **39 survey calls** for the use of tablets, and sent out over **200 emails with information** for Appui Montréal.



Training workshops

Training workshops were also offered to caregivers, allowing them to learn more about Parkinson's disease, to develop new approaches to their role as caregiver and to ensure that they keep their personal balance. By attending these workshops, they can get new skills, strategies, and a series of informational materials.

In addition, the *Maintaining Balance as a Caregiver* series developed by Parkinson Montreal-Laval offers caregivers a series of **4 training workshops**, followed by a sharing session with a caregiver. Two training workshops were given on May 12 and 19, 2020 with **6 caregivers**, and completed the series started in the pre-pandemic period. Additional workshops were given on November 3, 10, 17, and 24, 2020, and December 1, 2020, with **10 caregivers** attending.

Webinar

Finally, a Webinar on *Stress and COVID-19* was developed and given in partnership with Romain Rigal of Parkinson Quebec on April 20, 2020.



Individual and group support in Montreal and Laval

Person in charge: Élisabeth Lapointe

This year, no services were provided in person to caregivers due to the COVID-19 pandemic. However, we offered all of our services to our caregiver members, including services to groups, by videoconference.



Our support groups changed significantly during the year. From March to September 2020, we provided **one bi-weekly group meeting for an hour and a half**. From September to December 2020 we offered **one meeting per month for one hour**, to continue the exchange and psychosocial group support. As for psychosocial support, from December 2020 to March 2021, we have set up **a monthly one and a half hour meeting**, in a private group, including forty-five minutes with a guest speaker, followed by forty-five minutes of discussion. This formula was adapted following a satisfaction survey sent to our caregiver members.

In all, **21 meetings for French-speaking caregivers** were held, as well as **12 English-speaking meetings**, for a total of **33 caregiver support group meetings**.

For individual support, a total of **20 people** were taken care of.

Conferences

The following topics were discussed during five videoconferences (each lasting an hour and a half):

- *Relaxation and guided meditation*, with special guest Annie Cusson, a PML consultant. It was presented to **4 members** on January 7, 2021 and to **12 members** on January 21;
- *Nutrition and Caregivers* with guest speaker Dr. Théa Demers, PhD, assisted by two students from Concordia University. It was presented to **3 members** on February 4, 2021 and to **13 members** on February 18, 2021 ;
- *Advances in Scientific Research* with guest speaker, Danish researcher Paul Khalifé from Concordia University. It was presented to **4 participating members**.



Coffee meetings

As we changed to closed groups from December 2020, we also began offering open coffee meetings to allow all caregivers the opportunity to participate in psychosocial support groups.

These coffee meetings took place on Zoom, each lasting at least one hour, and also featured guest speakers who addressed the following three themes:

- *Coping with Illness and Tolerance of Uncertainties*, presented by Annie Perreault, psychologist, on February 15, 2021, with **11 participating members**;
- *How to find balance as a caregiver*, with Dr. Christiane Laberge, on March 3, 2021, with **9 participants**;
- *Learn self-management*, with Annie Cusson, PML consultant, presented on March 10, 2021 to **4 caregivers**.



Other conferences for caregivers via Zoom

We also offered three other conferences for caregivers via Zoom on the following topics:

- *Navigating the Health Care System*, presented by Jessica Smith of the Y of Women, September 15, 2020 to **10 participants**;
- *Presentation of the book Colonel Parkinson* by François Gravel on December 2020 to **10 participants**;
- *Tax measures for caregivers* presented by Sonia Morin, CPA, on February 25, 2021 to **13 participants**.

In addition, the conference entitled Demystifying Parkinson's disease was presented four times in Laval.



INFO-REFERENCE LINE

We are available to answer calls from **Montreal and Laval residents** from **Monday to Thursday, between 8:30 am and 4:30 pm**. Our coordinator answers calls on the Info-Reference line so that people seeking information on the disease, resources and services available can find answers to their questions.

Others may contact us, such as health care professionals seeking to refer their clients to our services, collaborators, partners or members.

It should be mentioned that in 2020, we could only note that the decrease of our calls has continued since Parkinson Quebec took over the calls from Montreal and Laval.

In 2020, **169 calls were received**.

Origin of calls

Calls from Montreal: 71%.

Calls from Laval: 17%.

Unknown or other: 12%.

Caller identities

Caregivers: 37% of callers

People with the disease: 26%.

Health care professionals: 9%.

Volunteers: 2%.

Others (suppliers, partners, students, proposals, etc.): 26%.



FINANCIAL SUPPORT

The David Matthew Aronson Fund

The Aronson Fund was created thanks to a donor whose son with Parkinson's disease died. Following his wish, the objective of the fund is to support young Parkinson's patients under the age of 50 by facilitating their access to physical activities. The \$10,000 we initially had available was matched with another \$10,000 from accumulated surplus. These amounts were invested in a 5-year guaranteed diversified investment in June 2016. The maximum cumulative rate of return was 25%.

In August 2019, the projected rate of return was 18.86% but in August 2020, it dropped to 9.42%. Thus, calculating a rate of 12%, the income generated was \$2,400.

A decision was made by the Board of Administration to reduce this to a maximum allowable reimbursement of \$500 per calendar year per person, per activity.

As of the end of October 2020, **\$19,413** had already been distributed to those who submitted applications. This left the fund with a deficit of over \$7,000.

During the same period, we granted \$10,872 in sponsorships and financial assistance to organizations or individuals wishing to offer physical activities to people living with the disease.

As all our activities aim to empower people living with Parkinson's disease to play an active and informed role in maintaining their quality of life, promoting physical activity is at the heart of this mission!



COMMUNITY LIFE AND INVOLVEMENT IN THE ENVIRONMENT

Board of Administrators

Parkinson Montreal-Laval held **13 regular meetings** of its Board of Administrators and **one special meeting** during the 2020-2021 mandate.

We are lucky to have welcomed Mr. Robert Burgy and Ms. Sharon Brissette as new administrators this year. PML is therefore pleased to announce that there are no more vacancies on the Board at this time. In addition, Ms. Annie Mathieu has not only renewed her mandate, but has also proposed herself to be Vice President.

Two members of the Board of Administrators, Mrs. Linda Bambonye and Mrs. Marie-France Cloutier remained involved with the Council of the Parkinson Quebec regions throughout the year. The meetings with the representatives of the other regional organizations were full of exchanges, ideas and information sharing on the concerns of people living with the disease and the services put in place to help them.



**MONTREAL
LAVAL**

Office activities

A new and strengthened team with...

...new employees...



Janie Guénette, Coordinator

With years of experience in active politics and as a political attaché, Janie has always been close to the community. In 2019, she will make a definitive shift by joining the team at the Greater Montreal Referral Centre.

Officially in position since September 2020 as coordinator at Parkinson Montreal Laval, she can put to good use her main passions: social commitment and project management.

She holds a Master's degree in political science.

Alissa Scholl, Communications Manager

Trained in law, Alissa began working on climate change issues in New York and Paris. In 2016, she joined a Parisian communications agency where she would get a taste for developing multi-channel communications strategies, creating various tools and organizing innovative events. Driven by her desire to get involved in issues that are close to her heart, in 2019 she became the program and communications officer for a French fair trade awareness association.

A skilled communicator, Alissa joined the Parkinson's Montreal-Laval team in February 2021 as Communications Manager, a position that allows her to combine her professional aspirations with her personal commitment.

Annie Cusson, Consultant

We are pleased to announce that Annie Cusson, who joined our team as a counsellor last summer for a short mandate of calls to our members, is back in the Parkinson Montreal-Laval team. Her mission will be to develop support services for people living with Parkinson's disease.

Annie Cusson has a background in social work. She has worked in various community organizations and educational institutions as an intervener, trainer and teacher. She has developed a particular interest in supporting people with chronic diseases. This interest has led her to facilitate support groups in programs for the self-management of chronic diseases and anxiety management.



...and employees as involved as ever!

Sophie Lecours, Coordinator and Caregiver Advisor

It was with the mandate to build a range of services specifically tailored to the needs of caregivers that Sophie joined the PML team in the fall of 2018.

Concerned by the psychosocial issues related to loss of autonomy, she is interested in psycho-education work with caregivers, with a view to empowering them and promoting their well-being, while continuing to play an essential role with their loved ones. To this end, she has set up conferences and training workshops and offers individualized follow-up.

Over the past year, she has also provided meetings for newly diagnosed individuals and their families and taken on the coordination duties of the Appui Montréal project.

In collaboration with all the members of the PML team, she is eager to continue to develop a range of quality support services that are accessible and adapted to the needs of caregivers.

Élisabeth Lapointe, Coordinator, Caregiver and Network Development Advisor

Having succeeded in growing the outreach to more Laval caregivers Laval caregivers, our Laval caregiver advisor, Élisabeth Lapointe, who has been working at Parkinson Montréal-Laval for two years now, has seen her number of intervention hours double for Laval, for a total of 14 hours per week.

She also added to her mandate the development of the organization's networks, the coordination of the project with Appui Laval, as well as a number of hours of intervention for caregivers in Montreal.

"I feel privileged to be able to support some caregivers through the physically and emotionally challenging stages of their journey," she explains.



A special thanks to Nicole!



For more than six years, Parkinson Montreal-Laval has been able to count on the kindness, competence and complete dedication of Nicole Sicard as coordinator of our organization. It is no overstatement to say that she has been the heart and arms of PML during this entire period.

It is with great sadness that the team and our collaborators learned of her leaving for new professional challenges.

Parkinson Montreal-Laval wishes to express its gratitude for these years of service and reiterate that Nicole will always be part of the family that serves the Parkinson community.

Thank you Nicole and good luck!



It was in July 2014 that my journey began at Parkinson's Montreal-Laval. I was welcomed by a dynamic work team as well as motivated members and volunteers!

As I got to know people affected by Parkinson's disease more closely, I became more familiar with their needs. And together we were able to develop relevant services, creating valuable partnerships with other organizations that complemented us. We were able to benefit from the support of quality professionals in the development and delivery of services. Not to mention the hard work of the volunteers in fundraising, without which nothing would have been possible! The strength of PML is its members, volunteers and quality professionals who work in the same direction and with the same goal of improving the well-being of people living with Parkinson's disease.

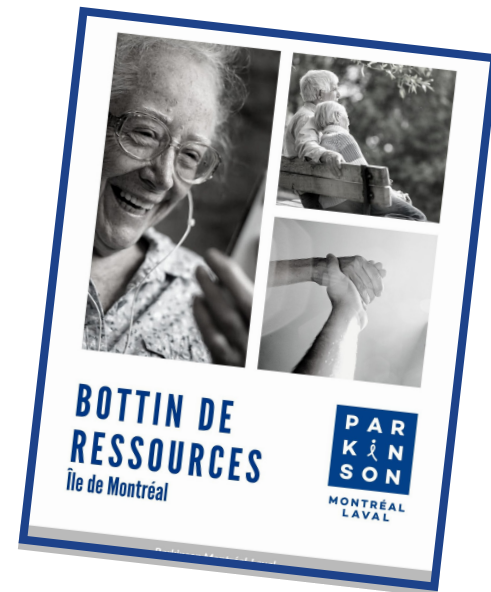
It has been an honor to work with these people for the past 6 years and I have very good memories.

-Nicole Sicard

The Ressource Guide

After several months of work, we are very pleased to announce the publication of the resource guide for people living with Parkinson's disease and their caregivers, designed with the precious support of L'Appui Montréal.

This guide collects answers, necessary information, as well as resources in the greater Montreal area, for all those who live with the disease and all those who surround them. In addition to the support that the different services of Parkinson Montreal-Laval can offer you, we hope that it will help you with the questions you may have.



Public Relations



Despite the challenges related to the pandemic and the fact that several community organizations had to put their activities on hold to work on the tracking of COVID-19 cases, Élisabeth Lapointe, our Caregiver Advisor and Network Development Officer, kept up her networking and development work.

This outreach to community organizations for seniors in Montreal and Laval has allowed us to continue to develop new relationships in different areas and to consolidate those we created last year with the 5 CIUSSS in Montreal, the CISSS in Laval, seniors' residences, respite homes, pharmacists from the Ordre des pharmaciens du Québec, the Alzheimer Society of Montreal's counselling network, hotlines, community organizations and employee assistance programs. The Ordre des pharmaciens du Québec placed an ad in their newsletter promoting our services in September 2020.

In addition, more than **1,000 flyers and advertisements** were sent to seniors' residences (in independent and semi-independent facilities with more than 100 residents). This networking allowed stakeholders from different environments to refer people with the disease and their caregivers to us with greater ease..

As we were in a pandemic, l'Appui Laval coordinated bi-monthly meetings with all partners. This allowed us to bring together community organizations working with seniors and caregivers in Laval, enabling us to significantly increase our visibility.

In addition, we have built great relationships with the new respite homes of the Gilles Carle Foundation, as well as with the SHDM and their 85 residences. We have promoted our services to 44 community centers in Montreal, 50 in Laval, 40 networks of residences for seniors, 8 listening lines and 3 EAPs in 2020, in addition to the 5 CIUSSS, the CISSS and the respite homes.

Communication and Press Relations



The position of Communications Manager is essential to strengthen our relationships with our members and partners.

The newsletter has been sent **13 times**. It is an information and reference tool for activities of interest on the territory. An edition of the **Bulletin in French and English** was published in September 2020 and the next edition is scheduled for April 2021. The Bulletin contains updates on our services and programming. It is worth noting that it was mailed to more than **65 people** who do not have access to the internet, in addition to being sent to our **1400 contacts** via the database. In addition, **5 Covid-19 newsletters** were sent out.

On the Facebook side, we gained 122 followers over the course of the year which brings us to **598 followers**. In addition, an Instagram account was created in August 2020 which currently has **87 followers**.

A media relations strategy was developed in 2020. Thanks to the initiative of Élisabeth Lapointe, then in charge of communications, Parkinson Montreal-Laval got unsold advertisements on the air to promote our services.

On April 24 and 26, 2020, we got **2 quarter-page ads** in the Journal de Montréal promoting our global mission.

As well, **42 unsold radio spots**, each 30 seconds long, were aired for two non-consecutive weeks between late March and August 15, 2020, on 98.5 FM.

All for a value of **\$37,000, but which we got for free**.

Parkinson Montréal-Laval

SERVICES GRATUITS POUR
LES PERSONNES VIVANT
AVEC LA MALADIE DE
PARKINSON ET LEURS
PROCHES

Services offerts par
vidéoconférence et
téléphone

PAR
KIN
SON
MONTREAL
LAVAL

Prenez rendez-vous maintenant
514 868-0597
montreal-laval@parkinsonquebec.ca
parkinsonmontreal-laval.ca



Website: a welcome redesign



In 2020, our website got a makeover! We have launched a new and improved web platform where you will easily find all the information you need:

- ➔ Information on Parkinson's disease
- ➔ Services for people living with the disease
- ➔ Services for caregivers
- ➔ Available resources
- ➔ Volunteers and involvement
- ➔ Events and news



Visit us on <http://parkinsonmontreallaval.ca>

Enjoy your visit!

Membership

Our membership in 2020 is **506 members**.

Our by-law states that "A member of the SOCIETY is any person who uses the services or participates in the activities of the SOCIETY and/or makes a donation of time or money from the time of such contribution until the end of the following calendar year".



OUR PROJECTS WITH OUR PARTNERS

If projects have sometimes been limited due to the sanitary context, we would like to warmly thank our precious partners who continue to mobilize.

The Keep Moving project is more relevant than ever!

**YOU ARE
LIVING WITH
PARKINSON'S?
KEEP
MOVING!**



PARKINSON
en mouvement



NeuroMatrix

After 20 years of practice, I am convinced that physical exercise is one of the best treatments for Parkinson Disease. Exercise offers many benefits, and several studies suggest that exercise contributes to delaying the progression of the disease.

Dr. Sylvain Chouinard, Neurologist,
Co-Director Unité des troubles du mouvement
André-Barbeau, CHUM

"It has been 25 years since I began to walk, jump, dance, run, stretch and relax... and I plan to keep going for many more years".

Diane Patenaude, Author and speaker, living with Parkinson's.

PARKINSON MONTRÉAL-LAVAL PROPOSES
4 options, each adapted and geared to help you be more active.
This is the best complement to your medications!



GB | CENTRE NATIONAL DE
DANSE-THÉRAPIE

FINANCING

FINANCING

We are particularly grateful to benefit from recurring financial support from the Programme de soutien aux organismes communautaires (PSOC), managed by the CIUSSS Centre-Sud de l'Île-de-Montréal.

For the period 2020-2021, we were granted an amount of **\$79,027**, and an additional sum of **\$3,000** from the Covid-19 PSOC Emergency Fund. These sums allowed us to ensure the activities of Parkinson Montreal-Laval in connection with its global mission.

In addition, we received a grant of **\$21,000** from Centraide of Greater Montreal related to the pandemic. This amount allowed us to hire a contractual advisor, Annie Cusson, who made phone calls to members living with the disease, set up a system of friendship calls and matchmaking, and helped maintain the existing support groups.

In addition, APPUI Montreal recently confirmed the renewal of its grant for the period beginning April 1, 2020 and ending March 31, 2021, for a total of **\$55,996**. PML has thus been able to respond to the growing needs of caregivers. We thank L'APPUI Montréal for their confidence in us.

APPUI Laval, for its part, agreed to renew our project last April, and to increase the amount by **\$9163** for a total of **\$24 978**.

Our great collaboration with L'APPUI Laval, Laval organizations and all our Laval members, made this challenging year go much more smoothly.



L'APPUI POUR LES PROCHES AIDANTS D'AINÉS
MONTRÉAL

L'APPUI POUR LES PROCHES AIDANTS
LAVAL

Fundraising



Tulip sale during awareness month

Due to the pandemic and strict sanitary measures, the tulip sales booths were cancelled in 2020. We therefore relied on a virtual tulip sales campaign only. Our goal was to raise \$5000.

In order to promote this fundraiser, we have set up a virtual communication strategy:

- E-mails or calls from administrators to their networks of contacts;
- E-mails or calls from the super-volunteers to their network of contacts;
- Electronic signature banners;
- PML Facebook banner;
- Newsletter ad;
- Facebook campaign with guidelines adapted to the pandemic;
- Automatically sent thank you email with tulip visual;
- Website homepage with latest news on the tulip campaign.

In 2020, **30 donors** participated in the virtual tulip campaign resulting in a net of **\$3,335**.

For comparison, in 2019 we had sales of \$3,063, but considering the cost of purchase, the net was only \$1,578.

We consider this fundraiser to be a great success and we would like to warmly thank all our collaborators and donors.





The fifth annual Parkinson's Journey, our largest fundraiser, took place on **September 13, 2020**.

Since any form of large gathering was prohibited, we opted for a virtual version of the event. Each group involved was invited to walk in their neighborhood and send in photos of their own route.

We are pleased to report that we raised **\$17,485** (compared to \$20,500 during the traditional version of the Parkinson's Journey in Lafontaine Park in 2019).

We have therefore succeeded in maintaining a family and friendly atmosphere and would like to warmly thank all our donors and sponsors who have enthusiastically participated in this new formula of the Journey.

A special thank you to Linda Bambonye and Annie Mathieu for their great involvement in the organization of the event and to Joëlle Lyonnais as Coordinator of the Virtual Parkinson's Journey (PP), for her excellent work.



Fruitcake sale

In 2020-2021, fruitcake sales took place while adhering to the strict sanitary measures we had to deal with. No sales booths could be set up and our advertising strategy was developed exclusively on our social media, through our newsletters and bulletins, as well as by engaging with our network.

We once again collaborated with Grant's Bakery but with two major changes: Grant's only produced fruit cakes and only sold by boxes of ten cakes. It was decided that Parkinson's Montreal-Laval would purchase three boxes and sell them individually, in order to satisfy the demand of our precious members who did not want to buy such a quantity. We took care of the delivery for these unit sales ourselves.

In this difficult context, **17 boxes of fruitcakes** were sold for a total of **\$3400**.

Thank you to our valued donors. Special thanks to Bruce Brown, Linda Bambonye and Marie-France Cloutier for making several home deliveries.



FINANCIAL STATEMENTS

Results

Résultats

Exercice terminé le 31 décembre 2020

	2020	2019
	\$	\$
Produits		
Centre intégré universitaire de santé et de services sociaux du Centre-Sud-de-l'Île-de-Montréal	70 908	29 977
Emploi-Québec	5 265	-
Emplois d'été Canada	4 211	4 980
Subvention salariale d'urgence du Canada	2 540	-
Centraide	6 455	-
Carrefour de Soutien aux Aidants de Montréal	68 163	55 144
Carrefour de Soutien aux Aidants de Laval	19 963	12 385
Dons et activités de collecte de fonds	32 526	50 962
Autres	6	1 183
	210 037	154 631
Charges		
Salaires et charges sociales	116 335	53 208
Achats - activités de collecte de fonds	2 448	14 714
Loyer	5 947	8 729
Activités	5 002	18 987
Programmes communautaires	642	3 008
Déplacements et représentation	160	2 170
Publicité	108	92
Dépenses de bureau	7 856	4 206
Télécommunications	991	1 565
Assurances	1 798	1 736
Honoraires	34 361	46 512
Intérêts et frais bancaires	627	516
Autres	546	1 665
Immobilisations passées en charges	6 104	1 403
	182 925	158 511
EXCÉDENT (INSUFFISANCE) DES PRODUITS SUR LES CHARGES	27 112	(3 880)

Development of net assets

PARKINSON MONTRÉAL-LAVAL

Évolution de l'actif net

Exercice terminé le 31 décembre 2020

	Grevé d'af- fectations interne \$	Non affecté \$	2 0 2 0 Total \$	2 0 1 9 Total \$
SOLDE AU DÉBUT	6 194	20 582	26 776	30 656
Excédent (insuffisance) des produits sur les charges	-	27 112	27 112	(3 880)
Utilisation de l'exercice (note 3)	(4 507)	4 507	-	-
SOLDE À LA FIN	1 687	52 201	53 888	26 776

Report

PARKINSON MONTRÉAL-LAVAL

Bilan

au 31 décembre 2020

	2020	2019
	\$	\$
ACTIF À COURT TERME		
Encaisse	32 249	21 258
Dépôt à terme	20 006	20 006
Subventions à recevoir	38 241	13 574
Débiteurs (note 4)	7 574	7 935
	98 070	62 773
PASSIF À COURT TERME		
Créditeurs (note 5)	12 344	8 346
Apports reportés (note 6)	21 838	27 651
Billet à payer, sans intérêt	10 000	-
	44 182	35 997
ACTIF NET		
Grevé d'affectations internes (note 3)	1 687	6 194
Non affecté	52 201	20 582
	53 888	26 776
	98 070	62 773

AU NOM DU CONSEIL

....., administrateur

....., administrateur

ACKNOWLEDGEMENTS



Parkinson Montreal-Laval would like to thank all the volunteers who are involved in the services to the people, in the fundraising and on the board of administrators; without them, nothing would be possible. Thank you to our funders who trust us.

Thank you to our partners, sponsors and donors who allow us to reach out to the territory. The quality of the work of our contributors makes all the difference; we thank them.

Finally, thank you to all the caregivers who support people with Parkinson's disease and thank you to all the people who live with the disease for your courage and perseverance; you inspire us to work harder and better for your support.



NeuroMotrix





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