



**A BIG THANK YOU**  
**for your kind support!**

**YOU HAVE MADE A DIFFERENCE!**

*Helping our Parkinson's Community Move Forward!*

*December 2022*

## ***What your donation means to us***

*This time of year makes us reflect back on 2022, and when I look back it is with gratitude. Gratitude to our participants who come out every week despite their challenges, gratitude to our instructors who give 110%, gratitude to our volunteers who selflessly give their time. And gratitude to you, YOU make this all possible because of your generous donations!*

*I want to take this opportunity to thank you personally for your donation. It is because of your generosity that we have been able to continue to offer FREE arts and exercise programs to our Parkinson's Community.*

*We are very thankful for our friendships with Steve Iseman, Jim Redmond, Mike Loghrin and Darlene Richards-Loghrin and were honoured to be part of the Spinning Wheels Tour.*

*'Tis the season for celebrating and giving, and because many of you give so generously of your time, donations and other contributions, our Foundation can give back all year round. We are over the moon with what we have been able to do to help the Parkinson's community this year, and we look forward to offering more programs in 2023.*

*On behalf of the Passion for Parkinson's Foundation Directors, Happy Holidays to you and your family. May the new year be a joyful, healthy and a prosperous one.*

*Sincerely,*

*Tamara Boaden  
Chair*

# Volunteers

What would we do without them?

Our Foundation is run solely by volunteers. We have no paid employees and no overhead.

Volunteers are an essential part of the Passion for Parkinson's Foundation success story.

Collectively, our volunteers have accumulated over 3600 hours so far this year!



# Thanks to you we were able to offer these free programs in 2022 !

## Parkinson's in the Park™

Set in picturesque parks long the shores of Lake Ontario, the programs consisted of AgeWise exercise and Urban Polewalking! Offered in both Burlington and Mississauga, a great outdoor experience for everyone!



## Parkinson's Group Exercise

We are able to offer group exercise classes in Burlington and Mississauga for the winter we have moved indoors with our favourite instructor Paul Condinho who continues to inspire everyone.

## Dancing with Parkinson's

In August we partnered with Dancing with Parkinson's to offer outdoor dance classes at Coronation Park in Oakville. We have moved indoors to the Small Arms Inspection Building for the winter months. One of our male participant says this class is the most fun of all our programs!



## Spinning with Parkinson's

September came with the introduction of a pilot Spinning with Parkinson's class. It was completely filled and we are happy to say our pilot is now a permanent part of our exercise program line up for 2023.



## Age Wise Virtual Exercise

From January - April 2022 we offered a virtual online class for those who were not comfortable being in a group setting.

We are thrilled to announce that we have partnered with Parkinson Canada to bring the AgeWise virtual class back on line and will be available for anyone with Parkinson's across Canada. Isolde Spies is back with this terrific and enjoyable class.



## Painting with Parkinson's

In May we offered an 8 week Painting with Parkinson's art class as part of our Creative Arts for wellness program. 16 Participants learned new skills and had fun. This class will be back in the fall of 2023..



# Thanks to your donations we are able to offer New Programs in 2023

## Boxing with Parkinson's

Owner Dina of 9Round Fitness in Mississauga has given us the opportunity to put our participants in a fully functional boxing gym. Classes will start in January, 2023



## Ceramics

Starting January 18th for 8 weeks we will be offering a ceramic class at the Living Arts Centre in Mississauga.



*Most of our classes are offered in Mississauga,  
but with your  
support we are looking to expand more of our programs  
to Burlington and Oakville (2023)  
Brampton and Milton (2024)*

# Because of your support we were able to provide the following to our Parkinson's Community

*Over 350 hours of FREE instruction hours*

*Totalling 2,024 participant spots*

## Coffee and Friendship

**Our Foundation is more than just programs we care!**



Parkinson's affects the caregivers too! So in the spirit of friendship our monthly "Caregivers Coffee" is an informal gathering of Parkinson's caregivers sharing their stories, experiences, laughter, tears, joy and pain in a friendly, caring and supportive environment.

**I want to share one of the many heartfelt email's we have received**

*“I cannot remember how I found Passion for Parkinson’s but, it has changed my life so much. Filling it with healthy exercises, new friends and fun outings. My days with Passion for Parkinson's takes away the loneliness and trepidation in my life.”*

Mary (Burlington. ON)



**With sincere gratitude**

The Passion for Parkinson’s Foundation is grateful for the ongoing support from our community partners, participants, government representatives, sponsors, volunteers and donors.