

A note from our Chair

May marked the 2nd anniversary of our very first free Parkinson's in the Park™ exercise programs. From our small launch we are so proud of where we are now; 7 free programs and 152 participants weekly. Over 4000 volunteer hours supporting our Parkinson's Community in the past year alone, it still amazes me that together we have been able to accomplish so much in just 2 short years. We are

excited to announce our new partnership with the Mississauga Charitable Gaming Commission. Thanks to Mark Jennings, Director of Funding and Events, who secured our "Bingo license" which allows the Foundation to volunteer at the Rama Gaming House and raise much needed funds to support our programs in Mississauga.

Tamara Boaden - Chair

Thank you to everyone who came out and enjoyed our Anniversary Picnic & BBQ to celebrate our dedicated participants and volunteers. Thanks as well to our valuable Sponsors: Maple Lodge Farms, Mary Browns Chicken, Walkers Cookies, Loblaw's, Robinson Rentals and Costco.



Participant Spotlight

Karen Visenti is a retired lawyer who practiced law in Mississauga for over 25 years. Much of her practice focussed on housing issues including involvement with Habitat for Humanity Toronto (now part of Habitat for Humanity GTA) as a founding Board member and later as in-house counsel. She has also sat on the Board of CRC/Self-Help Inc. for many years which organization provides transitional housing for those moving off of the streets. Her non-legal activities included running marathons and gardening.



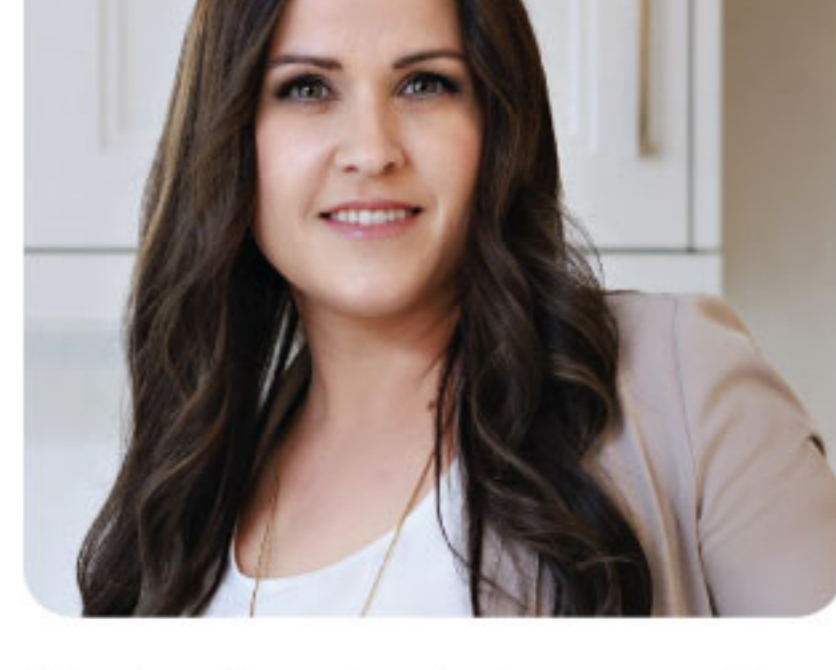
Karen was diagnosed with Parkinson's Disease in 2017. Her focus now is to meet the challenges of Parkinson's and being inspired by both those who fight this disease daily and by those who provide the programs and supports that help so much. Karen has been an active participant in our Spinning and Boxing Classes and we send out a special thanks to Karen who rode the spinning bike at the Canada Day Parade Celebration.

Thank you Karen for your support!

Volunteer Spotlight

Meet Stephanie Bruck our new Community Relations Co-ordinator. Best described in the words of a friend, Stephanie self declares her awkwardness in describing herself – just like the rest of us! "Stephanie has brought a kind, caring, and compassionate approach of leadership to her professional career spanning over 20 years. Her experience in not for profit, corporate and now real estate has allowed her to work alongside people from all walks of life. She

understands the value of listening deeply, connecting with others and intuitively responding to their needs. Her mother's diagnoses of Parkinson's in 2010 is what led her to become more involved in the cause and ultimately join the Passion For Parkinson's Foundation. She brings a wealth of community-based healthcare knowledge and a wide array of resources and professionals to our organization. Stephanie is a wife, mother, daughter and friend.



She is at her best when spending time with her husband and two daughters. She recharges herself through hiking, biking and playing with her new puppy Jax!"

Thank you Stephanie!

EXERCISE AND CREATIVE ARTS PROGRAMS CONTINUE THROUGH SPRING AND SUMMER.

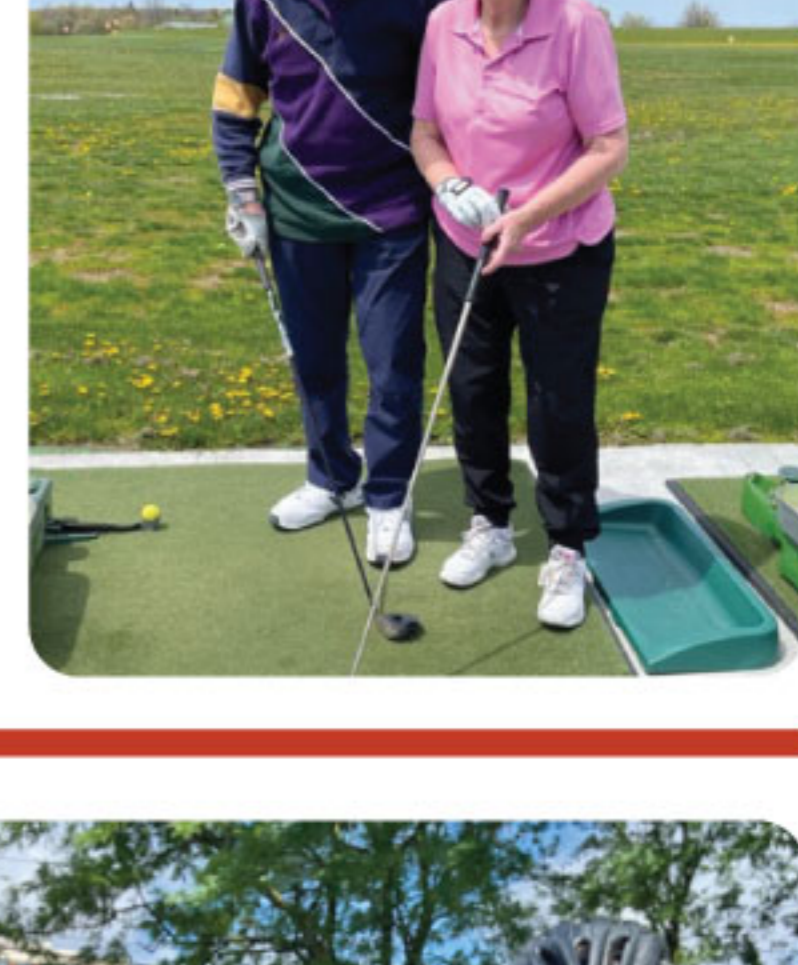
We are excited to be offering the following programs weekly:

- Parkinson's Group Exercise
- Dancing with Parkinson's
- Boxing
- Urban Pole Walking
- Cycling
- Golf

NEW Summer PROGRAMS!

GOLF

Our golf program kicked off in May in partnership with Challenge Golf at Tee - Zone Golf in Oakville. Monday's seem to be a great day for hitting the mats and a few balls. On August 21st we will be playing Granite Ridge Golf Course for 9 holes, sign now to secure your spot.



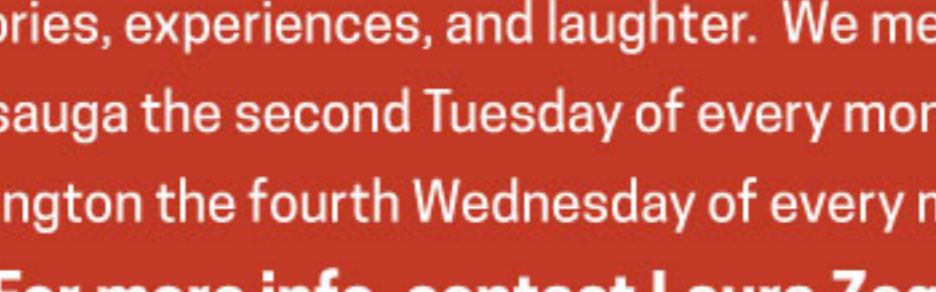
OUTDOOR CYCLING

Our new outdoor cycling program began in June and thanks to Gary Brown, our fearless leader, we have been cycling Thursday mornings starting in Port Credit and exploring the great waterfront trails.



We welcomed Steve Iseman's back from his cycle to the World Parkinson's Congress in Barcelona, Spain. Both Steve and Mike Loghrin from the Rigid Riders came out to cycle and assist in leading our rides with Gary. We look forward to many more adventures this summer! Come out and join us for a fun ride.

Caregiver's Coffee and Friendship



Don't forget about our monthly coffee and friendship! It continues to be a great place to meet, share our stories, experiences, and laughter. We meet in Mississauga the second Tuesday of every month and in Burlington the fourth Wednesday of every month.

For more info, contact Laura Zega, laurazega7@gmail.com, 647-220-3758

Coming this Fall!

We have been busy planning new programs for everyone. This fall we will be offering Pickleball and a Parkinson's Coffee and Friendship Hour. Stay tuned for updates.

If anyone has an idea for new programs that they would like to share please email:

tamara@passionforparkinsons.org

Gala

The Foundation is grateful to Laura Zega, Director, for hosting The Annual Gala which was held at the Mississauga Grand Banquet and Event Centre in Mississauga on April 22nd. The night was magical we shared great food, met new friends and danced the night away with Rock Express. The Gala raised over \$19,000 to help us continue to fund Free arts and exercise programs for our Parkinson's community.

Save the Date Saturday, April 20th, 2024 the Foundation will be hosting this Annual Gala at Le Treport Banquet Centre in Mississauga. Please hold the date and look for updates later in the year.



OUT AND ABOUT

Canada Day Parade July 1st, 2023



The Foundation participated in the Port Credit Canada Day Parade again this year and a fun time was enjoyed by all.



South Georgian Bay Parkinson's Festival - Collingwood

We were delighted to have been a part of the Parkinson's Festival in Collingwood. The Festival was hosted by Living Better with Parkinson's and was a huge success – even the weather cooperated. The goal of this 1st

of possibly many events was according to the organizers, "meant to bring like-minded people from the South Georgian Bay region and beyond together who are interested in sharing stories, learning, and meeting

new people connected to the Parkinson's community".

This event will be held in June 2024. Hope to see you all there in 2024!



We Need Volunteers!

This request is very simple, if you or anyone you know are willing to volunteer in any capacity, please contact us. Every little bit helps us move our Parkinson's Community forward and helps us to deliver better services to our participants. Thank you in advance for your support.

volunteer@passionforparkinsons.org

for more information



PASSION FOR PARKINSON'S FOUNDATION

With sincere gratitude

The Passion for Parkinson's Foundation is grateful for the ongoing support of our community partners, participants, government representatives, sponsors, volunteers and donors for their generous support.