

ANNUAL REPORT 2009-2010

**PARKINSON ASSOCIATION
OF
SOUTHWEST FLORIDA, INC.**

FROM THE EXECUTIVE DIRECTOR:



Fiscal year 2009-2010 was a busy year as well as a year of growth for the Parkinson Association of Southwest Florida, Inc. Despite the poor economy, PASFI ended year in the black, and that is possible only because a fiscally responsible executive board, staff, members and friends remain constant.

Programs and services expanded and include the following:

- Exercise classes (13) weekly in six locations from Bonita Springs to Marco Island; average attendance 20; grants from United Way, Moorings Park Foundation assist with cost. Space is donated.
- Speech and swallowing therapy; six-week sessions offered; attendance 8 per session; therapist donates professional services
- Education programs, monthly October through May; attendance varies from 40 to over 200; pharmaceutical grants provide limited assistance.
- Annual Educational Symposium; attendance 200; pharmaceutical grant assists.
- Dance Class held October through April; average attendance 20; grants from Martin Foundation, Lion and Lamb Christian Foundation and private donors.
- Art Therapy offered monthly; varied art projects; attendance 6-15; Thorner Family grantor.
- Six different support groups held in various locations around community; attendance 6-40.

... as we promote quality of life for individuals with Parkinson disease and their care partners we welcome your continuing support.

Fondly,

Linda Stewart

Mission Statement

The Parkinson Association of Southwest Florida, Inc. (PASFI) promotes quality of life for persons with Parkinson disease and their care partners.

Vision Statement

Our vision is to create a community in which all citizens of Southwest Florida, who are dealing with Parkinson disease, receive the best and most appropriate care. In pursuit of their care, Pasfi will make available specially trained neurologists, therapy services, exercise classes, respite care, support groups, educational resources and other such needed services. PASFI will also serve as a vital advocate for this Parkinson disease community, both inside and outside Southwest Florida.

Executive Board

Kathy Auksel
Betty Gamel
Ronald Garry, MD
Dianne Hamberg
Marlene Huff
Teri Lamaine
Sheila Markham, M.S.RPH
Carol Mojave
Liz Neri
Joel Pearlman
Annalise Smith
Ron Stephens
Fritzi Thorner

Executive Board Officers

Annalise Smith, Chair
Kathy Auksel, Secretary
Dianne Hamberg, Co-Secretary
Carol Mojave, Treasurer

Founders

Jacqueline Urso and Ellen Chaney

Staff

Linda Stewart, Executive Director
Linda Harrington, Office Manager

HOPE, STRENGTH, RENEWAL



The red Parkinson Tulip was developed in honor of Dr. James Parkinson, by Dutch horticulturist, J.W.S. Vander Wereld, who himself had Parkinson Disease. The beautiful Tulip blooms around the world each spring, reminding us to keep hope that a cure will soon be found.

PROGRAM OVERVIEW

All of our programs are free of charge to persons with PD and their families. The exceptions to this would be the Educational Symposium and some Social events. The cost of these events is only to pay for the cost of the speakers and food.

Exercise Groups: groups of persons with PD who are interested in maintaining movement, strengthening muscles, etc. through chair, fall & balance, palates and sometimes water exercises--all led by qualified instructors.

Education Programs: monthly seminars and an annual Symposium that feature various professional speakers that bring us the most current information regarding aging and Parkinson disease. Also, PD 101 presented as an overall view of Parkinson disease.

Speech and Swallowing Classes: a series of classes provided by a certified Speech Pathologist. This is a version of LSVT specifically adapted to the needs of persons with PD.

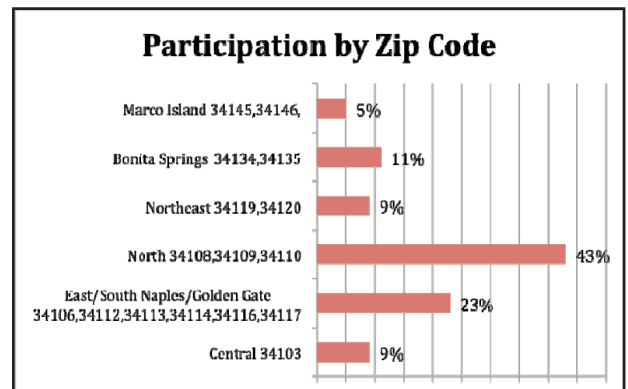
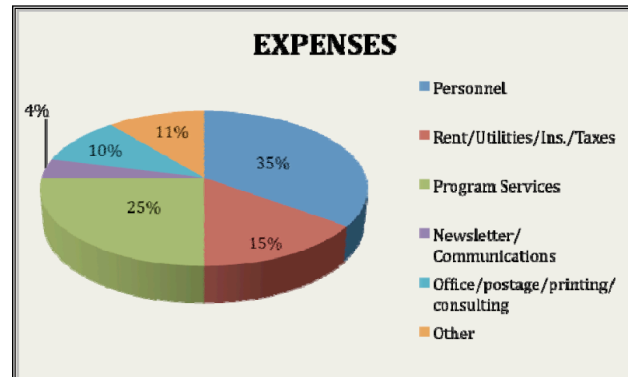
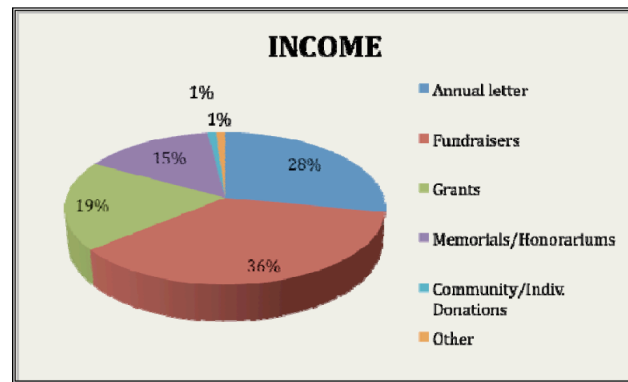
Support Groups: a grassroots group of persons that gather to discuss their situations and offer support to one another from their own experiences. Examples are: Women with PD, Care partners of those in later stages of PD, Care-partners in general and other groupings as they are requested...i.e. Persons with DBS.

Dance Class: Dance classes provide yet another fun opportunity for exercise; both the person with PD, as well as the care partner are invited to attend. Dance instructor, Isabel Castro received her training at Mark Morris Dance Group in New York City.

Social Groups: groups that get together to share friendship and entertainment...this would be Lunch Bunch, Annual Dinner, Card Playing, movies, ice cream social, baseball games, parties, etc. Also, Golfing at Bentley Village on Fridays.

Library: PASFI maintains a small library of books, magazines, pamphlets, videos and CDs of interest to those with PD and others who simply want to learn more about the disease or how to care for someone with PD.

Art Therapy: Art therapy offers a variety of creative opportunities, such as working with clay, painting, memoir writing, theater backstage tours, narrated museum tours and mixed media.



PROGRAM OVERVIEW

Respite Adult Day Care: As grant funding is available, PASFI will help members who need respite day care by contracting with local agencies to provide the day care. Respite Day Care allows the caregiver to attend to business appointments, medical appointments, tasks they cannot accomplish while caring for their loved one, or simply to rest and refresh, while knowing their loved one is having fun and receiving good care.

Spiritual Nurse: Spiritual Nurse will talk with members who are experiencing difficult challenges. She will assess needs and help connect families with resources that they need or desire, resources that will help them remain in their own home, make life style changes or end of life decisions.

Communications: A bi-monthly new sletter, e-mail (pasfi@aol.com), online blast [PASFI News Flash] each week, the website with current events and pictures [www.pasfi.org], our phone 239-417-3465/fax 239-417-3469 and drop in the office 2950 Tamiami Trail North #20, Naples FL 34103.

VOLUNTEERS ARE SO VALUABLE!

Truly, PASFI could not survive without our volunteers. They are the lifeblood of the organization. They help in so many ways. For example, Dennis Giacomo has served as PASFI's IT person since the organization was founded. Computer problem--Dennis comes running to donate his valuable time. Caroline Walters has donated her time as a Speech Therapist for the past several years. She always makes time from her busy schedule for PASFI. These are two volunteers who give generously of their valuable professional expertise--just to improve the quality of life for others.

There are other priceless volunteers too, who do a myriad of tasks that keep PASFI running--tasks such as data input, answering the phone, signing up new members, signing up members for events, taking donations, calling members to check on their well-being. The list does not stop there, though. Other individuals volunteer on our Executive Board, Advisory Council, Finance Committee, Education Committee or Fund Development. They bring a wealth of knowledge and expertise to the table to share with PASFI to help guide us so that we might continue to grow and thrive. Other volunteers help plan and implement our fundraisers--no small task, indeed. It is so very important; it is one of the main ways we earn the money to provide the exemplary programs and services that everyone associates with PASFI. Indeed, it would be very difficult to put a dollar amount on what PASFI saves as a result of these wonderful volunteers. The old adage remains true--our volunteers are unpaid--not because they are not valuable, but because they are priceless.

Grants awarded...

Burks County Community Foundation
Trinity-by-the-Cove Church
Community Foundation of Collier County
Evergreen Foundation
McTague Family
EB Fund
Moo Moo Fund
Moorings Foundation
Lone Pine Foundation
Martin Foundation
United Way
Lion and Lamb Christian Foundation

Partnerships...

Senior Friendship
City of Naples/Fleischman Park
United Church of Marco
Bentley Village
Moorings Park
Terracina Grand
Homewood Residence
Sunshine Pharmacy
Marino Group
Millennium House
Moorings Presbyterian Church
United Arts Council
Ardent Manor
Right At Home Healthcare
Senior Bridge
Assisting Hands Home Healthcare
Focus on Senior Care

Organizational Memberships...

Naples Chamber of Commerce
Bonita Springs Chamber of Commerce
National Parkinson Foundation
Board Source
United Way of Collier County
Interagency of Collier County