On behalf of everyone at the Brian Grant Foundation, we thank you for your generous support of our mission to provide proven tools to improve the well-being of people with Parkinson’s. We had our best year yet in 2018 – and we’re proud to share our accomplishments with you in this report!

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OUR PROGRAMS: EXERCISE FOR PARKINSON’S TRAINING

Exercise is good for everyone. For people with Parkinson’s, exercise is essential for managing – and potentially slowing down – the symptoms of the disease. That’s why we’re committed to growing a workforce of professionals that are trained on safe and effective activities for Parkinson’s. Working with our partners at Oregon Health & Science University, we’ve developed an evidence-based training that teaches exercise instructors and other professionals how to work safely and effectively with people with Parkinson’s.

PORTLAND TRAINING FOR PROFESSIONALS

Thanks to our friends at Parkinson’s Resources of Oregon, we held an in-person training in July 2018 at the organization’s new facility in Portland, Oregon. The training provides a hands-on experience for professionals that want to learn how to develop group exercise classes for Parkinson’s.

ONLINE TRAINING FOR PROFESSIONALS

In August 2018 we launched our online Exercise for Parkinson’s Training for Professionals at training.briangrant.org. The site includes on-demand webinars and video tutorials that teach professionals about the basics of Parkinson’s, safety consideration for instructors and research on the most effective activities for managing symptoms of the disease. The training is free and accredited for continuing education by leading fitness certification programs. By the end of 2018, more than 600 people from 10 countries around the globe had accessed the training.
OUR PROGRAMS: WELLNESS RESOURCES

To support our mission to improve the well-being of people with Parkinson’s, we’ve developed resources to help our community get regular exercise, eat a healthy diet and gain the benefits of a supportive community. We look specifically at the most common and troublesome symptoms of Parkinson’s and the types of exercises, foods and other activities that can help manage them. Our goal is to help people impacted by Parkinson’s continue to lead active and fulfilling lives.

NEW WEBSITE

Briangrant.org got a makeover! In May 2018, we launched a new website with new resources to help improve the well-being of people with Parkinson’s. The site includes recommendations from our Medical Advisory Board, exercise and cooking videos, recipes, articles, expert interviews and more! Visitors to the site can also sign up for our monthly newsletter to get our resources delivered straight to their inboxes.

EXERCISE & NUTRITION PUBLICATIONS

We’ve developed publications that provide a comprehensive guide to exercising and eating with Parkinson’s. Our Exercise for Parkinson’s and Healthy Eating for Parkinson’s publications provide recommendations for managing symptoms of Parkinson’s through physical activity and diet. Our Cooking with Parkinson’s publication has tips for stocking your kitchen, grocery shopping, preparing meals and more. All of our publications are available online at www.briangrant.org.
OUR PROGRAMS: WELLNESS ACTIVITIES

The support of a community that understands Parkinson’s is essential for improving health outcomes. Our wellness activities provide practical, how-to knowledge for managing symptoms while also connecting the members of our community in meaningful ways that can help create lifelong friendships so that no person has to face this disease alone.

WELLNESS RETREAT

Our wellness retreat is a day of exercise, nutrition and stress reduction sessions in a peaceful, outdoor setting. In September 2018, we held our wellness retreat at the Yoshida Garden View Estates in Troutdale, Oregon, where participants had a chance to learn from wellness experts about practical ways to manage Parkinson’s symptoms at home. Participants left with a better understanding of Parkinson’s, the common symptoms of the disease and how to use exercise, nutrition and medication to live life to the fullest.

MEAL PREP CLASSES

Thanks to our partners at Market of Choice, we held quarterly meal preparation classes for people with Parkinson’s and their care partners. Our classes included navigating the grocery store, choosing the healthiest prepared meals and cooking a healthy Vietnamese meal. Participants have a chance to learn about nutrition for Parkinson’s while enjoying a healthy meal and meeting others in our community.
OUR SIGNATURE EVENTS

We put the fun in fundraising! Our signature events help support our programs while bringing our community together for a good cause. Get involved with us at www.briangrant.org.

During the month of April, people can purchase Pints Passports that are good for 10 pints at any of the establishments that participate in the program. Last year, we kicked things off with a party on March 28, 2018, at Portland’s Urban Studio. Pints for Parkinson’s raised nearly $35,000, thanks to the more than 1,100 Oregonians that purchased passports and 31 establishments that participated in the program.

Some of Portland’s finest restaurants and markets come together to provide healthy menu options at Plates for Parkinson’s. The event gives attendees a chance to learn about healthy dining options and meet others. Held on September 28, 2018, last year’s event raised more than $4,000 and brought together 150 members of our community.
OUR FINANCIALS

As a small nonprofit organization, we’re proud to say that 72 cents of every dollar go to our programs. To download a copy of our detailed financial review, visit www.briangrant.org/financials.

REVENUE
Thanks to the generosity of our supporters, in 2018 our revenue totaled $780,740.

EXPENSES
In 2018, our expenses totaled $448,883, with 72 percent going directly to our programs.

SHAKE IT till we make it

Our annual gala, Shake It Till We Make It, brings together 250 of our most dedicated supporters for an evening that includes a four-course dinner, signature drinks, entertainment and a speech from our founder, Brian Grant. Our 2018 gala was held on May 18, 2018, at Castaway Portland and raised over $260,000 to support our programs.
Thank you for supporting our mission to provide proven tools to improve the well-being of people with Parkinson’s!

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