brian grant FOUNDATION

2024 ANNUAL REPORT

# Better, Together

The Brian Grant Foundation empowers people impacted by Parkinson's disease to lead active and fulfilling lives.

**We're here for one another, and we're here to make life better.**

# Table of Contents

# Letter from the Executive Director

Dear Friends,

As we reflect on 2024, I am filled with immense gratitude and renewed determination. This past year has marked a significant chapter in the Brian Grant Foundation's journey to empower people impacted by Parkinson's to lead active and fulfilling lives, while also laying the groundwork for a future where fewer families face this disease.

Through the unwavering support of our community, partners, and advocates, we expanded our efforts to improve daily living with Parkinson's across our core pillars: **wellness, community, awareness, and advocacy.**

We deepened our wellness programs to help people live better today—offering trusted resources, virtual classes, and accessible tools that support exercise, nutrition, mindfulness, and social connection. We also grew our local and virtual community-building efforts, offering new ways for people impacted by Parkinson's to connect, share, and support one another.

At the same time, we've made bold strides in advocacy. In 2024, we celebrated a landmark achievement: the passage of the National Plan to End Parkinson's Act—a critical step toward coordinated federal action to prevent, treat, and ultimately cure Parkinson's. We also applauded the EPA's final rule banning trichloroethylene (TCE) and perchloroethylene (PCE)—two toxic chemicals linked to Parkinson's disease. These wins were made possible through powerful coalitions, dedicated national partners, and the tireless work of advocates, including many of you.

Looking ahead, we're expanding our advocacy efforts even further by collaborating with leaders across the country and deepening our local partnerships to accelerate research, improve access to care, and prevent Parkinson's through meaningful policy change.

Through every initiative, milestone, and story shared, we continue to advance our mission: to empower those living with Parkinson's and to build a better, healthier future for generations to come.

With heartfelt thanks,

**Katrina Kahl**

Executive Director
Brian Grant Foundation

# 15 Years of Impact

**2010**

### FOUNDING

Two years after being diagnosed with Parkinson's, Brian Grant creates a foundation to help others who are impacted by the disease

**2012**

### WELLNESS

BGF pioneers exercise, diet, and emotional support as therapeutic treatments for Parkinson's–helping to improve daily living with PD

**2016**

### COMMUNITY

BGF expands its local community-building efforts as an organizational partner of the World Parkinson Congress in Portland, Ore. and through wellness activities that foster social connection

**2022**

### AWARENESS

BGF raises awareness of our diverse community through storytelling initiatives - including our podcast for people with Parkinson's and our video storytelling workshops

**2024**

### ADVOCACY

BGF pushes to ban environmental toxins linked to Parkinson's as a supporter and active participant in the first ever Brain and the Environment Symposium as well as national coalitions working to advance policies aimed at preventing PD

**2025** **BGF is 15**

# Our Core Pillars

The core pillars of our programs – wellness, community, awareness, and advocacy - serve the whole person, supporting mind, body, and spirit. We do our best to meet the diverse needs of all people in our community. Our focus is on the person, not the disease.

## WELLNESS

We follow evidence-based research to create wellness resources that make a meaningful difference in daily life. Through monthly webcasts, weekly mindfulness sessions, in-depth mindfulness courses, and a growing library of resources at briangrant.org, we share best practices for exercise, nutrition, and emotional well-being tailored to the unique needs of people living with Parkinson's disease.

### Impact At-a-Glance

- More than 83,000 people visited our website
- Nearly 11,000 people participated in our growing social media community
- We held 13 Wellness Webcasts and 66 mindfulness sessions
- More than 3,400 people registered for our monthly wellness webcasts
- More than 225 people participated in our mindfulness sessions

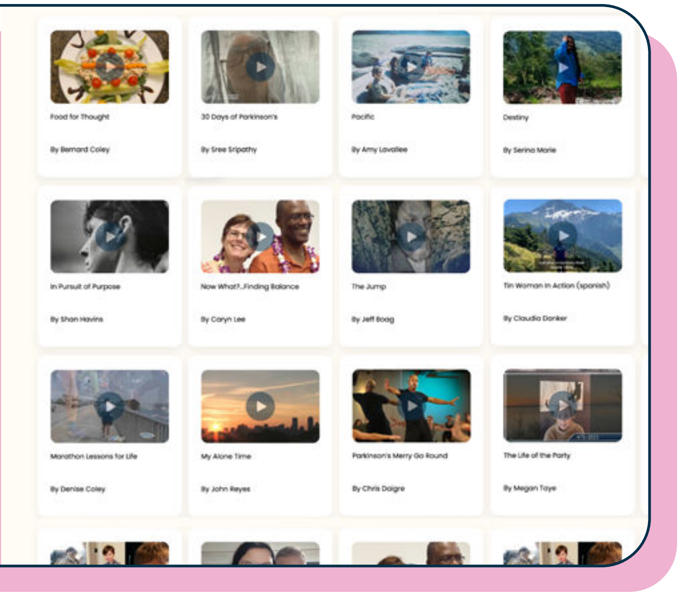
# COMMUNITY

We're building a caring and supportive community focused on encouraging those living with PD to live what's possible today. In our local community, we held monthly "meet up" groups for people with Young Onset Parkinson's Disease and their care partners. We also held a "Mix and Mingle" event and a documentary screening to bring together members of our community. For our online community, we launched a monthly journal club to create connections through an activity that improves emotional well-being.

## Community in 2024

# AWARENESS

We tell the stories of people in our community to share what we've learned, cheer each other on, and appreciate that we're not alone.



## Storytelling Workshop

In our storytelling workshop, participants learn how to use multimedia tools to create video stories about their experiences living with Parkinson's disease. These stories, from people with Parkinson's and their care partners, show the diversity in our community to help break down the stereotypes associated with PD. Watch our community stories at briangrant.org/our-community.

## On Time: A Parkinson's Podcast

In 2024, PD Avenger and renowned Parkinson's advocate Larry Gifford joined as host of our podcast, On Time: A Parkinson's Podcast. Season 5, released in April, explored ways to break down the stigma surrounding Parkinson's disease through honest conversations and personal stories. In October, Season 6 shifted the focus to environmental factors, featuring powerful interviews with community advocates working to raise awareness of the links between toxic exposures and Parkinson's. Listen on your favorite streaming platform or at briangrant.org/podcast.

on time
a parkinson's podcast

# ADVOCACY

We're proud to partner with the Unified Parkinson's Advocacy Council, PD Avengers, and World Parkinson Congress on efforts to raise awareness of PD, accelerate research, improve access to care and services, and drive efforts toward prevention. In 2024, we also participated in the Brain and Environment Symposium, a day-long symposium to uncover the influence of environmental toxicants on brain disorders. During the symposium, Brian joined a panel discussion on waterborne toxins, drawing attention to the well-documented links between trichloroethylene (TCE) and Parkinson's disease. Just months later, in December 2024, we celebrated a major advocacy victory: the EPA's final rule banning TCE, a powerful demonstration of what collective action can achieve.

> "In 2024, I got to be part of the Brain and Environment Symposium, where we talked about how environmental toxins impact brain health. A huge win came at the end of 2024 when the EPA banned TCE and PCE, chemicals linked to Parkinson's. It's proof that when we speak up, we can make real change."

**Brian Grant**

Founder, Brian Grant Foundation

Brian participates in a discussion with panelists:

**Caroline Tanner MD**
PhD, Professor & Vice Chair for Clinical Research, Weill Institute for Neurosciences, University of California - San Francisco

**Amy Westervelt**
Journalist, Drilled

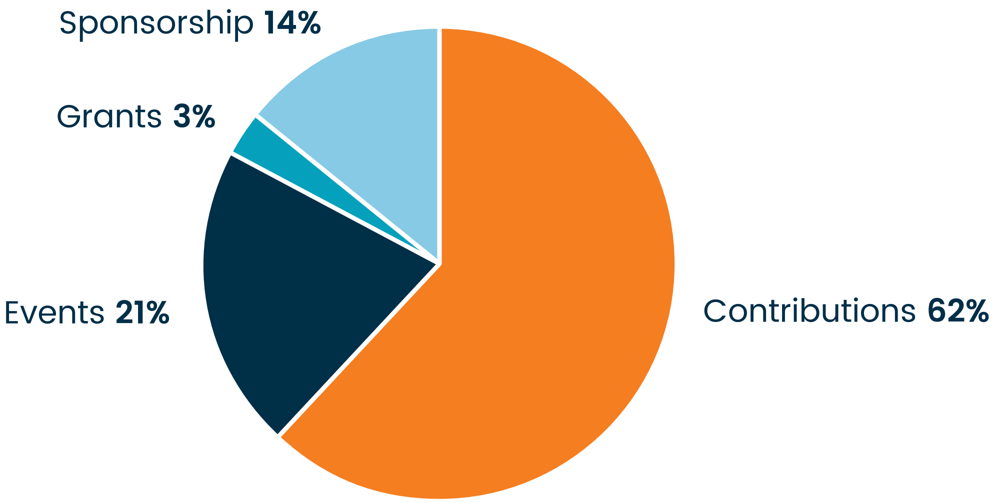
**Jerry Ensminger**
Retired Master Sergeant, U.S. Marine Corps

**Mike Partain**
Camp Lejeune Dependent

# 2024 Financials

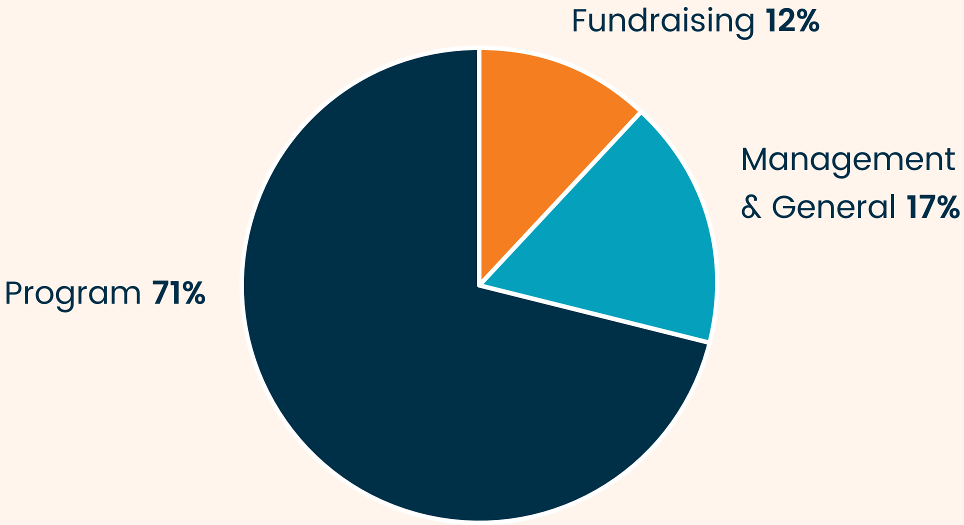
## TOTAL 2024 REVENUE

$733,656



## TOTAL 2024 OPERATING EXPENSES

$603,042



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## Staff

Katrina Kahl, MPH, Executive Director
Gavin Johnson, Program Director
Candace Fox, Communications Manager

The Brian Grant Foundation is a 501(c)(3) nonprofit organization.

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FOUNDATION

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