brian grant FOUNDATION

2025 ANNUAL REPORT

Better, Together



Table of Contents

Letter from the Executive Director 2

Our Values 3

Our Pillars 4

Our Volunteers 6

2025 at a Glance 7

Give to BGF 10

Letter from the Executive Director

Dear BGF Community,

2025 was a big year for the Brian Grant Foundation. While it is now late 2026, the departure of longtime Executive Director Katrina Kahl and subsequent change in leadership temporarily slowed the production of the report. Nonetheless, the work of the Brian Grant Foundation did not skip a beat. As our new Executive Director, I am pleased to carry forward BGF's mission.

Two additional staff joined the organization in 2025. In February, we welcomed Candace Fox as our first Communications Manager, and in September we welcomed Dawn Pfendler as our Development Director. They have expanded our outreach and improved our funding efforts, which are critical to supporting our mission.

The mission of the Brian Grant Foundation is to empower people with Parkinson's Disease to live active and fulfilling lives, and in 2025 our Program Advisory Council identified two main areas to deepen our efforts. The first is a Speech Language Therapy curriculum, formally developed in 2026 and set to launch in 2027. The second is an in-person Socialization Program, in which the Brian Grant Foundation facilitated opportunities for those living with Parkinson's to connect with each other and with the foundation directly.

It is truly a privilege to join the Brian Grant Foundation and its mission to serve the Parkinson's community. I'm looking forward to all the amazing work that lies ahead.

In Community,

Chelsea King

Executive Director
Brian Grant Foundation



Our Values

LIVE WHAT'S POSSIBLE TODAY

We believe people with PD can make a difference in their lives by focusing on their abilities, finding new ways to live a full life, and encouraging others to do the same.

CREATE COMMUNITY

There is strength in our shared experiences. No matter what role Parkinson's plays in our lives, we come together to share what we've learned, cheer each other on, and appreciate that we're not alone.

SEEK WHAT WORKS

We follow community feedback and evidence-based research, practices, and tools that contribute to wellness and enhance the ability of those we serve to live their daily lives, as people and as people living with PD.

SERVE THE WHOLE PERSON

We engage body, mind, and spirit while doing our best to meet the diverse needs of all people in our community. Our focus is on the person, not the disease.

KEEP IT REAL

What we're dealing with is difficult. We acknowledge the reality of Parkinson's with openness and vulnerability, building the connections needed for a genuine community.

Our Three Pillars

NUTRITION

Nutritious foods help manage some of the common symptoms of Parkinson's and support healthy brain functions.

The Brian Grant Foundation offers education on diet and nutrition from downloadable resource guides to Wellness Webcasts including Nutrition 101 and Parkinson's Nutrition, as well as Parkinson's friendly recipes to help people meet their nutritional goal.

> "Very comprehensive & excellent charts & resources. So appreciated the nutrition / supplements / diet references and meal planning. Timing of protein; value of exercise was great!! A lot in an hour!"
>
> **Attendee**
> Meal Planning Together Webcast

EXERCISE

Studies suggest that exercise may help delay some of the common symptoms of Parkinson's, improving quality of life in the long-term.

We offer an online library of workout videos led by physical therapists with specialized training in Parkinson's and a host of resources specific to exercise.

> "It was a fabulous presentation! The presenter clearly knows his stuff—from apathy, to dystonia, and time of exercise. This presentation arrived just in time for me. Thank you!"
>
> **Attendee**
> When PD gets in the way of Exercise

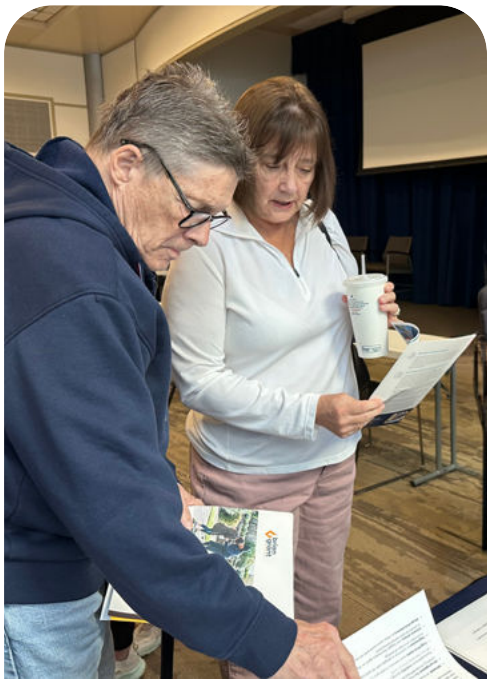


LIFESTYLE

Lifestyle makes a big impact on an individual's symptoms. We define lifestyle as mental and behavioral health, and connection to community, which is linked to social well-being.

Our virtual programming includes weekly mindfulness classes and expert-led symptom management webinars. Our in-person events provide opportunities for lasting connections to the community.

> "I've attended other presentations, but this is the only one on the social aspect and needs of people with PD. This was an excellent presentation!"
>
> **Attendee**
> Social Prescribing for People with Parkinson's







Our Volunteers

Board Members

Teri Bowles-Atherton

Cortlandt Cuffee

Zach Fogg

Kristin Gaston

Brad Loveless

Cole Mack

Katherine Orvets Board Secretary

Jill Rissi

Charlene Quaresma Board Treasurer

Melinda Sych Board President

Science Advisory Council

The Science Advisory Council (SAC) is composed of world-renowned healthcare providers and researchers who provide strategic direction and oversight of our programs to ensure they are based on the latest evidence and emerging trends, and meet the needs of the Parkinson's community.

Bas Bloem, MD, PhD, FRCPE, FEAN
Radboud University Nijmegen Medical Centre

John Duda, MD
Philadelphia VA Medical Center & Perelman School of Medicine

Suketu Khandhar, MD
The Permanente Medical Group

Soania Mathur, MD
Parkinson's Advocate

Laurie Mischley, ND, PhD, MPH
Bastyr University Research Institute

Delaram Safarpour, MD, MSCE, FAAN
Associate Professor of Neurology, Oregon Health & Science University

Program Advisory Council

The Program Advisory Council (PAC) is composed of people living with Parkinson's and care partners. PAC members advance our mission by leveraging their combined knowledge, skills, and personal resources to guide our program development. The PAC also helps raise awareness and support for BGF.

Steve Arnot

Cathie Baker

Dan Baker

Pat Baker

Cynthia Caudill

Jess Caudill

Ron Cobb

Jay Freyensee

Serina Griffin

Lynn Hubert

Marlene Kendrick

Laurie Kilbourn

Sharon Kishner

Matt Korshoj

Mike Kruse

Amy Lavallee

Jill Rissi

John Rissi

Martha Sevcik

Steve Stryker

Troy Sych

Megan Taye

Todd Vogt

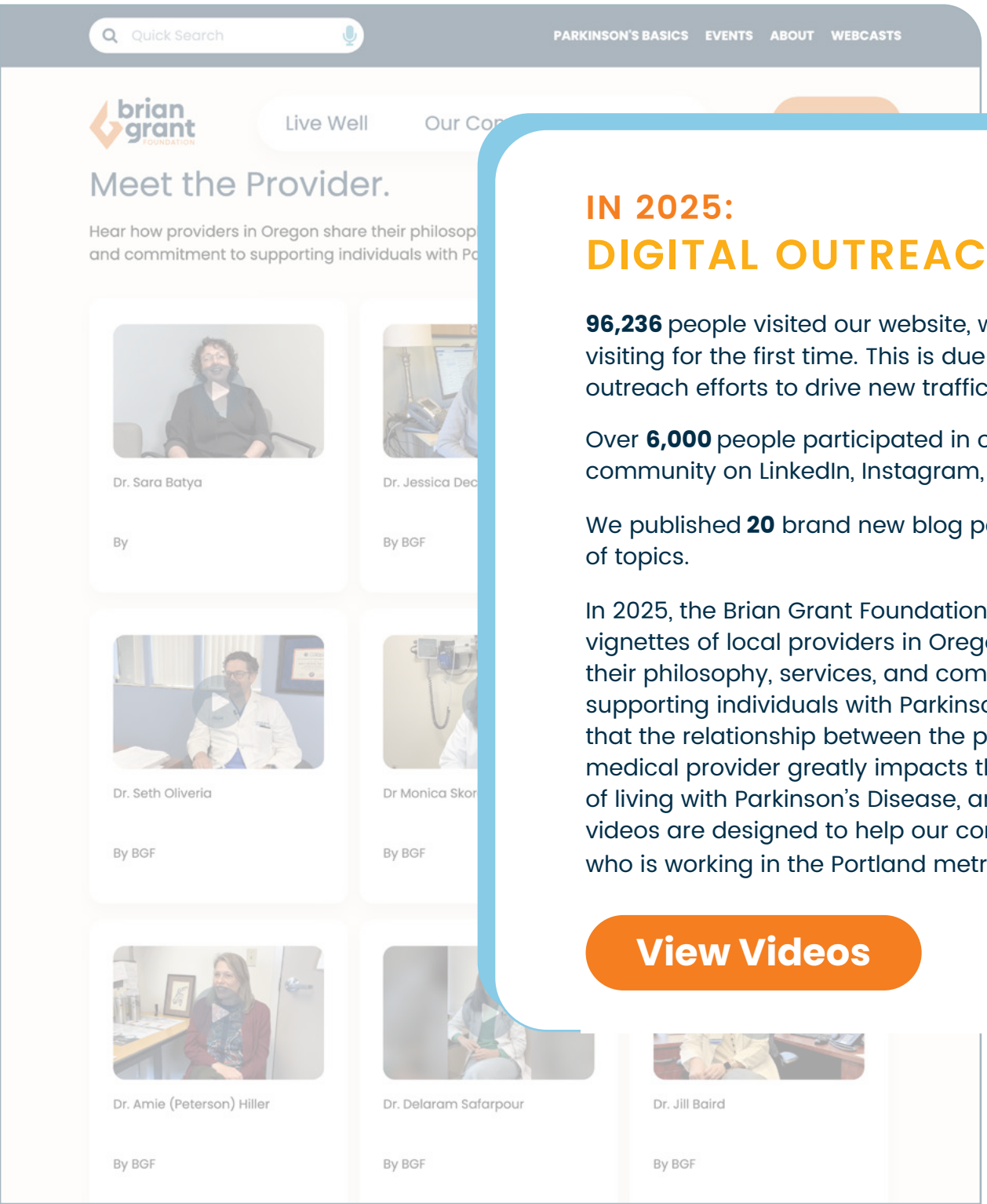
Bruce Warner



2025 at a Glance

BGF provided programs and resources for **4,573 individuals.** These individuals attended our **15 Wellness Webcasts** and **51 mindfulness sessions**, with a total of **187 people** participating in our mindfulness sessions.

A key purpose of the Brian Grant Foundation is generating trusted information and connecting people impacted by Parkinson's Disease.



IN 2025:
DIGITAL OUTREACH

96,236 people visited our website, with 93,916 visiting for the first time. This is due to targeted outreach efforts to drive new traffic.

Over **6,000** people participated in our social media community on LinkedIn, Instagram, and Facebook.

We published **20** brand new blog posts on a variety of topics.

In 2025, the Brian Grant Foundation created vignettes of local providers in Oregon sharing their philosophy, services, and commitment to supporting individuals with Parkinson's. We know that the relationship between the patient and the medical provider greatly impacts the experience of living with Parkinson's Disease, and these short videos are designed to help our constituents know who is working in the Portland metro area.

View Videos

EVENTS

In-person events often serve two functions. The first is raising money to fund our programs, and the second is having fun together.

Our 15th annual "Shake It Til We Make It" gala raised **$457,036** – it was our most successful year yet!







Two of our best fundraisers, the Bull Dance Invitational and Brix Tavern golf tournament, earned **$5,200** and **$12,802** respectively.

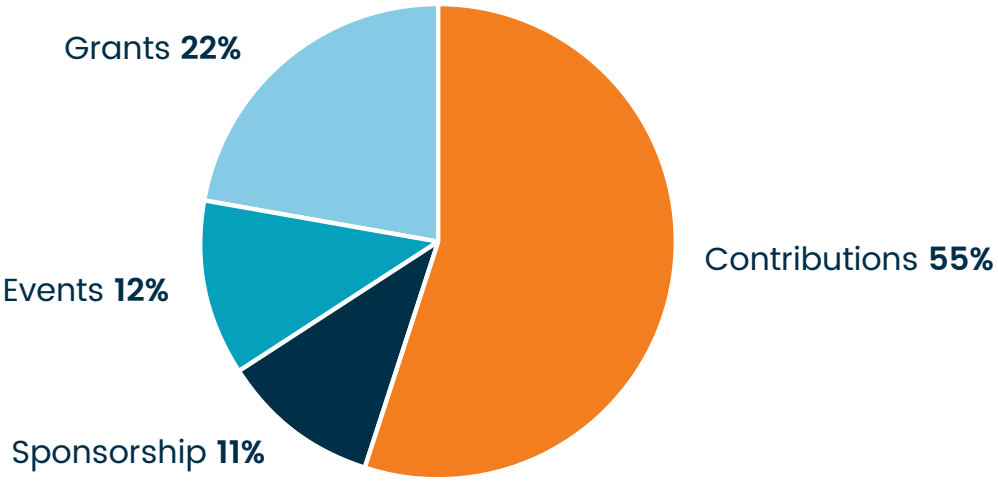
On October 23, 2025, esteemed Parkinson's researcher Dr. Ray Dorsey presented his new book 'The Parkinson's Plan' to **108 attendees** and provided an excellent opportunity for our community to learn and connect.



2025 Financials

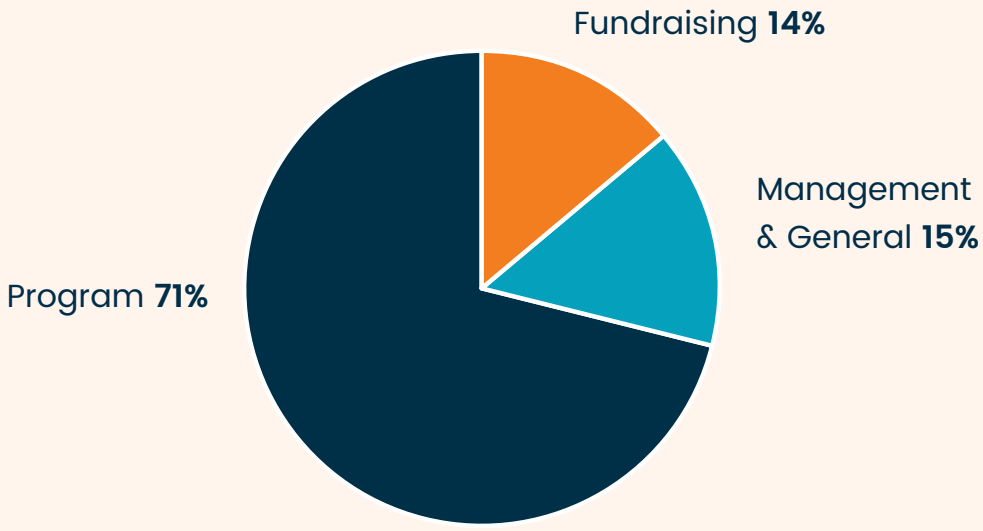
TOTAL 2025 REVENUE

$1,110,986



TOTAL 2025 EXPENSES

$664,030



Help Make More Possible

Donate to the Brian Grant Foundation to help ensure that people impacted by Parkinson's have access to the resources, connection, and support they need to live active and fulfilling lives.

Give

MAKE BGF YOUR LEGACY

Including BGF in your will, trust, retirement plan, or life insurance is a meaningful way to help ensure that our mission continues to make a difference for generations to come.

To learn more about making a legacy gift to BGF, or to let us know that you have included BGF in your estate plans, please call us at (503)274-9382 or visit us online.

brian grant FOUNDATION

briangrant.org

(503)274-9382

info@briangrant.org

650 NE Holladay Street, Suite 1600
Portland, OR 97232

EIN#: 27-1628944