

Struthers Parkinson's Center

2023 Impact of Giving

Our mission is to improve the health and well-being of patients, families, and communities through partnerships and philanthropy.

As a national leader in Parkinson's care, Struthers provides world class treatment, rehabilitation and support services, wellness programs, education and research to help patients and families navigate life with Parkinson's.

Struthers Parkinson's Center (SPC) utilizes a team-based approach to provide targeted physical, social and emotional care.

In 2023, thanks to the generosity of donors and volunteers, SPC gave people with Parkinson's and their families support they need to live well with Parkinson's disease.

611
new patients
with Parkinson's

472
people registered for
educational conferences

6,258
visits for specialized
team-based care

635
CREATE Connection
virtual and in-person visits

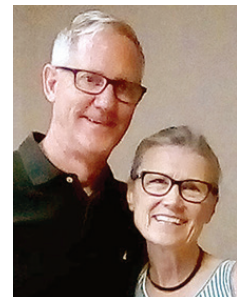
7
new staff with 3 brand new positions:
MD, Physical Therapist, Neuropsychologist

Struthers Parkinson's Center



Grateful for care received

Since its beginnings in 1989, Struthers Parkinson's Center (SPC) has grown to become a national leader in providing world class treatment, rehabilitation and support services, wellness programs, education and research to help patients and families navigate life with Parkinson's. No one knows this better than Jim and Connie Erickson.



Jim & Connie

Jim has been receiving treatment at Struthers since 2016 when he was diagnosed with Parkinson's. He and his wife, Connie, have been participating in their classes and support groups for person's with Parkinson's and their caregivers.

"Struthers is a one-stop shop. They have everything there to help Jim through all the phases of his Parkinson's journey and support me as his care partner. It's so convenient to have so many resources in one place," said Connie.

Because Parkinson's is a chronic degenerate disorder of the central nervous system that emerges slowly over time, patients can go through different phases of treatment. "I've gone through physical and speech therapy and have had exposure to occupational therapy as well as music therapy." Jim said. "I am currently involved with a virtual, online speech therapy program called Speech Boosters that's really convenient and effective."

In addition to patient care, Struthers Parkinson's Center also provides ongoing support, education and recognition to over 450 caregivers. Each month, Struthers hosts two support groups specifically for care partners and caregivers as well as a Caregiver Skills Building class that offers online education on a variety of topics. "I have attended these classes and groups with other caregivers. They really help me be a better support person to Jim as we travel this journey together." Connie stated.

"When Jim was diagnosed it was a real shock—we had no family connection to Parkinson's so it was all new to us. But with Struthers help, we are living our best life," Connie added.

Struthers Parkinson's Center

Thanks to the generosity of donors and volunteers in 2023, Park Nicollet Struthers Parkinson's Center (SPC) helped people and their families live well with Parkinson's disease.

Patient and family experience

Support & Wellness 2,885

Support & Wellness visits (exercise, choir, speech boosters, cognitive series)

Music therapy 452

patient sessions to aid mobility and improve emotional wellness

- The annual Struthers Parkinson's Center Golf Challenge was hosted on July 19, 2023 at Edina Country Club. Thanks to 158 registered golfers, supporters and sponsors, we raised \$169,000.
- SPC participated in the second annual Parkinson's Awareness Day at Target Field in July with donations through ticket sales designated to Struthers Parkinson's Center. The Twins game experience began with a pre-game walk around the infield highlighting SPC as one of the guest groups. At the seventhinning stretch, the SPC choir led the crowd in "Take Me Out to the Ball Game".
- The annual Paul M. Silverstein Community Service Awards Dinner was held in the fall. We honored Sandra Holten, Mark Toretsky, and Tate Wheeler—three individuals who contributed to the Parkinson's community through advocacy and service.
- The Struthers Community Advisory Board collaborated with the Golden Valley American Legion to host trivia night to build Parkinson's awareness.
- Over 50 attended the return of the Atypical Parkinson's Conference which provided basic understanding PSP, MSA, CBD, and also offered connection with others with the disease.

Innovation and research

- Dr. Kathryn Wyman-Chick, a neuropsychologist and 2023 addition to the SPC Golden Valley team, is a national leader in the cognitive aspects of Parkinson's disease and Dementia with Lewy Bodies.
- Dr. Martha Nance, neurologist, SPC medical director, and geneticist, is leading two international studies. The first, an effort to identify genetic causes of PD, has enrolled 14,000 patients. The second is a trial of a novel medication that might specifically treat the most common genetic form of PD.

Community partnership

Social worker-lead support 72

online and in-person support groups, with over 1,000 touchpoints, provided and designed to educate and support people in various stages of Parkinson's and family care partners.

- Over 100 attended the First year of Community Partners in Parkinson's Care resource fair for patients—senior living facilities and home care agencies that specialize in PD.
- Over 300 people participated in an April weekly webinar series during Parkinson's Awareness Month.
- Team members provided virtual and in-person outreach to regional groups in Minnesota, North Dakota and South Dakota, providing over 1000 people living at a distance with Parkinson's education and a connection to SPC.

Caregivers support activities

- 464 caregivers receive ongoing support, education and recognition. Each month SPC hosts three support groups specifically for care partners and caregivers as well as our Caregiver Skills Building class that offers online education on a variety of topics—with 433 touchpoints.
- 75 attended the Caregiver Luncheon in November at Golden Valley Country Club.

Volunteer services

- 52 volunteers helped to support the Struthers Parkinson's Center Golf Challenge.
- Volunteers, Richard and Susan Milteer, provide flower education and arrangement sessions at Struthers.
- 16 community members serving on the SPC Community Advisory Board helped to support the center's fundraising and stewardship activities.



Richard & Susan Milteer



To learn more about the impact of your support, visit: parknicollet.com/impact

Park Nicollet Foundation is a 501(c)3 organization. Your gift to the foundation is tax deductible as allowable by law.

