

Struthers Parkinson's Center



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 2022, 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.



Struthers Parkinson's Center

Tai Ji Quan classes help patients with Parkinson's move better.



Tai Ji Quan class

Struthers Parkinson's Center classes provide education and support to help patients live well with Parkinson's disease—and the new Tai Ji Quan class is no exception.

Tai Ji Quan: Moving for Better Balance® is a nationally recognized evidence-based fall prevention program for older adults. It's an enhancement of traditional tai chi, combined with therapeutic balance and mobility training, that can be beneficial for patients with Parkinson's disease. Physical therapists Maria Walde-Douglas and Laura DesHotels became trained instructors this year.

Meeting twice weekly for 24 weeks, the classes aim to improve: postural stability, awareness and mindful control of body position, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, and lower extremity muscle strength.

So far, participant responses have been very positive, "Definitely see improvement in balance. Excellent instruction. Very calming," said one participant. "I think I have more energy. I definitely feel better if I exercise. Less pain, etc. I think I am less dizzy," replied another.

517

New patients with Parkinson's

593

People registered for online educational conferences



4,938

Visits for specialized medical care

975

CREATE Connection, virtual and in person visits

Thanks to the generosity of donors and volunteers in 2022, Park Nicollet Struthers Parkinson's Center helped people and their families live well with Parkinson's disease.

Patient & Family Experience

CREATE Connection

975 visitors participated in CREATE Connection, the Center's virtual therapeutic program with exercise classes, choir and a speech boosters class.

Golf Challenge

The annual Struthers Parkinson's Center Golf Challenge was hosted on July 18, 2022 at Edina Country Club. Thanks to 188 golfers, supporters and sponsors, we raised \$158,000.



- Music therapists provided 435 patient treatment sessions to aid mobility and improve emotional wellness.
- SPC participated in the second annual Parkinson's Awareness Day at Target Field 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 seventh-inning stretch, the SPC choir led the crowd in "Take Me Out to the Ball Game".
- After being postponed for two years due to the pandemic, our annual Paul M. Silverstein Community Service Awards Dinner was held in the fall. We honored five 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 its first trivia night to build Parkinson's awareness.

Research & Innovation

- The results of the Parkinson's disease Hip Fracture Study, a collaborative effort between Struthers and Health Partners/TRIA orthopedics supported by philanthropic donors to Struthers, were published in 2022.
- SPC was a pilot site for a Parkinson's Foundation-led initiative to enhance access to palliative care for people with Parkinson's disease, which has now become a national effort.
- During the pandemic, several SPC programs and activities moved from in-person to virtual. In 2022, many programs have moved back to in-person, but we have learned to utilize video and virtual methods for clinical, educational, research and support programs.



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.



Community Partnerships

- Over 300 people participated in an April weekly webinar series during Parkinson's Awareness Month.
- SPC partnered with the Parkinson's Foundation MN/ND Chapter to host the annual Progress & Possibilities Symposium in September with the topic of "Addressing the Bottom of the Iceberg: Focus on Non-Motor Symptoms of Parkinson's".
- 343 participants heard from our team of experts on the topics of sleep, cognitive challenges and the importance staying optimistic while living with PD.
- SPC social workers held over 72 online support groups for people with Parkinson's and their families. These support groups were designed for people in various stages of Parkinson's and family care partners.
- Team members provided virtual and in-person outreach to regional support groups in Minnesota, North Dakota and South Dakota, providing Parkinson's education and a connection to SPC for those living at a distance.
- The Parkinson's Foundation Edmund J. Safra Visiting Nurse Faculty Program developed course content and provided clinical mentorship on Parkinson's in undergraduate schools of nursing. SPC trained more than 330 nurses who educate an estimated 26,000 nursing students each year. SPC has hosted the program for 10 years, educating nurse faculty.

Caregivers Support Activities

- SPC provided ongoing support, education and recognition to 464 caregivers. Each month SPC hosts two 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.
- In 2022, after a two year hiatus, our annual Caregiver Recognition Luncheon was held in November to give honor and appreciation to caregivers.

Volunteer Services

- 53 volunteers helped to support the Struthers Parkinson's Center Golf Challenge.
- 15 community members serving on the SPC Community Advisory Board helped to support the center's fundraising and stewardship activities.
- After a pandemic related pause, four volunteers have returned to SPC and resumed their efforts to provide clerical support to frontline staff.