

Park Nicollet Foundation works to improve the health and well-being of patients, families and communities through partnerships and philanthropy.

## Struthers Parkinson's Center

Park Nicollet Struthers Parkinson's Center provides world-class treatment. The Center incorporates a team-based approach to provide targeted care – physical, social and emotional. Through comprehensive assessment, interdisciplinary treatment, support, research and education, Struthers cares for both patients and care partners. Men and women in all stages of Parkinson's receive the targeted care they need to live well with Parkinson's disease.

Struthers Parkinson's Center is designated as a Center for Excellence by the Parkinson's Foundation. This is one of the most highly sought after honors in the movement disorders field. Struthers is one of only 41 such centers in the world. Centers with this distinction maintain the highest standards in team-based medical care, research and outreach services.

Thanks to the generosity of donors and volunteers, Struthers Parkinson's Center gave people with Parkinson's and their families access to wellness programs, research, outreach, and patient and care partner support programs to help them live well with Parkinson's.

### You Make it Happen



*"Watching my father-in-law struggle with Parkinson's disease and the falls and dementia for years gave me one perspective about the disease. When I was diagnosed with Parkinson's, the team at Struthers Parkinson's Center helped give me a different perspective.*

*"I was pretty emotional when I received my diagnosis. I thought my future was really bleak. But, after speaking to the team, I knew I was in the right place. I left those meetings feeling so much more hopeful about my future.*

*"I've been given excellent information and education on how I can slow the progression of this disease. I'm grateful I have access to all these good specialists at Struthers. It makes all the difference. Today, I am living and loving life. I will do as much as I can for as long as I can. The future is bright."*

–Jill, living well with Parkinson's



MORE THAN  
**3,696**  
VISITS FOR SPECIALIZED  
MEDICAL CARE AND  
SUPPORT PROVIDED



MORE THAN  
**280**  
NEW PATIENTS WITH  
PARKINSON'S



**3,700**  
VISITS TO  
EXERCISE CLASSES

Thanks to the generosity of donors and volunteers in 2018, Park Nicollet Struthers Parkinson's Center helped people with Parkinson's and their families live well with Parkinson's.

## 2018 Highlights

### Patient & Family Experience

- Supported more than 1,900 visits to the Center's therapeutic day program, called Club CREATE. Individuals living with mid- to later-stage Parkinson's and related movement disorders participated in arts and wellness activities, exercise groups, spiritual care, social services and music therapy.
- Provided free monthly Arts Café events featuring a variety of topics designed to foster creativity, explore new ideas and experience opportunities for new learning.
- Held 153 individual music therapy sessions for patients, aiding mobility and improving the emotional experience.
- Held the annual Silverstein Community Service Awards Dinner and Benefit in June to celebrate community leaders and advocates of Parkinson's disease. More than 200 generous people raised more than \$41,000 to support arts and wellness programs. Insurance does not cover these important services. The Silverstein awards are named for Paul Silverstein, MD, founding Medical Director of Struthers Parkinson's Center.
- Hosted the 17th annual Struthers Parkinson's Center Golf and Bridge Challenge in July at the Minikahda Golf Club. More than 184 people participated and played golf or bridge to raise more than \$137,000 to support our wellness programs, including exercise, relaxation, creative expression and respite care.

### Research & Innovation

- Expanded reach and provided Parkinson's education and support to medical care providers in 70 home care agencies and senior residential communities in Minnesota, North Dakota, South Dakota, Illinois and Florida through the collaborative Struthers Parkinson's Center Care Network.
- Professional training for clinicians, conferences and support groups for people with Parkinson's and their care partners was provided in our education classroom.

### Volunteer Services

- 10 volunteers provided more than 658 hours of on-site support to patients with Parkinson's and their families.
- 8 volunteers participated on the Struthers Parkinson's Center Community Advisory Board to provide guidance and support to Struthers Parkinson's Center programs, research, education and community outreach efforts.
- 55 passionate community members served on committees to provide insight, build awareness and support events.

### Community Partnerships

- Partnered with community organizations to provide enrichment classes to patients with Parkinson's in horticulture, dance, art and animal therapy.
- Provided education and support to 54 people in their first year of diagnosis with Parkinson's disease through our year-long Finding Options in Care, Understanding and Support (FOCUS) program.
- Hosted our annual Caregiver Luncheon to recognize the care and efforts of 65 family care partners.
- Held 90 monthly support groups across the five-state, Upper Midwest area for more than 1,800 people with Parkinson's and their care partners.
- Provided a conference for 30 support group facilitators from four states to learn, network and exchange ideas for supporting people with Parkinson's and their care partners.

To learn more about the impact of your support  
visit [parknicollet.com/foundationimpact](http://parknicollet.com/foundationimpact)



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