Park Nicollet Struthers Parkinson’s Center provides world-class treatment that incorporates a team-based approach to provide specialized care – physical, social, emotional and spiritual – to maximize each patient’s function and quality of life. Through comprehensive assessment, interdisciplinary treatment, support, research and education 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 of Excellence by the National Parkinson’s Foundation and serves the five-state Upper Midwest area.

2016 at Park Nicollet Struthers Parkinson’s Center

4,518 VISITS TO STRUTHERS PARKINSON’S CENTER EXERCISE CLASSES

3,432 TOTAL VISITS TO PHYSICIANS for specialized medical care and support

10 POSTER PRESENTATIONS
Presented by the Center’s staff at the 2016 WORLD PARKINSON CONGRESS in Portland, Oregon to share the latest scientific discoveries and care innovations

MORE THAN 90 SUPPORT GROUPS across the five-state area provided support for MORE THAN 2,000 PEOPLE WITH PARKINSON’S and their family care partners

Donors Make it Happen

“If you’ve seen one person with Parkinson’s disease, you’ve only seen one person with the disease. Parkinson’s affects everyone differently. I have been given good information and education on how I can slow the progression of the disease. I have access to all these good specialists in Parkinson’s at Struthers, and it makes all the difference. Learning about the disease and understanding that exercise can slow its progression really motivated me to take advantage of the wonderful classes Struthers offers. In addition to the exercise, these classes are also like a support group, with wonderful fellowship among the students. I will do as much as I can for as long as I can. The future is bright.”

– Jill, patient at Park Nicollet Struthers Parkinson’s Center

Your gift to Park Nicollet Struthers Parkinson’s Center provides vital support to our wellness programs, research, outreach, and patient and caregiver support programs to help patients and their families live well with Parkinson’s disease.
2016 Highlights

Patient and Family Experience

• Supported patients participating in the Center’s therapeutic day program, called Club CREATE, offering arts and wellness activities, exercise groups, spiritual care, social services and music therapy to individuals living with mid to later stage Parkinson’s and related movement disorders.

• Our Arts Café program provided free monthly events featuring a variety of topics designed to foster creativity, explore new ideas and offer opportunities for new learning to patients, community members and care partners.

• Installed nature-based artwork in a variety of mediums throughout Struthers Parkinson’s Center providing inspiration and beauty.

• Funded a music therapist to provide sessions to individual patients and group classes.

Community Benefit

• Supported people with Parkinson’s disease through classes, patient and family conferences and outreach activities, including sessions on Parkinson’s disease medical updates, the importance of team-based care, and deep-brain stimulation surgery for Parkinson’s.

• Provided education and support for people in their first year of diagnosis with Parkinson’s disease through our year-long Finding Options in Care, Understanding and Support (FOCUS) program.

• Conducted monthly, specialized interactive trainings to family care partners to help them develop special skills in providing hands-on care and assistance.

• Worked with over 40 senior residential communities and home care agencies to provide Parkinson’s education and support through the collaborative Struthers Parkinson’s Care Network.

Research & Innovation

• Continued efforts to improve timeliness of Parkinson’s medication administration at Park Nicollet Methodist Hospital

• Launched an initiative to improve awareness and completion of advanced health care directives for Struthers Parkinson’s Center patients.

• Advanced participation in clinical trials of new medications to benefit the Parkinson’s community.

• Progressed work with long-term care facilities on improving quality of life and reducing falls for people with Parkinson’s disease.

Park Nicollet Foundation welcomes contributions to Park Nicollet Struthers Parkinson’s Center to help patients and families live well with Parkinson’s disease.