

Houston Area Parkinson Society 2015 Annual Report

The mission of Houston Area Parkinson Society is to improve the quality of life for those affected by Parkinson's disease through services, education and advocacy.

Houston Area Parkinson Society (HAPS) celebrated an extraordinary year in 2015—its 41st year of serving the community. We furthered HAPS' mission, experiencing many noteworthy successes, significant growth and laudable achievements.

The outstanding leadership, and valuable resources of time, talent and generous funding that HAPS Board members contributed, and the tremendous support we received from the philanthropic community in 2015, allowed HAPS to end the year in good financial shape. In spite of an ambitious 2015 budget that reflected nearly a 10% increase, we ended the year with a surplus, as we have for the past five years. Board members continued to play active roles advancing the organization's mission by serving on the Public Relations, Development, and Budget Committees, to help raise awareness and funding and provide fiscal oversight—allowing HAPS to realize growth and success.

HAPS' funding came from the following contribution categories last year: 1) 39% was generated through special events such as the Chevron Houston Marathon, our Annual Awards Event Masquerade Gala, and miscellaneous third party events; 2) 40% was raised through foundation grants; 3) 9% through corporate contributions; and 4) 12% was made up of individual gifts, memorial gifts and earned income. HAPS' tremendously successful gala broke an all-time record raising the most ever since the event began in 2004 and doubling the amount it has raised in recent years.

HAPS has continued to fill gaps in care for the growing Parkinson's community providing tools to families for long term management of the disease. With a small dedicated staff, HAPS provided 52,799 service hours inclusive of all programs reflecting an increase of 24% over the year before. HAPS expanded therapeutic exercise and support groups in outlying regions of Houston's vast metropolitan area that were lacking services for those with Parkinson's disease, bringing the number of groups we provided each month to 180 by year-end. Four support groups and three therapeutic exercise groups were added in the Katy, Kingwood, Champions, Willowbrook, Dickinson and Sugar Land areas.

The organization also expanded its reach through its newsletter distribution reflecting a 60% increase in circulation of online and mailed monthly informational newsletters. HAPS provided educational programs presented by prestigious local and national movement disorder specialists, neurologists and professionals with a focus on disease management and quality of life. This included quarterly Newly Diagnosed Education programs, a Summer Lecture Series, and an Annual Educational Symposium attended by over 300 caregivers, family members, friends, and the general public. Additionally, HAPS partnered with the Michael J. Fox Foundation to present *Partners in Parkinson's*, which provided information and resources to an audience of 700 from the region. Created to help caregivers meet the challenges related to the physical aspects of managing a Parkinson's patient at home in everyday situations, HAPS produced a training video that addresses handling basic daily activities, while keeping both caregiver and patient safe. HAPS' innovative Parkinson's Enrichment Program, continued with great success in its second year. For the third time in the nineteen years since it has been a participating charity, HAPS was recognized by the Chevron Houston Marathon for its efforts and was awarded 2nd Place Overall Top Fundraising Charity in 2015.

2015 Highlights

Chevron Houston Marathon In its 19th year as a participating charity, HAPS raised nearly \$120,000 through the efforts of the 250 runners, walkers and fundraisers in the 2015 Chevron Houston Marathon. Contributions were received from nearly 850 donors and increased from the year before by almost \$20,000. The number of participants running or walking on behalf of HAPS increased by 60% due to the 2-day event format established in 2013 with the ABB 5K taking place Saturday and the Marathon on Sunday, creating better accessibility and making it easier for clients to participate in the 5K Walk on Saturday. HAPS was awarded 2nd Place Overall Top Fundraising Charity among 62 organizations for its hard work and accomplishments.

Parkinson's Enrichment Program (PEP) HAPS Parkinson's Enrichment Program designed to satisfy four therapeutic objectives—physical exercise, education, recreation and social interaction over a 5-week period continued in its second year. Facilitated by HAPS Social Workers with assistance from dedicated Board member volunteers, it met each week during quarterly 5-week sessions for 4 hours with therapists, instructors and physicians coming in each day to lead the group in meeting objectives.

Ted C. Gilbreath Biennial Strategic Planning Session HAPS had spirited discussions on goals, growth of the organization and strategic planning on all levels at the Ted C. Gilbreath Biennial Strategic Planning Session which took place in March and included members of the Board of Directors and the Medical Advisory Board. Areas of particular focus were: Financial and Human Resources, Board Development, Organizational Visibility, Programming, and improving ways to interface with the medical community.

Parkinson's Action Network (PAN) Forum With three HAPS staff members representing PAN's grassroots leadership as Assistant State Directors in attendance at the 2015 PAN Forum in Washington D.C. last March, HAPS joined advocacy forces with 250 other Parkinson's disease advocates to attend this conference focused on research efforts and public policy affecting Parkinson's.

Alliance of Independent Regional Parkinson Organizations (AIRPO) This leadership consortium was established as an association of five independent Parkinson's organizations from regions across the U.S. The Alliance grew out of a series of meetings which began in 2009 that provided opportunities for sharing ideas, information and resources enabling member organizations to better deliver quality services to those living with Parkinson's disease in their regions, and collectively benefitting the greater Parkinson's community. In its second year since officially forming as AIRPO, with HAPS Executive Director continuing in her role as chair, the group convened in NYC at a spring meeting hosted by Parkinson's Disease Foundation, launched an official logo, and grew to include nine regional organizations.

Collaborative *Dance for Parkinson's* and *ParkinSING* Class HAPS continued its valuable partnership with Houston Ballet which began in 2009, presenting *Dance for Parkinson's* and singing classes accompanied by live music and led by performance arts professionals. In collaboration with Gulf Parkinson's Source, HAPS and Houston Ballet began a monthly *Dance for Parkinson's* class in Dickinson and expanded the partnership's reach into the Bay Area.

Livestream Webcast HAPS and Houston Ballet participated with the National Ballet of Canada, Mark Morris Dance Group and Brooklyn Parkinson Group in a panel discussion about the value of *Dance for Parkinson's* to those living with the disease that was part of a series of

Livestream webcasts. A second live webcast was broadcasted from Kansas City, MO featuring Dr. Stanley Fisher who presented on the role of dance in the treatment of motor fluctuations in Parkinson's disease.

Pasta for Parkinson's The Original Carrabba's restaurants raised funds and visibility for HAPS in recognition of Parkinson's Awareness Month by donating a portion of each sale of a special pasta menu item during the month of April.

Parkinson's in the Park Also in honor of Parkinson's Awareness Month, HAPS held a social event for clients at the Metropolitan Multiservice Center five days before the building, where HAPS maintains an office and groups, experienced extensive damage due to flooding from a water main rupture. The building was closed for six months and remained only partially operational by year end.

HAPS Annual Educational Symposium In May, HAPS held its 26th Annual Educational Symposium, *Beyond Shaking & Slowness: Understanding the other symptoms of Parkinson's*, with local experts and national speakers presenting information on symptoms less focused on or understood by patients, but which have significant impact on quality of life. The event raised nearly \$27,000 in sponsorship support and was attended by 300 clients and families.

Pins for Parkinson's This third-party event bowling fundraiser that took place in May called, *Pins for Parkinson's*, raised \$3,400 for HAPS and honored a late client.

Kerr/Thorp Challenge This invaluable fundraising program in its 4th year raised \$44,537 in individual and corporate funding over the summer months. Rob Kerr and Jim Thorp were honored at the organization's gala in the fall for their continued support of this program which provides an extremely important incentive for clients who want to give back to HAPS in thanks for what we do to improve their lives, allowing them the satisfaction of knowing they have doubled the amount of their gifts.

5th Annual Summer Lecture Series HAPS continued its Summer Lecture Series and featured three well-attended presentations by professionals in the field on pertinent Parkinson's topics.

Partners in Parkinson's In September, HAPS collaborated with the Michael J. Fox Foundation and AbbVie in a national strategic health initiative which provided information and resources to an audience of 700 from the Houston region.

Beauty Over Brunch Sponsored by the owner of Komplexx Blends Cosmetics, this event which took place in September raised money for HAPS and honored the memory of her grandmother who had Parkinson's.

ClubCorp Charity Classic Inspired by a client, HAPS was chosen as a recipient organization to receive funds raised through the 2015 ClubCorp Charity Classic Golf Tournament which took place at The Golf Trails of The Woodlands in November.

Caregiver Appreciation Tea At this event, we honored National Family Caregivers Month and celebrated the completion of the video production, *Basic Mobility in Parkinson's: A Guide for Caregivers*. Created to help caregivers meet the challenges related to the physical aspects of managing a Parkinson's patient at home in everyday situations, HAPS produced this training video to provide practical pointers that keep both caregiver and patient safe.

President's Award Established by Mike Hendryx and presented in its inaugural year, this award was instituted to be given in recognition of an extraordinary and enduring commitment that makes it possible to sustain, build and develop programs that fulfill the HAPS mission.

Changing the Face of Parkinson's, Masquerade Gala Over 300 people attended this year's Annual Awards Event, beautifully orchestrated and chaired by Randi and Johnny Carrabba. Ali and Frank Donnelly III led the way chairing the Young Professional Host Committee. Honorees Rob Kerr, Jim Thorp, Fred Stephens, and The Hamill Foundation were recognized for the difference they have made in the lives of those with Parkinson's disease with the Roy H. Cullen Quality of Life Award, Lillie Cullen Quality of Life Award, and the President's Award, which was given for the first time. HAPS' newest video, *The HAPS Difference*, was premiered. The gala set a record raising the most ever since the event began in 2004 and twice as much as it has in over a decade.

Holiday Sing Along Continuing the tradition, HAPS and Houston Ballet presented a Holiday Sing Along with 100 people participating in a fun, festive holiday singing and vocal instruction. This event is modeled after HAPS' Parkin*SING* class.

We thank the Board members who have completed their terms as directors and will move to the Board of Advisors for the exceptional guidance and unwavering support they have provided. We look forward to the new and fresh perspectives that all of the members of the HAPS Boards will bring to their roles as they guide the organization and further the HAPS mission.

In 2016, as we define our direction and carry out our goals, HAPS will endeavor to broaden its base of funding sources and cultivate relationships and partnerships within the community that support the organization's efforts. Moving forward with a strong financial position, it will nevertheless, be mindful of the challenges of the current economy and thoughtful in its strategies related to providing valuable services and programs to meet the growing needs of the Parkinson's community, as it has done for over 40 years.

With Mike Hendryx in the role as Chair, serving on the Board of Directors for another year, our new dynamic President, Randi Carrabba, will lead the organization boldly into its 42nd year. Considered a national model among independent regional Parkinson patient support organizations, HAPS will continue to be guided by its mission and go forward with purpose, relevance, innovation and a strong connection to the community it serves.

Year-end 2015 Financial Information

REVENUE: \$847,262

EXPENSES:

Social Services and Consultations-\$250,514

Therapeutic Services-\$239,692

Education and Awareness-\$96,593

Parkinson's Enrichment Program-\$60,351

Total Program Expenses-\$647,150

Management and General-\$90,044

Fundraising-\$71,400

TOTAL EXPENSES: \$808,594

NET ASSETS END OF YEAR: \$497,735

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Houston Area Parkinson Society is a 501(c)(3) nonprofit organization exempt from taxes under the code of the IRS.