

Parkinson Alberta Board of Directors Biography

Grant Kozak, Red Deer

I was diagnosed with Young Onset Parkinson disease at the age of 34. At that time I was the Branch Manager of Ikon Office Solutions in Red Deer. I was able to work until 1999, when I retired on disability pension.

I continued to be involved in my community, volunteering for Festival of Trees Sponsorship Committee, Rotary Club, Red Deer Regional Hospital, Red Deer College, Red Deer Public Schools and Hockey Goaltender Coaching. Because of the progression of my disease, I was no longer able to volunteer in that capacity, but continued to volunteer my time to Parkinson Alberta Red Deer Region support groups, the annual Parkinson Step 'n Stride Walk and by being an active advocate for people living with Parkinson disease.

In October 2013 I underwent DBS surgery in Edmonton and have had a life changing experience. It has brought me some relief from the side effects of the disease and new freedom and energy, enabling me to give back to the disease that has affected so many of us and our families. There is always Hope.

I currently live in Red Deer with my wife Trena, and have 2 daughters ages 24 and 26.