

## Community Education

### [Better Lives, Together: Fresno Parkinson's Summit](#)

Join us on February 24 in Fresno for “Better Lives, Together: Fresno Parkinson's Summit!” Together with your community, learn about the many disciplines involved in Parkinson's disease (PD) care, mental health support, and the latest treatments and strategies to manage PD.



We'd like to thank the [Greater Fresno Parkinson's Support Group](#) for their years of support of the program and the Foundation!

### [Hacia Adelante: Navegando el Mar del Parkinson](#)

Join us on April 20 for our “Moving Forward: Navigating the Sea of Parkinson's” conference. **This event is conducted exclusively in Spanish.**

¡Acompáñenos en nuestra séptima conferencia anual de California en español! El programa de este año se centrará en el acceso a la atención del Parkinson. Aprenderá acerca de las diversas disciplinas involucradas en el manejo del Parkinson, conocerá tratamientos prometedores, y aprenderá cómo adaptarse a una enfermedad cambiante.



## **Gear up for FUNdraising!**

[Parkinson's Revolution](#) will take place across the country on Saturday, February 24, 2024! Join us in-person in [Sacramento](#), [San Francisco](#), [San Diego](#), or [Los Angeles](#) for a high-energy ride that generates funds and awareness for Parkinson's disease.

[Moving Day](#) is more than just a friends and family fundraising walk. It's your chance to speak up about Parkinson's disease and move others to take action. Join us in [Ventura County](#), [San Jose](#), [San Francisco](#), [Sacramento](#), or [Orange County](#).

For more information or questions about Parkinson's Revolution or Moving Day, email us at [california@parkinson.org](mailto:california@parkinson.org)!

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## **Volunteers**

### **President's Volunteer Service Award Winners**

The President's Council on Service and Civic Participation founded the President's Volunteer Service Award to recognize the important role of volunteers in America's strength and national identity. This award honors individuals whose service positively impacts communities in every corner of the nation and inspires those around them to take action.

The Parkinson's Foundation is excited to recognize the following 2023 award recipients for their commitment to community service.

Silver Award – **Benjamin (BJ) Bement** – Gulf Coast Chapter

Bronze Award – **Dan Novak** – South Central Chapter

Bronze Award – **Helena Fox** – California Chapter

Bronze Award – **Jerry Boster** – California Chapter (Posthumous)

Bronze Award – **Richard Huckabee** – Great Lakes Chapter

Bronze Award – **Rose Lang** – Florida Chapter

### **Become a Parkinson's Foundation Volunteer!**

Register now for an upcoming Volunteer Orientation:

[January 30, 2024, at 9:30 am PT](#)

[February 27, 2024, at 9:30 am PT](#)

[March 26, 2024, at 9:30 am PT](#)

[April 30, 2024, at 9:30 am PT](#)

For more details and questions, please contact [volunteer@parkinson.org](mailto:volunteer@parkinson.org).

## **EP Salud en Casa: Miércoles de Bienestar**

La enfermedad de Parkinson (EP), al igual que muchas enfermedades crónicas, puede cambiar la dinámica de una relación, especialmente en lo que respecta a la intimidad y la sexualidad. Explorar nuevas formas de conectarse y comunicarse, ya sea que tenga EP o que cuide a alguien que la tenga, ayudará a fortalecer su relación.

Para obtener más información del evento en línea o para inscribirse para el 21 de febrero de 2024, haga clic [aquí](#).

### **Recursos nuevos en español:**

- [Consejos para la intimidad y la incontinencia con Parkinson](#)

- [Nuestros 10 videos más populares acerca del Parkinson en español](#)

- [10 formas de apoyar a un ser querido con Parkinson](#)

- [Un nuevo estudio halla un tratamiento prometedor para el estreñimiento relacionado con el Parkinson](#)

## **Stay in Touch**

Visit [Parkinson.org/California](https://parkinson.org/California), contact our professionally staffed Helpline toll-free at 1-800-4PD-INFO (473-4636) or at [helpline@parkinson.org](mailto:helpline@parkinson.org), and follow us on Facebook at [Facebook.com/PFCalifornia](https://Facebook.com/PFCalifornia).

For virtual events online, join us for our weekly “PD Health @ Home” programs, Mindfulness Mondays, Wellness Wednesdays, and Fitness Fridays. To learn more, visit [Parkinson.org/PDHealth](https://Parkinson.org/PDHealth).

For more information on local events and resources, contact:  
**[california@parkinson.org](mailto:california@parkinson.org)**

Questions? Call our Helpline:  
**1-800-4PD-INFO ([473-4636](tel:473-4636))**

