

Community Education Programs

We hope you'll join us at one of our upcoming free educational programs! Email us at california@parkinson.org for questions or help registering for any of our programs.

Living Your Best Life with Parkinson's Disease

Join us in Honolulu, HI, on October 14 to learn about overall wellness in PD, new treatment options, resources, and tips to help you live a better life with Parkinson's.

Young-Onset Parkinson's Disease: Caring for Others

On August 15 at 2pm PT, join us online for our Young-Onset Parkinson's webinar with speaker Joan Hlas, MSW, Struthers Parkinson's Center, a Parkinson's Foundation Center of Excellence.

Veterans and Parkinson's: Managing Anxiety, Depression, and Apathy

Join us on August 31 at 1pm PT to learn about managing mood changes in Parkinson's and resources for veterans with Megan Gomez, PhD, clinical psychologist at the Tibor Rubin VA Medical Center in Long Beach, CA.

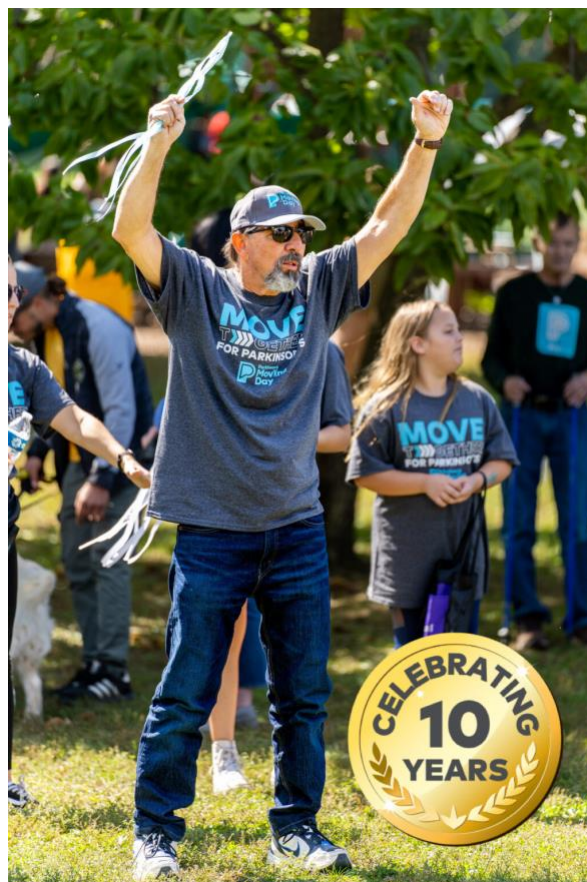


Gear Up for FUNdraising!

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. It is a movement for change towards more awareness, more funding, and more understanding of a disease that affects so many of our loved ones.

We are so excited to celebrate the 10th anniversary of [Moving Day Los Angeles](#) on October 7! You won't want to miss this extra special event. For 10 years we've joined together to beat Parkinson's in Los Angeles, and we cannot wait to celebrate together once again with everyone who has helped us reach this incredible milestone!

Register at MovingDayLosAngeles.org or email us at california@parkinson.org with questions or to get more information.



We also invite our Central Valley community to join us at the upcoming [Community Walk](#) at the West Lawn and Veteran's Square areas at Fresno City College in Fresno, CA! Hosted by Move Up! Health and Fitness and benefiting the Parkinson's Foundation, the [Fresno Community Walk](#) will bring awareness and funding for people living with PD.



¿Qué hay de nuevo?

"EP Salud en Casa" ofrece mensualmente eventos en línea diseñados para usted, que incluyen *Lunes de Atención Plena*, *Miércoles de Bienestar*, y *Viernes de Ejercicio*. Para obtener más información, visite Parkinson.org/EPsalud.

Recursos nuevos en español:

- [9 consejos para viajar con Parkinson](#)
- [La hospitalización con la enfermedad de Parkinson](#)
- [Redefiniendo la intimidad en la enfermedad de Parkinson](#)
- [Opciones quirúrgicas en el tratamiento de la enfermedad de Parkinson](#)

Community Grants

The Parkinson's Foundation has just announced the recipients of nearly \$1 million in community grants for Parkinson's disease programs across the U.S. The Foundation invests in community programs that make a local impact and help people live better with PD by providing support for unmet health, wellness and educational needs.

The 2023 grant cycle focuses on programs that educate and deliver exercise specifically designed for people with PD, reach those who are PD care partners, and address the intersection of mental health and PD.

Read about the Community Grants awarded in the California Chapter (CA and HI) [here](#).

Volunteers

Every Parkinson's Foundation volunteer helps us make a difference in the lives of people with Parkinson's disease (PD). Every year, we celebrate our top volunteers by presenting them with a prestigious national award. Meet our **2023 National Volunteer Awardees** and let their empowering stories inspire you!

Paul Oreffice Volunteer of the Year– [James \(Jim\) Morgan, Florida Chapter](#)

Rising Star– [Mark Milow, Southwest Chapter](#)
(pictured at right)

Top Fundraiser– [Karan Rai, Rocky Mountain Chapter](#)

Community Service Award– [Benjamin \(BJ\) Bement, Gulf Coast Chapter](#)



We are also pleased to announce the appointment of six new members to our **People with Parkinson's Advisory Council** and two new members to our **Board of Directors**. With a wide range of personal and professional backgrounds, the new appointees bring unique experiences that- as leaders of and liaisons to the Parkinson's disease (PD) community- will help achieve the Foundation's mission of improving the lives of those affected by the disease. Read the press release [here](#).

Join us and make a difference! To get started, [register now](#) for the upcoming **Volunteer Orientation**, taking place the last Tuesday of every month at 9:30 am PT.

For more details and questions, go to [Parkinson.org/VolunteerOrientation](https://parkinson.org/VolunteerOrientation) or contact volunteer@parkinson.org.

Global Care Network

The Parkinson's Foundation has announced the expansion of its [Global Care Network](#) with the addition of four Centers of Excellence and four Comprehensive Care Centers. The expansion recognizes those Centers that are providing excellent care to people with Parkinson's disease (PD) within a broad geographic region.



Stanford
MEDICINE

UCDAVIS
HEALTH

We are excited to announce the addition of the [Stanford Movement Disorders Center](#) in Palo Alto, CA, and [University of California, Davis Health Center for Movement Disorders](#) in Sacramento, CA, to our network! Stanford and UC Davis join the University of Southern California in Los Angeles; the University of California, San Diego; the University of California, San Francisco; and Queens Medical Center in Honolulu, HI, as members of the Global Care Network in the California Chapter.

Read the full press release [here](#).

Keep in Touch!

Visit Parkinson.org/California, contact our professionally staffed Helpline toll-free at 1-800-4PD-INFO (473-4636) or at helpline@parkinson.org.

For weekly virtual programs online, join us for “PD Health @ Home” programs Mindfulness Mondays, Wellness Wednesdays, and Fitness Fridays. To learn more, visit Parkinson.org/PDHealth.



[Find resources on our website](#)



[Follow us on Facebook!](#)



[Watch us on YouTube](#)

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

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



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