

## Community Education Programs

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

### Care Partner Summit

Care partners are invited to join us in Union City, CA, on Saturday, November 4 to learn about communication in Parkinson's caregiving and strategies for finding supportive connections. Speakers include Salima Brillman, MD, and lunch and respite care are provided at no charge.

### Do You See What I See? Hallucinations and Delusions in Parkinson's

Join us online on Wednesday, November 8 at 10 am PT for a webinar about the symptoms of psychosis in Parkinson's. The speaker is California Chapter Board member Megan Gomez, PhD, clinical psychologist at the Tibor Rubin VA Medical Center in Long Beach, CA. (pictured)



## Gear Up for FUNdraising!

### Disneyland Half Marathon Weekend

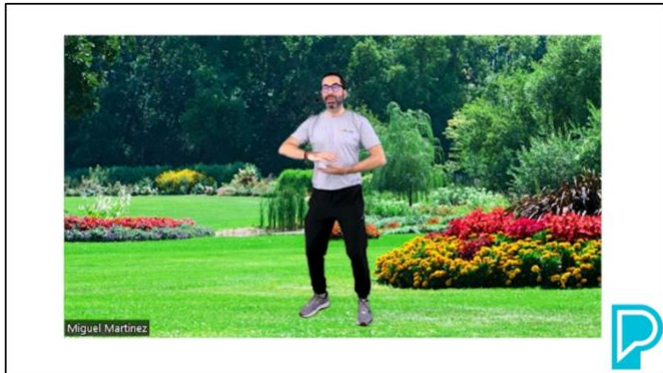
Parkinson's Champions participate in Parkinson's Foundation community fundraising and endurance program to raise funds and awareness for Parkinson's disease (PD).

On January 11-14, 2024, the Disneyland Resort in Anaheim, CA, will host four fun-filled days of events featuring some of your favorite Disney Friends! Register and join us to support the 1 million Americans living with Parkinson's disease.

Learn more about the Parkinson's Champions endurance programs at [ParkinsonsChampions.org](http://ParkinsonsChampions.org) or by emailing [Run4PD@parkinson.org](mailto:Run4PD@parkinson.org).

[Parkinson's Revolution](#) will take place across the country on Saturday, February 24, 2023! Join us in-person in [Los Angeles](#), [San Francisco](#), [San Diego](#), or [Sacramento](#) for a high-energy ride that generates funds and awareness for Parkinson's disease.

Email us at [california@parkinson.org](mailto:california@parkinson.org) for more information.



## ¿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](https://parkinson.org/EPSalud).

### Recursos nuevos en español:

- [Episodio 27: Los efectos del Parkinson sobre el sueño](#)
- [Información clave para veteranos acerca del Parkinson](#)
- [8 preguntas que siempre quiso hacer a un fisioterapeuta](#)

## Community Grants

The Parkinson's Foundation funds community grants that further the health, wellness, and education of people with PD across the US.

The Foundation was excited to work with two 2023 community grant recipients in Hawai'i at our October 14 "[Living Your Best Life with Parkinson's](#)" program, [Sounding Joy Music](#) and [Beyond Rehab](#).



Learn more about the Sounding Joy program in Hawai'i by emailing Nina Guerrero, PhD, MT-BC, at [nquerrero@soundingjoymt.org](mailto:nquerrero@soundingjoymt.org). Learn more about BeyondRehab and Apurva Zavar, PT, DPT, GCS, at [info@beyondrehab.health](mailto:info@beyondrehab.health).

## Volunteers

**Parkinson's Foundation Ambassadors** work with staff to share lifesaving educational resources and information through local community outreach like tabling and presentations. Ambassadors may also serve on local chapter committees for events and programs.

Join us and make a difference! If you're interested in becoming an Ambassador, [register now](#) for the upcoming **Volunteer Orientation**, taking place the last Tuesday of every month at 9:30 am PT.

Winter Volunteer Call: Friday, December 1, 2023, 9:30 am PT.

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

## Keep 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).

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](https://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)**



200 SE 1st Street  
Suite 800  
Miami, FL 33131

1359 Broadway  
Suite 1509  
New York, NY 10018



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