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Community Education Programs

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

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!

At [Moving Day Community Walks](#) across the country, we're fighting Parkinson's and celebrating movement — proven to help manage Parkinson's symptoms — and we're doing it together. The Moving Day Community Walk Program is a complement to the Parkinson's

Foundation Moving Day, A Walk for Parkinson's. These walks are family-friendly and help the Foundation make life better for people with Parkinson's disease (PD).

Join the [Moving Day Community Walk in Deer Park, WA](#), on September 16. Or save the date for our newest community walk in Kirkland, WA, on October 14. Bookmark our [Community Walk webpage](#) and check back for details soon!



¿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 (such as the [Treasure Valley Family YMCA's Healthy Living Center](#) in Boise, ID), reach those who are PD care partners, and address the intersection of mental health and PD. Read the full announcement [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 Orefice 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 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.



We are pleased to announce the addition of [Swedish Movement Disorders](#), a new Parkinson's Foundation Comprehensive Care Center, to our network! Providence's Swedish Movement Disorders program joins [Oregon Health Sciences University Parkinson's Disease](#)

[and Movement Disorders](#) center as members of the Global Care Network in the Pacific Northwest Chapter. Read the full press release [here](#).

Keep in Touch!

Visit [Parkinson.org/PacificNW](https://parkinson.org/PacificNW), 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](#)



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

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



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