

Community Education

[Parkinson's 101](#)

Join us online on February 7 for an overview of Parkinson's disease. Amir Besharat, DO, from the Swedish Neuroscience Institute, a Parkinson's Foundation Comprehensive Care Center, will speak about what Parkinson's is, what causes it, common symptoms, treatments, and strategies for managing symptoms.



Gear up for FUNdraising!

[Parkinson's Revolution](#) will take place across the country on Saturday, February 24, 2024! Join us in-person in [Seattle](#) for a high-energy ride that generates funds and awareness for Parkinson's disease. Attendees will have an opportunity to meet and ride with Dr. Besharat and the team from Swedish Neuroscience Institute, a Parkinson's Foundation Comprehensive Care Center.

[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. Register for [Moving Day @ Home](#) for a next-level LIVE, virtual walk experience!

For more information or questions about Parkinson's Revolution or Moving Day, email us at pacificnw@parkinson.org.

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.

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

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.

For more information on local events and resources, contact:

PacificNW@Parkinson.org

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

