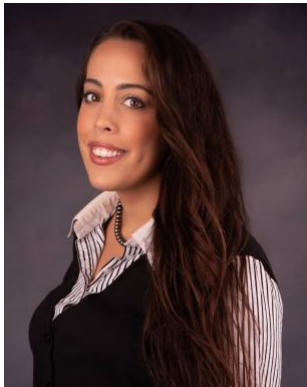




[Donate Now](#)

Meet Your Parkinson's Foundation Team!



Courtney Hayden is the new Community Program Manager for the Rocky Mountain Chapter, responsible for upcoming Community Education Programs. Courtney comes to the RM Chapter after hosting five educational events in communities across the Southwest Chapter. She has a strong background in public health and loves spending time in nature.

Sarah Osborne continues to support Utah, Colorado, and Wyoming as Senior Director of Community Education & Outreach.



Kristin Courington is the new Development Manager for the Rocky Mountain Chapter, responsible for leading Revolution Denver and launching Moving Day in Salt Lake City. Kristin earned her Master's Degree in Public Administration and Nonprofit Management from CU Denver and brings over 10 years of nonprofit event planning experience to the Parkinson's Foundation. She lives in the foothills west of Denver and enjoys spending any spare time outside with her family.

Community Education Programs

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

Managing Changing Symptoms

Please save the date to join us at the Rocky Mountain Parkinson's Symposium on Saturday, October 7th from 1:00pm to 4:00pm at the Salt Lake City University Marriot. At this program we will learn how Parkinson's symptoms may change over time and new strategies available for managing them.





Gear up for FUNdraising!

Your support makes our mission possible. We hope you will join us at one of our upcoming events!

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.

Save the date for our first Moving Day in Salt Lake City on Saturday, May 4th from 9:00am to 12:00pm at Liberty Park.

Email us at rockymountain@parkinson.org with questions or to get more information!



EP Salud en Casa: Miércoles de Bienestar

Escuche a expertos en Parkinson y obtenga la información que necesita para vivir mejor con la EP. Para el mes de agosto, los invitamos a nuestra charla en línea acerca de la preparación para emergencias de personas con discapacidades y necesidades de acceso. Exploraremos las estrategias y mejores prácticas para garantizar la seguridad y el bienestar de las personas con discapacidades durante situaciones de crisis.

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

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](#)

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. If you're interested in becoming an Ambassador, register for the next [Volunteer Orientation](#) where we will walk you through registration for the training and answer questions.

For more details and questions, please contact volunteer@parkinson.org.

National Volunteer Award Winners

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 through awarding them a prestigious national award. Meet our 2023 National Volunteer Awardees and let their empowering stories inspire you. Read the press release [here](#).

Top Fundraiser – Karan Rai, Rocky Mountain Chapter, pictured on the right

Rising Star – Mark Milow, Southwest Chapter

Paul Orefice Volunteer of the Year – James (Jim) Morgan, Florida Chapter

Community Service Award – Benjamin (BJ) Bement, Gulf Coast Chapter



Upcoming Volunteer Events

Register now for upcoming volunteer events. For more details and questions, please contact volunteer@parkinson.org.

Volunteer Orientation: [Last Tuesday of every month at 12:30 p.m. ET](#)

Fall Volunteer Call: [September 1, 2023, 12:30 p.m. ET](#)

Winter Volunteer Call: [December 1, 2023, 12:30 p.m. ET](#)

New Appointments Board of Directors and the People with Parkinson's Advisory Council

The Parkinson's Foundation announces the appointment of two new members to its board of directors and six new members to its People with Parkinson's Advisory Council. 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](#).

Please join us in congratulating Veera Rastogi; Steve Newton; Kathleen "Kathy" Blake, MD, MPH; Elva Brown; Mark Milow; John Poma JD, MBA; Ken Thurman, PhD; and Carla Velastegui.

Community Grants

Parkinson's Foundation community grants further the health, wellness, and education of people with Parkinson's disease (PD) across the nation. In July 2023, the Foundation distributed \$1 million throughout 71 community-based grants that support local health, wellness and educational programs that address unmet needs across local PD communities.

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 Rocky Mountain Chapter [here](#).

Keep in Touch!

Visit [Parkinson.org/RockyMountain](https://parkinson.org/RockyMountain), 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](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:
rockymountain@parkinson.org

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



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