

## Community Education Programs

On October 7, the Rocky Mountain Chapter hosted a Chapter Symposium, "Managing Changing Symptoms: Deep Brain Stimulation, Speech, and Swallowing." During the event, attendees heard from Paola Testini, MD, a neurologist at the University of Utah, A Parkinson's Foundation Center of Excellence. Nadine Nye, MS, CCC-SLP, Intermountain Healthcare, presented on speech and swallowing. The movement break was led by Cindy George of Rock Steady Boxing, Salt Lake City.



You can view a recording of the event.

[Managing Changing Symptoms | Salt Lake City, UT | Parkinson's Foundation - YouTube](#)

We hope you'll join us at one of our upcoming free educational programs! Email us at [rockymountain@parkinson.org](mailto:rockymountain@parkinson.org) for questions or to learn about Spring 2024 programs.

## Volunteers!

Shoutout to **Randi Ruff**, Parkinson's Foundation Ambassador and Moving Day Salt Lake City Committee member, for opening the October 7 Chapter Symposium.

Randi is living with Parkinson's disease (PD) and is passionate about making an impact in the community. She provided program information on the Foundation's mission, resources, and details on how to stay connected to the Parkinson's disease community.



Check out our opportunities to engage, including the [Parkinson's Foundation Ambassadors program](#)! 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.

Email us at [volunteer@parkinson.org](mailto:volunteer@parkinson.org) with questions or to get more information!

Volunteer Orientation: Last Tuesday of every month at 10:30 am MT

Winter Volunteer Call: December 1, 2023 10:30 am MT



## Research Spotlight

In Colorado, we're excited to highlight the researcher being funded by the Parkinson's Foundation at the University of Colorado. As you may know, the [University of Colorado Movement Disorders Center](#) is a Parkinson's Foundation Center of Excellence.

This Research Spotlight features Dr. Chelsie Kadgien, PhD, Postdoctoral Fellow at the University of Colorado Anschutz Medical Campus. Dr. Kadgien is studying the progressive loss of dopamine neurons in the brain in people with Parkinson's.

To learn more, check out her My PD Story, "[Developing Cutting-Edge Tools to Control and Study Dopamine Signaling.](#)"

## Join the Study

***PD GENEration: Mapping the Future of Parkinson's Disease*** is a national initiative that offers genetic testing for clinically relevant Parkinson's-related genes and genetic counseling at **no cost** for people with Parkinson's disease (PD). Participation can be either in-person at one of our participating Centers of Excellence sites or from home through a telemedicine appointment and at-home cheek swab collection kit. We are accepting new PD GENEration participants on a rolling basis at [Parkinson.org/PDGENeration](https://parkinson.org/PDGENeration).

## Gear up for FUNdraising!

Join us for the launch of [Moving Day in Salt Lake City](#) on Saturday, May 4 from 9:00 a.m. to 12:00 p.m. at Liberty Park. Moving Day is 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.

Register for Moving Day at <https://www.movingdaysaltlakecity.org/>.



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## ¿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 [www.Parkinson.org/EPSalud](http://www.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](#)

## Keep in Touch!

Visit [Parkinson.org/RockyMountain](http://Parkinson.org/RockyMountain), 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](http://Parkinson.org/PDHealth).



[Find resources on our website](#)



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

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



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