

Community Education

[Navigating Advancing Needs](#)

Join us in Denver on June 15 to learn some of the challenges of advancing Parkinson's disease (PD) and explores strategies to prepare for the future, including how to evolve your care plans and treatments throughout progression so you can live your best life with PD now.



Gear up for FUNdraising!

Revolution Denver is back for a fourth year! Team Fastquez co-captain Vanessa Basquez shares why this event means so much to her. "These events are important so we can spread awareness and support those who are living with, caring for, or are involved with someone suffering with Parkinson's. One donation or one day spent participating in a Parkinson's event means more to me than people know. It keeps me going on my hard days as a caregiver and reminds me

how much support I actually have."

Vanessa will be participating for the third year in a row and will again have over 10 riders supporting her. Together they've raised over \$2000 for the Foundation.

[Parkinson's Revolution](#) will take place across the country on Saturday, February 24, 2024! Join us in-person in [Denver](#) for a high-energy ride that generates funds and awareness for Parkinson's disease.

[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 4, from 9:00am to 12:00pm at Liberty Park.

For more information or questions about Parkinson's Revolution or Moving Day, email us at rockymountain@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 10:30 am MT](#)

[February 27, 2024, at 10:30 am MT](#)

[March 26, 2024, at 10:30 am MT](#)

[April 30, 2024, at 10:30 am MT](#)

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 el 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/RockyMountain, 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/PFRockyMountain.

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:

RockyMountain@Parkinson.org

**Questions? Call our Helpline:
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