

Community Education Programs

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

Parkinson's 101

Join us in person in Tucson on September 9th for a basic overview of Parkinson's disease from speaker Cynthia Reed, MD, of the Parkinson Wellness Clinic.



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.

Join us for [Moving Day Phoenix](#) on November 4th at Kiwanis Park in Tempe, AZ, or in [Moving Day Tucson](#) on November 11th at Udall Park in Tucson, AZ.

Email us at southwest@parkinson.org if you have questions or want 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
Rising Star – Mark Milow, Southwest Chapter,
pictured on the right

Paul Oreffice 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 to the People with Parkinson's Advisory Council from the Southwest - Mark Milow & Kathleen Blake! 🍷

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 Mark Milow and Kathleen Blake on their appointments!

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 Southwest Chapter [here](#).

Keep in Touch!

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



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[Watch us on YouTube](#)

For more information on local events and resources contact:
southwest@parkinson.org

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



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