



## **Community Education**

### [Mind, Mood, and Motion](#)

Join us on March 23 for a single speaker event followed by an hour of movement to music! Learn how exercise can have a positive impact on non-motor symptoms in Parkinson's. This program focuses on how exercise supports brain health and can lead to improved emotional and cognitive well-being.

### [Southwest Chapter Parkinson's Symposium](#)

Join us in person or online on April 5 to hear about ongoing research, current treatments, and resources available to help you live your best life with Parkinson's. With a focus on depression and anxiety, this program will highlight the importance of mental health.

### [Managing Changing Symptoms](#)

Join us on May 4 in Albuquerque, NM to learn how Parkinson's symptoms may change over time and new strategies available for managing them.

## Gear up for FUNdraising!

[Parkinson's Revolution](#) will take place across the country on Saturday, February 24, 2024! Join us [virtually](#) in 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.

Join us in [Las Vegas, Nevada](#), [Albuquerque, New Mexico](#), or [Santa Fe, New Mexico](#).

For more information or questions about Parkinson's Revolution or Moving Day, email us at [southwest@parkinson.org](mailto:southwest@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/9:30 am PT](#)  
[February 27, 2024, at 10:30 am MT/9:30 am PT](#)  
[March 26, 2024, at 10:30 am MT/9:30 am PT](#)  
[April 30, 2024, at 10:30 am MT/9:30 am PT](#)

For more details and questions, please contact [volunteer@parkinson.org](mailto:volunteer@parkinson.org).

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## Community Care Expo

The Parkinson's Foundation [Community Care Expo](#) is an event designed to connect your business with resources for your Parkinson's patients and/or residents.

During our event, you will have the opportunity to hear from local Parkinson's Foundation team members, Movement Disorder Specialist and a member of the Foundation's Research Team as well as Chapter Volunteers and Staff on the many no cost resources available to your team.

This Community Care Expo is free to attend, but registration is required. To learn more or to register, visit our event page [here](#). For questions, please contact Robin Rhea at 480-506-0063 or [rrhea@parkinson.org](mailto:rrhea@parkinson.org).

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## 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/Southwest](https://www.parkinson.org/Southwest), contact our professionally staffed Helpline toll-free at 1-800-4PD-INFO (473-4636) or at [helpline@parkinson.org](mailto:helpline@parkinson.org), and follow us on Facebook at [Facebook.com/PFSouthwest](https://www.facebook.com/PFSouthwest).

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](https://www.parkinson.org/PDHealth).

For more information on local events and resources, contact:

**[Southwest@Parkinson.org](mailto:Southwest@Parkinson.org)**

Questions? Call our Helpline:

1-800-4PD-INFO ([473-4636](tel:473-4636))

