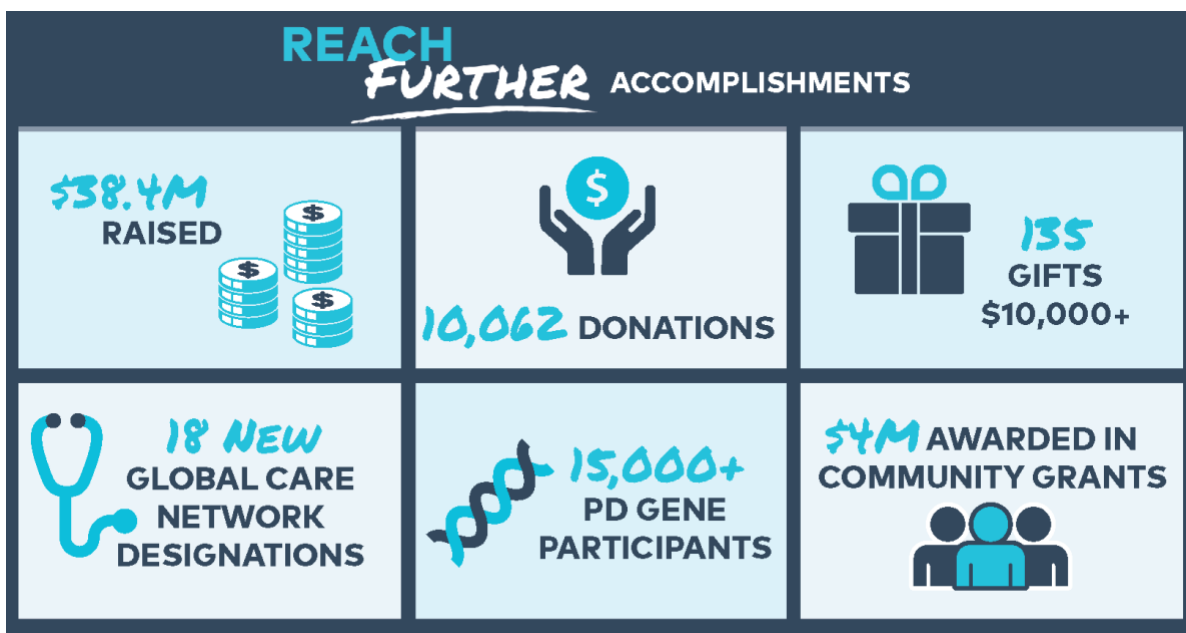




## Community Education

### [Parkinson's Research and Care](#)

We're so excited to be back in Honolulu, HI, this October 26! Join us for the "Parkinson's Research and Care" program to learn about research studies, new treatments, and care strategies to help people with Parkinson's live better today until there's a tomorrow without the disease. Registration is free and includes lunch, a resource fair and exercise demonstrations.



## Reach Further

We are thrilled to share that thanks to the tremendous support of our donors and the Parkinson's community, our Reach Further fundraising campaign exceeded its goal early.

Your steadfast support has allowed us to invest an additional \$38.4 million to accelerate progress in Parkinson's disease (PD) research, improve care and increase access to quality-of-life programs. Learn how your support helped impact people with PD.

## Gear up for FUNdraising!

**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. Join us at Moving Day in Los Angeles or for the Community Walk in Fresno on October 5!

Stay tuned for Spring Moving Day locations and dates! For more information or questions about Moving Day, email us at [california@parkinson.org](mailto:california@parkinson.org)!

**WE**   
*Our Volunteers!*

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## Volunteers

### **National Volunteer Awardees**

Parkinson's Foundation volunteers help us make a difference in the lives of people with Parkinson's disease (PD). Every year, we celebrate top volunteers with prestigious national awards. Meet our [2024 National Volunteer Awardees](#) and let their empowering stories inspire you.

Paul Orefice Volunteer of the Year– **Dr. Reversa Joseph, Great Lakes Chapter**  
Rising Star– **Esther Labib- Kiyarash, Southwest Chapter**  
Top Fundraiser– **Roland & Shelley Frankel, Midwest Chapter**  
Community Service Award– **Debra Flynn, Florida Chapter**

If you would like to join our volunteers and become a Parkinson's Foundation Ambassador, go to [Parkinson.org/Volunteer](https://parkinson.org/Volunteer) and sign up for an upcoming orientation:

[July 30, 2024, at 9:30 am PT](#)

[August 27, 2024, at 9:30 am PT](#)

[September 24, 2024, at 9:30 am PT](#)

[October 29, 2024, at 9:30 am PT](#)

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



## Chapter Board

Our Chapter Board ensures our impact is community-based and community lead. Please join us in welcoming **Megan Gomez, PhD**, as our new CA Advisory Board President and **Somil Bhushan, MPH**, as our new CA Advisory Board Mission & Outreach Chair!

Dr. Megan Gomez is a Staff Psychologist at the Tibor Rubin VA Medical Center in Long Beach, CA. She provides psychological assessment and treatment interventions to Veteran's enrolled in the Home-Based Primary Care program and provides psychology support to their family caregivers. She works primarily with Veterans over the age of 65 that have chronic and complex medical and psychological conditions. Dr. Gomez completed her post-doctoral training at USC Keck School of Medicine neurology dept where she was part of a research team investigating impact of physical exercise and social engagement on cognition for people with Parkinson's. She is on the Board of Advisors for the Parkinson's Foundation California Chapter, and in her free time, enjoys spending time outdoors with her husband, 6-y/o daughter and 2-y/o son.

Somil has a master's in public health (MPH) in applied epidemiology from UNC Chapel Hill Gillings School of Global Public Health and has applied for medical school with the intention of pursuing neurology. His prior work includes serving as a



clinical research intern for Family Health Centers of San Diego and as a medical scribe in a primary care physician's office, along with his many public health-oriented volunteer projects. Currently, he is a medical assistant at the Parkinson's Disease & Movement Disorder Center of Silicon Valley and a volunteer with SimplyNeuroscience and the Parkinson's Foundation.

Somil shares, "Parkinson's has had a personal impact on my family as my grandmother lived with the disease. I am happy to be so closely involved with the Foundation's mission to improve the lives of those with PD and increase awareness about this life-changing disease."

Read more about your CA Chapter Advisory Board [here](#).



## Recursos en español

### **EP Salud en Casa: Miércoles de Bienestar**

Los expertos lo guiarán a través de los temas del Parkinson que a usted más le importan en estos webinars semanales. Para ver los próximos eventos, haga clic [aquí](#).

Si necesita ayuda para inscribirse a un programa o si tiene alguna duda, comuníquese con Jennifer Fearday al (312) 201- 4099 o [PDhealth@parkinson.org](mailto:PDhealth@parkinson.org).

### Recursos nuevos en español:

- [7 cosas que deben saber los recién diagnosticados con Parkinson](#)
- [La investigación de modificadores de la enfermedad ofrece posibilidades para la enfermedad de Parkinson](#)
- [Guía para recién diagnosticados](#)
- [El ultrasonido focalizado no invasivo ayuda a aliviar los síntomas del Parkinson](#)

### Stay in Touch

Visit [Parkinson.org/California](https://parkinson.org/California), 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/PFCalifornia](https://Facebook.com/PFCalifornia).

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://Parkinson.org/PDHealth).

For more information on local events and resources, contact:

**[california@parkinson.org](mailto:california@parkinson.org)**

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

