



**Parkinson's  
Foundation**

**Care Partner Summit**  
**Conversations & Connections  
for Caregiving**

**Community Education**

### [Care Partner Summit](#)

Join us throughout November for the virtual Care Partner Summit series, where care partners, healthcare professionals, and advocates come together to share resources, strategies, and support for those caring for someone with Parkinson's disease (PD).

### [Learn More. Live Better. Parkinson's Symposium.](#)

Join us in-person in Salt Lake City, UT on November 2, 2024, for a program that will provide you with information to help you find the balance between a proactive approach and wondering what lies ahead. Learn about how Parkinson's can impact thinking and mood. *\*Please note, this event is at capacity and we are now taking sign ups to join the waitlist.*

### [Community Care Expo](#)

Join us for the first ever Community Care Expo in Denver, CO, on November 14. This event is designed for professionals serving the local Parkinson's community to connect their business with resources for Parkinson's patients and/or residents.



**Gear up for FUNdraising!**

Save the date for [Parkinson's Revolution](#) taking place on Saturday, February 22, 2025!

Join us in-person Denver, CO, for a high-energy ride that generates funds and awareness for Parkinson's disease.

For more information or questions about Parkinson's Revolution, email us at [rockymountain@parkinson.org](mailto:rockymountain@parkinson.org)!

# WE Our Volunteers!

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## **Volunteers Support Center**

We are excited to announce that our new [Supporter Center](#) will allow current volunteers to record community service hours and access important volunteer information. Reporting your hours helps us direct our efforts and funding where they are most needed, measure the impact of volunteers in the Parkinson's community, and celebrate your accomplishments. [Report Your Hours Now!](#)

## **Upcoming Volunteer Events**

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:  
[October 29, 2024, at 10:30 am MT](#)  
[November 19, 2024, at 10:30 am MT](#)

If you are a current PF Ambassador, please join us for our quarterly calls with Foundation updates:

PF Ambassador Open House: [November 15, 2024, at 12:00 pm MT](#)

PF Ambassador Winter Call to Action: [December 13, 2024, at 10:30 am MT](#)

For any volunteering questions, please contact [volunteer@parkinson.org](mailto:volunteer@parkinson.org).



## Cumbre para Cuidadores

Conversaciones y conexiones para dar cuidados



### Recursos en español

#### Cumbre para Cuidadores

Reserve su plaza en nuestro evento virtual gratuito de la Cumbre para Cuidadores que tendrá lugar el 27 de noviembre. Escuche a aliados en el cuidado, profesionales de la salud y promotores que compartirán recursos, estrategias y apoyo para quienes cuidan de una persona con la EP. Inscribese [ahora](#).

Si necesita ayuda para inscribirse 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:

- [10 de los principales recursos acerca del Parkinson en español](#)
- [Guía de seguridad hospitalaria](#)
- [Vivir con incertidumbre: Consejos para quien tiene padres con la enfermedad de Parkinson](#)
- [Mi Historia con EP – Carla Velastegui](#)

### National Physical Therapy Month

October is National Physical Therapy Month and we asked Ryan Mueller, PT, DPT, Neuro Logic Rehabilitation and Wellness, why people with Parkinson's benefit from PT. Read his answers below!

“Working with someone with Parkinson’s disease is not a cookie cutter approach and I am constantly reassessing and using my clinical judgement for what is right for the person in front of me.

Physical therapy is extremely important for someone with PD throughout his or her lifespan as function may fluctuate and we are the most skilled at addressing movement related symptoms. It also allows us to consistently see individuals and communicate with other care team members if changes begin to happen. Evidence continues to demonstrate the tremendous benefits of exercise for disease modification, neuroprotection, and addressing both motor and nonmotor symptoms, and who better to help create, develop, and modify a program than a PT with their patient and his or her family.”

For more on physical therapy and PD, explore our tips and resources by visiting [www.Parkinson.org/PhysicalTherapy](http://www.Parkinson.org/PhysicalTherapy)

### Stay 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), and follow us on Facebook at [Facebook.com/PFRockyMountain](https://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](http://Parkinson.org/PDHealth).

For more information on local events and resources, contact:  
[RockyMountain@Parkinson.org](mailto:RockyMountain@Parkinson.org)