



The banner features the Parkinson's Foundation logo in the top left. The main text reads "Care Partner Summit" in white, with "Conversations & Connections for Caregiving" in yellow below it. On the right is a photograph of an elderly couple embracing. At the bottom left is a stylized tree icon with various symbols like a heart, a person, and a speech bubble.

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 on February 1, 2025, in Las Vegas, NV. This program will help you find the balance between a proactive approach to Parkinson's and wondering what lies ahead.

Parkinson's, Sleep and Me

Join us on April 5, 2025, in Phoenix, AZ. Parkinson's disease can create many challenges to getting a good night's sleep. This program addresses ways you can get a better night's sleep while living with PD.

Let's Talk About It: Non-motor Symptoms

Join us on May 10, 2025, in Albuquerque, NM, to explore non-motor challenges associated with Parkinson's disease that may not always be easy to discuss.



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 in [Tucson, AZ](#), on November 2 or [Phoenix, AZ](#), on November 9.

[Parkinson's Revolution](#) will take place across the country on Saturday, February 22, 2025! Join us in-person [Phoenix, AZ](#), for a high-energy ride that generates funds and awareness for Parkinson's disease.

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://www.parkinson.org/Volunteer) and sign up for an upcoming orientation:

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

[November 19, 2024, at 9:30 am PT](#)

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 11:00 am PT](#)

PF Ambassador Winter Call to Action: [December 13, 2024, at 9:30 am PT](#)

For any volunteering questions, please contact 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. Inscríbese [ahora](#).

Si necesita ayuda para inscribirse o si tiene alguna duda, comuníquese con Jennifer Fearday al (312) 201- 4099 o 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 with the 2024 theme being fall prevention. We interviewed Jamie Nesbit, PT, DPT, Creighton University, to learn more about the benefits of physical therapy for people with Parkinson's.

Fall prevention all is one of many ways that a physical therapist can help improve the quality of life for individuals with Parkinson disease. How is that done? A physical therapist would talk with you about your balance, falls and near falls and help identify balance exercises that would be best for you. They will also work on how to safely get up from the floor if recovering from a fall is needed.

How else can physical therapy benefit people with Parkinson? Physical therapists are movement experts who teach strategies to move more easily and complete daily activities throughout all stages of Parkinson disease. Physical therapists will provide exercises that can help improve and maintain mobility, quality of life and health. A Physical therapist will also work with you and your healthcare team to address any new symptoms that may arise.

For more on physical therapy and PD, explore our tips and resources by visiting www.Parkinson.org/PhysicalTherapy

Stay in Touch

Visit Parkinson.org/Southwest, 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/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.

For more information on local events and resources, contact:
Southwest@Parkinson.org

