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### Community Education

#### [Navigating Advancing Needs](#)

Join us in Denver on June 15 to learn to navigate Parkinson's disease (PD) and look ahead, learning and adjusting as symptoms and needs change. This program addresses some of the challenges of advancing PD and explores strategies to prepare for the future.



### 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. Save the date for our first-ever [Moving Day in Salt Lake City](#) on Saturday, May 4, from 9:00am to 12:00pm at Liberty Park.

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

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This year the Rocky Mountain Chapter of the Parkinson's Foundation will be honoring Dale George at [Moving Day Salt Lake City](#) on May 4. Dale's favorite part of Moving Day is how it helps to spread awareness, provide resources, raise funds and bring us all together. Plus, he says, "It's fun to exercise and get moving with friends and family!"

Read more about Dale [here](#)!

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### **Parkinson's Awareness Month**

April is Parkinson's Awareness Month!

This year, get to know the #ABCsOfPD and spread the word about Parkinson's disease from A to Z. For each letter of the alphabet, we have highlighted one aspect of PD.

Find resources or help spread the word about Parkinson's disease by visiting: [Parkinson.org/Awareness](http://Parkinson.org/Awareness).

### **Mes de la Concientización**

¡Ya estamos oficialmente en el [Mes de la Concientización](#) sobre el Parkinson!

Este año, compartiremos el #ABCsOfPD para difundir la información acerca de la enfermedad de Parkinson, de la A a la Z. Síganos este mes mientras destacamos un aspecto de la EP por cada letra del alfabeto.

¡Encuentre recursos o ayude a correr la voz acerca de la enfermedad de Parkinson visitando [Parkinson.org/Espanol](http://Parkinson.org/Espanol)!

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# WE Our Volunteers!

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## Volunteers

Happy National Volunteer Week!

We want to say a special thank you to all the wonderful volunteers in our Chapter. We look forward to our ongoing collaboration as you continue to make a difference in the lives of the Parkinson's community within the Rocky Mountain Chapter and beyond.

If you would like to join our volunteers and become a Parkinson's Foundation Ambassador, go to [Parkinson.org/volunteer](https://Parkinson.org/volunteer). For more details and questions, please contact [volunteer@Parkinson.org](mailto:volunteer@Parkinson.org).

Volunteer Orientations:

[May 21, 2024 at 3:30 pm MT](#)

[June 25, 2024 at 3:30 pm MT](#)

[July 30, 2024, at 3:30 pm MT](#)

[August 27, 2024 3:30 pm MT](#)

## Recursos en español

Los expertos lo guiarán a través de los temas del Parkinson que a usted más le importan en estos webinars semanales.

Próximo eventos

- [La enfermedad de Parkinson 101](#): 24 de abril a las 11 am hora del Montaña
- [Explorando terapias complementarias para el Parkinson](#): 22 de mayo a las 11 am hora del Montaña
- [Explorando la seguridad en el hogar y las modificaciones en casa](#): 26 de junio a las 11 am hora del Montaña

Para obtener más información de los eventos en línea o si necesita ayuda para inscribirse, contacte a Jenny Fearday al (312) 201- 4099 o [PDhealth@parkinson.org](mailto:PDhealth@parkinson.org).

**Recursos nuevos en español:**

- [8 preguntas que siempre quiso hacer a un especialista en trastornos del movimiento](#)
- [Robin Williams: Demencia con cuerpos de Lewy, suicidio y Parkinson](#)
- [La importancia de hablar abiertamente acerca de las alucinaciones y los delirios en el Parkinson](#)
- [Mi Historia con EP – Gustavo A. Suárez Zambrano, MD](#)

**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)**

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

