



[Parkinson's Research and Care](#)

Join us on September 14, 2024, in Tucson, AZ, to learn how research helps shape treatments and identify new care strategies for managing Parkinson's symptoms. This program will also provide information on current research in Parkinson's. *This program may include moderately scientific terms and concepts.

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

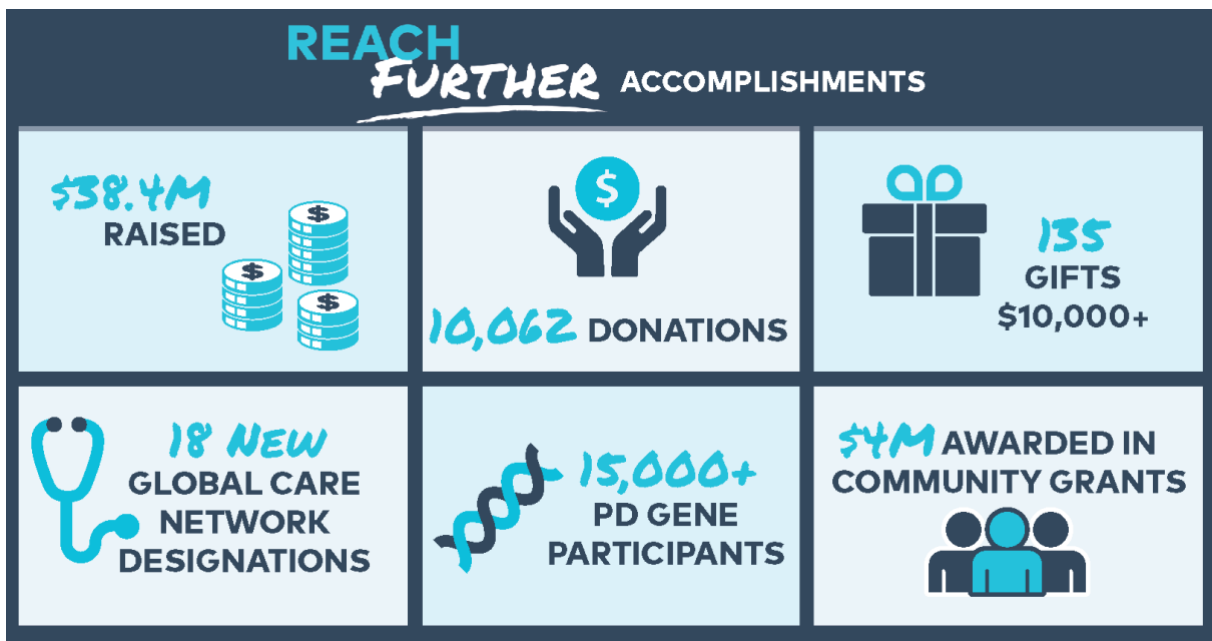
Join us on February 1, 2025, in Las Vegas, NV. Living with Parkinson's can be challenging, but there are many things you can do to maintain and improve your quality of life. This program will provide you with information to help you find the balance between a proactive approach and wondering what lies ahead. Learn about how Parkinson's can impact sleep.

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 provides information on how Parkinson's disease affects sleep quality and addresses ways you can get a better night's sleep while living with PD.

Let's Talk About It: Non-motor Symptoms

Save the date! May 10, 2025, the Parkinson's Foundation will be in Albuquerque, NM, to explore how non-motor challenges associated with Parkinson's disease that may not always be easy to discuss. With a focus on nonmotor symptoms, this program will provide strategies for coping and talking about it with healthcare providers or loved ones. Email us at southwest@parkinson.org to pre-register!



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 in [Tucson](#) on November 2 or [Phoenix](#) on November 9!

Stay tuned for Spring Moving Day locations and dates! For more information or questions about Moving Day, email us at southwest@parkinson.org!

Rising Star Award

Esther Labib-Kiyarash

"I'm not grateful for Parkinson's, but I do appreciate some of the things that came with it.

I hate the disease, but I love the people with it."



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

[July 30, 2024, at 10:30 am MST](#)

[August 27, 2024, at 10:30 am MST](#)

[September 24, 2024, at 10:30 am MST](#)

[October 29, 2024 at 10:30 am MST](#)

For more details and questions, please contact volunteer@parkinson.org.



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.

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/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, 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

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

