

South Plains College

Curriculum/Vitae

Updated: 05.04.2022

Contact Information	Ms. Jo Bidwell				
	Covenant Health System				
	806-725-0941				
	jbidwell@southplainscollege.edu or jbidwell@covhs.org				
Education	From Month/Year	To Month/Year	Institution	Degree	Discipline
	08/77	05/ 82	Texas Tech University	B.S.	Human Science
	08/82	08/84	Texas Tech University	M.Ed.	Health
List previous teaching and administrative duties relevant to higher education.	From Month/Year	To Month/Year	Institution/Company		
	8/97	8/2014	Regional I & R Coordinator American Parkinson Disease Association		
	Summary of duties: Taught classes, spoke at Regional & National Conferences related to Parkinson's disease & other neurological disorders, including topics on nutrition.				
	8/2014	Present	Director, Southwest Parkinson Society		
	Summary of duties: Speaker at regional and national Parkinson's conferences on the topic of nutrition for PD patients including: New York, Michigan, San Antonio, New Braunfels, Taught classes on other topics related to Parkinson's and other neurological diseases regionally including Texas & New Mexico. Area Agency on Aging conference speaker on topics related to Parkinson's and Caregiving				
	Summary of duties				
Professional publications relevant to the academic positions held or teaching field;.	Write and Publish quarterly newsletter – The Tulip Messenger – received by patients, caregivers and professionals in 48 states on topics pertaining to Parkinson's disease and other neurological disorders.				
	Published numerous articles and informational brochures on topics related to Parkinson's and other neurological disorders including: A Closer Look at Dopamine, Parkinson's and Diet, Nutritional Needs of the Parkinson's Patient, How Aging and PD affect Nutrition Needs, The Great Pot Debate:				

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	The use of Medical Marijuana to treat Parkinson's, Dystonia and Parkinson's Disease, The C Word (Constipation) and Neurological Disorders, Understanding Parkinson's Disease: A guide for Patients, Caregivers and Professionals, The Non-Motor Symptoms of Parkinson's Disease, Speech and Parkinson's Disease, Surgical Options in the Treatment of Parkinson's Disease, Parkinson's Disease Treatments, Urinary Incontinence, Cognition: A Non-Motor Symptom of Parkinson's Disease, Cognitive Changes in Parkinson's Disease, How to Make the Most out of Your Doctor's Visits, Parkinson's Disease and the Hospital, What Does It Mean If I Have Atypical or Parkinson's Plus Syndrome?, Why Am I Always So Tired, Anticipatory Grief!,
	each entry must contain full publication data
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