

**TABLE
 OF CONTENTS**

From the Doctor
 President's Message

NeuroFit
 Parkinson's Annual Picnic

Rock Steady Boxing:
 Fighting Back Against PD

From the Pharmacist
 Director's Message

Thank You Donors
 SDPF Internship

Calendar of Events
 Support Groups

Right At Home: 4 Ways to
 Manage Stress

Lewy Body Dementia
 Swallowing & Parkinson's

LSVT BIG & LOUD
 Struthers Care Network

2018 Step Big Walk for
 Parkinson's Event Photos

Step Big Walk Soars Past Goal!



A heartfelt thank you to everyone who contributed and joined us during the 2018 Step Big Walk for Parkinson's that was held on Saturday, August 25th at the Sioux Falls Canaries Baseball Stadium! This was our biggest year to-date and together we raised over \$42K to support the South Dakota Parkinson Foundation (SDPF) in continued efforts towards our mission to improve

quality of life for those touched by Parkinson's disease through awareness, outreach and education.

This year's Step Big Walk event attracted an estimated 340 walk participants, including friends, family, co-workers, community exhibitors, healthcare professionals, and volunteers. It was a perfect way to wrap up the busy summer months and jump into the fall season. Event participants gathered together to walk around the field of the Canaries Baseball Stadium to both honor and remember those loved ones touched by Parkinson's disease. .

The commitment of the SDPF supporters is an incredible testament to the great work being done throughout the state and the value it brings to those coping with the complications of Parkinson's disease. On behalf of the SDPF board of directors, staff, and the Step Big Walk planning committee we would like to extend our sincere gratitude and appreciation for your continued support!

A special thank you to our 2018 Step Big Walk Planning Committee:
 *Dawn Williams *Mary Bunkers *Riley Conklin *Lisa Howard *Melissa Beek

Top 10 Walk Teams:

- | | |
|--------------------------------|--------------------------|
| 1. Rock Steady Boxing: \$3,985 | 6. Team EB: \$375 |
| 2. Team Townsend: \$2,137 | 7. Team Meyer: \$325 |
| 3. Avera Big Steppers: \$1,050 | 8. AseraCare: \$200 |
| 4. Team Ellen: \$525 | 9. Team USD DPT: \$175 |
| 5. Team Stanley: \$425 | 10. Jim's Journey: \$125 |

THANK YOU TO OUR 2018 WALK SPONSORS:

