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Bob Jacobson's life is just beginning to take off...literally. When Bob was diagnosed with Parkinson's disease (PD) in the fall of 2015, he didn't let that ground him. Instead, he began a whirlwind of new activities and pursuits, including taking flight lessons. Since the beginning of his diagnosis, Bob continues to thrive and encourage those around him.

Bob currently lives in Harrisburg, SD and is a proud husband and father of two children. Before his official diagnosis, Bob experienced some minor tremors which led him to see a specialist. Upon hearing the words "Parkinson's' disease" Bob immediately signed up for the LSVT BIG & LOUD program, which works on physical and vocal strength and stability. Bob also recently began participating in the Rock Steady Boxing program, a kickboxing class specifically designed for individuals with Parkinson's disease. Bob's face lights up when talking about the camaraderie and physical benefits from Rock Steady Boxing. Bob enjoys going to classes such as RSB and the LSVT BIG & LOUD program because of the support and encouragement they offer, and he emphasized how they have become some of his best supporters.

When asked about living with Parkinson's, Bob light-heartedly said, "Just because you have it, doesn't mean you can't try new things!" And he is absolutely following his response. Bob's life is anything but restricted by living with PD. Bob is currently taking flying lessons, looks forward to going hunting, enjoys spending time with his family, and even has his own bee farm! What's next on his agenda? Bob is hoping to build a bat house outside his own home to provide shelter for the animals!

In response to all he is involved in, Bob couldn't stress enough the importance of having a well-rounded life. For Bob, the combination of medication, healthy diet, exercise, monthly massages, and a good night's rest are his equation to tackling some of the side effects of PD. Though he still experiences tremors in his hand and arm, he finds ways to overcome his problems, and advises, "You just have to learn how to compensate." Bob suggests to people living with PD or those who know someone with PD to get involved in some kind of therapy or exercise group, and to stay active!

Bob's inspiring attitude is contagious, and is not letting his PD diagnosis slow him down. Though he may have to do some things differently, he is open to trying new things. Bob is grateful for his family and friends support, as well as the ceaseless encouragement from his wife who is always looking for new ideas for Bob to try. Bob is a wonderful example that PD does not define you; it is only a fraction of your life!

