

TABLE OF CONTENTS

From the Doctor
LSVT BIG & LOUD

New PD Support Group
Cognitive-Communication

Avera's Annual Retreat
Everyday Superheroes

Petals for Parkinson's
Director's Message

Thank You Donors
PD Awareness Month

Calendar of Events
Support Groups

Rock Steady Boxing
Avera's Weekend Retreat

LSVT BIG & LOUD
Great Bear Ski Races

Rock Steady Boxing
Celebrates 2 Years

2019 Step Big Walk
Spring Cleaning for
Seniors

Parkinson's Awareness Conference

Parkinson's disease (PD) is the second most common neurodegenerative disease after Alzheimer's disease, affecting about one million people in the United States. Every year, approximately 70,000 new cases are diagnosed and the prevalence of the disease is expected to increase substantially in the next 20 years. It is estimated that over 5,000 individuals are affected by Parkinson's disease in the state of South Dakota alone. At present, there is no cure for Parkinson's. Our mission at the South Dakota Parkinson Foundation remains resilient is working towards improving the quality of life for those affected by Parkinson's disease.

April is Parkinson's Awareness Month which offers the SD Parkinson Foundation an opportunity to increase the public's understanding of the disease and to encourage support to local programs and services for individuals living with Parkinson's, their carepartners and family members.

The SD Parkinson Foundation offers an array of resources to the Parkinson's community including connecting individuals with fitness programs and support groups, as well as coordinating educational and fundraising events. We encourage all those affected by Parkinson's, carepartners, family members and friends, along with healthcare professionals to attend this year's SD Parkinson's Awareness Conference on Saturday, April 13th at the Hilton Garden Inn, in Sioux Falls (*south location*). Topics presented at this year's conference include: *Deep Brain Stimulation by Dr. Ridder with Avera Health, Coping with Changing Roles in Caregiving & Apathy with Struthers Parkinson's Center, Elder Law, and Parkinson's Myths & Accuracy* just to name a few. An array of exhibitors from local and surrounding communities will also be available throughout the day to visit with attendees and talk about the programs and services they offer and answer any additional questions.

You can view the full SD Parkinson's Awareness Conference agenda and read more about the upcoming event and how to register by visiting the SDPF website—www.southdakotaparkinson.org. We encourage you to join us for a day of education and inspiration!



From the Doctor: Psychiatric Symptoms & Cognitive Decline in Parkinson's

Nessim Amin, MD
Sanford Clinic Neurology,



Neuropsychiatric issues are common in Parkinson's disease (PD) and include mood, cognitive, and behavioral symptoms that can occur at all stages of the disease. Examples of these disorders include depression, anxiety; mild cognitive impairment, dementia and psychosis.

Depression in PD is likely underdiagnosed and may manifest as milder forms of depression rather than a major depressive disorder. Some features of Parkinson disease depression may overlap with other symptoms of Parkinson's disease such as slowness, blunted affect, gastrointestinal problems or loss of energy. The first choice for PD depression is selective serotonin reuptake inhibitors (SSRIs) which are frequently used since they are better tolerated than other antidepressant classes, such as tricyclic antidepressants (TCAs).

Anxiety is a common neuropsychiatric issue in PD, occurring in 20% to 50% of patients with PD and is likely-like depression- undertreated. Some symptoms of anxiety can overlap with motor and nonmotor symptoms of PD, such as muscle tension, poor concentration, fatigue, sleep problems insomnia and autonomic dysfunction. To date, no controlled therapeutic trials have been conducted specifically for anxiety disorders in PD. Medications used to treat anxiety disorders in PD are SSRIs, SNRIs, benzodiazepines, and buspirone. Benzodiazepines should be given cautiously in elderly patients and those with cognitive impairment or poor balance.

Cognitive impairment is a frequent complication of PD, ranging from mild dysfunction to a marked dementia. Mild cognitive impairment in PD (PD-MCI) has been increasingly recognized as a distinct entity or potential precursor stage to dementia. PD dementia has been defined as a syndrome with an insidious onset and impairment in more than one cognitive domain that has a significant effect on activities of daily living. Patients with Parkinsonism who develop an early dementia (within 1 year of the motor symptoms) are diagnosed as having dementia with Lewy bodies. To date, only rivastigmine has been approved by the US Food and Drug Administration (FDA) for the treatment of PD dementia based on a randomized double-blind.

Neuropsychiatric issues in PD represent a growing area of focus in the multidisciplinary care of patients with PD at all stages of their disease. While increased recognition of neuropsychiatric symptoms exists, there remains a great need for patient, caregiver, and health care provider education. Further attention is needed for symptomatic treatment.

What's the BIG Deal?

Stephanie Nelson, PT Student, Sanford Health

What are the benefits of an exercise program for individuals with Parkinson's?

Parkinson's disease (PD) is characterized by a decline in mobility, speech, balance, and other unique symptoms that affect one's ability to perform daily tasks. An individual with Parkinson's disease typically moves slowly and with small movements. This can appear as a stooped over posture and shuffling when walking. A tremor of the hands may also be present. To treat these impairments the Lee Silverman Voice Treatment (LSVT) BIG program was designed to re-train the body to perform large movements and to help improve walking. The LSVT BIG program originated as the LSVT LOUD program as a way for people with Parkinson's disease to improve their speech function. The program expanded to LSVT BIG to incorporate physical activity into the program to improve mobility.

The LSVT BIG program consists of 16 one hour sessions over a four week period. The program can be utilized by individuals with any stage of Parkinson's disease. The only equipment required is a chair, and the program is designed to be performed on a one-on-one basis with the individual and a certified LSVT BIG clinician such as a physical or occupational therapist. The key to the program is to perform big movements with the arms by reaching and taking large steps during each exercise. Research has found improvements in balance and walking in people with Parkinson's disease after completing the LSVT BIG program.

The LSVT BIG program is a safe treatment option for individuals with Parkinson's disease because it provides one-on-one attention with a trained professional, it can be modified for any individual's activity level, and it requires minimal equipment. Parkinson's disease can affect one's mobility, balance, and speech, but because the LSVT BIG program can help improve these aspects—it's kind of a big deal.

Resources:

Ebersbach G, Grust U, Ebersbach. Amplitude-oriented exercise in Parkinson's disease: a randomized study comparing LSVT-BIG and a short training protocol. *J Neural Transm*. 2015 (122): 253-256. doi: 10.1007/s00702-014-1245-8.

LSVT Global. LSVT BIG treatment.

www.lsvtglobal.com/LSVTBig#outcomesResearchSection. Published 2018. Accessed December 12, 2018.

New Parkinson's Support Group in Sioux Falls: Touchmark at All Saints

DATE: Third Thursday of each month
TIME: 3:00 pm
LOCATION: Touchmark at All Saints
111 W 17th Place
Sioux Falls, SD 57104



****For those living with Parkinson's disease, carepartners and family members****

To RSVP or for more information please email/call:

Mary Derby @ 605.610.0632
mary.derby@touchmark.com

“Think & Speak” Providing Cognitive- Communication Stimulation

Candace Zweifel, MA, CCC-SLP, Sanford Health

According to the Medicare's Minimum Data Set (MDS), it is estimated that 72% of those who reside in Long Term Care are dealing with some degree of cognitive-communication difficulty. This may be apparent with changes noted in remembering, problem solving, reasoning, attention, understanding what one hears or coming up with the correct word to say. At Sanford Vermillion Care Center, a new partnership with the University of South Dakota (USD) Communication Sciences and Disorders (CSD) department, Sanford Vermillion Speech Pathology Department and the Sanford Activities department is helping combat these difficulties by providing cognitively stimulating group activities.

“We know the positive effects cognitive exercise can have for residents with various medical diagnosis including dementia, stroke, and Parkinson's disease.” says Candace Zweifel, Speech-Language Pathologist at Sanford Vermillion, “This is a way to help support more opportunities for quality cognitive and language stimulation. It also helps improve and maintain quality of life for residents.”

Shelly Grinde, MA, CCC-SLP, a Clinical Instructor with USD CSD program brings 2 groups of 2 graduate Speech Pathology students to the Care Center twice a week for 45 minute group activities. The students plan and initiate group activities for all who are willing to attend with the goal of providing researched based cognitive and language stimulation. The “Think and Speak” groups began in January and have been well received by residents. Joan Patterson, a resident at the Care Center states, “The University students are always interesting and invite great conversation.” The group also helps to identify those who may be in need of direct skilled Speech Therapy services through the Sanford Vermillion Therapy Department. The Partnership with the University is also providing Graduate level students with hands on clinical experience working with the adult and geriatric population. They are learning about various medical diagnosis, experiencing various levels of abilities, and how to structure research based cognitive stimulation in the Long Term Care setting.



If you have questions or are interested in joining the **‘Think and Speak’** groups please contact:
Candace Zweifel
candace.zweifel@sanfordhealth.org
605.677.3590

3rd Annual Retreat Living Well With Parkinson's Disease: Modern Advances



Friday, Sept. 20 – Sunday, Sept. 22
Abbey of the Hills,
46561 147th St., Marvin, S.D.

Save Your Spot!

Registration available June 10 – Sept 6
Please call 605-322-5150 for more information.

Honoring Everyday Superheroes!



April marks Parkinson's Awareness Month. One of the ways we want to bring more awareness to Parkinson's disease is to share about those in our community making a difference. Becca Anderson is one of those special individuals. Becca recently held a Facebook fundraiser in honor of her dad, raising over \$1,000 to support the SD Parkinson Foundation. When asked why she wanted to do this type of fundraiser she responded, "My dad has always been strong for us, his family. I've never seen him weaken - he only ever gets stronger. He has worked hard his entire life to provide a life in which we can all thrive

and achieve any dream we can imagine. He has served as a mentor for countless people, provided leadership while serving in the Air National Guard, and has been delivering classic dad jokes since 1989!"

However, after Becca's dad was diagnosed with Parkinson's disease she felt the need to be strong for him. She wanted him to know that there was an entire army of supporters that would stand beside him during his journey. Becca claims her dad is a stubborn man and does not accept help easily (*"he never really needs help because he's an everyday version of Superman"*) so she figured having a fundraiser in his name would not only show support for him, but also raise funds for people who are fighting similar battles. Basically, Becca wanted to help support all of the superheroes that just happen to have Parkinson's.

The South Dakota Parkinson Foundation wants to thank Becca for all her efforts to support individuals and families touched by Parkinson's disease. She is a true testament that you can definitely have an impact on others and in so many different ways...fundraising, raising awareness, being a support system, volunteering, and by sharing your story.

Becca has also continued her efforts to support those touched by Parkinson's by joining the 2019 Step Big Walk planning committee. We are excited to have her involved with this event.

Petals for Parkinson's



We see them everywhere and the SD Parkinson Foundation logo is based around one, but did you know that the tulip is actually the worldwide symbol of Parkinson's disease? The red tulip has been associated with Parkinson's awareness since 1980 when a Dutch horticulturalist that had Parkinson's disease developed a red and white Parkinson." The European Parkinson's Disease Association (EPDA) used a stylized red tulip based on the "Dr. James Parkinson" tulip as its logo. In April 2005, the red tulip was launched as the Worldwide Symbol of Parkinson's disease at the 9th World PD Day Conference in Luxembourg.

This stylized red tulip, with its distinctive leaves shaped like the letters "P" and "D", was designed by early-onset Parkinson's patient Karen Painter. Karen and her friend, Jean Burns, are behind the movement for it to become the nationally recognized symbol for Parkinson's disease awareness. The PD Tulip has inspired a grassroots movement combining efforts and resources to help find a cure in our lifetimes (2017 *Wilkins Parkinson's Foundation*).

April has been designated as Parkinson's Awareness Month and throughout the month we have joined together to positively create a better understanding of Parkinson's and how we can better assist those living with the disease, their carepartners and family members. In conjunction with Parkinson's Awareness Month the SD Parkinson Foundation has entered its second year with the Petals for Parkinson's fundraiser by partnering with Landscape Garden Centers in Sioux Falls, Beadle Floral & Landscaping in Aberdeen, and Oakridge Nursery in Brandon. Together we putting forth efforts in using the worldwide symbol (*the tulip*) as a way to raise awareness while spreading springtime cheer within our local and surrounding communities.

Preorders for potted tulip arrangements were completed during the months of January - March however; we will have additional arrangements available for purchase at our upcoming SD Parkinson's Awareness Conference on April 13th. Each arrangement is \$20 with proceeds going to support the SDPF for educational programs and services across the state.

For additional information please contact the SDPF office at 605.271.6113 or visit the SDPF website at www.southdakotaparkinson.org.

Director's Message

Janey Case, *Executive Director*



April is here which means spring...finally! And despite the recent weather reports and their inconsistency I know I am definitely ready for more sunshine, green grass and trees, freshly planted fields and blooming flowers, especially tulips!

Spring also means a very busy time for the South Dakota Parkinson Foundation (SDPF). April marks Parkinson's Awareness Month and during this time we focus our attention on raising awareness through education, experiences through new ways of effectively coping and living well with such conditions, and resources to help us gain insight into the complications of living with PD. The annual SD Parkinson's Awareness Conference is the foundation's largest educational event of the year and once again we are excited to welcome an amazing lineup of presenters that will cover a wide range of topics. This is also a time to come together as a community to show our continued support for those affected by Parkinson's disease along with meeting new individuals and families. I hope you will consider joining us.

I also want to take this time to remind our members that SDPF is already into our fourth year as an independent foundation, separate from the National Parkinson Foundation (NPF). We've had great success with growth over the years and we have even bigger goals for 2019. Our hope is to work towards expanding some of our local programs into additional areas across the state including, but not limited to, educational programs and fundraisers similar to the Step Big Walk for Parkinson's and Petal for Parkinson's events.

With independence and continued growth come expenses. Over the years your contributions have helped make SDPF the leading SD Parkinson's disease resource provider that it is and for that we say, thank you. However, as a foundation we no longer receive financial support generated at the national level and in order to meet the demands of this disease within our borders we are asking for your ongoing support in the upcoming year.

We are the connection to let families know they are not alone and we remain dedicated to our mission; to improve the quality of life for those touched by Parkinson's disease.

EXECUTIVE BOARD

EDITOR

Janey Case

OFFICERS

Tony Mau, *President*
Stephanie Myers, *Vice President*
Noel Lais, *Treasurer*
Jaclyn Schaap, *Secretary*

BOARD MEMBERS

Kelly Woldt
Lorri Halverson
Meldon & Linda Kroeger
Molly Keegan
Teagan Molden
Lisa Howard
Paul DeJong

SDPF STAFF

Janey Case, *Executive Director*
Riley Conklin, *Event Coordinator*

LOCAL OFFICE

South Dakota Parkinson Foundation (SDPF)

1000 N West Ave, Ste. 220
Sioux Falls, SD 57104
605.271.6113

www.southdakotaparkinson.org

BOARD OF DIRECTORS:

If you have a strong passion for the SDPF mission and would like to become more involved, we encourage you to consider serving on the board of directors. Currently, the SDPF board of directors consists of 12 volunteers. The SD Parkinson Foundation would like to expand the board to consist of members both within the SF area and outside communities across the state of South Dakota.

If you would like more information about this opportunity within the board of directors please contact the SDPF office at 605.271.6113

Thank You to All Our Donors

January 1st – March 31st, 2019

Gifts to the South Dakota Parkinson Foundation support educational programs and services across the state. Thank you to all who support the SDPF mission by giving generously throughout the year.

At the time of the gift, the donor receives notification and SDPF sends a special acknowledgement letter to the family upon request. SDPF has made every effort to ensure accuracy of this information. If you notice an error or omission, please notify the office and corrections will be made.

IN MEMORY OF

Bev Swalley

Vicky & Scott Jorgensen

Richard Seaman

Susan Thompson

Sally Moore

Vickie Sylvester

Calla Jarvie

Kim Koblack

Wayne & Sonja Hughes

Judith Wallschlaeger

Julie O'Brien

Cynthia Winn

D. & C. Yoder

Tom & Gloria Houle

Dr. H. Bruce & Judy Vogt

Elisabeth Culligan

Gretchen & Perry Strombeck

Earl & Kathy Kemp

Linda Greene

Dr. David & Cathy Brechtelsbauer

Phelps County Regional Medical Center

IN MEMORY OF

Jim Flannery

Will & Joan Hurley

Dan & Kristin Walker

Greg & Carol Puerkel

John Fritsch

Doug & Barbara Conley

Don DeHaan

Sharon DeHaan

Great Bear Recreation Park

Sybil Grooms

Troy & Nancy Grooms

Johanna Iken

Tom Thie

Rhonda & Dick Baker

Ginny Magnuson

George & Pat Breidenbach

IN HONOR OF

Bruce Anderson

Becca Anderson



CHAPTER GIFTS

MacKenzie River Grill

William & Donna Devick

Parkinson's Awareness Month

April is Parkinson's Awareness Month. What better time to make things happen in a bigger way. So how can you become involved? Challenge yourself to spend some time each day raising awareness for Parkinson's disease. To show you just how easy it can be, we've created some tips to get you started. Once you decide to take action, you'll be surprised by the difference you can make, so why not start today?

- ❖ Write a letter to the editor of your newspaper
- ❖ Share your personal story with a friend, neighbor, coworker, or family member.
- ❖ Spend some quality time with someone who has Parkinson's.
- ❖ Send a letter to your local television or radio station in praise of a healthcare professional that made a significant difference in your life.
- ❖ Talk to your local fitness center or hospital facility about offering exercise classes
- ❖ Participate in a variety of exercise classes and invite a family member or friend
- ❖ Join a local Parkinson's support group.
- ❖ Create art or find new ways to express your PD journey
- ❖ Share your story in an upcoming issue of the SDPF newsletter.
- ❖ Talk to family and friends about starting a team for the Step Big Walk
- ❖ Ask for help when you need it!

Calendar of Events

April

SD Parkinson's Awareness Conference

Date: Saturday, April 13th
Location: Hilton Garden Inn (south SF location)
Time: 8:00 am – 2:45 pm
Fee: \$25 per person
Register: www.southdakotaparkinson.org or
by calling 605.271.6113

DIY Gardening Class

Date: Thursday, April 25th
Location: Landscape Garden Centers (SF)
Time: 6:00 pm – 7:00 pm
Fee: \$10 per person

Free Community Talk Hosted by Avera Therapy

Date: Friday, April 26th
Location: Avera Prairie Center
Time: 5:30 pm – 7:00 pm
RSVP: julie.benz@avera.org

PWR! Moves Therapist Training & Certification

Dates: April 27th – 28th
Location: Avera Education Center
Fee: \$650 per person/\$350 student rate
Eligible Participants: PTs, PTAs, OTs, OTAs
Contact: workshops@pwr4life.org

May

20th Annual Pancake Breakfast

Date: Saturday, May 4th
Location: The Inn on Westport
Time: 8:00 am – 11:00 am
**Reserved for residents & families from 8:00 am – 9:00 am*
**Open to public from 9:00 am – 11:00 am*
Fee: \$3 All You Can Eat!

SDPF will have an informational booth set up during this event so we hope to see you there!

****For more information please call the The Inn on Westport at 605.362.1210****

Rock Steady Boxing at The Inn on Westport Presents: Painting for Parkinson's

Date: Saturday, May 4th
Location: The Inn on Westport
Time: 1:00 pm – 4:00 pm
Fee: \$30 per person

A fundraiser for Rock Steady Boxing with a portion of the proceeds going to the SDPF!

****For more information on how to register please call the SDPF office at 605.362.1210****

Community Support Groups

Aberdeen

2nd Thursday
1:30 pm
Parkside Retirement

Brookings

1st Thursday
1:30 pm
First Bank & Trust

Canton

2nd Wednesday
3:00 pm
Sanford Canton/Inwood

Huron

4th Wednesday
1:30 pm
HRMC Legacy Plaza

Luverne

3rd Thursday
1:00 pm
St. John Lutheran Church

Madison

3rd Wednesday
7:00 pm
St. John Lutheran Church

Mitchell

3rd Monday
2:00 pm
Avera Queen of Peace

Rapid City

2nd Saturday
1:00 pm
WestHills Village

Sioux Falls

3rd Wednesday
1:00 pm
Edith Sanford Cancer Center

Sioux Falls

4th Wednesday
6:30 pm
Edith Sanford Cancer Center

Sioux Falls

3rd Thursday
3:00 pm
Touchmark At All Saints

Sioux Falls

Tues/Thurs
2:30 pm
Avera Therapy

Sioux Falls

2nd Thursday
9:30 am
Avera Therapy

Vermillion

1st Wednesday
11:30 am
Sanford Vermillion

Viborg

2nd Tuesday
2:00 pm
Pioneer Memorial Hospital

Watertown

2nd Wednesday
2:00 pm
Jenkins Living Center

Yankton

2nd Friday
1:30 pm
Professional Office Pavilion

You can now view the SDPF quarterly newsletter online! The newsletter is distributed every January, April, July and October. To view recent and past issues please visit the SDPF website at www.southdakotaparkinson.org.

LSVT BIG & LOUD

Want to learn more about LSVT BIG & LOUD? There are several facilities across the state of South Dakota that has certified clinicians. We encourage you to reach out to a facility in your local area.

[ABERDEEN, SD:](#)

Avera St. Luke's Hospital

305 S State Street
605.622.5772

[CANTON, SD:](#)

Sanford Canton/Inwood

400 N Hiawatha Drive
605.764.1480

[HURON, SD:](#)

Huron Regional Medical Center

172 4th Street SE
605.352.6253

[MITCHELL, SD:](#)

Integrated Therapy Services

501 W Havens
605.753.5400

[RAPID CITY, SD:](#)

RC Regional Rehabilitation Institute

2908 5th Street
605.755.1408

[VERMILLION, SD:](#)

Sanford Vermillion

20 S Plum
605.677.3590

[WATERTOWN, SD:](#)

Jenkins Living Center

215 S Maple Street
605.886.5777

[BERESFORD, SD:](#)

Bethesda Nursing Home

606 W Cedar Street
605.760.5066

[CUSTER, SD:](#)

Custer Regional Hospital

Montgomery Street
605.673.2229

[LIVERNE, MN:](#)

Prairie Rehabilitation

106. N Cedar Street
507.449.2003

[PARKER, SD:](#)

Parker Medical Clinic

100 E Sanborn Street
605.760.5066

[SIOUX FALLS, SD:](#)

Avera Outpatient Therapy

1325 S Cliff Avenue
605.322.5150

[VIBORG, SD:](#)

Pioneer Outpatient Center

315 N Washington Street
605.760.5066

[YANKTON, SD:](#)

Avera Sacred Heart Hospital

501 Summit
605.668.8268

[BROOKINGS, SD:](#)

Brookings Health Systems

300 22nd Avenue
605.696.8821

[FORT MEADE, SD:](#)

Black Hills VA Healthcare System

113 Comanche Road
605.347.7000

[MILLER, SD:](#)

Avera Hand County Hospital

300 W 5th Street
605.853.0350

[PIERRE, SD:](#)

Avera St. Mary's Hospital

801 E Sioux Avenue
605.224.3162

[SIOUX FALLS, SD:](#)

Sanford Outpatient Center

1210 W 18th Street, LL01
605.328.1860

[WATERTOWN, SD:](#)

Big Stone Therapies, Inc.

Eight 5th Street SE
605.995.6044

Great Bear Ski Valley Races

A special thank you to Grant DeHaan and Great Bear Ski Valley for organizing ski and snowboarding races with proceeds benefiting the SD Parkinson Foundation.

The event, held on Sunday, March 10th at Great Bear Ski Valley, was a huge success with \$660 being donated to the SD Parkinson Foundation, dedicated to the memory of Grant's father, Don DeHaan, who had Parkinson's and passed away on April 6th, 2017. Before the races began Grant made a special tribute to his dad stating, "I never would have started skiing if it weren't for my dad!"

The races included both skiing and snowboarding for all ages. Grant took 2nd place in his division for the ski races. It was a beautiful day with a large crowd that came out to enjoy a fun day of friendly competition.



Grant DeHaan, Molly Sorensen, Alicia DeHaan-Henderson, Emery Henderson, and Bryant Henderson



Dan Grider with Great Bear Ski Valley and Grant DeHaan

Rock Steady Boxing Celebrates 2 Years!

At the end of April, Rock Steady Boxing at the Inn on Westport will be celebrating its 2nd Anniversary of helping people with Parkinson's fight back. Coach & Program Director Lisa Howard has been very pleased with the great outcomes fighters are showing. "The program works" said Coach Lisa. "It's been truly humbling and inspiring to work alongside these 'athletes' each day and see how hard they fight back and see the improvements they are seeing in their physical fitness."

Rock Steady Boxing enables individuals with Parkinson's to fight their disease by providing non-contact boxing style fitness program that improve their quality of life and sense of efficacy and self-worth. Recent studies also suggest that intense exercise programs may be "neuro-protective," actually working to delay the progressions of symptoms. Rock Steady Boxing provides encouragement by inspiring maximum effort, speed, strength, balance and flexibility. Boxing works by moving your body in all planes of motion while continuously changing the routine as your progress through the workout. RSB classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead to a healthier, happier life.

Every six months boxers are "reassessed" to see how they are progressing. "All our boxers have seen gains in one area if not all three." said Coach Lisa. "From balance scores increasing, and boxers not falling, to faster walking speeds and improved leg strength – we're seeing some amazing improvements. Several of our boxers have also been able to reduce their Parkinson's medications as well." she added.

The boxers express it best – when asked if doctors, friends or family members have commented on their progress they had this to say:

- *"Many people said I am looking more like before I had PD. They say I look much livelier and smile more."* Barb Ashby, Boxer since summer of 2017.
- *"My daughter says I'm probably in the best shape I've ever been."* Jayne Ott, Boxer since May 2018
- *"My neurologist at my assessment said my reactions showed improvements. Family and friends have also commented that I seem better in my interactions."* Gillas Stern, Boxer since December 2017.
- *"On a recent reunion cruise with my buddies, they said I looked much better and was even able to get around since our last gathering. They all thought I'd be in a wheelchair by now. They were impressed how I could climb and maneuver around the historical ruins of the Caribbean."* Monte, Boxer since June 2017
- *"I like that there are new workouts every week, cheesy cheers and support from the coaches. A variety of equipment to help improve skills, laughter and the willingness of my coach to adjust my activities to match the levels makes RSB a game-changer"* Barb Dowling, Boxer since October 2017

Besides the many wonderful physical improvements Rock Steady boxers see from the program, the social interaction and comradery is maybe the number one favorite part.

- *"I love going to class – we have such a fun group. There are laughs and sharing of information. Our coach has a keen sense of humor and shows such compassion."* Molly Liberko, Boxer since November 2017
- *"The social aspect is very important – my fellow boxers make me laugh. The comradery helps me know I'm not alone – and that helps so much."* Roger Van Maaanen, Boxer since June 2017
- *"The social aspect is probably just as important as the physical part. It helps to know that most everyone has ups and downs at different times, and we can all relate to each other and what we're feeling. It helps the motivation to keep going."* Greg Hemmingson, Boxer since, July 2018

Do you or someone you love have Parkinson's? If so, start fighting back today – come watch a class and learn how Rock Steady Boxing can help you!

For more information contact:
Coach & Program Director, Lisa Howard
lisa.howard@innonwestport.org or
605.362.1210.





~SAVE THE DATE~
August 24th, 2019

Who are you walking for?

Your Mom? Your Dad? Your Grandpa? Your Grandma?

Step Big Walk for Parkinson's is a celebration of those we love that have Parkinson's disease and those of us that take care of and support our loved ones. We spend the morning not only walking, but enjoying time with our family and friends. Enjoy a beautiful walk inside the Canaries field, live entertainment, a children's area, yummy food, and so much more - all while raising money for an amazing cause.

All monies raised remains in the state of South Dakota providing support through:

- * Advancing education, support, and outreach
- * Free local resources for the community
- * Raising awareness about the prevalence of Parkinson's and the need for continued services



Follow us on Facebook
for weekly Step Big Updates!

***On Facebook search
Step Big Walk for Parkinson's***



~2019 Step Big Goals~

Monetary Goal - \$40,000
Team Goal - 20 teams (4 members or more)
Participants - 400 people

2018 Leaders!

Top 3 Teams:

Rock Steady Boxing: \$3,985
Team Townsend: \$2,137
Avera Big Steppers: \$1,050

Register for Step Big

**+
Raise \$100 by May 31st
=Get entered to win a FitBit!!!**



REGISTRATION OPENS: MAY 1st:

www.southdakotaparkinson.org

or call 605.271.6113

\$30 Per Person (12 years & under are free)

*****Those that register by July 31st will receive
a 2019 Step Big Walk T-Shirt*****

Hello! My name is Riley Conklin, and I am the new event coordinator for the SD Parkinson Foundation. One of my main tasks is to bring you a fun and informative Step Big Walk for Parkinson's event, which will be held on Saturday, August 24th at the SF Canaries Baseball Stadium. The doors will open at 8 AM, with the walk beginning at 9 AM (*one hour earlier from last year*).

Based on past participant feedback the main reason for moving the walk up one hour is the concern with weather temperatures as it can be very hot during this time of year. By moving the walk up one hour, you'll be able to participate before the summer heat hits, all the while still being able to get educational information from a variety of different exhibitors.

This will be my fifth consecutive year being involved with the Step Big Walk. In past years, I've had a variety of different roles during the planning process and the walk itself. I'm excited to take over as event coordinator and oversee the walk for 2019. Keep an eye out for further information to come about the walk on the SDPF website, as well as our Facebook page (*Step Big Walk for Parkinson's*). We're very excited for another successful walk and we hope to see you and your team there!



Contact: Riley Conklin

605.271.6113 ~ sdpfevent@outlook.com ~ www.southdakotaparkinson.org



Spring Cleaning for Seniors with the KonMari Method

Vintage road maps, mismatched teacups, shabby holiday decorations, an old 12-speed stand mixer ... your family may be planning a spring-cleaning marathon for your senior loved one, but where to begin? And what about your elder's more sentimental collections of vinyl record albums, "Youth for Kennedy" campaign buttons, mint-condition periodicals and wedding china?

No worries. Japanese organizing consultant Marie Kondo, the decluttering phenomenon and mega-selling author of "The Life-Changing Magic of Tidying Up," is eager to help you and your senior clear out the extras and bring joy to a fresh home makeover. The charming host of the wildly popular Netflix show, "Tidying Up with Marie Kondo," welcomes viewers by saying, "Hello, I'm Marie Kondo. My mission is to spark joy in the world through cleaning ... I am so excited because I like tidying and I love mess."

KonMari Method Basics

From the girl born in Tokyo who used to organize her siblings' and friends' rooms to the ruler of a multinational dynasty of neatness, Kondo turns jumbled homes into mindful spaces of inspiration and serenity. Kondo's signature decluttering prescription, the KonMari Method (KonMari, a contraction of her Japanese name, Kondo Mariko), features six basic rules for tidying, which are summarized in the following organizing tips for seniors:

- **Involve family members to participate in cleaning.** Ease the challenge of parting with years of accumulated stuff by making the spring-cleaning session an upbeat event for the whole family. Invite siblings, grandchildren and active older friends to help out for a few hours each. It is important to [keep the elderly loved one involved](#) in the organizing process to provide useful information about what to keep, what to discard, and how to improve accessibility in the home. Kondo stresses that decluttering is a personal process and no one should toss another's possessions without permission first.
- **Tidy by category, not location.** Kondo directs people to pull out everything from one category at a time and put everything from that category into a large pile. For example, bring all your senior's clothes from every closet, drawer and storage bin into the living room.
- **Finish discarding items first.** It may be tempting to dive in and shuffle possessions around to different storage areas, but Kondo advises to pare down the stockpile of items first before placing anything in storage boxes or back in closets or drawers. The KonMari Method emphasizes choosing what to keep, not what to toss or reassign a new home. With her enthusiastic blend of demure sweetness and introspective regard, Kondo directs people to hold each item they possess for a few seconds and ask themselves if it "sparks joy." If yes, they keep the item. If no, they discard it or give it away. For possessions to part with, Kondo recommends letting go with gratitude and thanking each item for what it taught or represented in one's life.
- **Follow the organizing order** of clothes, books, papers, miscellaneous items and sentimental items. When progressing from easy tasks to more difficult tasks, family members and caregivers will face less resistance from seniors. Kondo teaches that her decluttering techniques help develop an ongoing mindset to remain tidy forever without a need to endure another major purge session.

Health Benefits to Clearing Clutter

Health and wellness experts espouse a number of positive benefits to decluttering a senior's home, including:

- **Reduced fall risks.** Items in disarray throughout a home increase the likelihood of your elder tripping and falling and potentially causing serious or even lethal injuries.
- **Lowered anxiety.** Living in a home with belongings in chaos adds excess sensory stimulation to older adults' brains that may already feel taxed with managing everyday routines. Not being able to find items easily among jumbled piles adds frustration and stress and makes the senior feel ashamed or embarrassed for not keeping their home tidy. Clearing the clutter frees the elder from the emotional stress of living in a mess.
- **Removal of allergens.** When a home is packed with extra unused items in spare rooms, the garage and common living areas, these items attract dust, dander and pet hair that can pile up and aggravate allergies.

Recruiting Help with Spring Cleaning and Organizing

If you're overwhelmed at just the thought of helping your senior loved one toss items and organize their stockpile of possessions and collectibles, I suggest asking for home care assistance to help with the spring-cleaning process and to stay on top of weekly tidying up. There's no shame in enlisting the help of in-home care professionals, who understand how to walk your older loved one through the sentimental emotions of downsizing and holding on to the items and memories that mean the most.

However you choose to help your elder declutter and gain the health benefits of a mess-free home, Marie Kondo wants everyone to value the things they own and learn to live with less stuff, even the shabby holiday decorations and ancient 12-speed stand mixer — that in itself should spark joy.

South Dakota Parkinson Foundation
1000 N West Ave, Suite 220
Sioux Falls, SD 57104
www.southdakotaparkinson.org

NON-PROFIT ORG
US POSTAGE
PAID
SIOUX FALLS, SD
PERMIT NO. 1234

The South Dakota Parkinson Foundation a non-profit, voluntary alliance, is dedicated to improving the lives of those affected by Parkinson's disease, through fundraising, community building, advocacy and increasing public awareness.

Rock Steady Boxing Presents: Painting for PD

Join members, friends and family members of the Rock Steady Boxing program for an afternoon of painting and fellowship with Painting for Parkinson's. All are welcome to attend!

Date: Saturday, May 4th
Time: 1:00 pm – 4:00 pm
Location: The Inn on Westport
4000 S. Westport,
Sioux Falls, SD

Painting Class includes

- ❖ Choice of painting a tulip or boxing glove
- ❖ Art piece to take home.
- ❖ Instruction and all supplies
- ❖ Cocktails and refreshments



Registration:

Name: _____ Phone: _____

Address: _____ Email: _____

I would like to paint the: ☐ **Tulip Painting** ☐ **Boxing Glove Painting**

Enclosed is my \$30 Registration fee made payable to: **The Inn on Westport**

Please mail to: The Inn on Westport; 4000 S. Westport Ave, Sioux Falls, SD 57106

Proceeds go to support Rock Steady Boxing at The Inn on Westport & the SD Parkinson Foundation!