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**Stepping Big in 2021**

The 2021 Step Big Walk for Parkinson's was one to remember. After a year of separation during a virtual only walk in 2020, our Step Big Walk community came back in 2021 stronger than ever. With 422 people registered, 18 walk teams represented, and over 55K raised, this year was our biggest walk event to-date. Thank you to all that helped make it so special!

Walk day on Saturday, August 23<sup>rd</sup> was an incredible celebration of support, strength, perseverance, encouragement, and love. Everyone's energy and joy radiated through the morning as powerfully as the sun was shining! Over 300 people filled the Sioux Falls Canaries Baseball stadium while another 100 individuals and families joined us virtually from afar and exhibitors from various organizations provided an abundance of materials and resources to assist families touched by Parkinson's disease.

It took a village to create the Step Big Walk for Parkinson's event, but we want to especially recognize those that helped make it so memorable. Thank you to all the team captains for going above and beyond this year to bring the walk to life, the Step Big planning committee for pouring their hearts into organizing everything that happens behind the scenes, the volunteers who helped make sure the walk event ran smooth throughout the morning, and the SD Parkinson Foundation board of directors and executive director for their guidance and support. And of course, thank you to everyone who donated, participated, and shared the story and purpose behind the Step Big Walk event. We could not have done it without you!

The walk planning committee is already looking forward to the 2022 Step Big Walk for Parkinson's with enhancements and a possible venue change in mind. This year's walk was nothing short of inspirational, so we are excited to see where we can go from here and we hope you will continue to join us on this exciting journey.

A special thank you to our walk sponsors:



Active Generations ~ Acorda ~ Advertising Arts ~ AseraCare ~ Boston Scientific  
 CNA Surety ~ Comfort Keepers ~ Dow Rummel Village ~ Graber Associates Insurance  
 Grand Living at Lake Lorraine ~ Hy-Vee ~ Inn on Westport ~ Legacy Law Firm  
 Pomegranate Market ~ Providence Financial ~ Puetz Design ~ Right At Home SD  
 Scooters Coffee ~ Stern ~ YellowBug Photography

# From the Pharmacist: Influenza Vaccine

Emily Van Klompenburg, *PharmD, BCACP*  
Assistant Professor of Pharmacy Practice, SDSU  
College of Pharmacy and Allied Health Professions  
Sarah Gee, *PharmD Candidate 2020*  
Lily Koob, *PharmD Candidate 2020*

Influenza (flu) viruses circulate in the United States annually, typically from late fall through early spring. Most individuals who contract influenza recover without serious complications; however, among older adults, very young children, pregnant women, and persons with certain chronic medical conditions, influenza can result in serious illness, hospitalization, or even death. Therefore, the Centers for Disease Control and Prevention (CDC) recommends all persons aged  $\geq 6$  months who do not have contraindications receive an annual influenza vaccination. The CDC recommends receiving the vaccination by the end of October; however, it should continue to be offered as long as influenza viruses are circulating and unexpired vaccines are available.

There are many different types of influenza viruses, and they are constantly changing. Therefore, a new flu shot needs to be developed every year. Researchers must make educated guesses as to what influenza viruses the next year's flu shot should protect against. Flu shots protect against either three or four different types of influenza strains depending on the type of vaccine. The high dose of the flu shot called Fluzone®, which is recommended for those 65 years and older, protects against three strains of influenza. The effectiveness of influenza vaccines not only depends on the types of circulating influenza viruses and similarity to the vaccine, but also on the age and health of the recipient.

Ask your doctor or pharmacist about receiving an influenza vaccine today.

## References:

[https://www.cdc.gov/mmwr/volumes/68/rr/rr6803a1.htm?s\\_cid=rr6803a1\\_w](https://www.cdc.gov/mmwr/volumes/68/rr/rr6803a1.htm?s_cid=rr6803a1_w)

<https://www.cdc.gov/flu/season/flu-season-2019-2020.htm>

# Director's Message

Janey Case, *Executive Director*



Autumn! It's by far one of my favorite seasons out of the year which is surprising to many since I'm always cold. But one of my favorite things to do is sit out on my front porch on a beautiful, crisp morning with a warm blanket and a nice hot cup of coffee. It's so peaceful and relaxing and a great way to start the day and after the chaos of getting all the kids to school it's definitely needed. What is your favorite part about fall...the changing colors, all things pumpkin spice, heading to the apple orchard, football or soccer season?

Like the changing seasons it seems the uncertainty of the COVID-19 pandemic continues to change each month. For a while it was more promising with vaccines making their way through the states and numbers continuing to go down however that once again has changed and we need to continue to adapt to those changes and keep the health and safety of our loved ones and ourselves in mind. So with these current changes and by listening to the local and national healthcare recommendations the SD Parkinson Foundation made the difficult decision to once again cancel our upcoming SD Parkinson's Awareness Conference scheduled for October. This wasn't easy and we understand the frustration as we too, have been frustrated in the process. But we want you to know we take these recommendations very serious and want to ensure that the health and safety of the friends and families we serve is the priority and at this time we felt taking the risk to gather together did not make sense. We hope you can understand and respect our decision. We are hopeful for the coming year, and we look forward to joining together in-person once again in April 2022.

One good thing about living in our beautiful state of South Dakota is being able to easily adapt to change or at least having lots of experience in that department. It's a constant rotation of the seasons and sometimes one may last longer than we so desire, but we make the best of it and life goes on, whether that be in the rain, snow, sun or let's not forget to mention the lovely South Dakota wind! And it's a constant reminder we not only learn to adapt, but we need to continuously strive to find the good during these times of inevitable change. I may not enjoy winter, but I still find parts of it that I have come to appreciate...the beautiful trees covered in the glistening white snow, holiday family traditions, a cozy fireplace, and lots and lots of warm, fuzzy blankets!

## Watertown PD Support Group:

The Watertown PD Support Group has resumed meeting in-person again and recently had 14 members attend a virtual presentation with Rose Wichmann and Joan Gardner with the Struthers Parkinson's Center based out of Golden Valley, Minnesota. The Struthers Parkinson's Center are the go-to experts when it comes to Parkinson's care. Rose talked about the assessment program offered through Struthers and also some of their free virtual classes now being offered to anyone interested.

During the month of August the group met with a special presentation by Paul Johnson from Midwest Medical Supplies who shared on helpful ideas and equipment for those living with Parkinson's. Elizabeth Nutsch from CaringEdge also demonstrated how to use certain helpful aids and brought along a U-Step 2 Walker to share for those wanting to give it a try.

The Watertown support group meets monthly at Edgewood Health Center and is led by Glenda Meyer and Elizabeth Nutsch. The community continues to spread the word about the support group and encourages anyone in the area to attend or reach out for more information.

Visit the SDPF website for more information on a support group meeting in your area or call the SDPF office for more details. You can reach us at 605.323.9779 or [www.southdakotaparkinson.org](http://www.southdakotaparkinson.org). A local support group is a great way to meet new people and learn more about Parkinson's disease.



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## 2021 Parkinson's Annual Picnic

Family and friends of the South Dakota Parkinson Foundation (SDPF) and Sanford Parkinson's Support Groups gathered in-person on July 21<sup>st</sup> for the Parkinson's Annual Picnic. Hosted by Sanford Health and following all health and safety guidelines around 46 guests were welcomed and together enjoyed an afternoon filled with a delicious picnic style meal, a beautiful memorial service for those lost this past year, and a special surprise of the annual SDPF Friend Award.



This year SDPF recognized one very deserving individual with the 2021 Friend Award. Noel Lais, SDFP board of director's treasurer received the award for his continued dedication to the SD Parkinson Foundation. Noel has served on the SDPF board of directors since 2008, holding the record as the longest standing volunteer board member, and continues to provide the foundation with his financial and business expertise. His joy found in serving on the board and his continued desire to help is evident through his countless hours spent on developing budgets, tracking revenue and expenses, and helping guide the foundation with a clear vision of how we can continue to grow and develop, always while bringing forth the mission to improve the quality of life for those touched by Parkinson's disease. Former SDPF board president, Mary Freeman, shared, "Knowledgeable, calm and steady are words that come to mind

when I think of Noel. He has willingly and generously shared his expertise whenever and wherever needed. His years of selfless service to the Parkinson Foundation are innumerable. Noel has been more constant than the name of the association!"

As part of the annual picnic's beautiful memorial service, a Litany of Remembrance was led by Pastor Cindy Hoy with special music by Cherie Ortman. Friends and family representatives were honored with a beautiful red tulip. Friends and families also shared special memories of their loved one with the group.

# Rock Steady Boxing: Better Balance, Faster Walking...Feeling Better!

Lisa Howard, RSB Program Director

Rock Steady Boxing at the Inn on Westport is once again pulling out all the punches to help people with Parkinson's fight back. Our in-person classes have been back in session since April of this year and our fighters have seen great improvements after a year of no formal in-person classes due to the pandemic.

## What do our boxers have to say?

*"Being back in the gym for boxing has made a difference for me. First of all I enjoy being in the gym with my friends. Their encouragement helps me to work harder. Secondly, the equipment gives me the opportunity to improve my strength and balance. As Lisa calls it, the "torture equipment." Although I have some equipment at home, attending class and working through the exercises with a coach to encourage and guide me, makes the difference. I am glad to be back in the gym." ~"Mad" Molly*

*"Taking part in Rock Steady Boxing helps me feel better physically and mentally. I sleep better at night and I don't feel so stiff in the joints. I enjoy the friendships I have made with the other boxers and it is nice to share with others going through Parkinson's disease." ~"Marvelous" Marv Miller*

*"I have truly enjoyed the Rock Steady Boxing classes since I joined the Tuesday/Thursday night group in May of 2021. I particularly like the comradery and being welcomed by Lisa and all the participants in our class. One of the best parts of the program is the variety. Lisa does a great job of incorporating stretching, strength, cardio and balance training into the workouts. More importantly, she makes it fun! I have noticed that my legs, core and arms have gotten stronger. In addition, I feel that my balance has improved, as well. For anyone thinking about joining a class, I highly recommend you give it a try." ~Barry "The Assassin" Solomon*

## What are the benefits of Rock Steady Boxing:

### Boxing Improves Balance

A study published by the American Physical Therapy Association found that Parkinson's patients who took part in 2-3 90-minute boxing therapy sessions over a month showed clear improvements in both balance and gait. Rock Steady's Program Director and Head Coach, Lisa Howard has seen these same results substantiated in the many re-assessments that are given every 6 months to our fighters. "Across the board, our fighters have seen increases in their walking speeds and improvements in their balancing testing scores after participating in our program for 6 months or longer." she said.

### Boxing Improves Mobility

Parkinson's attacks both our mobility and agility – two traits we work on in our Rock Steady Boxing classes. We work on boxing around the heavy bags/ or move while hitting focus mitts allowing us to work on stepping in multiple directions, changing speeds, staying on our toes.

### Other benefits include:

- Increased strength working with weight training workouts in class
- Improved posture by our speed bag and other postural drills in class
- Improved hand-eye coordination by boxing moving targets
- Better cognitive processing by using the brain in boxing drills or multi-tasking during the workouts
- Relieve symptoms for soft-voice disorders with our loud stations or end of class cheesy cheers
- Improved flexibility and less stiffness with our beginning and end of class stretching routines
- Better self-esteem, less anxiety – classes are a support group and the comradery is 2<sup>nd</sup> to none



### Rock Steady Boxing Class Offerings:

Rock Steady Boxing offers classes for all levels of fitness. From chair classes to very intense there is a class for everyone. Boxers are given an initial assessment to see what class is appropriate for their needs.

Currently there are openings in the Tues/Thurs, 8:45 – 10:15 am class. Call Coach Lisa Howard at 605.362.1210 at the Inn on Westport if you'd like to come observe a class or learn more about how you can get involved.

# Strategies for Dealing with Caregiver Stress

By Mayo Clinic

The emotional and physical demands involved with caregiving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else.

To help manage caregiver stress:

- **Accept help.** Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, a friend may offer to take the person you care for on a walk a couple of times a week. Or a friend or family member may be able to run an errand, pick up your groceries or cook for you.
- **Focus on what you are able to provide.** It's normal to feel guilty at times, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.
- **Set realistic goals.** Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals.
- **Get connected.** Find out about caregiving resources. Many communities have classes specifically about the disease your loved one is facing. Caregiving services such as transportation, meal delivery or housekeeping may be available.
- **Join a support group.** A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships.
- **Seek social support.** Make an effort to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time each week for connecting, even if it's just a walk with a friend.
- **Set personal health goals.** For example, set goals to establish a good sleep routine, find time to be physically active, eat a healthy diet and drink plenty of water.
- **See your doctor.** Get recommended vaccinations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.

## Reference:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

# Parkinson's Disease: A Family Affair

Paula Bartels, Caregiver



My mom and I were sitting with my dad in the hospital pre-op waiting room area for a procedure to stretch his esophagus when the nurse came in to ask some questions. "Is this to help with the Parkinson's?" she asked. What was I hearing? I looked at my dad who then looked back at me with an "I'm sorry" expression on his face. I looked at my mom and she smiled at me with tears in her eyes. All too often we learn and hear about how individuals don't want others to even know they have Parkinson's disease, but what we have come to find is that it's more common than not.

My father took the path of "fighting" Parkinson's since his diagnosis and even long before. For as long as his health allowed he walked on the treadmill, did leg exercises along with 20 pound dumbbell arm curls with each arm every night. He and my mother both attended the monthly Parkinson's support group meetings and found that while people in the group didn't necessarily have all the same symptoms, they were still there to help encourage and listen to each other and their caregivers. This was so important, letting them know they were not alone in this journey. Even though Parkinson's took so much from my dad he always found the strength and determination to not let the disease define him and he had his family there to support him along the way.

Receiving a Parkinson's diagnosis doesn't just affect the individual, but instead it becomes a family affair. We all learned through his journey and did our best to help when needed, ask questions when needed, listen when needed, and most importantly just love and support each other, taking one day at a time and trying not to focus so much on the future, but remain in the present.

As a former faith community nurse and a daughter of a father with Parkinson's disease, I greatly appreciated all the educational opportunities and resources provided by the SD Parkinson Foundation. It was through these opportunities that we gained insight for new techniques/practices in managing the symptoms of Parkinson's. Everything from medications, to both large motor and voice control exercises, to healthy eating habits, to understanding the effects of fatigue on the body. It was all so helpful and provided my family with hope and encouragement.

## EXECUTIVE BOARD

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### LOCAL OFFICE

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Sioux Falls, SD 57104

605.271.6113

[www.southdakotaparkinson.org](http://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 11 volunteers from the both the Sioux Falls and Watertown communities. SDPF would like to continue to expand the board to consist of members from across the state of South Dakota.

If you would like additional information or have questions please contact the SDPF office. We would love to hear from you.

# Thank You to All Our Donors

## July 1<sup>st</sup> – September 30<sup>th</sup>, 2021

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

**Joni Carlson**  
*Gerald Beninga*

**Lillian Stauffacher**  
*Family of Lillian Stauffacher*  
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*"A life well lived leaves behind a beautiful boutique of memories."*

## Celebrating Family Caregivers



*Thank you for standing by me and lending me an ear.  
For helping me out by just being near.*

*Thank you for cheering me on or saying a prayer.  
For holding me up and showing you care.*

*Thank you for making me laugh and giving me hope.  
For showing support and helping me cope.*

*Thank you for all that you've done and all that you'll do.  
I am so very fortunate to have someone like you!*

*~Linda Nielsen- Choose Hope, Inc.  
Copyright 2000*

# Calendar of Events

## October

### SD Parkinson's Awareness Conference

SDPF has decided to cancel this event due to Covid-19 health and safety concerns.

*\*\*\*We plan to bring this event back in April 2022!\*\*\**

## November

### Caregiver Online Educational Series

As a friendly reminder our annual Caregiver Celebration Night has been canceled. In its replacement Active Generations will be providing an online educational series covering a variety of topics with some amazing presenters.

*Stay tuned as details for this online series will be announced during the month of October! For questions please call the SDPF office at 605.323.9779.*

## December



## January

### Petals for Parkinson's Launch!

*\*\*\*Stay tuned for details!\*\*\**



## Community Support Groups

### Aberdeen

2<sup>nd</sup> Thursday  
1:30 pm  
Parkside Retirement

### Brookings

1<sup>st</sup> Thursday  
1:30 pm  
First Bank & Trust

### Canton

2<sup>nd</sup> Wednesday  
3:00 pm  
Sanford Canton/Inwood

### Huron

4<sup>th</sup> Wednesday  
1:30 pm  
HRMC Legacy Plaza

### Luverne

1<sup>st</sup> Thursday  
2:00 pm  
Poplar Creek Care Center

### Madison

3<sup>rd</sup> Wednesday  
7:00 pm (varies)  
\*Call for location

### Mitchell

3<sup>rd</sup> Monday  
2:00 pm  
Avera Queen of Peace

### Rapid City

2<sup>nd</sup> Saturday  
1:00 pm  
WestHills Village

### Sioux Falls

3<sup>rd</sup> Wednesday  
1:00 pm  
Edith Sanford Cancer Center

### Sioux Falls

Tues/Thurs  
2:30 pm  
Avera Therapy

### Sioux Falls

2<sup>nd</sup> Thursday  
2:00 pm  
Active Generations

### SF Women's

2<sup>nd</sup> Thursday  
1:15 pm  
First Presbyterian

### Vermillion

1<sup>st</sup> Wednesday  
11:30 am  
Sanford Vermillion

### Viborg

3<sup>rd</sup> Wednesday  
2:00 pm  
Pioneer Memorial Hospital

### Watertown

2<sup>nd</sup> Wednesday  
2:00 pm  
Edgewood Healthcare

### Yankton

\*Currently not meeting  
\*Looking for new group facilitator

*Please contact your area support group facilitator each month for current meeting information since several groups are currently on pause due to Covid-19 concerns. If your group is meeting in-person please check for health and safety precautions as they may vary from location to location.*

# 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 4<sup>th</sup> Street SE  
605.352.6253

## [MITCHELL, SD:](#)

**Integrated Therapy Services**  
501 W Havens  
605.753.5400

## [RAPID CITY, SD:](#)

**RC Regional Rehabilitation Institute**  
2908 5<sup>th</sup> Street  
605.755.1408

## [SIOUX FALLS, SD:](#)

**Sanford Outpatient Center**  
1210 W 18<sup>th</sup> Street, LL01  
605.328.1860

## [WATERTOWN, SD:](#)

**Big Stone Therapies, Inc.**  
Eight 5<sup>th</sup> Street SE  
605.995.6044

## [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

## [SPEARFISH, SD:](#)

**Edgewood Healthcare**  
540 Falcon Crest Drive  
605.642.2977

## [WATERTOWN, SD:](#)

**Jenkins Living Center**  
215 S Maple Street  
605.886.5777

## [BROOKINGS, SD:](#)

**Brookings Health Systems**  
300 22<sup>nd</sup> 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 5<sup>th</sup> Street  
605.853.0350

## [PIERRE, SD:](#)

**Avera St. Mary's Hospital**  
801 E Sioux Avenue  
605.224.3162

## [SIOUX FALLS, SD:](#)

**Prairie Rehab**  
5150 E 57<sup>th</sup> St OR 7400 S Louise Ave  
605.271.3378 OR 605.271.0808

## [VIBORG, SD:](#)

**Pioneer Outpatient Center**  
315 N Washington Street  
605.326.3009

## [YANKTON, SD:](#)

**Avera Sacred Heart Hospital**  
501 Summit  
605.668.8268

## SDPF Financial Assistance Program

In support of the mission, the South Dakota Parkinson Foundation created a grant program to provide financial assistance for specific items, services, and programs that will aid in helping individuals, families, and support groups across the state of South Dakota.

Grants are available monthly and an application must be completed and returned to the foundation by the 1<sup>st</sup> of each month. All applications are kept confidential while being reviewed and applicants will be notified before the end of the month. Applicants can apply for up to \$250 for assistance towards items and services such as walkers, exercise equipment or memberships, transportation assistance to/from doctor appointments or meetings, therapy tools, electronic devices, modifications to the home, just to name a few. To be eligible applicants must reside in the state of South Dakota. The program will run through December 2021.

Throughout the year grants have been awarded for the following:

\$250 for home improvements

\$240 for PD voice therapy

\$250 for Rock Steady Boxing in Watertown

\$250 for house cleaning services

\$250 for Rock Steady Boxing in SF

\$250 for Parkinson's therapy & exercise classes

### Testimonials:

*"I am excited to receive a grant to help me attend the Loud Crowd! It will keep me motivated and it's always fun to participate in a group. I am very grateful."*

*"Thank you SDPF for the grant funding. I was diagnosed in 2018 with Parkinson's. I've needed modifications done to my home since my diagnosis, particularly my bathroom and the need for a high-rise toilet. This grant provided me with the funds have this installed and complete my bathroom modifications."*

If you have additional questions about the financial assistance program, please reach out to SDPF at 605.323.9779 or email at [info@southdakotaparkinson.org](mailto:info@southdakotaparkinson.org). SDPF is here to help.



# How Do We Know Exercise Helps People with PD?

Dr. Rebecca Gilbert, APDA

We keep telling you that exercise is important, but what is the evidence that these exercise techniques really help people with PD? Let's review one type of exercise, tai chi, and look at the data as to how effective it is for people with PD.

Tai chi is an ancient Chinese form of martial arts, which today is practiced as a style of exercise combining flowing movements, breathing techniques and meditative practices. Tai chi is low impact and is suitable for all ages and levels of fitness. It does not require any special equipment.

There has been research focused on the general health benefits of tai chi, and these may include reduction of stress, anxiety, and depression, as well as improved flexibility, balance, agility, strength, and stamina.

There have also been studies focused on the health benefits of tai chi specifically for people with PD and the available evidence is relatively strong. For example, a randomized controlled trial for tai chi in people with PD was published in the *New England Journal of Medicine* in 2012. In this study, 195 people with PD were randomized to one of three exercise groups – tai chi, resistance training, or stretching. The patient performed their assigned exercise in 60-minute sessions twice weekly for 24 weeks. The tai chi group performed better than the other two groups on many fitness measures and measures of balance. In addition, the tai chi group had a lower incidence of falls as compared to the stretching group (but not as compared to the resistance training group). The effects of tai chi were maintained at a three-month follow up after the training sessions were complete. Additional smaller studies have continued to support these positive findings.

## Tips and takeaways

- It is vital to continue moving and exercising despite the COVID-19 pandemic.
- There are many online PD specific exercise resources available to practice within the home.
- There is data that indicates tai chi, yoga, and dance offer health benefits for people with PD.

Article provided by: American Parkinson Disease Association (APDA), [www.apdaparkinson.org](http://www.apdaparkinson.org)

## CAREgivers by Active Generations

Helping caregivers provide the best care

CAREgivers is a state-wide program created to assist family caregivers through resources, education, and support. Our evidence-based programs are designed to offer support for caregivers and their loved ones with real-world assistance, both in their community and online. Our services are provided at no-cost and are offered in a variety of settings and locations. We are dedicated to helping you help your loved one. You can search online at [www.caregiverssd.com](http://www.caregiverssd.com) to learn more about the different programs and services provided in your local area.

### A family caregiver could be a:

- Family member
- Parent
- Adult children
- Friend
- Neighbor
- Spouse

"About two in three family caregivers in South Dakota report feeling stressed in balancing their job and family (working caregivers) and stressed emotionally."

~ AARP Caregiver Survey 2017

### For more information or assistance contact:

CAREgivers at:  
1-800-360-6161



# Research at the University of South Dakota with PD & Healthy Adults

Dr. Arun Singh is an Assistant Professor in the division of Basic Biomedical Sciences at the University of South Dakota, Vermillion. He earned his doctorate degree from LMU, Munich, Germany. He moved from Iowa City where he was working in Neurology department at the University of Iowa as a staff scientist. The primary research goals of the Dr. Singh's laboratory are directed towards understanding the brain signals that may underlie motor and cognitive impairments in Parkinson's disease (PD).

While there are many effective therapies for upper-limb motor problems of PD, there are fewer therapies for lower-limb motor problems such as gait, balance, and posture, and it is difficult to find new treatments since the mechanisms are unknown. Dr. Singh's lab is studying this relationship between motor and cognitive systems in PD patients and how cognitive impairments affect the gait, balance, and posture. His lab is equipped with EEG brain recording machine to record brain signals from the scalp. His lab is also trying to determine if non-invasive or non-surgical brain stimulation normalizes brain signals and improves gait, balance, and cognition.

Additionally, Dr. Singh is studying the relationship between gut and gait dysfunction in PD patients. Recently, evidence is showing that the dynamic changes in the gut microbiome can modulate brain activity and motor and cognitive behaviors in PD. This research will be significant in providing the suitability of the altered gut microbiota as an early biomarker for the onset of gait dysfunction in PD.

Abnormal gait pattern worsens over time and intensely affects PD patients' daily activities; thus, Dr. Singh's research projects may assist in the referral of PD patients for rehabilitation as early as possible. In addition, his work might inspire new brain-stimulation therapies that could be critically important for PD and other movement disorders that affect gait and balance.

His previous research articles have already shed some light on the basic questions related to the gait and balance problems in PD patients.

He has also recently accepted a PhD student into his lab, Victoria Mayer, who received her undergraduate degree in Psychology from Widener University.

Currently, our lab is seeking volunteers with PD as well as those without (or spouse of PD participants) to participate in our ongoing research projects. Please contact us by email at [singhlab.usd@gmail.com](mailto:singhlab.usd@gmail.com) or by phone at 605.658.6470 if you want to be part of our research. We also provide compensation for your time.



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# 2021 Step Big Walk for Parkinson's

Supporting the SDPF Mission:

To improve the quality of life for those touched by Parkinson's disease



## THANK YOU!

[www.southdakotaparkinson.org](http://www.southdakotaparkinson.org)

**South Dakota Parkinson Foundation**  
1000 N West Ave, Suite 220  
Sioux Falls, SD 57104  
[www.southdakotaparkinson.org](http://www.southdakotaparkinson.org)

*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.*

## National Family Caregiver Month!

To celebrate National Family Caregiver Month during the month of November things might continue to look a little different as we continue to keep the health and safety of our community at the forefront. However, we are still planning many exciting things for the month so stay tuned as we will announce more very soon.

Also this year, we have partnered with Active Generations to bring you an online webinar series covering an array of different topics pertaining to caregiving. We have some amazing presenters that will be sharing in their expertise and we hope to fill up the month with so many options that you will be able to join some, if not all, that catch your interest and fit in with your schedule.

We want to thank you again for your patience during the past few months as events continue to change and we find new ways to adapt. Please stay tuned as more details will be posted. We look forward to another fun month celebrating you and your family and all those helping to improve the quality of life for those living with Parkinson's. Together, we can make a difference.

