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**Welcome Back to the SF 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 6,000 individuals are affected by Parkinson's disease in the state of South Dakota alone. At present, there is no cure. Our mission at the South Dakota Parkinson Foundation (SDPF) remains resilient is working towards improving the quality of life for those affected by Parkinson's.

The mayor of Sioux Falls, Paul TenHaken has proclaimed April as National Parkinson's Awareness Month which presents the SDPF the opportunity to increase the public's understanding of the disease and to encourage support through local programs and services for individuals living with Parkinson's, their carepartners and family members.

SDPF offers an array of resources to the Parkinson's community including connecting individuals with health/wellness programs and support groups, as well as coordinating educational events. We encourage all those impacted by Parkinson's, carepartners, family members and friends, along with healthcare professionals to attend this year's SF Parkinson's Awareness Conference on Saturday, April 9th at the Hilton Garden Inn (*south location*). Topics presented at this year's conference include: *Mood Disorders by Dr. Rai with Sanford, Sleep & Parkinson's by Rose Wichmann with Struthers Parkinson's Center, Medicaid, and utilizing the Aware in Care kits* 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 additional questions.

This year's event is free for all those that wish to attend however we do request pre-registration for guests. You can quickly reserve your spot by visiting the SDPF website—www.southdakotaparkinson.org. We encourage you to join us for a day of education and inspiration!



Community Tips for Parkinson's Carepartners

ARTICLE POSTED BY: Michael J. Fox Foundation

When a loved one is diagnosed with Parkinson's disease (PD), spouses, children and close friends may find themselves transitioning into the role of a carepartner. For many with Parkinson's, carepartners are an integral part of their support system and care team. For carepartners, this may bring questions about how best to support a loved one while maintaining other interests and responsibilities.

Whether you're just beginning your journey or looking for new ideas, you may find our community tips on building and balancing life as a Parkinson's carepartner helpful.

1. Make time for yourself. Caring for a person living with Parkinson's disease, or any illness, can be overwhelming at times. To cope with stress, find time to relax, schedule social activities with friends and make sure to participate in activities you enjoy. Maintaining your health and hobbies can keep you balanced.

2. Keep a sense of humor. Laugh often. Laughter promotes a general sense of well-being. Research suggests it's a form of stress relief.

3. Read a book or meditate. In moments when you're seeking relaxation, one of our community members recommends reading or doing guided meditation. Of course, these aren't for everyone and other activities may soothe you more easily.

4. Join a support group. Many care partner groups, both in-person and online, meet regularly. If those don't suit you, consider starting your own. Sharing your experiences with others who relate helps build connections and serves as a reminder that you are not alone in this journey.

5. Exercise regularly and encourage your loved one to do the same. Exercise has health benefits for everyone and research shows that it can ease Parkinson's motor symptoms, such as balance and rigidity. Knowing your loved one feels some relief may make a difference for you, too.

<https://www.michaeljfox.org/foundation/news-detail.php?community-tips-for-parkinson-disease-care-partners>
FOX BLOG: Posted by Kristen Teesdale, November 27, 2017

Ask the Doctor: Can Parkinson's Disease Be Predicted?

Eugenio Matos, MD
Director of the Parkinson's Center
Sanford Clinic Neurology



The onset of clinical symptoms and signs of Parkinson's disease (PD) indicates a loss of approximately 70% of dopamine producing substantia nigra. For this reason, the treatment is symptomatic (*use of medication with dopamine effect*), not preventive.

Advances in genetics such as the definition of the human genome have helped to find genes causing early onset Parkinson's disease (i.e., Parkin gene and others) and genes which are risk factors for late onset Parkinson's disease. For this reason, the development of preventive treatment is of importance and even more important would be initiating preventive treatment before PD symptoms appear.

In addition to relatives of individuals with a familial form of (early onset) PD, which are at higher risk of developing PD, individuals in the general population with the following conditions may also be at risk for developing PD:

- REM sleep behavior disorder
- Impairment of the sense of smell.
- Constipation
- Depression
- History of traumatic brain injury
- Exposure to insecticides, herbicides.
- Development of delirium after surgical procedures/anesthesia

Identifying these individuals and demonstrating early changes in the brain consistent with pre-symptomatic PD by MRIs or PET scans will facilitate early treatment with preventive medications once they become available. It is worth noting that these conditions may be present for years, even decades, before the onset of the signs and symptoms of PD, which would allow for monitoring the effectiveness of preventive treatment.

SANFORD
HEALTH

Voice Aerobics

A whole body voice strengthening program for Parkinson's Disease

Thursday, May 5 | 5:30 – 6:30 p.m.

Plaza 5

(Avera McKennan Hospital & University Health Center Campus)
810 E. 23rd St. | 1st Floor Auditorium | Sioux Falls, SD 57105

\$25 per couple or \$20 per person

Join us for an educational seminar about living at your best with Parkinson's disease.



Topics Covered:

- Education on voice changes associated with Parkinson's disease
- Learn exercises that combine voice practice during movement
- Complete exercises that focus on posture, breathing and voice
- The role of speech therapy to help maintain a healthy and strong voice

Register for your spot at Avera.org/Events. Spots are limited and will be reserved with online payment.

For more information, please call 605-322-5150.

National Parkinson's Awareness Month

April marks National Parkinson's Awareness Month. What better time to make things happen in a big way across the state of South Dakota. So how exactly can you and your family members get involved? Challenge one another in efforts both big and small to raise awareness for Parkinson's disease. To show you just how easy it can be, here are a few suggestions and tips. Together, we can take action and make a difference!

- ❖ Write a letter to the editor of your local newspaper or magazine sharing your story or an experience of how Parkinson's has impacted your life.
- ❖ Visit the new SDPF website: www.southdakotaparkinson.org and share with family and friends.
- ❖ Share your personal Parkinson's story with a friend, neighbor, family member or support group.
- ❖ Spend some quality time with someone who has Parkinson's.
- ❖ Send a card to someone that has impacted you through your Parkinson's journey.
- ❖ Like and join our Facebook pages: South Dakota Parkinson Foundation, SD Parkinson's Support Group, and Step Big Walk for Parkinson's.
- ❖ Talk to your local fitness center or hospital facility about offering exercise classes geared toward people with movement disorders.
- ❖ Participate in a PD specific exercise or therapy and invite a family member or friend to join you.
- ❖ Create a team for the Step Big Walk for Parkinson's and invite family and friends to join you.
- ❖ Try a Rock Steady Boxing class or volunteer as a "cornerman"
- ❖ Become a volunteer for the SD Parkinson Foundation.
- ❖ Distribute SD Parkinson's Foundation brochures to local healthcare facilities.
- ❖ Join a local Parkinson's support group.
- ❖ Read a book about Parkinson's and share with family & friends.
- ❖ Attend an in-person seminar or an online webinar about Parkinson's.
- ❖ Start a daily exercise routine and commit to it for 30 days.
- ❖ Share your story in an upcoming issue of the SDPF newsletter.
- ❖ Ask for help when you need it!



Rock Steady Boxing at The Inn on Westport Celebrates 5 Years of Fighting Back

This April the Rock Steady Boxing (RBS) program at The Inn on Westport will be celebrating our 5th Anniversary. Rock Steady Boxing gives people with Parkinson's disease (PD) hope by improving their quality of life through a non-contact boxing based fitness curriculum.

RBS at The Inn on Westport is the 1st Rock Steady Boxing affiliate in the state of South Dakota. Opening in April 2017, Program Director and Head Coach, Lisa Howard, started with 2 classes, 12 boxers, and has grown the program to over 50 boxers in six classes. Residents of the Inn on Westport who are living with PD can access classes for free, while people with Parkinson's living in the community are able to attend classes for a monthly fee.

In our Rock Steady gym many of our exercises are largely adapted from boxing drills. Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome opponents. At RSB, Parkinson's is the opponent. Exercises vary in purpose and form but share one common trait, they are rigorous and intended to extend the perceived capabilities of the participant.

Inn on Westport resident, Joyce Weber, at 92 is our oldest boxer. She has been coming to classes since moving to the Inn November of 2019. Rock Steady Boxing has helped her stay more functional and able to move more independently around her apartment. "Rock Steady has helped my balance and helped me not fall as much. It helps keep me stronger and I feel much more comfortable moving around my apartment safely," stated Joyce.

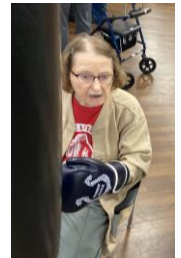
Meldon Krueger, 66, was one of the very first community boxers to sign up when he heard the Inn on Westport was bringing the program to the community. He has benefited greatly from the classes and had this to say, "Rock Steady Boxing is amazing. From the minute you walk into the gym you feel the energy and the comradery with the other boxers giving you peace knowing you are not in this battle alone. They know what you are going through. Coach Lisa brings life and humor to the workouts with her knowledge of exercise and makes the hard work refreshing and gives you a purpose to fight on."

Improving balance is one of the great benefits of participating in Rock Steady Boxing. Across the board, boxers show improvements in their balance testing scores over 6 months from starting to reassessment time. "Mad" Molly is also a community boxer who joined late in 2017. "Rock Steady Boxing has been part of my life for almost 5 years. I remember when I first heard about it and the advantages it offered for those with Parkinson's. I was quick to check into it. I have found it as beneficial as it was advertised to be. Attending classes on a regular basis has brought me comradery with others who struggle with the illness. But the best benefits are the increased energy, better balance, and the increase in strength of my legs, arms, and core. I find I'm able to avoid many falls because I am strong enough to catch myself. I highly recommend RSB," stated Molly.

Coach Lisa has worked with almost 90 boxers in the past 5 years and has been humbled by their tenacity and perseverance. "Living with a chronic disease is not easy. It's so amazing to watch these boxers come into our gym and work so hard. They challenge themselves to go past what they think their limits are. They encourage each other, have friendly competitions with each other to keep things interesting, and are always willing to try whatever difficult task or exercise I throw at them. They are all true champions. They are inspirational to so many it's been a privilege for me to help them fight back against Parkinson's."

The Inn on Westport and RBS will be celebrating our 5th Anniversary with an open house on Wednesday, April 27th from 11:30 am - 1 pm in the front parking lot. The event will include lunch, an anniversary program highlight, boxer and volunteer recognition as well as gym tours, photo booths, and door prizes. RSVP's are appreciated by calling 605.362.1210 and social distancing protocols will be followed with face masks strongly encouraged.

To learn more about Rock Steady Boxing for a loved one living with Parkinson's please call Program Director, Lisa Howard at 605.362.1210 or email at lisa.howard@innonwestport.org.



Petals for Parkinson's

We see them everywhere even in the SD Parkinson Foundation logo, 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.

With April being designated as National Parkinson's Awareness Month we have joined together to positively create a better understanding of Parkinson's disease and how we can better assist those living with PD, their carepartners and family members. SDPF and Landscape Garden Centers have partnered together once again for the annual Petals for Parkinson's fundraiser. This event has really taken off the past few years and is something those in the community look forward to, an exciting way to welcome spring back into our beautiful state while also bringing awareness about the impact of Parkinson's on individuals and families.

Preorders for the potted tulip arrangements were completed January through the month of March however, additional arrangements will be available for purchase at the upcoming SF Parkinson's Awareness Conference on Saturday, April 9th at the Hilton Garden Inn (south location). Each arrangement is \$20 and all proceeds stay within SDPF to support local programs and services. SDPF will also be donating tulip arrangements to local assisted living facilities in the Sioux Falls area. If you would like to make a donation for these springtime tulips please contact the SDPF office at 605.323.9779 or email jcase@sdparkinson.org.



Board Member, Linda Braun, selling tulips at Active Generations



Director's Message

Janey Case, Executive Director



April is here which means spring and even though the current weather report wants us to believe otherwise I know I am excited and definitely ready for more sunshine and to finally be able to pull out my front porch patio furniture, including my favorite wooden rockers. It's time to enjoy my morning coffee outside again.

Spring also means a very busy time for the South Dakota Parkinson Foundation (SDPF). The Sioux Falls mayor has officially proclaimed April as Parkinson's Awareness Month and during this time the foundation focuses on raising awareness across the state through education, support services, and resources to help us gain insight into the complications of living with PD. The annual SF Parkinson's Awareness Conference is currently 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 array of topics. This is also a time to come together as a community to show our continued support for those impacted by Parkinson's disease, along with meeting new individuals and families. I hope you will consider joining us.

SDPF is also excited to announce that we will be expanding our educational opportunities for families with our first Parkinson's Awareness Conference out in the Rapid City area. Mark your calendars for Friday, October 7th, 2022. More details to come on this event so stay tuned.

The South Dakota Parkinson Foundation is the connection for families to know they are not alone and we are looking forward to all the great things we have planned for the coming months. Together, we can make a difference and I am so proud to be part of a foundation that continues to listen to the needs of the community and remains dedicated to the overall mission to improve the quality of life for those touched by Parkinson's disease. Thank you for all you do and your continued dedication and passion in connecting, educating, and supporting one another.

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Janey Case

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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 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

January 1st – March 31st, 2022

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

Gary Kropuenske
Candace Zweifel

Kelly Lane
Douglas & Mary O'Neill

Robert Boyd
Jean Halpin

Warren Hotzler
The Wellmark Foundation

SDPF CHAPTER GIFTS

Great Bear Ski Valley
The Blackbaud Giving Fund
Carolyn Thomson
Mary Jo Jaqua
Susan Ripple
Bradley & Patricia Swenson

IN HONOR OF

Darrell Olson
Leslie Hemmingson

"A life well-lived leaves behind a beautiful bouquet of memories."



Share Your Story

- ❖ Have you been diagnosed with Parkinson's disease?
- ❖ Are you a caregiver of someone living with Parkinson's disease?
- ❖ Are you a family member/friend of someone living with Parkinson's?
- ❖ Are you a healthcare professional working with individuals living with Parkinson's disease?



If the answer is yes, you have a story to tell and we would like to hear from you and include your story in an upcoming issue of the SDPF newsletter. If you have an article you would like to share and/or a topic of interest and would like to become a regular contributor to the SDPF newsletter please contact the local office for more information.

The South Dakota Parkinson Foundation newsletter is published quarterly and is released during the months of: ***January *April *July *October.** Anyone can receive a newsletter and be added to our mailing list.

Calendar of Events

April

Petals for Parkinson's Pick-Up

Dates: April 6th, 7th & 8th

Location: Landscape Garden Centers (NOTE
NEW ADDRESS: 47238 271st Street, 57108

If you are attending the conference on April 9th you can pick up your tulips at that time.



April

SF Parkinson's Awareness Conference

Date: April 9th

Location: Hilton Garden Inn (*south location*)

Time: 8 am – 3 pm

Fee: Free (*registration is required as we will have limited seating*)

****You can visit the SDPF website at www.southdakotaparkinson.org to register and to view the event agenda or call 605.323.9779!****

May

Step Big Walk for Parkinson's: Registration Opens!

Date: May 1st

Register: www.southdakotaparkinson.org
(under the EVENTS tab)

Save the Date: Saturday, August 13th at Pasley Park in Sioux Falls!

June/July

Step Big Team Captain Kick-Off Event

Date: June 23rd

Location: Active Generations, SF

Stay tuned for more details.

Parkinson's Annual Picnic

Date: July 20th

Location: TBD

Stay tuned for more details.

Community Support Groups

Aberdeen

2nd Thursday
1:30 pm
Parkside Retirement

Brookings

1st Thursday
1:30 pm
First Bank & Trust

Canton

3rd Tuesday
3:00 pm
Sanford Canton/Inwood

Huron

4th Wednesday
1:30 pm
HRMC Legacy Plaza

Luverne

1st Thursday
2:00 pm
Poplar Creek Care Center

Madison

2nd Sunday
3:00 pm
**Call for location*

Mitchell

3rd Monday
2:00 pm
Avera Queen of Peace

Pierre

2nd Wednesday
12:00 pm
Countryside Hospice

Rapid City

2nd Saturday/1:00 pm
4th Monday/3:00 pm
SDSU Building

Sioux Falls

3rd Wednesday
1:00 pm
Edith Sanford Cancer Center

Sioux Falls

Tues/Thurs
2:30 pm
Avera Therapy

Sioux Falls

2nd Thursday
2:00 pm
Active Generations

SF Women's

2nd Thursday
1:15 pm
First Presbyterian

Vermillion

1st Wednesday (on hold)
11:30 am
Sanford Vermillion

Viborg

3rd Wednesday
2:00 pm
Pioneer Memorial Hospital

Watertown

2nd Wednesday
2:00 pm
Edgewood Healthcare

Please contact your area support group facilitator each month for current meeting information. You can find a list of facilitators and phone numbers on the SDPF website at www.southdakotaparkinson.org.

LSVT BIG & LOUD

Want to learn more about LSVT BIG & LOUD? LSVT BIG trains people with Parkinson disease (PD) to use their body more normally. LSVT LOUD is an effective speech treatment for people with Parkinson's disease (PD) and other neurological conditions. 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:

Avera Therapy
200 E Havens Ave
605.995.6373

RAPID CITY, SD:

RC Regional Rehabilitation
2908 5th Street
605.755.1408

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

BERESFORD, SD:

Bethesda Nursing Home
606 W Cedar Street
605.760.5066

CUSTER, SD:

Custer Regional Hospital
Montgomery Street
605.673.2 229

LUVERNE, 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 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:

Prairie Rehab
5150 E 57th 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

For more information on locations and services please visit the SDPF website at www.southdakotaparkinson.org or by calling 605.323.9779. Additional locations may be available in your local area.

Great Bear Ski Valley Races

A heartfelt thank you to Great Bear Ski Valley for their generous donation to the South Dakota Parkinson Foundation of \$1,465 during the 2022 Snirt Fest held on Sunday, March 13th.

The event was a huge success with races that included both skiing and snowboarding for all ages. It was a beautiful day with a large crowd that came out to enjoy a fun day of friendly competition.



SDPF Financial Assistance Program

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

Grants are available monthly and applications must be completed and returned to the foundation by the 1st of each month. All applications are kept confidential while being reviewed and applicants will be notified by the foundation. 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 started in 2021 and we are excited to renew again for 2022.

In 2021/2022 grants were awarded for the following:

| | | |
|------------------------------------|---|-----------------------------|
| \$250 for home improvements | \$250 for house cleaning services | \$240 for PD voice therapy |
| \$500 for Rock Steady Boxing in SF | \$250 for Rock Steady Boxing in Watertown | \$195 for PD exercise class |
| \$250 for Support Group supplies | \$250 for PD 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."

"This grant has allowed me to continue exercising which helps manage my PD symptoms."

A Caregiver "Cornerman" Through Life's Journey

Steve Nord, PWP



About 6 years ago I was diagnosed with Parkinson's. My wife almost immediately took the bull by the horns and was very proactive and got us involved with the Parkinson's Foundation here in SD. We began going to monthly Parkinson's support group meetings through Sanford. One of the first meetings we attended was a presentation about Rock Steady Boxing. I was already working out faithfully many times a week so was hesitant to get involved. However, with the encouragement of Julie and the harassment of Coach Lisa I took the plunge and joined the group. It has been a great experience for me and keeps me active and gives me yet another support group. Julie is my "cornerman" for this exercise class, helping keep me safe when I'm challenging my balance and other exercises that are a challenge for me because of my bad ankles.

A "fundraiser" by trade – she used these skills to help Rock Steady Boxing as well as the SD Parkinson Foundation. A few summers ago she held a rummage sale for RSB to help the program buy new equipment. She also organized the fundraiser "Boxing News & Brews Fundraiser" at Monks Brewery which raised funds for both Rock Steady and the SD Parkinson Foundation. She helped secure the location, helped secure silent auction items and also assisted the night of the event.

She also was very successful helping raise money for the Step Big Walk fundraiser first with the RSB team and most recently she started a new team, "Steve's Squad" that raised over \$4,200. It's been amazing to see her use her talents and initiative to help others affected by Parkinson's. She is now a member of the Board of Directors for the SD Parkinson Foundation and is on the fundraising committee helping to make a difference.

She always maintains positive thinking when I'm down in the dumps and helps bring me up with her moral support. When I'm struggling with the little things in my daily life such as getting my socks on she's right there to help out. She is always by my side and I don't know what I would do without her. From helping me with my socks to going with me to doctor appointments and so much more, I am so lucky to have someone so positive and supportive as I navigate this journey with Parkinson's. I do not know what my future holds but I do know with her by my side I'll be able to face the future and any obstacles that come my way."

PD News: Nordic Walking Can Help in Gaining More Efficient Gait

By Marisa Wexler, November 30, 2021



Because people with Parkinson’s disease tend to take shorter steps and move more slowly, they get less of a “pendulum-like” effect helping their movements, which makes their gait less efficient and ultimately uses more energy, a small study suggests.

Its findings also indicate that Nordic walking — walking with the use of poles, similar to ski poles — can help Parkinson’s patients maintain a more energy-efficient gait.

The study, “Biomechanical responses of Nordic walking in people with Parkinson’s disease,” was published in the *Scandinavian Journal of Medicine & Science in Sports*.

A team of scientists in Brazil conducted detailed gait analyses of people with Parkinson’s walking at different speeds, with or without Nordic walking poles.

According to the researchers, Nordic walking “seems to be an effective, accessible, and safe strategy” to help patients with walking difficulties. However, relatively little is understood about the mechanics of how walking with poles might be beneficial.

Their analysis included 11 Parkinson’s patients, six men and five women, with an average age of 65.6 and relatively mild symptoms. For comparison, the study also included nine similarly aged adults without Parkinson’s. Analyses showed that the Parkinson’s patients took markedly shorter steps, both while Nordic walking and while free walking.

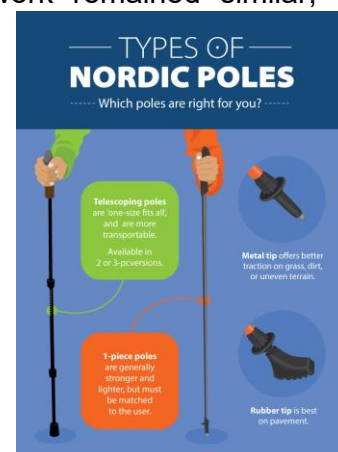
Additionally, when Nordic walking was compared to free walking, “the pendulum-like energy recovery was increased in the Parkinson group ... while external mechanical work remained similar,” the researchers reported.

When you walk, the repetitive movements of your steps create a back-and-forth momentum, similar to a pendulum, which helps to decrease the amount of energy needed for walking. Put another way, it’s more energy-efficient to walk 10 steps consecutively, than to take 10 steps stopping with each step, because your momentum helps propel you along.

In essence, the researchers found that the different gait patterns in Parkinson’s patients makes their steps less efficient, and Nordic walking helps to correct this by increasing that “pendulum-like” momentum.

“Collectively, our study indicated that the greater metabolic cost of Parkinson’s in FW [free walking] is, at least partially, explained by the impaired pendulum-like energy recovery due to the slow speed commonly used by the people with Parkinson’s disease,” the scientists concluded.

Nordic walking “can be a compelling strategy for rehabilitation because of its potential for improving functional mobility, increasing pendulum-like mechanism in Parkinson’s disease,” they added



<https://parkinsonsnewstoday.com/2021/11/30/nordic-walking-aids-more-efficient-gait-parkinsons-study/>

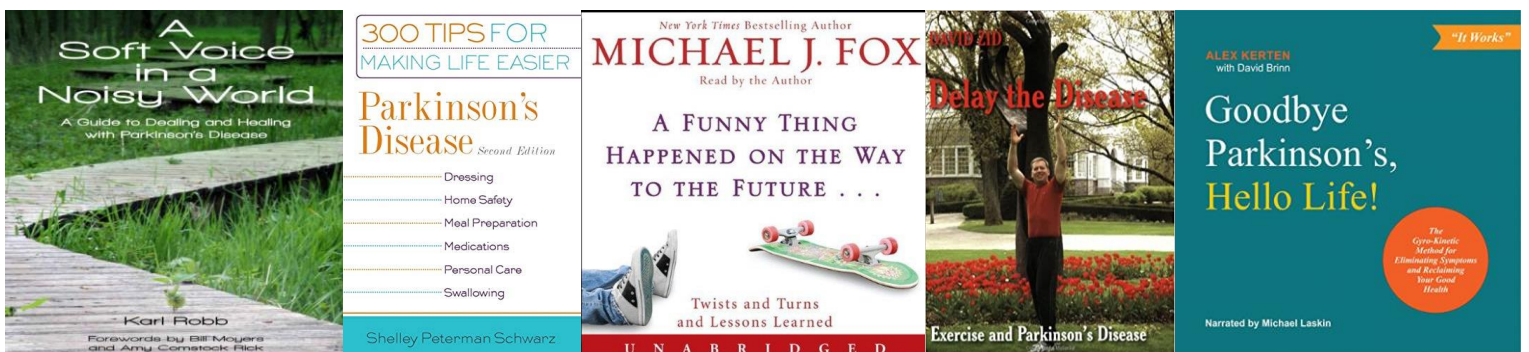
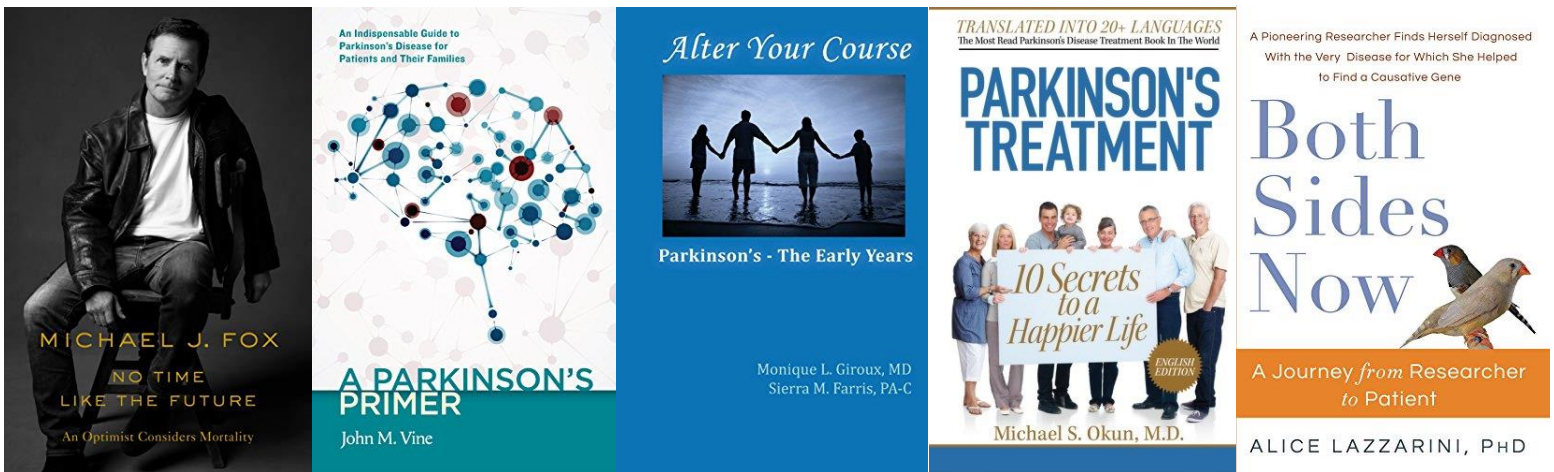
Top Recommended Parkinson's Related Books

Whether you're facing a Parkinson's diagnosis or you are a caregiver to someone living with the disease, education and community are key. Having a better understanding of the disease and what people living with Parkinson's go through on a daily basis is a crucial first step in lending useful support. The South Dakota Parkinson Foundation (SDPF) has a lending library with an abundance of both educational and motivational reading resources to help guide you through your journey. The following list of books is a perfect resource for those directly affected by the disease or even just those curious who want to learn more about it.

- ❖ **No Time Like the Future: An Optimist Considers Mortality**
- ❖ **Parkinson's Treatment: 10 Secrets to a Happier Life**
- ❖ **Both Sides Now: A Journey from Researcher to Patient**
- ❖ **Parkinson's Disease: 300 Tips for Making Life Easier**
- ❖ **A Funny Thing Happened on the Way to the Future: Twists and Turns and Lessons Learned**
- ❖ **A Soft Voice in a Noisy World: A Guide to Dealing and Healing with Parkinson's Disease**
- ❖ **Alter Your Course: Parkinson's – The Early Years**
- ❖ **Delay the Disease – Exercise and Parkinson's Disease**

For additional resources or to find a copy of one of the books mentioned above please contact the SDPF office at 605.323.9779 or at info@sdparkinson.org. All copies can also be found on Amazon.

We would also love to hear your thoughts on any PD related book whether educational, inspirational or just plain entertaining. You can submit a review for an upcoming SDPF newsletter issue at any time.



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.

5 Simple Mindfulness Practices for Daily Life

1. Mindful Wakeup: Start with a Purpose
2. Mindful Eating: Enjoy Every Mouthful
3. Mindful Pause: Rewire Your Brain
4. Mindful Workout: Activate Your Mind & Your Muscles
5. Mindful Driving: Drive Yourself Calm, Not Crazy

*"Simple practices will breathe space
into your daily routines!"*

