People, Plants & Parkinson’s: How One Man Is Making an Impact!

The saying goes: Choose a job you love and you will never have to work another day in your life! After 35 years in the landscape business Paul DeJong is a primary example of this way of life and he’s not about to let Parkinson’s get in the way of his true passion for growing plants and helping customers find beauty in all different types of greenery.

Paul started working at Landscape Garden Centers in Sioux Falls, SD when he was just 22 years old. He eventually went from employee to co-owner and is now looking forward to his retirement years in the near future. He has found that he not only loves plants and creating breathtaking outdoor living spaces, but he also loves the people he meets year after year. He says it’s those relationships that he has grown to love the most and what keeps him motivated and so dedicated to his career.

Through the years Paul experienced chronic pain and in more recent years he started having balance issues along with more pronounced tremors and changes in his sleep patterns. It wasn’t until June of 2017 that Paul received a diagnosis of Parkinson’s disease. His first reaction was to keep his diagnosis private because he had this sense of shame in thinking it was his fault and something he did. He struggled working through the initial shock and once he was able to do that he found it extremely liberating to share his story and let people in on his personal Parkinson’s journey.

When asked what he felt was the biggest misconception of Parkinson’s Paul had this to say, “Parkinson’s disease is not a death sentence! So many people tend to think your life is over and you won’t be able to do anything, but that is so far from the truth. You can have quality of life if you just learn to take it day by day.”

Paul also stressed the importance of having a support system and said his family remains his #1 and has been there every step of the way. He has a lot of self-pride as both a husband and father and is learning to ask for help when needed, but it continues to be an everyday challenge. He also finds support through the Avera Therapy team and commented on working with Stephanie Myers and how impressed he was with how much she truly cares about the individuals she works with…“All the staff there are beyond supportive. They take great pride in their work and show such dedication to each and every individual they meet.”

Paul resides in Sioux Falls with his wife, Lisa and together they have three beautiful children: Tyler (26), Alex (21), and Madison (15).
Step Big Walk for Parkinson’s: Team Townsend

How do I start a team and reach my fundraising goals? Fundraising can be intimidating and overwhelming and finding ways to be creative and fun can prove to be a challenge. We strive to make the Step Big Walk for Parkinson’s not just a fundraiser, but an event where we can gather together as family, friends and coworkers to support those affected by the disease.

At the SD Parkinson’s Foundation we want to help you build your team and reach your fundraising goals so we asked Ray Townsend, one of our top fundraisers, to offer some insight and advice on how he has become so successful throughout the past few years. Here’s what Ray had to say...

How do you share your story & the importance of the Parkinson Foundation with others?
Email tends to be my communication method of choice *(that’s the IT nerd thing coming through)*.

In terms of the walk, I try to send multiple emails prior to the walk - to provide multiple opportunities to say yes! I also send at least one, usually two, follow-up emails after the walk. I try to keep all of them short and to the point *(people are busy)*.

I send the first email inviting them to join Team Townsend about six weeks before the event. I thank them for their past financial and/or moral support. I include information about the walk and remind people that 100% of their donation is used to help local SD families impacted by Parkinson's. I also usually include some brief but interesting facts about Parkinson's. And, since these are all people I have a personal connection with, I will include an update of my status if the email isn't getting too long. I'll then send a reminder email about two weeks before the event and a final reminder a few days before the event.

About a week or two after the event I send a thank you to all donors and walkers. In my opinion this email is the most important one! There are a lot of worthy causes in need of financial support and volunteer help to pick from. The fact that these folks chose to join Team Townsend and support the SD Parkinson Foundation means a lot to me. I include a reminder to those that have company matching to please do what is required to make the match happen.

Who do you recruit for your team?
I stick to people I have a personal connection with. Mostly that’s family, friends, and former coworkers.

How do you set your team fundraising goal?
I simply look at what we raised last year, adjust it for inflation and add a small percentage.

What materials do you provide your team for fundraising?
Nothing, other than keeping them informed. Last year I did offer that if we met our goal my wife would make cookies for all Team Townsend members that came to the walk. *(It would have been a better move if I'd asked her first, but when she found out about it she just smiled and shook her head and then came through with the goods!)*

What is your favorite part about the walk?
Making new connections...connections with team members; connections with other individuals impacted by Parkinson's disease; connections to information on treatment and support options; connections with care providers such as Avera Therapy & Rock Steady Boxing and the SD Parkinson Foundation.
Step Big Walk Incentives!

Who doesn’t like a little friendly competition? We have big goals to reach for this year’s walk and we need your help...help in spreading the word, creating teams, and fundraising efforts!

The South Dakota Parkinson Foundation wants to provide as much support & encouragement to you these next couple months so here are some fun incentives to keep you and your team motivated.

#1 The FIRST team to raise $2,500 will win a Sports themed basket!

#2 The FIRST participant to raise $1,000 (as an individual) will win a Step Big Basket!

#3 The FIRST team to register 10 members and raise $500 will win a Movie Night Basket! (will be presented to the Team Captain)

#4 If your team holds a fundraiser we want to see it...post a picture on the Step Big Walk Facebook page and you will win a Step Big tumbler and gift card! (will be presented to the Team Captain)

***Remember to LIKE & FOLLOW the Step Big Walk Facebook page to stay current with walk updates.***

Director’s Message

Janey Case, Executive Director

Summer is here and August is fast approaching and I’ve been receiving emails and phone calls inquiring about the upcoming Step Big Walk registration/donation process. It’s exciting to know that so many have marked the date on their calendars and have started forming walk teams and setting team fundraising goals! So I wanted to give you a brief overview of the changes that have been made and how to get started. I hope you will find the walk website easy to navigate and helpful in preparing for this annual event. Together we can make this the best year yet!

The Step Big Walk will be on Saturday, August 25th at the Canaries Baseball Stadium and to register online you have three options:

1. Register as an individual
2. Create a team
3. Join a team

To Register Online Follow These Steps:

Step #1: Go to www.southdakotaparkinson.org

Step #2: Click on the EVENTS tab and scroll down to WALK EVENT

Step #3: Click on your registration preference tab

Step #5: Fill out all the contact information and then go to complete the process by paying the registration fee ($25 per person/12 years & under are free)

Additional Step Big Walk Website Updates:

- You can now add all team/family members under one registration as long as you all use the same address
- You can add all children under one registration
- You can pay the registration fee for everybody at once instead of one at a time
- You can add a personal donation in addition to your registration fee during the final payment process
- Letter templates have been added...simply copy/paste in an email and send to all your friends/family to help you reach your goal

We look forward to having you join us for a fun day supporting friends and families touched by Parkinson’s disease!
From the Pharmacist: Revaccination with Shingrix

Kylie Moret, PharmD Candidate 2019
Jane R. Mort, PharmD

Shingles, herpes zoster, is a painful condition that results from the reactivation of varicella-zoster virus and affects roughly 200,000 patients per year in the United States.1 Symptoms of shingles consist of itching, burning, and tingling associated with a blistering linear rash, which can result in acute and chronic pain. The chronic pain of shingles is called postherpetic neuralgia (PHN) and there is an increase in severity, incidence and duration with increasing age.1

In 2006, Zostavax, was approved for the prevention of shingles.2 Zostavax is a one-time dose and is a live vaccine that was FDA approved for individuals 50 years and older but was only recommended by the CDC for adults over 60 years of age due to decreased efficacy in preventing shingles with increasing age.2,3 In long-term efficacy studies, the vaccine was found to have a 69.8% efficacy in preventing against shingles.1

Recently, a new shingles vaccine has been approved with greater efficacy in preventing the disease and long lasting PHN.4 Shingrix is a recombinant zoster vaccine that is a two dose series separated by 2 – 6 months.4 Shingrix has shown high rates of efficacy in preventing shingles (97% effective in 50 – 69 year olds and 91% in 70+ year olds) and PHN (91% in 50 – 69 year olds and 89% in 70+ year olds).4 It is common to have mild temporary adverse effects including pain, redness and swelling at injection site, fever, headache, nausea, and upset stomach.4

Due to the increased efficacy of Shingrix compared to Zostavax, it is recommended by the CDC that patients receive the new vaccine even if they were already vaccinated with Zostavax or have had shingles in the past.4 Shingrix was recently on backorder due to the manufacture unable to keep up with the high demand for the vaccine; however, vaccines have begun to be distributed again. Shingrix is available through your primary care provider or pharmacist.

If you do not have prescription coverage for Shingrix, the manufacture GlaxoSmithKline (GSK) has an assistance program with details on their website www.gskforyou.com.5 Application for the assistance program must be completed through your healthcare provider, who also needs to be registered with the program.5

References:
Edgewood Prairie Crossings: Caregivers Support Group

Support, Share & Learn!

Are you...

- Caring for someone with memory loss, chronic illness or disability?
- Dealing with behavior that is challenging or frustrating?
- Feeling depressed, anxious, or stressed?

You don’t have to do it alone! Caring for a loved one with memory loss, chronic illness or disability is challenging and often overwhelming. Our complimentary support group is for caregivers and family with those suffering from any memory loss, chronic illness or disability. We can assist caregivers with strategies to help you learn more about the disease and stress relief techniques.

Family caregivers are welcome to bring their loved ones while they attend the support group. A light supper will be provided by Edgewood Prairie Crossings.

Date: 1st Monday of every month
Location: Edgewood Prairie Crossings
Time: 5:30 pm – 6:30 pm
RSVP: 605.275.7681

SD Parkinson’s Awareness Conference: Recap

This year, the annual SD Parkinson's Awareness Conference convened April 21st at the Sioux Falls Hilton Garden Inn with just over 150 attendees. There was entertainment, enlightenment and encouragement supplemented by the opportunity to interact with peers from across the state and surrounding areas, as well as, to interface with agencies and organizations offering services specific to the needs of those dealing with Parkinson’s disease.

The day was filled with presentations by Rose Wichmann and Rick VandenDolder with Struthers Parkinson’s Center, Dr. Mara Seier with the University of Nebraska Medical Center, Bobbie Jo Leggett with Active Generations, Tami Briggs with Musical Reflections, Lisa Howard with Rock Steady Boxing, and Gary Pauley, advocate for DBS. The SD Parkinson’s Awareness Conference ended the day with a wonderful Parkinson’s Panel of four individuals who shared their stories and answered a variety of audience questions.

SDPF would like to extend a very sincere thank you to all attendees & exhibitors who provided the purpose for this event, to the sponsors who made this event possible and to the volunteers who made everything come together!
Thank You to All Our Donors
April 1st – June 30th, 2018

Gifts to the South Dakota Parkinson Foundation support the quarterly newsletter, news updates, content-rich website, patient education programs, and the annual SD Parkinson’s Awareness Conference. Thank you to all who support the SDPF mission by giving generously throughout the year.

At the time of the gift, the donor receives a letter for their records and SDPF sends a special acknowledgement letter to the honoree or family upon request. The listing below represents gifts received from April 1st, 2018 through June 30th, 2018. 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 the next newsletter.

IN MEMORY OF

John Landon
Rhonda & Dick Baker

Lynwood Ellens
Meldon & Linda Kroeger

Dean Rinerson
Julie Block

Judy Johnson
Marcia Kittelson

Danette Mischou-Kulhaug
Mae Kroeger
Cheryl & Jerald Alexander

IN HONOR OF

Lil Stauffacher
Carol Flynn

CHAPTER GIFTS:
The SD Parkinson Foundation would like to sincerely thank the following organizations for their generous donations through the following fundraisers:

Grand Living at Lake Lorraine presented a $600 donation from their musical performance night: An Evening on Broadway.

Rock Steady Boxing at The Inn on Westport presented a $160 donation from their fundraiser: Painting for Parkinson’s.

Sunnycrest Retirement Village presented a $455 donation from their monthly donates to a cause fundraiser.

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.
## Calendar of Events

### July

**Parkinson’s Annual Picnic**  
**Date:** Wednesday, July 18\textsuperscript{th}  
**Location:** The Inn on Westport  
**Time:** 1:00 pm – 2:30 pm  

**Date:** Wednesday, July 25\textsuperscript{th}  
**Location:** Edith Cancer Center  
**Time:** 6:30 pm – 8:00 pm  

***To RSVP please call 605.271.6113***  
All are welcome to attend!!!

### August

**Step Big Walk for Parkinson’s**  
**Date:** Saturday, August 25\textsuperscript{th}  
**Location:** SF Canaries Baseball Stadium  
**Time:** 9 am Registration *(enter through main gates)*  
10 am Walk Begins!  
**Fee:** $25 Per Person *(12 & under free)*  
***Registration fee includes a Step Big participant t-shirt***  

***To register please go to SDPF website***  
www.southdakotaparkinson.org

**Hy-Vee Operation Helpful Smile**  
**Dates:** August 22\textsuperscript{nd} – 28\textsuperscript{th}  
**Location:** All 7 Sioux Falls Hy-Vee Stores  

*Donation boxes placed at the check stands of all Sioux Falls Hy-Vee Stores collect customer contributions for each week’s chosen organization. Hy-Vee, with the help of our program sponsors, matches these customer contributions up to $1,000 each week. The better each group promotes, spreads the word, and encourages customer contributions, the greater the donation the organization will receive.*

### September

**Living Well with PD Weekend Retreat**  
**Dates:** September 28\textsuperscript{th} – 30\textsuperscript{th}  
**Location:** Abbey of the Hills Retreat Center, Milbank, SD

**Struthers Parkinson’s Center PD Support Group Facilitator Conference**  
**Dates:** September 28\textsuperscript{th} & 29\textsuperscript{th}  
**Location:** Struthers Parkinson’s Center  

Questions regarding conference registration, expenses and reservations please call the toll free number at 1.888.993.5495

### Community Support Groups

<table>
<thead>
<tr>
<th>Location</th>
<th>2\textsuperscript{nd} Thursday</th>
<th>1:30 pm</th>
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<tbody>
<tr>
<td>Aberdeen</td>
<td>Parkside Retirement</td>
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<td>Luverne</td>
<td>St. John Lutheran Church</td>
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<tr>
<td>Sioux Falls</td>
<td>Edith Sanford Cancer Center</td>
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<td>Sioux Falls</td>
<td>Avera Therapy</td>
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<td>Yankton</td>
<td>Professional Office Pavilion</td>
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<td>Brookings</td>
<td>1\textsuperscript{st} Thursday</td>
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<td>Madison</td>
<td>3\textsuperscript{rd} Wednesday</td>
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<td>Sioux Falls</td>
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<td>Vermillion</td>
<td>1\textsuperscript{st} Wednesday</td>
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<td>Canton</td>
<td>2\textsuperscript{nd} Wednesday</td>
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<td>Mitchell</td>
<td>3\textsuperscript{rd} Monday</td>
<td>2:00 pm</td>
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<tr>
<td>Sioux Falls</td>
<td>2\textsuperscript{nd} Tuesday</td>
<td>2:30 pm</td>
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<tr>
<td>Viborg</td>
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<td>Dakota Park</td>
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<td>Huron</td>
<td>4\textsuperscript{th} Wednesday</td>
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<td>Rapid City</td>
<td>2\textsuperscript{nd} Saturday</td>
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<td>Sioux Falls</td>
<td>Tues/Thurs</td>
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<tr>
<td>Watertown</td>
<td>2\textsuperscript{nd} Wednesday</td>
<td>2:00 pm</td>
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**Note:**  
Aberdeen: Parkside Retirement  
Brookings: First Bank & Trust  
Canton: Sanford Canton/Inwood  
Mitchell: Avera Queen of Peace  
Sioux Falls: Edith Sanford Cancer Center  
Sioux Falls: Avera Therapy  
Sioux Falls: Avera Therapy  
Sioux Falls: Avera Therapy  
Sioux Falls: Avera Therapy  
Sioux Falls: Avera Therapy  
Sioux Falls: Avera Therapy  
Sioux Falls: Avera Therapy  
Yankton: Professional Office Pavilion
Reducing Fall Risk in Your Home

Sara Kaltenbach, OT
Avera Therapy

Falls can have a devastating impact on overall health and wellness, particularly in Parkinson’s disease. According to Cochrane Review (2015), 60% of persons with Parkinson’s disease fall each year. This rate is double that of the general aging population over the age of 65. Falls can lead to serious injury, hospitalization, nursing home placement and even death. Preventing and reducing fall risk is essential to staying healthy and remaining in your home as long as possible.

Falls can be caused by many factors and are often an interaction of the following influences: personal factors including illness, strength and balance capabilities, medications and fear of falling; environmental factors including hazards in the home and the use of adaptive devices; and activity-based factors, such as when the demands of an activity exceed the person’s abilities. While some overestimate their abilities and take too many risks, others have a fear of falling and avoid activities, leading to weakness and decreased balance. (AOTA, 2018)

TIPS FOR HOME SAFETY AND FALL PREVENTION:

- Maintain clear walking pathways by removing clutter
- Be cautious with pets underfoot and consider removing or tacking down floor rugs
- Use adequate lighting by utilizing nightlights or lamps at bedside and in the bathroom
- Do not use towel bars or unsteady surfaces for support – consider installing grab bars in the shower and by the toilet
- If you get dizzy or feel unsafe in the shower, purchase a shower chair
- Ensure that you have a non-skid surface in the tub or shower base. Use a non-slip shower mat to step onto when getting out of the shower to avoid a wet/slippery floor
- Never stand on a chair to get something you can’t reach. Ask for help or use a sturdy step stool with a hand rail
- Maintain your balance and strength by regularly exercising and visiting your physical therapist (PT) annually for check-ups
- Schedule an in-home safety assessment performed by an occupational therapist (OT) for specific tips and recommendations to reduce fall risks and improve safety in your home

Call Avera Therapy at 605-322-5150 for more information about how physical therapy and/or occupational therapy can reduce your fall risk.
Hope in This Corner with Rock Steady Boxing at The Inn on Westport

Rock Steady Boxing enables individuals with Parkinson’s disease 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.

Rock Steady Boxing at The Inn on Westport celebrated its first Anniversary at the end of April. The program continues to grow and now boasts over 40 boxers in 4 different classes. Rock Steady Boxers range from their early 40’s to age 86. The program is looking to add another morning class for new boxers in early fall.

Every six months boxers are re-evaluated in several areas and the outcomes have been very positive. From the 20 plus boxers re-evaluated all have increased their balance scores. Walking speeds have increased by 3-7 seconds and leg strength has increased by up to 4 points in all but two boxers.

Assessments are done to place boxers in the appropriate class.
For more information contact:
Lisa Howard
Rock Steady Boxing Director and Coach
(605) 362-1210 or lisa.howard@innonwestport.org

Living Well with Parkinson’s: New Approaches

2nd Annual Retreat
Abbey of the Hills near Milbank, SD
September 28-30, 2018

KEYNOTE SPEAKERS:

- **Andrew Ridder, MD** graduated from University of South Dakota’s School of Medicine and University of Michigan
- Dr. Ridder is a movement disorder specialist and will join AMG Neurology at Avera McKennan in August 2018.

- **Dawn Flickema, MD** draws from 16 years of experience as a board-certified family medicine provider.
- Dr. Flickema is the recipient of the Patient’s Choice Award and instrumental in the development of Avera’s Integrative Medicine Program.

Registration opens June 15th – September 14th, 2018.
Please call 605.322.5150 for more information.
Summer Travel Tips
Tony Mau, SDPF Board President

Summers are often the ideal time for family caregivers to take their senior loved ones on vacation, to reunions or on group outings with family and friends. Travel can be physically and emotionally stressful at any age, so planning ahead will help ensure older adults stay safe and comfortable on the trip.

“Many seniors eagerly look forward to summer traveling, but also can feel overwhelmed and nervous about getting to their destination and enjoying their stay,” explains Tony Mau, owner of Right at Home in Sioux Falls. “With a few pre-trip action steps, older adults can relax and enjoy their time away without incident.”

Mau recommends the following summer travel tips to assist senior adults whether driving, flying, taking a train or riding a bus.

- **About a month before traveling be sure the senior consults with his/her doctor** to discuss any special health needs, refill prescriptions to last through the trip and update any necessary vaccinations. If the older adult has a chronic medical condition, ask the doctor to write an overview of the loved one’s medical history and provide medication instructions in case of emergency treatment away from home.

- **Know your elderly loved one’s physical limitations.** Make sure the senior gets plenty of rest before and during travel. In the excitement of the journey, it’s easy to overdo and pack in too many activities each day. Take frequent breaks.

- **Make use of travel resources.** When purchasing tickets or detailing an itinerary for the trip, plan ahead for accommodations and any dietary, mobility or medical needs. Even if your older loved one does not usually require mobility assistance, walking longer distances in airports or train or bus terminals can quickly exhaust seniors. Also, check whether restrooms are easily accessible and consider aisle seats for easier maneuverability. Contact airlines, rental car companies and hotels about your senior’s special needs and allowing assistive medical equipment including oxygen tanks.

- **Pack for the worst-case scenario.** Keep all of the senior’s prescription medications with you at all times. It may be tempting to carry only the pills your loved one will need for traveling and to store the rest in a checked bag, but travel delays or scheduling issues are common.

- **Ensure the senior carries essentials.** During the journey to your destination and when traveling about each day, be sure the older adult keeps a bag with the following handy: water bottle, medications, snacks, sunglasses, sunscreen, sweater/jacket and proper identification.

- **Verify phone numbers** with relatives and friends, and update emergency contact information in your cellphone, in case you need to reach relatives.

- **Dress for comfort.** In warmer weather, be sure the senior wears lightweight clothing in light colors to reduce overheating. Loose, comfortable clothing is best for traveling seniors to help with optimal circulation. If the elderly loved one is at risk for blood clots when sitting for long periods, ask if his/her doctor recommends wearing compression stockings while traveling.

- **Avoid direct sun and too much heat.** Seniors are particularly vulnerable to heat stroke and heat exhaustion. Be sure your older loved one stays hydrated and wears sunscreen and a hat.

- **Visit tourist sites, public places and restaurants during non-peak times.** Crowded, noisy surroundings can be difficult for seniors’ hearing and mobility.

- **Let travel apps guide you.** The plethora of travel apps for smartphones can point out directions, keep track of trip expenses, and provide weather information and much more.

When planning a trip, include your loved one in the planning from the beginning so he/she can communicate personal needs and travel interests and feels included. If your senior may need more assistance than you will be able to provide, consider hiring a caregiver to travel with you. Senior care companies like Right at Home, [www.RAHSESD.com](http://www.RAHSESD.com) can offer senior care travel services.
**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

**BERESFORD, SD:**
Bethesda Nursing Home
606 W Cedar Street
605.760.5066

**CANTON, SD:**
Sanford Canton/Inwood
400 N Hiawatha Drive
605.764.1480

**CUSTER, SD:**
Custer Regional Hospital
Montgomery Street
605.673.2229

**HURON, SD:**
Huron Regional Medical Center
172 4th Street SE
605.352.6253

**HURON, SD:**
Amera St. Luke’s Hospital
305 S State Street
605.622.5772

**LUVERNE, MN:**
Prairie Rehabilitation
106. N Cedar Street
507.449.2003

**MILLER, SD:**
Amera Hand County Hospital
300 W 5th Street
605.853.0350

**MITCHELL, SD:**
Integrated Therapy Services
501 W Havens
605.753.5400

**PARKER, SD:**
Amera Hand County Hospital
300 W 5th Street
605.853.0350

**PARKER, SD:**
Integrated Therapy Services
501 W Havens
605.753.5400

**RAPID CITY, SD:**
RC Regional Rehabilitation Institute
2908 5th Street
605.755.1408

**SIOUX FALLS, SD:**
Sanford Vermillion
120 S Plum
605.677.3590

**SIOUX FALLS, SD:**
Amera Outpatient Therapy
1325 S Cliff Avenue
605.322.5150

**WATERTOWN, SD:**
Big Stone Therapies, Inc
Eight 5th Street SE
605.995.6044

**WATERTOWN, SD:**
Jenkins Living Center
215 S Maple Street
605.886.5777

**YANKTON, SD:**
Amera Sacred Heart Hospital
501 Summit
605.668.8268

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**Petals for Parkinson’s**

April was designated as Parkinson’s Awareness Month and throughout the month we joined together to positively create a better understanding of Parkinson’s disease 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 partnered with Landscape Garden Centers and organized a new fundraiser called Petals for Parkinson’s. Using the worldwide symbol for Parkinson’s (the tulip) Landscape Garden Centers created beautiful tulip arrangements and the SD Parkinson Foundation sold these arrangements throughout local and surrounding communities as a way to raise awareness while spreading springtime cheer.

The 2018 Petals for Parkinson’s was a huge success with 200 tulip arrangements sold. Proceeds from this fundraiser go directly to the South Dakota Parkinson Foundation to help support programs and services across the state.

A special thank you to Lil Stauffacher for coming up with the initial idea for this fundraiser and then to Paul DeJong and Betty Tarrell with Landscape Garden Centers for helping bring the concept to life! And thank you to all of you that participated in this fundraiser. We hope you enjoyed your tulips!

We were thrilled with the overall response and we have big plans for Petals for Parkinson’s 2019 so stay tuned!
Recipe For: Parkinson's Annual Picnic
From the kitchen of: the South Dakota Parkinson Foundation and the Sanford Parkinson Support Groups

Ingredients:
- support group members
- SDPF community
- family
- friends
- valet parking
- catered lunch, no charge
- Memorial Service
- Friend Award

Mix all thoroughly on Wednesday, July 18, 2018, 1:00 - 2:30 pm at The Inn on Westport (4000 S Westport Ave, Sioux Falls, SD). Bake with the warmth of community for an afternoon of fun.

RSVP: info@southdakotaparkinson.org or 605-271-6113.

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.