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A Beautiful Day to Walk



Saturday, August 24th marked yet another successful Step Big Walk for Parkinson's at the Canaries Baseball Stadium. A slight change was made this year in that the walk began one hour earlier at 9 am. Although the early hours of the morning were cool, walk participants were able to enjoy temperatures in the mid 60's with the sun shining when doors opened at 8 am.

Over 350 walk participants came out for the event which included a variety of exhibitors, a kids' area, team photos and a light breakfast after the walk. This year, fundraising efforts brought in over \$37K. Donations that were pledged before, during and after the walk remain local within the state of South Dakota and to support the South Dakota Parkinson Foundation in its continued efforts to improve the quality of life for those touched by Parkinson's disease through awareness, outreach and education. The walk also included 20 different teams, as well as individual walkers coming out to support family members, friends and coworkers touched by Parkinson's. When you walked through the main gates participants had the opportunity to visit with different exhibitor booths who came out to provide Parkinson's care information and resources, focusing on areas of medication, exercise, therapy, homecare, hospice, and care facilities.

Coming down from all the excitement after this year's walk, discussion for next year has started and if you've heard of recent conversations that the baseball stadium might be under construction, there's definitely no need to worry about the Step Big Walk event. It will go on rain or shine and at another location if needed. Stay tuned for updated information regarding the 2020 walk by following our website: www.southdakotaparkinson.org.

Lastly, the volunteer walk planning committee put in maximum efforts to see that this year's walk was a success. Becca Anderson, Melissa Beek and Kayla Horst were the forefront of this committee and are one of the main reasons for its outcome. Thank you to this amazing group and a BIG THANK YOU to everyone who donated and all our wonderful volunteers. We are very grateful for you and your continued support.

THANK YOU TO OUR 2019 WALK SPONSORS:

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From the Doctor: Focused Ultrasound for Treatment of Parkinson's Disease Tremor

Eugenio Matos, MD

Director of the Parkinson's Center,
Sanford Clinic Neurology



Resting tremor is one of the cardinal symptoms of Parkinson's disease (PD) as well as one of the most resistant to satisfactory medical control. Deep Brain Stimulation (DBS) is very effective with good tremor suppression.

Drawbacks are invasiveness and potential complication including infection, cerebral hemorrhage, stroke, seizures and others. The MRI guided focused ultrasound for the treatment of tremor was approved by the FDA in 2016. It consists in application of focused ultrasound waves to a discrete area in the basal ganglia to cause a thermal lesion in the same general area and target of the DBS. Advantages include non-invasiveness, no programming necessary and no battery replacement.

This procedure however, is at this time performed only in few centers. Patient's selection criteria includes the diagnosis of idiopathic Parkinson's disease, severe resting tremor, akinesia, resistance to pharmacological treatment including carbidopa-levodopa for at least one year, no dementia and a strongly diminished quality of life.

The MRI guided focused ultrasound is a welcome addition to the treatment of Parkinson's tremor and eventually may become the non-pharmacological treatment of choice for this treatment resistant and debilitating symptoms.

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DHS: Caregiver Support Program

Have you heard that the South Dakota Department of Human Services (DHS) has a Caregiver Support Program?

The following information is provided by the DHS website: www.dhs.sd.gov.

Today, individuals and their caregivers face complicated choices and decisions about long-term care. Families are the major provider of long-term care, but research has shown that caregiving exacts a heavy emotional, physical and financial toll. Caregiver Services are key supports that assist caregivers to care for their loved ones at home for as long as possible. The South Dakota Caregiver Program is supported in part a result of The National Family Caregiver Support Program, created in 2000 through an amendment to the Older Americans Act.

As of the 2016 Reauthorization of the Older Americans Act, the following specific populations of family caregivers are eligible to receive services:

- *Adult family members or other informal caregivers age 18 and older providing care to individuals 60 years of age and older;*
- *Adult family members or other informal caregivers age 18 and older providing care to individuals of any age with Alzheimer's disease and related disorders;*
- *Grandparents and other relatives (not parents) 55 years of age and older providing care to children under the age of 18; and*
- *Grandparents and other relatives, including parents, 55 years of age and older providing care to adults age 18-59 with disabilities.*

Who is a Caregiver?

A caregiver is a family member or another individual who is an informal (unpaid) provider of care to an individual in need of care. There are many reasons why a family member or friend may need help with completing activities of daily living. As a caregiver you help care for a family member or friend who has a chronic health condition, or an individual who is physically disabled or has Alzheimer's or a related condition.

To find out if you or someone you know qualifies for Caregiver services or if you want more information about long term services and supports, call Dakota at Home: 1-833-663-9673. You can also visit the DHS website at: www.dhs.sd.gov.

Boxing, Brews & News: A Benefit for Those Fighting Parkinson's Disease

Join us October 17th for an evening of beer tasting, appetizers, door prizes, silent auction and a presentation by Monk's owner, Jerry Hauck, on the history of craft beers. Monks House of Ale Repute was the region's 1st craft beer establishment in Sioux Falls. While attending this event you can also hear about South Dakota's 1st Rock Steady Boxing gym for those fighting Parkinson's disease and the way it can help slow down the progression of the disease. We will also have resources from the SD Parkinson Foundation available.



Date: Thursday, October 17th
Location: Monks House of Ale Repute
(420 E. 8th Street, Sioux Falls)
Time: 6:00 pm – 9:00 pm
Tickets: \$20 per person
(A portion of the proceeds go to support both the Rock Steady Boxing program and SDPF)

To purchase tickets or for additional information please contact Lisa Howard with Rock Steady Boxing at 605.362.1210 or Janey Case with SDPF at 605.271.6113.

2019 Parkinson's Annual Picnic

Family and friends of the South Dakota Parkinson Foundation (SDPF) and Sanford Parkinson's Support Groups gathered together on July 17th for the Parkinson's Annual Summer Picnic. Hosted by The Inn on Westport, guests were greeted by staff members as well as SDPF board members. Following a warm welcome from Sanford's support group co-facilitators, Lori Jones & Jaclyn Schaap, a delicious picnic style meal was prepared and served.

To make sure it remained a special surprise the picnic kicked off with the presentation of the 2019 Friend Award. With great honor and joy, we presented this year's award to Lori Jones, a deserving individual who has been dedicated to the SDPF mission for countless years, is known, trusted and loved by so many in the Parkinson's community and Sanford healthcare system, and is notorious for always greeting you with a warm smile and encouraging words. The SDPF Friend Award is intended to recognize and celebrate the gifts this individual shares within our foundation and Lori Jones embodies everything this award represents.

As part of the Memorial Service, a Litany of Remembrance was led by Pastor Cindy Hoy with special music by Cherie Ortman, during which candles were lit in remembrance of members and friends who had died this past year. Friends and family representatives were honored with a beautiful red rose.



Lori with her husband & 2 daughters



Lori with past and present SDPF board members & staff



Lori with Sanford staff members

RSB Changing Lives One Punch at a Time

Lisa Howard, *RSB Program Director*

Rock Steady Boxing at The Inn on Westport has been holding classes since April 2017 and has made a great impact on those “fighting” back!”

The program which started with two classes now offers five classes for our boxers:

- Monday/ Wednesday/ Friday (Level 1 -2) 10:00 am
- Monday/ Tuesday/ Thursday (Level 1-2-3) 2:30 pm
- Monday / Tuesday/ Thursday (Level 1-2) 5:00 pm
- Tuesday / Thursday (Level 3-4) 10:00 am
- Tuesday/Thursday (Level 3 -4) 12:45 pm

The classes use the focused movements of boxing to help improve the coordination, strength and balance of person's with Parkinson's disease. Workouts are designed for people of all ages, both male and female with varying abilities and include an extensive stretching workout, boxing, agility, strength, core and balance work. The Inn on Westport's program has fighters as young as 40 up to 85. Many of the boxers who have been involved since the beginning are seeing amazing improvements in their balance, energy level and rigidity.

My friends think I am a miracle since having DBS and RSB – the positive comments are an incentive to continue working hard to maintain and increase in gait and mobility – Barb D.

“Dr Butoni (UNL) thought I was doing great – my evaluation was better than 5 years ago.” Roger V.

Rock Steady Boxing assesses all boxers to place them in an appropriate class. We encourage interested individuals to come and observe a class and check out the program in action.



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



How to Identify & Prevent the Risk of Falls

Join us on Tuesday, October 15th as Avera therapists discuss how to identify and prevent the risk of falls.

This event will be led by Avera therapists Stephanie Myers, PT, DPT, GCS, NCS and Dawn Williams, PT, DPT, CEEAA who will:

- Discuss the impact of falls on older adults
- Go over the factors that increase fall risk
- Assess individual fall risk factors using the CDC STEADI *Stay Independent* Brochure and through a quick screen
- Provide resources available in the community to prevent falls
- Identify when it is appropriate to access physical therapy services in relation to balance and falls issues

This free event will be held in the Prairie Center atrium (1000 E. 23rd St.) at 6:00 p.m. For more information please call 605.322.5150.



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 ≥ 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. This is why a new flu shot needs to be developed every year. Researchers have to 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/flu/season/flu-season-2019-2020.htm>

Director's Message

Janey Case, *Executive Director*

Fall...it is by far one of my favorite seasons however, I find that I don't always enjoy the fall months because I'm always dreading what's to come...in this case, winter which is undoubtedly my least favorite season. Lately, in my life circumstances I am realizing that I need to stop and enjoy more of being in the moment...the today...the now...not tomorrow or the next week or the next month. I sometimes worry so much about what is to come and what the future is "supposed" to look like for me that I miss everything that is happening right now in the moment and I don't enjoy things as much as I know I could be. The focus needs to be more about appreciating what we have right in front of us and doing the best we can in each day...I am reminded of this daily.

Come January I will be entering into my 9th year here at the SDPF and I couldn't be more proud of our foundation and our mission, to improve the quality of life for those living with Parkinson's disease. Our focus is in the day-to-day living and supporting families through their Parkinson's journey. If anybody understands the reality of not knowing what the future holds and living in the moment it's anybody that has been touched by Parkinson's disease. Every day is different...you have your good days and you have your bad days and if we spent all our time and energy on trying to fix something for the future or dwelling on the bad days we would miss out on those good days. It's hard, there's no doubt about it...to constantly have to pick yourself back up and to be able to focus on the good without letting the bad take over. It's something I am dealing with as well and let's just say I'm a work in progress.

One thing I have found that has helped me focus on the good that is right in front of me is taking a few minutes each day to fill out my Grace Journal. It's a friendly reminder to stay in the moment and just take things one day at a time. Here are the questions in my journal presented to me each day:

- ❖ *Today I will take care of myself by...*
- ❖ *Today I will achieve...*
- ❖ *Today I am feeling...*
- ❖ *Today I will give myself grace by...*
- ❖ *Today 5 things I am doing well...*
- ❖ *Today I am grateful for...*

I encourage you to think about each question as it pertains to your personal journey and use it as a reminder that we can't change the outcome of our future, but we can focus on today and the joy it will bring and the special moments we have to hold on to.

Today, I am grateful for all of you!

EXECUTIVE BOARD

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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 a term on the board of directors. Currently, the SDPF board of directors consists of 12 volunteers. SDPF would like to expand the board to consist of both members within the Sioux Falls area and outside communities across the state of South Dakota.

If you would like more information about becoming a board member please contact the SDPF office at 605.271.6113.

Thank You to All Our Donors

July 1st – September 30th, 2019

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

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

IN MEMORY OF

Marilyn Bertsch

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Larry Price

Nancy Koehler

Cathy Schatz

Mark & Bina Krebsbach
Ray & Rose Hall



Volunteer & Internship Opportunities

The South Dakota Parkinson Foundation (SDPF) is searching for college students seeking out a 2020 spring/summer internship focusing on nonprofit work, fundraising, social work, healthcare, health & wellness, and/or business management. The focus of this internship would be to assist in coordinating events in the upcoming fiscal year including, but not limited to, the Step Big Walk for Parkinson's event, Petals for Parkinson's and the SD Parkinson's Awareness Conference.

SDPF is also looking for volunteers to help with basic office projects throughout the year. Our hope is to set up a day and time once a month where volunteers can come to the SDPF office and work on a specific project that needs to be done...anything from preparing bulk mailings to organizing packets to creating posters and signs for the walk event.

If you know of somebody that may be interested in either opportunity or you would just like more information please contact the SDPF office at 605.271.6113.

Calendar of Events

October

How to Identify & Prevent the Risk of Falls Educational Event

Date: Tuesday, October 15th

Location: The Prairie Center (atrium)

Time: 6:00 pm Contact: 605.322.5150

Boxing, Brews & News Benefit for PD

Date: Tuesday, October 17th

Location: Monk's House of Ale

Time: 6:00 pm – 9:00 pm

Fee: \$20 per person

Contact: 605.362.1210

November

Sanford Health Ministry Conference - Resilience: Blessed are the Flexible for they Shall Not Break

Dates: Friday, November 1st

Location: Sanford Center

Time: 8:15 am – 4:00 pm

Contact: karla.cazar@sanfordhealth.org

November

Called to Care Conference

Dates: Saturday, November 9th

Location: Our Savior's Lutheran Church, SF

Time: 9:00 am – 1:00 pm

Fee: Free

Audience: Aimed at family members who are caring for a loved one with dementia, Parkinson's, or any other chronic illness

Contact: Carmen at 605.333.3319

November

Caregiver Celebration Night

Date: Thursday, November 14th

Location: Active Generations, Sioux Falls

Time: 6:00 pm – 8:00 pm

Fee: Free (RSVP is required...35 max capacity)

****Please RSVP by November 7th!****

Note: Respite care is available if needed with two options (DayBreak or Falls Café).

To register please call Carmen at 605.333.3319

Community Support Groups

Aberdeen

2nd Thursday

1:30 pm

Parkside Retirement

Brookings

1st Thursday

1:30 pm

First Bank & Trust

Canton

2nd Wednesday

3:00 pm

Sanford Canton/Inwood

Huron

4th Wednesday

1:30 pm

HRMC Legacy Plaza

Luverne

3rd Thursday

1:00 pm

St. John Lutheran Church

Madison

2nd Thursday

7:00 pm

St. John Lutheran Church

Mitchell

3rd Monday

2:00 pm

Avera Queen of Peace

Rapid City

2nd Saturday

1:00 pm

WestHills Village

Sioux Falls

3rd Wednesday

1:00 pm

Edith Sanford Cancer Center

Sioux Falls

4th Wednesday

6:30 pm

Edith Sanford Cancer Center

Sioux Falls

Tues/Thurs

2:30 pm

Avera Therapy

Sioux Falls

2nd Thursday (Women)

9:30 am

Avera Therapy Clinic

Sioux Falls

3rd Thursday

3:00 pm

Touchmark At All Saints

Sioux Falls

1st Monday

5:30 pm

Edgewood Prairie Crossings

Vermillion

1st Wednesday

11:30 am

Sanford Vermillion

Viborg

2nd Tuesday

2:00 pm

Pioneer Memorial

Watertown

2nd Wednesday

2:00 pm

Edgewood Senior Living

Yankton

2nd Tuesday

6:00 pm

Professional Office Pavillion

****To view the SDPF newsletter online please visit the website: www.southdakotaparkinson.org****

What is Lewy Body Dementia?

*The Michael J. Fox Foundation
FOXFEED BLOG*

Posted by: Rachel Dolhun, MD, October 1, 2018

Lewy body dementia is a progressive brain disease that causes changes in memory, thinking, movement and behavior. Memory and thinking changes typically involve difficulties planning, making decisions and understanding visual information (seeing and interpreting where objects are in space). Movement problems -- tremor, slowness, stiffness, and walking/balance problems -- are similar to those in Parkinson's disease. People with LBD may experience visual hallucinations (seeing things that aren't there); fluctuations in attention and alertness; and changes in behavior, personality and mood (depression or anxiety). Acting out dreams (REM sleep behavior disorder) also is a common symptom. Lewy body dementia is a progressive disease, meaning it gradually worsens over time.

How are Lewy body dementia and Parkinson's disease related?

Lewy body dementia often is used as an umbrella term for two related conditions: Parkinson's disease dementia and dementia with Lewy bodies. These diseases share symptoms and brain changes (clumps of abnormal alpha-synuclein protein in clusters called Lewy bodies)

Lewy body dementia and Parkinson's disease (PD) are both progressive diseases involving loss of brain cells and abnormal alpha-synuclein protein clusters called Lewy bodies. LBD and PD also share symptoms, including movement problems (tremor, slowness, stiffness, and walking/balance problems) and, for some people with Parkinson's, memory and thinking changes.

In PD, memory and thinking changes, ranging from mild to significant, can occur at any time in the disease. Not everyone develops memory/thinking changes or dementia. But if dementia does occur, it's typically in later stages, after living with the disease for many years, often decades. In some people with Parkinson's, dementia can come with hallucinations and behavior changes as well. In these ways, the symptoms of Parkinson's disease dementia are similar to LBD and the main difference is in timing. In Lewy body dementia, memory and thinking changes typically come on early in the disease, at the same time or within a year of the movement symptoms.

To read the full article please visit MJF website at:

<https://www.michaeljfox.org/foundation/newsdetail.php?ask-the-md-what-is-lewy-body-dementia>

Advice for Caregivers

Jo Landis, RN
Sanford Neurology



As a caregiver for a loved one living with Parkinson's disease you have many responsibilities. At times you may feel overwhelmed, but your role is important. The following are some caregiver coping tips.

- Learn about Parkinson's disease and the treatments that are available. You can better care for your loved one if you have an understanding of the disease and how it affects individuals differently.
- Whenever possible attend doctor appointments. Write down and ask questions regarding the disease, medications used, side effects and plan of care.
- Give yourself a break. Taking time outside of your caregiving role for yourself is vital for your overall health. You should try and maintain your own interests. Activities can include reading a book, taking a walk, eating out with friends or starting a hobby. All of these things can help you relieve stress.
- Get involved with your local Parkinson's foundation. They may have programs specifically for caregivers. It's a great place to start friendships and share advice.
- Over time you may find you are taking on more responsibilities. Don't try and do it all alone. Accept help from family and friends when you need it. There are a number of organizations in the community such as Meals on Wheels, Adult Daycare, or in-home services. Your doctor's office can help you find the right services to fit your needs.

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LSVT BIG & LOUD

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

[ABERDEEN, SD:](#)

Avera St. Luke's Hospital

305 S State Street
605.622.5772

[CANTON, SD:](#)

Sanford Canton/Inwood

400 N Hiawatha Drive
605.764.1480

[HURON, SD:](#)

Huron Regional Medical Center

172 4th Street SE
605.352.6253

[MITCHELL, SD:](#)

Integrated Therapy Services

501 W Havens
605.753.5400

[RAPID CITY, SD:](#)

RC Regional Rehabilitation Institute

2908 5th Street
605.755.1408

[VIBORG, SD:](#)

Pioneer Outpatient Center

315 N Washington Street
605.760.5066

[YANKTON, SD:](#)

Avera Sacred Heart Hospital

501 Summit
605.668.8268

[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

[WATERTOWN, SD:](#)

Big Stone Therapies, Inc.

Eight 5th Street SE
605.995.6044

[BROOKINGS, SD:](#)

Brookings Health Systems

300 22nd Avenue
605.696.8821

[FORT MEADE, SD:](#)

Black Hills VA Healthcare System

113 Comanche Road
605.347.7000

[MILLER, SD:](#)

Avera Hand County Hospital

300 W 5th Street
605.853.0350

[PIERRE, SD:](#)

Avera St. Mary's Hospital

801 E Sioux Avenue
605.224.3162

[SIOUX FALLS, SD:](#)

Sanford Outpatient Center

1210 W 18th Street, LL01
605.328.1860

[WATERTOWN, SD:](#)

Jenkins Living Center

215 S Maple Street
605.886.5777

If you would like to be added to this list please contact the SDPF office.
605.271.6113 or jcase.sdpc@midconetwork.com

Struthers Parkinson's Care Network

Struthers Parkinson's Center wants to prepare your organization to provide quality care for individuals with Parkinson's disease. Through the Struthers Parkinson's Care Network (SPCN) their training is designed to prepare organizations to meet the growing requests from patients, families and organizations serving the Parkinson's community. The SPCN is comprised of senior residential communities and homecare agencies that have made a commitment to improve care and provide support to people living with PD.

Goals of the SPCN are to:

- ❖ Develop an ongoing program of training, education, and care guidelines for professionals and all staff who provide services to persons with Parkinson's disease and their families
- ❖ Build sustainable, collaborative relationships with high quality organizations that are committed to maintaining identified standards of Parkinson's education for all staff
- ❖ Work with facilities to document the impact of program on staff, patient and caregiver satisfaction
- ❖ Increase awareness of SPC resources in program development and ongoing support
- ❖ Share outcomes and provide recognition to facilities that have made a commitment to improve care for clients living with Parkinson's disease and related movement disorders

Currently, there are 4 locations in Sioux Falls (Dow Rummel Village, Touchmark At All Saints, The Inn on Westport, and Active Generations) and 1 in Luverne, MN (Good Samaritan Society) that are all members of the SPCN and we anticipate additional locations following another training opportunity November 5th & 6th, 2019 in Sioux Falls. To learn more about annual SPCN membership benefits please contact the SD Parkinson Foundation at 605.271.6113.



Four Ways Primary Family Caregivers Can Manage Stress

Tony Mau, *SDPF Board President*



First, Dad needed help monitoring his daily medications, and then he needed to be taken to physical therapy twice a week. During the next few months, Dad's health continued to wane and he wrestled with losing his independence.

If you are a primary family caregiver, you understand the tough sacrifices and rewards of helping your elderly loved one maintain their independence. You are alongside them for the activities of daily living such as bathing, dressing and eating. You step in when there are medical and financial decisions to be made. You break the doctor's news, you give the chin-up talks, you listen to the reminiscences of days gone by, and you love and are there without question.

Yet, like millions of other chief family caregivers, your life is expanding in scope and responsibility. If you juggle caregiving with your own family's needs and a career, you sense the intense squeeze of time and commitments all the more. With your loved one's care continually on the front burner, your care needs stay on the backburner. Without realizing it, your efforts to comfort and support your senior may be eroding your own health. Primary family caregivers are more susceptible to high blood pressure, stroke, diabetes and anxiety. Stress from caring for an aging loved one also can increase the likelihood of headaches, disruptive sleep and depression.

"Primary family caregivers deserve a supportive round of applause because they work so tirelessly to serve their senior loved one, often without a break or even a "thank you," said Tony Mau, owner of Right at Home in Sioux Falls. "Our professional at-home caregivers understand the need for family caregivers to reserve time for their own mental, physical and emotional health. I encourage family caregivers, especially the main caregiver, to take care of themselves regularly and not wait until they hit the frazzled and fatigued state."

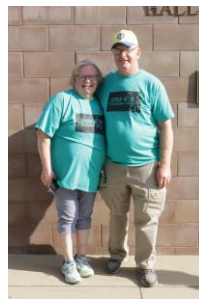
Your aging loved one needs you functioning at your best, so relieving stress is vital to everyone's health to manage day-to-day and long-term priorities. Mau recommends the following stress busters for principal family caregivers:

1. **Refresh your own health.** Exercise at the gym or go for a brisk walk a few times a week. Be sure you maintain good nutrition and sleep habits. Check in with your own doctor on annual exams and ways to support your own optimal health.
2. **Recruit help.** Enlist the support of family members, friends and neighbors who can lend caregiving help. Also, rely on regular respite breaks through the assistance of a professional in-home caregiver. From getting help for a few hours a day to regular overnight care, securing adult home healthcare is a sign of wisdom and strength, not a sign of weakness or inability to care well.
3. **Stay connected.** Keep up your own family connections and friendships. Having a confidant who listens to you is crucial as you navigate the unknowns and challenges of caring for another person. Local or online caregiver support groups are another beneficial way to learn with others about realistic expectations and goals to prevent caregiver burnout.
4. **Continue with your own life.** To maintain balance, it's important to stay active with your own interests, hobbies and social groups. Don't skip the fun events or forgo your normal faith and community activities.

When primary family caregivers learn to relieve stress regularly – before health issues arise – they help safeguard their loved one's care and preserve the relationship with their loved one – one shared meal, one doctor's report and one fond memory at a time.

2019 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!



Please visit the SDPF website to view all the 2019 Step Big Walk for Parkinson's photos:
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.

November 2019: National Caregiver Month!

We are reaching out to all caregivers for those living with Parkinson's disease to come to an event made especially for YOU! Caregiver Month starts November 1st and we want to kick off the month to celebrate all your efforts in your Parkinson's journey as a caregiver. Please come to a fun-filled evening to renew your caregiving spirit with a catered meal, prizes, speaker, and live entertainment!

South Dakota Parkinson's Caregiver Celebration

When: Thursday, November 14th from 6pm-8pm

Where: Active Generations Conference Room
2300 W 46th St, Sioux Falls, SD 57105

Please RSVP by **November 7th** by calling the Carmen at **605.333.3319**

Let us know if you are bringing a guest (*an additional caregiver*). We will have two options for respite care available for your loved one if needed:

- ❖ Option #1: Join Lisa Howard at All Day Café for some food & drinks
- ❖ Option #2: Join the Active Generations DayBreak program for some food & relaxation

Contributions for the community event sponsored by Active Generations, South Dakota Parkinson Foundation, Sanford Neurology Clinic, the Sanford Parkinson's Support Group, Rock Steady Boxing, and Thrivent Financial.

