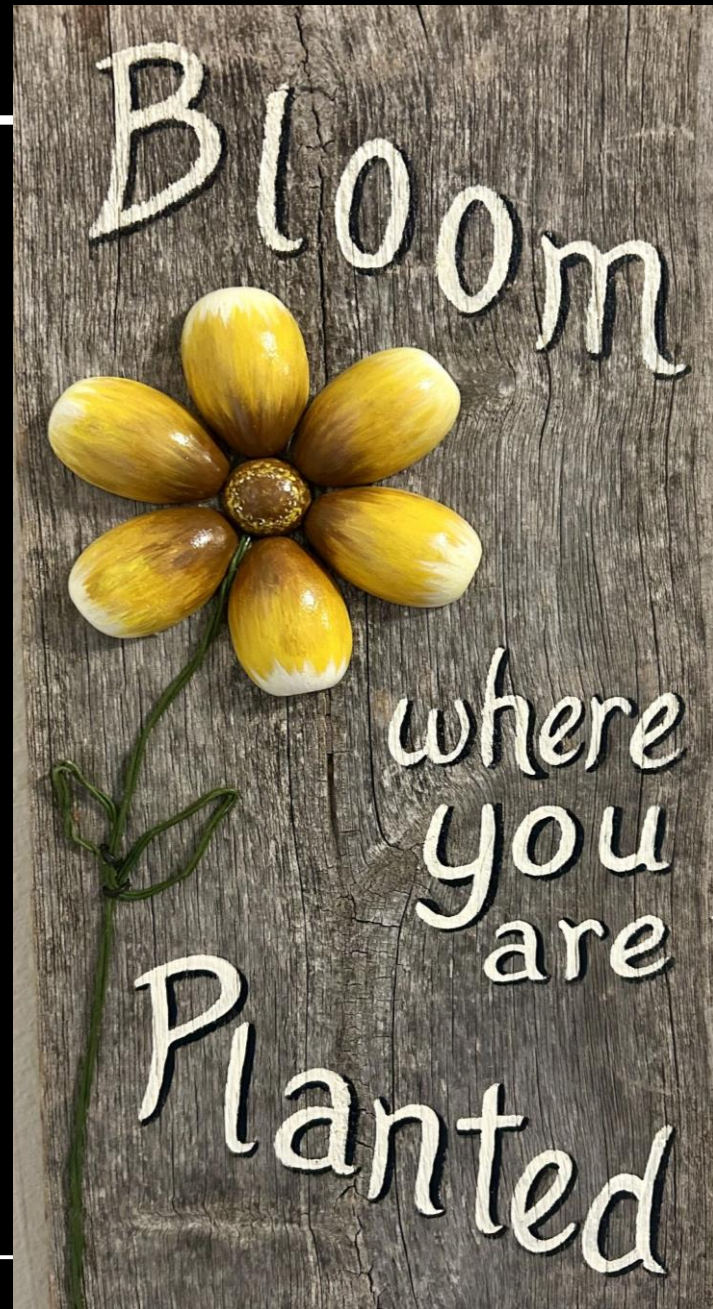

BLOOM WHERE
YOU ARE
PLANTED

PAUL DEJONG

APRIL 26, 2025
SD PD
CONFERENCE

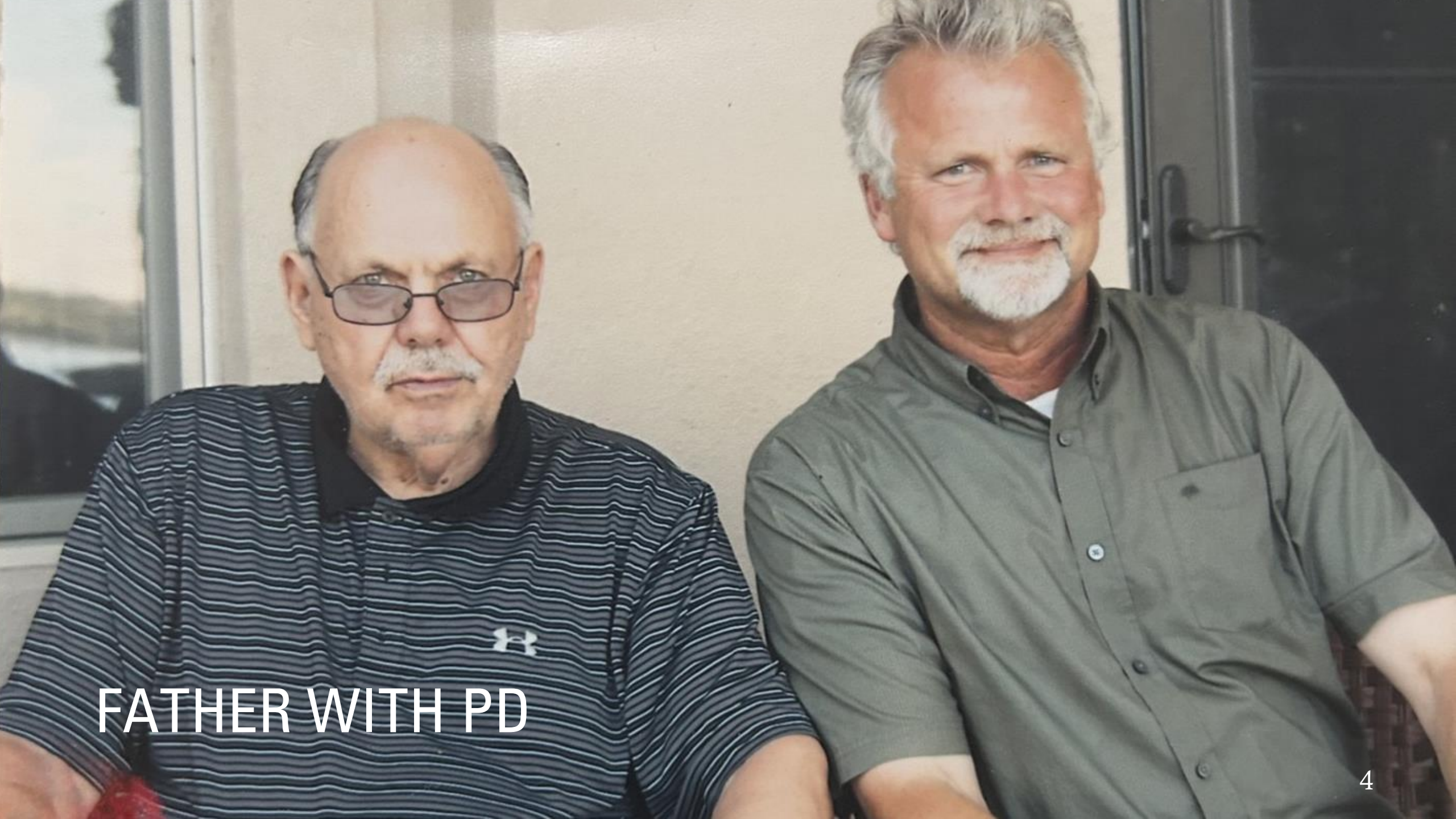




ABOUT MYSELF

- Father had Parkinson's Disease
- Diagnosed 2017
- 3 children

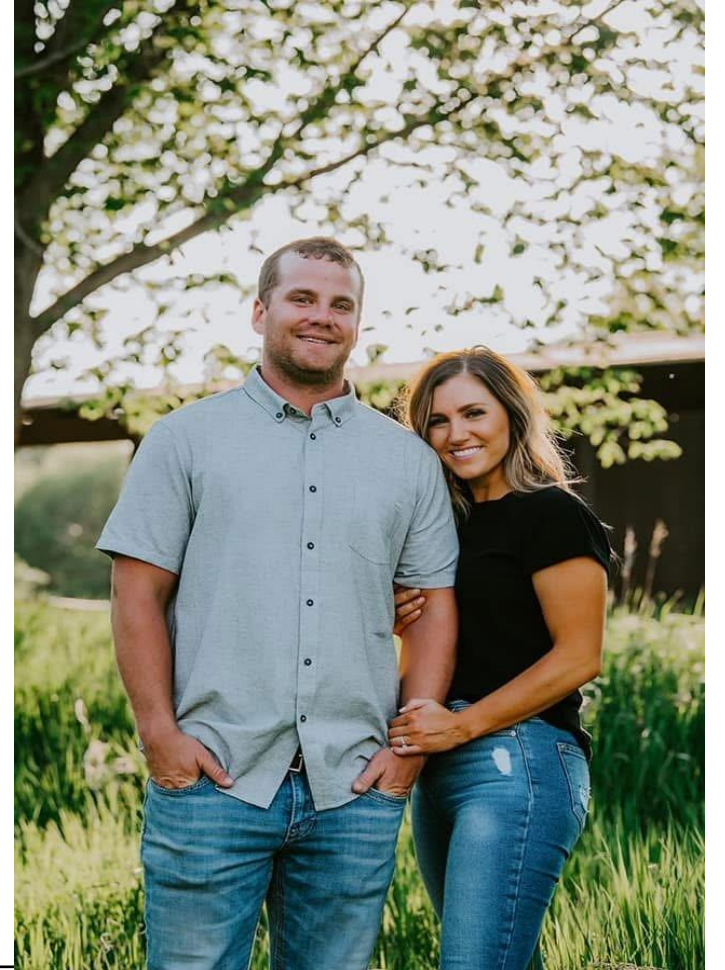
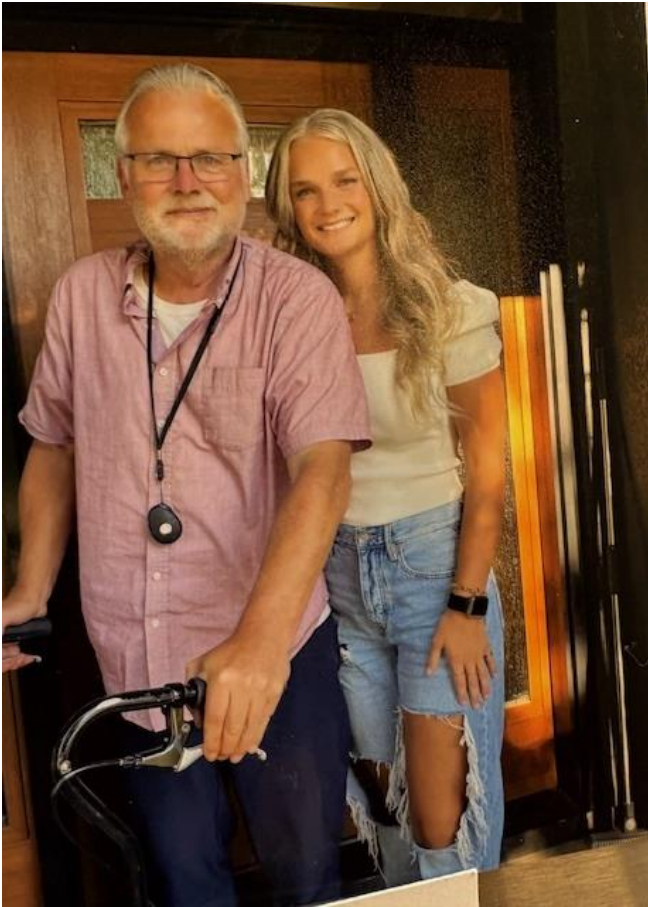
Response-ability is the
ABILITY to choose our
response to any
circumstance or
condition.



FATHER WITH PD

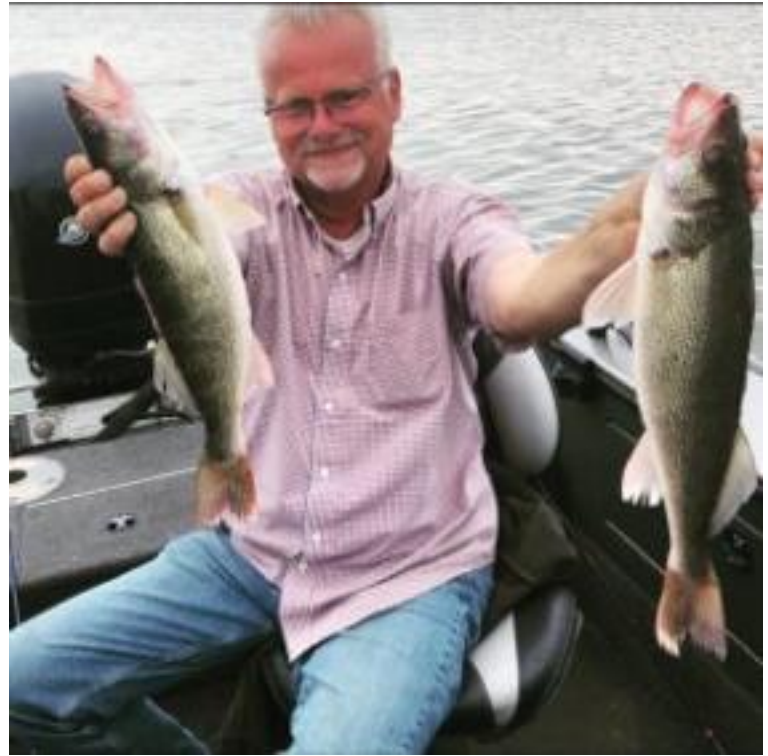


FAMILY ADVENTURES





FAMILY





LANDSCAPE GARDEN CENTER



FRIEND AWARD SD PD FOUNDATION



CAR ACCIDENT





RECLUSE SPIDER BITE



**RETURN FROM
VACATION**

**NECROTIZING
FASCIITIS**

**ICU 2 MONTHS
CHRONIC PAIN**

PARKINSON'S DISEASE JOURNEY

LIFE WITH PARKINSON'S



Initial symptoms

- * Changes in gait and arm swing
- * Hoarse voice
- * Hand symptoms



KEY MOMENTS AND ADJUSTMENTS

- Mayo Clinic 2nd opinion
 - “If you are going to fall, fall forward. Don’t look at things to look back on.”
- Continued working Full-time
- Started physical therapy at diagnosis
- Used a walking stick for work
- Walked 4-5 miles daily

PROGRESSION

Falling more often

Started Occupational
and Speech therapy
and continued with
intermittent PT bouts

Went to Group
Parkinson's classes

Sold shares of
business (due to
safety concerns)

Using u-step walker

Deep depression

Gave up driving

Stroke

Moved to
Independent Living
Facility

EMOTIONS ALONG THE JOURNEY

Acceptance

Fear of the unknown/future

Denial

Hope



God

Family members

Friends

Physical Therapy

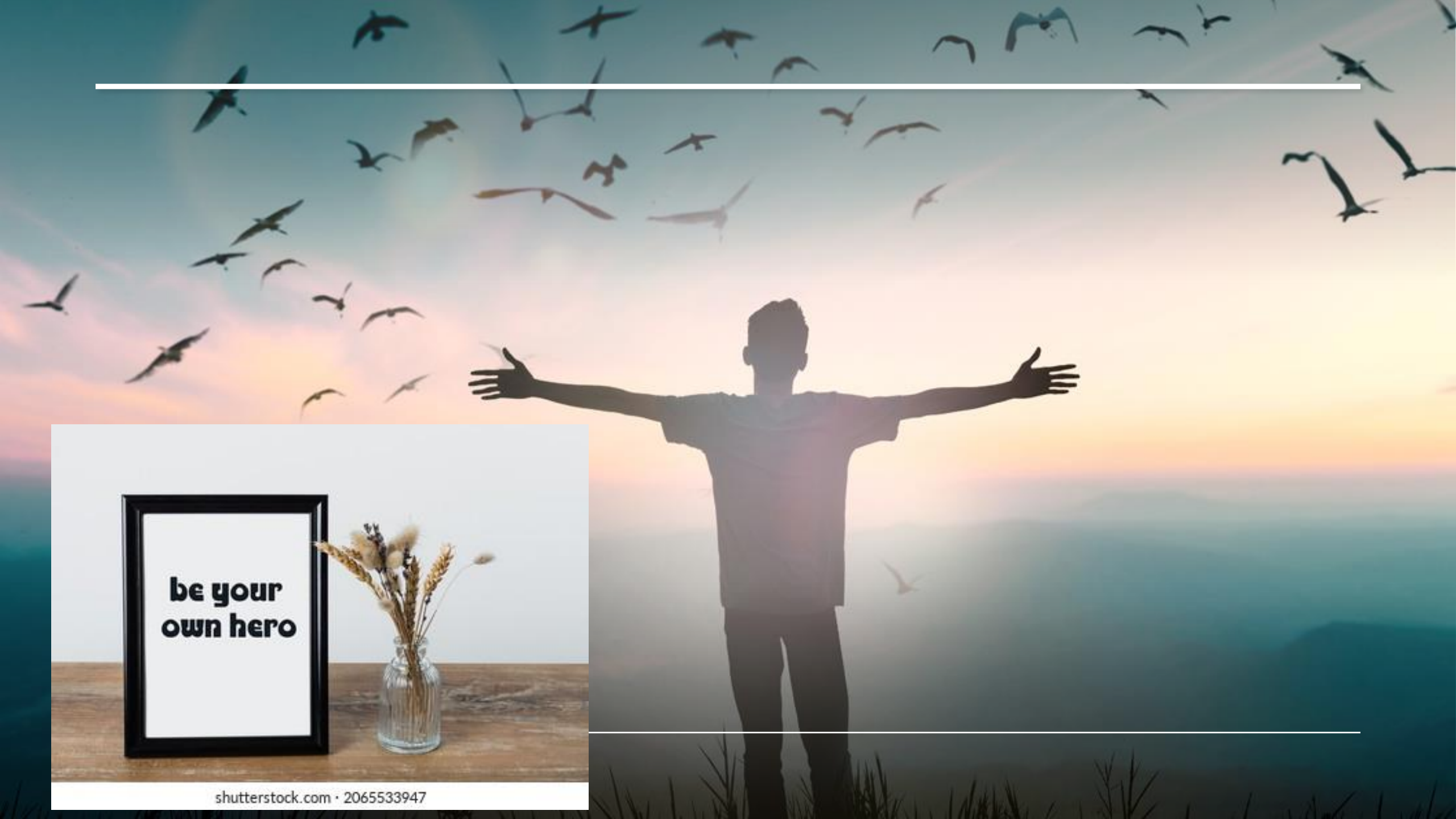
Occupational Therapy

Speech therapy

Counselor

TRAGIC BLESSINGS

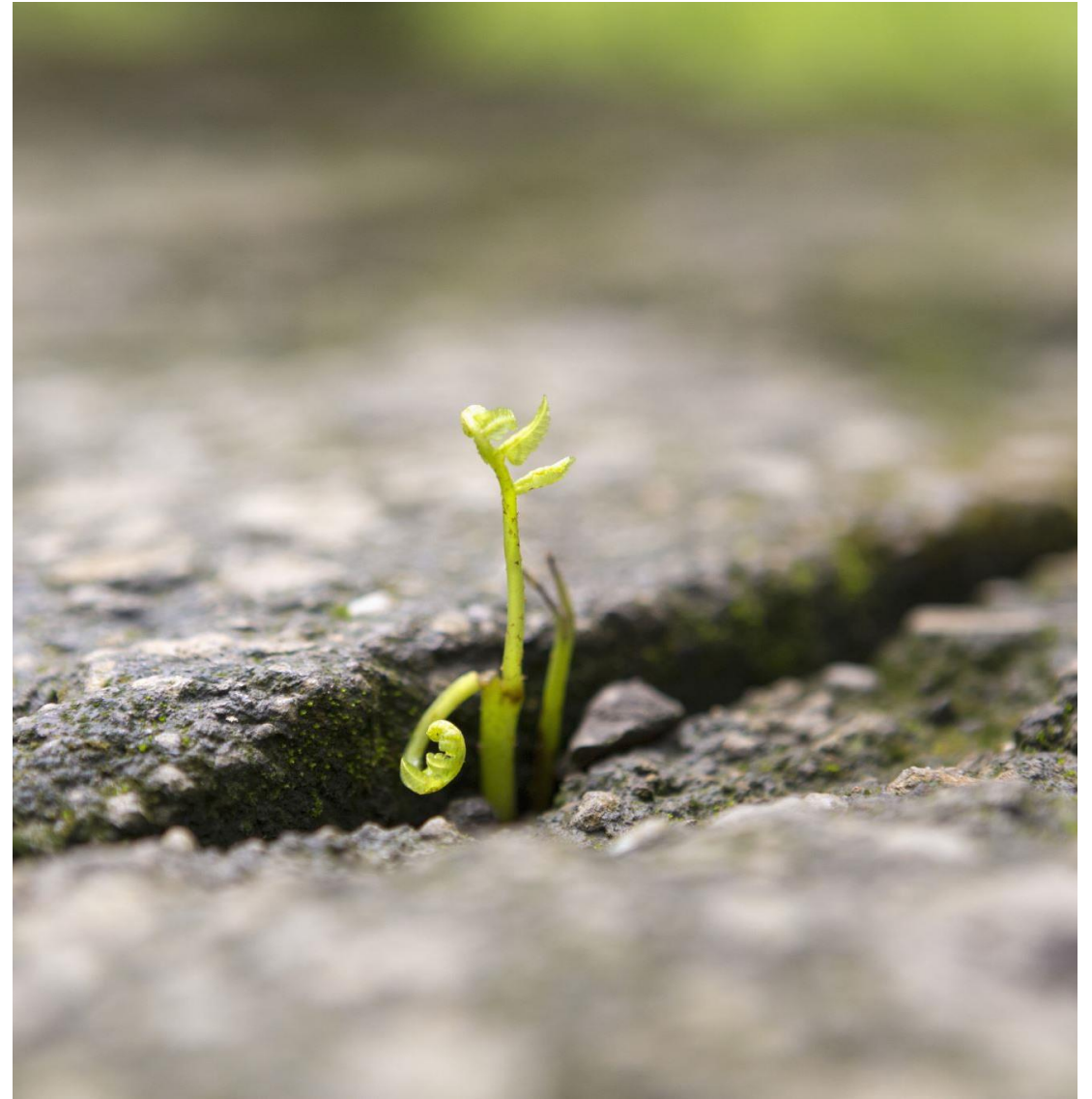






**“STRENGTH DOES
NOT COME FROM
WHAT YOU DO, IT
COMES FROM
OVERCOMING WHAT
YOU THOUGHT YOU
COULD NOT DO”**

**“OUT OF LIFE’S
STRUGGLES
SEEDS BEGIN TO
GROW”**





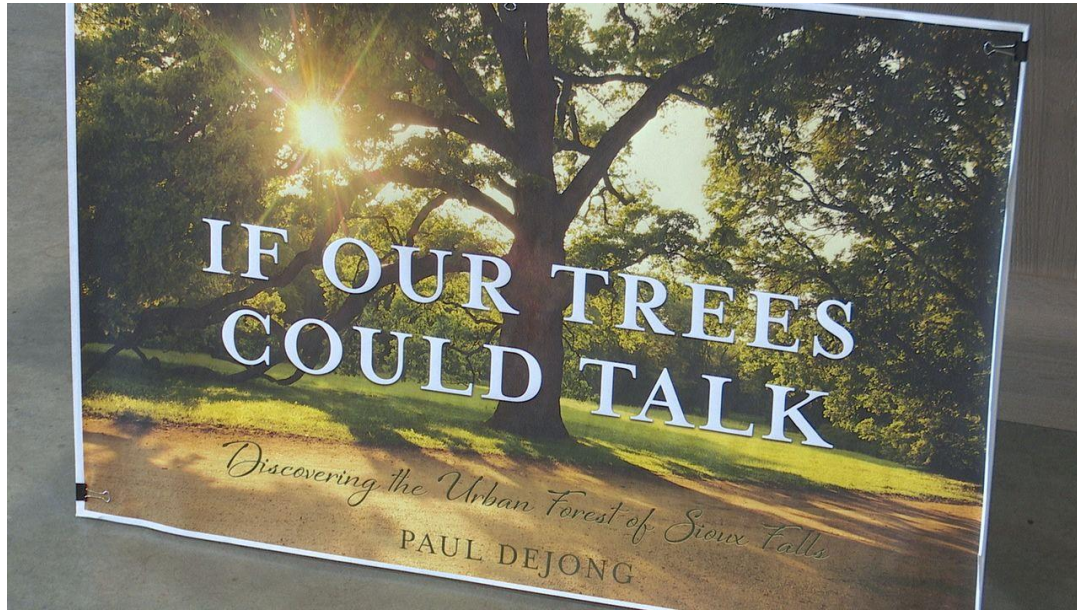
**“DON'T COUNT
YOUR DAYS, MAKE
YOUR DAYS
COUNT”**

Shine a positive
light in spite of
our
circumstances

Inspire others

Choose how to
respond

Choose our own
attitude



IF OUR TREES COULD TALK: DISCOVERING THE URBAN FOREST OF SIOUX FALLS



BLOOM WHERE YOU ARE PLANTED

QUESTIONS

