

TABLE OF CONTENTS

New SDPF Staff
Grants Available

Avera's 5th PD Retreat
3rd Annual RC Conference

Yankton Support Group
Donation to SDPF

The Tremble Clefs

The Tremble Clefs
Continued

SDPF Board Members
Thank You Donors

Thank You Donors

Calendar of Events
Support Groups

Rock Steady Boxing

Thoughts from a Caregiver
New Home for Support
Group

Mark Your Calendars!

The South Dakota Parkinson Foundation is excited to announce a series of events and fundraisers for 2025, starting with their Petals for Parkinson's tulip fundraiser. This beloved annual event will kick off in March, with orders available starting March 1st (via our website, mail or phone). Tulip orders can be picked up at Landscape Garden Centers in Sioux Falls from April 16th-18th, providing a beautiful way for the community to support those living with Parkinson's disease while celebrating spring. All proceeds from the tulip sales will benefit the foundation's mission to improve the lives of individuals affected by Parkinson's in South Dakota.

Another key event for the South Dakota Parkinson Foundation is the Annual Awareness Conference, which will be held on April 26th at the Sioux Falls Convention Center. This event offers an opportunity for individuals, caregivers, and healthcare professionals to come together, learn from experts, and share valuable insights about Parkinson's disease. Registration for the conference will open on February 28th via our website, phone call to the office, or email, so be sure to mark your calendars and secure your spot early for this informative and inspiring day.

The foundation is also preparing for the Sioux Falls Step Big Walk on Saturday, August 2nd at the Jefferson High School track. This walk aims to raise awareness and funds for Parkinson's disease, providing a fun and supportive event for all ages and abilities. More details about registration and additional walks across the state will be shared in the coming months. We will also share more information about our Fall Rapid City Awareness Conference. Stay tuned for further updates on these exciting events and how you can get involved! Thank you for your continued support of the South Dakota Parkinson Foundation!



New Executive Director Joins SDPF



The South Dakota Parkinson Foundation (SDPF) is ushering in an exciting chapter with the appointment of Taryn Sietsema as the new Executive Director. Taryn, who began her role in December, brings over 20 years of non-profit management experience to the organization. Her extensive background in leadership and community engagement will be invaluable as SDPF continues its mission to support those affected by Parkinson's disease across the state. Taryn's passion for helping others is evident in both her professional achievements and her personal connection to the Parkinson's community.

Parkinson's disease is a cause that hits close to home for Taryn, as her husband's grandfather was diagnosed with the disease in his later years. This personal experience has fueled her dedication to the cause, and she is eager to bring her knowledge and compassion to the South Dakota Parkinson Foundation.

Taryn is excited to make a difference for individuals and families living with Parkinson's disease throughout South Dakota, and she looks forward to collaborating with local partners, caregivers, and advocates in this vital work.

Taryn, who is married to her husband Ben, also enjoys spending time with their son Evyn, a senior at the University of Minnesota Carlson School of Business, and their three playful pugs: Zeus, Apollo, and Snoop. She is enthusiastic about her new role and is eager to connect with the South Dakota Parkinson Foundation community. As she settles into her new position, Taryn is committed to raising awareness, offering support, and working to improve the lives of those living with Parkinson's in the state. The SDPF is excited to have her on board and looks forward to the positive impact she will make in the year ahead.

SDPF Financial Assistance Program & Fighters Fund

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

Grants are available monthly and an application must be completed and returned to the foundation by the 1st of each month. All applications are kept confidential while being reviewed and applicants will be notified before the end of the month. Applicants can apply for up to \$250 in assistance towards items and services such as walkers, exercise equipment and gym memberships, transportation assistance to/from doctor appointments and 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 SDPF Financial Assistance Program runs through the end of the fiscal year.

The Fighters Fund was developed to support membership fees for the SF Rock Steady Boxing program. Members can apply for financial assistance to participate in this program. Additional Rock Steady Boxing programs across the state also have the opportunity to start a Fighters Fund for their specific program in their area. To learn more please contact the SDPF office at 605.271.6113 or email at director@southdakotaparkinson.org

Testimonials:

"I am excited to receive a grant to help me attend weekly exercise classes. These help keep me motivated and it's always fun to participate in a group. I am very grateful."

"Thank you SDPF for the grant funding. We travel back and forth to doctor appointments and support group meetings and the expenses always add up quickly. This has helped ease that financial stress."

Applications can be filled out online at the SDPF website, under the RESOURCES tab, or mailed in at 1000 N West Avenue, Suite 110, Sioux Falls, SD 57104.

Living Well with Parkinson's: Reflecting on Avera's Fifth Retreat

This past fall, we were honored to host our fifth Parkinson's retreat at Abbey of the Hills, where forty-two individuals with Parkinson's and their care partners from South Dakota and Minnesota gathered for a weekend of fellowship, learning, and connection. Surrounded by the serene beauty of the Abbey, participants enjoyed engaging presentations, meaningful discussions, and the warmth of a supportive community. Delicious meals shared together added to the sense of camaraderie, creating a space where everyone felt encouraged and inspired.

We extend our deepest gratitude to our incredible presenters, whose expertise enriched the weekend, and to everyone who attended and brought their energy and stories to share. With beautiful weather as the backdrop, the retreat was a wonderful reminder of the strength found in coming together and the power of mutual support.

We look forward to welcoming everyone back for our next retreat on **September 11-12, 2026**, for another unforgettable experience!



3rd Annual Rapid City Awareness Conference

The 3rd annual South Dakota Parkinson's Awareness Conference was held in Rapid City, South Dakota on October 4, 2024. The event was held at the Hilton Garden Inn and attended by those from across the state of South Dakota.

Five wonderful speakers were able to share their expertise and knowledge for all of those in attendance. The event included an exhibitor hall with a wealth of resources. The event truly was complete with the singing excellence of the local *Tremble Clefs* Singing Group. Mark your calendars for October 3rd, 2025, for the 4th Annual Rapid City Awareness Conference!



New Yankton Support Group

LuAnn “Annie” Antrobus has been personally and professionally connected to Parkinson's disease since she was 15, beginning her healthcare career in a nursing home where she first encountered Parkinson's patients. After being diagnosed with the disease herself in 2021, though she had suspected it for years, Antrobus sought support groups, only to find many had shut down during COVID-19. Now, she is working to revitalize a Parkinson's support group in Yankton, South Dakota, while advocating for increased research funding and participating in initiatives with the Michael J. Fox Foundation.

Throughout her career in long-term care, Antrobus witnessed the evolving treatment of Parkinson's patients. She understands how the medical community's understanding of Parkinson's has changed, especially following Michael J. Fox's public diagnosis. Antrobus now uses her own experience with the disease to advocate for better awareness, research, and treatments. Despite the challenges of living with Parkinson's, she remains passionate about helping others with the disease and pushing for more effective treatments beyond symptom management.

Annie has worked tirelessly to get the Yankton Support Group up and running, and on Wednesday, January 22nd, 24 people attended the first meeting. The group will meet every 4th Wednesday of the month from 1:30-3:30pm at the United Way building in Yankton. For more information, please contact Annie: annieantrobus@yahoo.com. Or contact the SD Parkinson Foundation: director@sdparkinson.org.



A full house for the first meeting!

Annie Antrobus

SDPF Receives Donation for 2025 Initiatives

The South Dakota Parkinson Foundation will be focusing on continued growth as we head into 2025, and this would not be possible without the continued support from the amazing community we live in. SDPF would like to extend a heartfelt thank you to the Seed for Success Foundation in their continued support towards our mission to improve the quality of life for those touched by Parkinson's disease.

The Seed for Success Foundation is a non-profit, private foundation with a vision statement to a future where more people can create successful outcomes in their lives and a mission to provide seed money to give people a path to success.

SDPF is grateful and excited for the opportunities that have been provided to us through their support. Through funding, SDPF is able to continue to provide free educational symposiums in both Sioux Falls and Rapid City, continued distribution of the SDPF newly diagnosed folders across the state, additional caregiver support, and financial assistance for the Rock Steady Boxing program.



The *Tremble Clefs*

A program called *Tremble Clefs* began in 1994 when Karen Hesley met with a support group of people with Parkinson's Disease from Scottsdale (Arizona) Memorial Hospital. The group had been ending their meeting by singing. Karen had just completed the Lee Silverman voice treatment program training. Ms. Hesley met with the group and discussed the need for music therapy for Parkinson's patients. The time was right, and the individuals involved were enthusiastic. The group flourished and named themselves the *Tremble Clefs*. In 2008 the Muhammad Ali Parkinson Center recognized the value in singing to strengthen the voices of Parkinson's patients and hired Sun Joo Lee, a music therapist, who became the director of Tremble Clefs. Since that time the Phoenix, Arizona program separated and became a non-profit with the goals of improving the voices, facial expression, swallowing, and camaraderie of Parkinson's patients. It has expanded into four chapters in the Phoenix area and have been the model that other groups around the United States have adopted.

It is in the spirit of what originated by the founding group of people in Arizona that a group of people in Rapid City decided to organize a similar program. We named our group, "Singing For Parkinson's". We have no affiliation with any other group or organization, and we are not a "not-for-profit 501-(C)(3)" organization at this time. This Rapid City group was started December 1, 2023.

Cheryl and Bill Allen of Rapid City were inspired to start this singing class for people with Parkinson's after attending a *Tremble Clefs* concert in Sun City, AZ in January 2023. Bill was diagnosed with Parkinson's in 2019 and in the past few years noticed a few new symptoms affecting his voice and facial expressions. With no resources to go on they began to look for a volunteer director. Along with close friends, Terry and Bill Grant, they interviewed two people who are involved in singing groups in Rapid City. One of the challenging stipulations was that it would be a volunteer position, at least initially, and could possibly become a paid position...but no guarantees. The gentleman we chose is Matt Hensley. Matt is a retired middle school educator who relocated to Rapid City after his teaching career retirement. Matt has a lifelong passion for singing in numerous groups, bands, and organizations. What Matt did not have was experience as a director or knowledge of Parkinson's Disease. He has a spirit within him to share his musical abilities with others and has done an amazing job in his first year as our director. We have all learned and grown together. We also have two tremendous pianists who provide accompaniment for our group who share the practices and performances.

In short, our objectives are to provide a singing exercise class to help minimize the effects of Parkinson's on our voices, swallowing, breathing, and facial expressions while providing camaraderie for a group of people with the common issues of Parkinson's. We also have an objective of providing our program at no charge to the participants so all can participate. We have been blessed with donations from a couple of generous benefactors.

There are numerous symptoms of Parkinson's that people are affected by. Singing and voice exercises can help improve those symptoms, restoring a quality of life that was seeming to diminish or disappear. Here are a few: develop a very soft voice that makes it hard for people to hear you, due to muscle rigidity many people develop a masked or sad expression, also potentiality affected is swallowing which, at a serious level, can cause choking or aspirating, and breathing can be affected as your diaphragm becomes weaker.

[Continued next page...](#)

The *Tremble Clefs* Continued

We did not give much thought about performing in our community. We were so busy getting started and learning how to accomplish our objectives of singing and doing voice exercises. With time our confidence in singing grew, and our voices were improving. By the summer of 2024, with the encouragement of the director of the Scottsdale *Tremble Clefs*, we saw the value of doing some small performances to increase the public awareness of Parkinson's disease. The first event we were invited to was the S.D. Parkinson's Foundation 2024 Annual Awareness Event held in Rapid City on October 4. For that event 15 of our members were able to participate and our fellow Parkinson's members gave us a very warm and positive reception. Our second performance came in December at a local church singing a few Christmas songs for a Saturday evening church service. Once again, we were well received by the congregation.

Can other groups organize a program like this? The answer is a resounding "YES"! We are here to support you and guide you. That is what we are all about... spreading the word that there is something you can do about your Parkinson's diagnosis! You are not alone. There is a community of support waiting for your call.

Cheryl and Bill Allen

wmlallen@outlook.com

605-430-7731



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Renee Lehr,
Office Assistant

LOCAL OFFICE

SD Parkinson Foundation

1000 N West Ave, Ste. 110
Sioux Falls, SD 57104
605.271.6113
www.southdakotaparkinson.org

BOARD OF DIRECTORS:

If you have a strong passion for our foundation's mission and would like to become more involved in a variety of ways, we encourage you to consider serving on the SDPF board of directors. Currently, the SDPF board consists of nine volunteers from the Sioux Falls area. SDPF would like to continue our efforts in expansion across the entire state of SD to have a full representation.

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

Thank You to All Our Donors

July 1st 2024 – January 31st, 2025

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

Edgar & Eleanore Bunde
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Lois Wiskur
Judy & Mike Kampmann
Leroy & Barbara Mersch



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

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Calendar of Events

March/April

Petals for Parkinson's

Sales Open: March 1st – April 14th

Cost: \$25 per tulip arrangement

Pick-Up: April 16th – 18th

Pick-Up Location: Landscape Garden Centers, SF

Online Orders begin March 1st:

www.southdakotaparkinson.org/petals-for-parkinsons

*Proceeds remain in South Dakota and go to support the SD Parkinson Foundation. *

April

SF Parkinson's Awareness Conference

Date: Saturday, April 26th

Location: Sioux Falls Convention Center

1101 N West Ave, Sioux Falls

Time: 8:00 am – 3:00 pm

Cost: Free

Registration opens February 28th, 2025

**April is National Parkinson's
Awareness Month!**

Community Support Groups

Aberdeen

2nd Monday (every other month)

1:00 pm

Human Performance Center

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

1st 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

Active Generations

Sioux Falls (PD Caregivers)

Thursdays (every other)

11:00 am

Active Generations

SF (Family Caregivers)

Wednesdays

1:30 pm

Active Generations

Sioux Falls (Family Caregivers) Sioux Falls Women's

3rd Sunday

10:00 am

Gloria Dei Lutheran Church

2nd Thursday

1:15 pm

Trail Ridge Retirement
Community

Yankton

4th Wednesday

1:30 pm

United Way Offices

Watertown

2nd Wednesday

2:00 pm

Hosanna Lutheran

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.



Kick Off the New Year with Some Heavy Hitting & Fighting Back Against Parkinson's

Rock Steady Boxing enables individuals with Parkinson's to fight their disease by providing non-contact boxing style fitness program that improves their quality of life and sense of efficacy and self-worth. Recent studies also suggest that intense exercise programs may be "neuro-protective," 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 lessen their symptoms and lead to a healthier, happier life.

Rock Steady Boxing at The Inn on Westport, Sioux Falls was the first RSB program in the State of SD. The program continues to grow and now boasts over 50 boxers in 6 different classes. Rock Steady Boxers range from their early 50's to over 90!

Rock Steady Boxing classes are much more than boxing. The classes attack Parkinson's at its vulnerable neurological points. While focusing on overall fitness, strength training, reaction time and balance, workouts include focus mitts, heavy bags, speed bags, jump rope, core work, calisthenics, and circuit weight training. No boxing experience is needed – just the will to "fight back" against Parkinson's.

What our boxers have to say about the program:

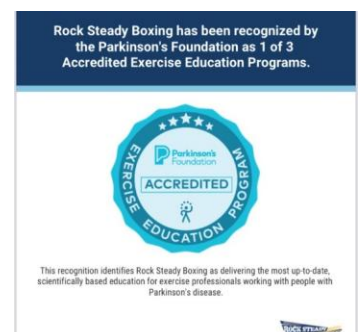
Mark "The Worm" Nesheim: Boxing Since July 2017

"I learned about RSB from my former manager who brought me a flyer and I decided I would try this. The most surprising thing is how much I've enjoyed the entire group. One of my favorite parts of the class is the "Get to Know You" Question. I've also enjoyed the cardio, bags, and pull-ups. I would recommend this program to others because it works! You will be surprised by the changes to your body. I have been successfully able to reduce my PD medications two times in the past years because of this intense exercise and am trying to reduce my meds yet again."

"Sugar" Ray Townsend: Boxing Since July 2021

I was interested in RSB because studies identifying the importance of exercise as a treatment for PD symptoms were coming out with increasing frequency. Boxing was one of these that showed specific benefits. One of the most surprising things about the classes was how the class benefits go beyond that offered by the exercise itself. It has become a support group with newfound friends all facing similar challenges. There are so many benefits I can't pick just one. The variety and intensity of the workouts are great and are tailored to suit each of our individual needs. And the occasional "out of the gym" outs are always great. I would recommend this program to others because of the above mentioned stations as well as in short, the bottom line is IT WORKS and it's fun! There are others I know diagnosed about the same time I was. Those that joined RSB are doing better than those that haven't joined a similar structured exercise program.

RSB encourages boxers to attend at least 2 classes per week with three being ideal. Classes are held in the morning, afternoon and at 5 pm for those still working. If you'd like to come observe a class and learn more or set up an assessment to get involved, please contact Coach Lisa at 605.362.1210 or lisa.howard@innonwestport.org.



Thoughts From a Caregiver

Julie Eggebraaten-Nord, SDPF Event Assistant & Caregiver

Hi all! I hope this finds everyone well and looking forward to warmer weather! In the past couple years I have shared tips for caregivers. There is a wealth of helpful information online and presented in various support groups. Today I want to share something intensely personal: **CAREGIVING IS HARD.**

Recently, my dear husband underwent serious back surgery. Surgery for someone with Parkinson's presents a dilemma; on one hand, movement is often severely limited, on the other hand, movement is very important for people with Parkinson's (PWP). Steve and I try to be creative; he works with light bands, he walks as much as possible, (while wishing for nice weather to walk outside.) Why, oh why do we have to deal with this as well as Parkinson's?! Many of you go to Rock Steady Boxing. Very often, at any given time, one or more boxers are absent due to a health issue other than Parkinson's. Coach Lisa sometimes bemoans the fact that her boxers not only have Parkinson's, but have to deal with other health ailments (shoulders, knees, backs, arthritis, heart problems etc.) Sometimes these are age-related, but we have many different aged boxers, so sometimes it's just BAD LUCK!!!

Steve's surgery was successful, and we expect a full recovery. However, recovery will be long and challenging. Like the caregivers reading this, my focus is on my husband. Let's be honest though, we, too, have challenges. Sometimes it is difficult to be upbeat and positive. Some things that I have found helpful is to accept help from others. We have been so blessed to have friends bring meals over, our pastors have been wonderful to visit, Steve's great brother, Al and his wife, Vicki, from Rapid City have been amazing supports for us. Al spent several days with Steve. They both made it clear that, while Al's focus was mainly on Steve and his recovery, they wanted to support me as well. How blessed are we!? They made me get out every day that Al was here so I could do something, man did it ever help 'fill my cup' so I can be a better, more loving and patient caregiver! Caregivers, don't ever be afraid to reach out and ask for help from family and friends! We cannot help others when we have nothing to give.

(Remember what flight attendants say! 'Put your oxygen mask on before you help others!')

I find it helpful to journal, both for Steve's medical issues that I can share with his medical providers, and for me and my emotional wellbeing. Steve and I find that counting our many blessings helps tremendously. We have so much to be thankful for and I am guessing that we all do. Gratitude really improves the attitude!



The Women with Parkinson's Disease Support Group Has a New Home

The Women with Parkinson's Disease Support Group is now meeting at **Trail Ridge Senior Living Community, 3408 west Ralph Rogers Road**, near the Louise exit from I229. They will continue to meet on the second Thursday of each month, from 1:15-2:30pm.

This group offers education, sharing, support, and fellowship to women of all ages who are making the Parkinson's journey. For further information contact Mary Tidwell at 605-338-9365.

South Dakota Parkinson Foundation
1000 N West Ave, Suite 110
Sioux Falls, SD 57104
www.southdakotaparkinson.org

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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.

Address Update:

The South Dakota Parkinson Foundation is moving down the hall to a new suite! You can find us at:

<p>South Dakota Parkinson Foundation 1000 N West Avenue Suite 110 Sioux Falls, SD 57104</p>

The South Dakota Parkinson Foundation (SDPF) thanks you for your ongoing and generous support. Receiving a Parkinson's diagnosis can be overwhelming, and SDPF is here to be a light in your Parkinson's journey, letting you know you are not alone. Armed with information, SDPF connects individuals, their caregivers and family members to a network of service organizations helping to make more informed choices about your health and overall care.

The mission of SDPF is to improve the quality of life for all those touched by Parkinson's disease. Our focus centers around meeting you where you are at in your journey and bringing you the necessary resources and understanding your options when the timing is right. Thank you for being such an integral part of the South Dakota Parkinson Foundation's mission.

