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**Stepping Big at Pasley Park**

The 2022 Step Big Walk for Parkinson's was one to remember with a new date, new location and new goals. But change didn't affect this year's success with dedicated familiar faces along with many new participants and teams. This included around 550 participants registered both in-person and virtual, 22 walk teams represented, and over 55K raised. Thank you to everyone that helped make this day so special, honoring and remembering those touched by Parkinson's disease.

Walk day on Saturday, August 13<sup>th</sup> was an incredible celebration of support, strength, perseverance, encouragement, and love. Everyone's energy and joy radiated through the morning as powerfully as the sun was shining! Teams filled the outdoor space at Pasley Park in Sioux Falls while another 100 individuals and families joined us virtually from afar and exhibitors from various organizations provided an abundance of materials and resources to assist families touched by Parkinson's disease.

It took a village to create the Step Big Walk for Parkinson's event, but we want to especially recognize those that helped make it so memorable. Thank you to all the team captains for going above and beyond this year to bring the walk to life, the Step Big planning committee for pouring their hearts into organizing everything that happens behind the scenes, the outstanding volunteers who helped make sure the walk event ran smooth throughout the morning, and the SD Parkinson Foundation board of directors and executive director for their guidance and support. And of course, thank you to everyone who donated, participated, and shared the story and purpose behind the Step Big Walk event. We could not have done it without you!

The walk planning committee is already looking forward to the 2023 Step Big Walk for Parkinson's with continued enhancements for this growing event. This year's walk was nothing short of inspirational, so we are excited to see where we can go from here and we hope you will continue to join us on this journey. A special thank you to our walk sponsors:



Active Generations ~ Acorda ~ Advertising Arts ~ AseraCare ~ CNA Surety  
 Comfort Keepers ~ Grand Living at Lake Lorraine ~ Hy-Vee ~ Inn on Westport  
 Pomegranate Market ~ Providence Financial ~ Right at Home SD  
 Scooters Coffee ~ YellowBug Photography

# 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  $\geq 6$  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. Therefore, a new flu shot needs to be developed every year. Researchers must 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/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*



Autumn, it's by far one of my favorite seasons out of the year which is surprising to many since I always tend to be cold no matter what. One of my favorite things to do during this season is sit

out on my front porch on a beautiful, crisp morning with a warm blanket, the firepit on, and a nice hot cup of coffee. It's so peaceful and relaxing and a great way to start the day and escape all the chaos. What is your favorite part about fall...the changing colors, all things pumpkin spice, heading to the apple orchard, the holidays, football or soccer season?

Like the changing seasons, this fall is a very full and exciting season for the SD Parkinson Foundation as we implement some new events and projects and expand on past events. Summers can be so busy and sometimes difficult to connect, but it seems once fall comes around everyone is eager to come back together and we continue to explore new ways to support one another. One way we will be doing this is by offering our first ever Rapid City Parkinson's Awareness Conference on Friday, October 7<sup>th</sup> at the Hilton Garden Inn. This is something the foundation has wanted to implement for many years and thanks to special funding through the Seed for Success Foundation we are able to make this a reality. Along with that, we have an amazing lineup of presenters so it's definitely one not to miss. We are excited to meet so many of you that live out in the western portion of our beautiful state.

To celebrate National Family Caregiver Month in November we will again be partnering with Active Generations to provide some amazing online educational presentations for caregivers. There will also be an in-person event for all caregivers on Saturday, November 12<sup>th</sup> at Active Generations.

Also this fall we will be in the final stages of developing our very first SDPF Newly Diagnosed packet. This has been a dream of the foundation for so many years now and as an independent foundation, separate from any national organization the importance of having something available for newly diagnosed individuals and families specific to our state of South Dakota is crucial and this will offer a way to connect and to let them know that they are truly not alone in their Parkinson's journey. SDPF will begin distribution of these come January 2023.

Thank you for all you do for SDPF and the Parkinson's community. Together, we are making great strides in supporting and reaching more families touched by Parkinson's disease.

# SDPF Financial Assistance Program

In support of our mission, the South Dakota Parkinson Foundation created 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.

Grants are available monthly and an application must be completed and returned to the foundation by the 1<sup>st</sup> 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 for assistance towards items and services such as walkers, exercise equipment or memberships, transportation assistance to/from doctor appointments or meetings, therapy tools, electronic devices, modifications to the home, just to name a few. To be eligible applicants must reside in the state of South Dakota. The program will run through December 2022 and will reset in January 2023.

Throughout the year grants have been awarded for the following:

\$250 for home improvements

\$250 for Rock Steady Boxing in Sioux Falls & Watertown

\$250 for music therapy

\$250 for house cleaning services

\$250 for transportation

\$250 for Parkinson's therapy & exercise classes

## Testimonials:

*"This was a wonderful resource available through SDPF. Thank you very much for providing this for our family as we are very grateful."*

*"Thank you SDPF for the grant funding. I was diagnosed in 2017 with Parkinson's and exercise has become very important in my daily routine and this helped so much with membership expenses."*

If you have additional questions about the financial assistance program, please reach out to SDPF at 605.323.9779 or email at [info@southdakotaparkinson.org](mailto:info@southdakotaparkinson.org). SDPF is here to help.

## 2022 Parkinson's Annual Picnic

Family and friends of the South Dakota Parkinson Foundation (SDPF) and Sanford Parkinson's Support Groups gathered on July 20<sup>th</sup> for the Parkinson's Annual Picnic. Hosted by Sanford Health around 45 guests were welcomed and together enjoyed an afternoon filled with a delicious picnic style meal, a beautiful memorial service for those lost this past year, and a special surprise of the annual SDPF Friend Award.

SDPF recognized one very deserving individual with the 2022 Friend Award. Mary Tidwell has been instrumental in the ways that she advocates for people with Parkinson's disease, and their care partners, throughout South Dakota and beyond. She has sacrificed her time and energy to advance the awareness of PD and to create opportunities for those, who like her, find themselves facing this diagnosis. Mary's many accomplishments have transformed lives and impacted the landscape of Parkinson's disease throughout our region.

In 2016, Mary played an important role in bringing the Women with PD national conference to Sioux Falls. She leads a fabulous women's support group, which has seen a tremendous amount of growth since its beginning. She has organized efforts to provide peer mentorship to those who are newly diagnosed or having difficulty with changes related to their Parkinson's and has spent extra time training to provide education on Aware in Care kits. She has provided educational presentations to more than 1000 individuals, including healthcare students, community members, and peers. She has also used her creative talents to make tulip decorations, pins, or skirts which help to tell the story of PD and honor the people impacted. A couple years ago, Mary played a key role in the development of a lovely tulip garden at the Mary Jo Wagner arboretum, to honor her mother, who also had Parkinson's, as well as the many others that have battled this disease. Mary seems to endlessly give of her time to better the lives of so many. Words cannot describe how much she is respected within this community and how well deserving she is of receiving this honor!



Mary & her daughter, Julie



Mary with friends from the PD support group



Mary, Stephanie & Janey



# Rock Steady Boxing: Changing Lives One Punch at a Time

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

The program which started with two classes now offer six classes for our boxers:

## Level 1 Classes

Monday/Wednesday	8:30 – 10:00 am
Monday/Wednesday	5:00 – 6:30 pm
Tuesday/Thursday	8:30. – 10:00 am
Tuesday/Thursday	5:00 – 6:30 pm



## Level 2-3 Class

Tuesday/Thursday	1:00 – 2:30 pm
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## Level 4-5 Class

Tuesday/Thursday	10:15 – 11:15 am
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The classes use the focused movements of boxing to help improve the coordination, strength and balance of people 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 in their 40’s to as old as 93. Many of the boxers who have been involved since this 2017 and have seen very little progression with their Parkinson’s symptoms. Here is what some of our fighters have to say:

*“I was diagnosed with Parkinson’s disease in 2015 at the age of 44, and I started Rock Steady Boxing in July 2017. Joining Rock Steady Boxing was a great decision and I would do it again. We work on speed, strength, core, agility, and mind games. I love almost every exercise and if I am not good at something (ropes), I just try harder. There has been two times I have been able to reduce my meds and many times I have not had to increase my meds. The social aspect is great and it is nice to bounce ideas off of them. I would recommend Rock Steady Boxing to everyone with Parkinson’s.” ~ Mark “The Worminator” Nesheim (Boxing since 2017)*

*“The RSB class has helped me maintain my balance and core strength. Most people that I meet don’t know that I have Parkinson’s. The class helps maintain a more positive attitude! It helps me relax and I have a better quality of sleep at night. First and foremost Lisa does an excellent job of keeping her clients motivated. She encourages them to the best of their abilities. This class is a MUST for all people with Parkinson’s.” ~ Gillas “The Ref” Stern (boxing since 2017)*

*“My favorite part of classes is the boxing, followed by the cardio and core. He would definitely recommend RSB to others with Parkinson’s. “This program allows you to fight back - you can feel good about accomplishing goals and the improvements you are making - kicking the feeling of hopelessness out the door!” ~ “Thunder & Lightning, Brian Talbott (boxing since 2019)*



Rock Steady Boxing assesses all boxers to place them in an appropriate class. We encourage interested persons to come and observe a class and check out the program. Classes are modified to address all levels from very active to chair classes as well.

For more information on Rock Steady Boxing at The Inn on Westport please contact Program Director, Lisa Howard, CPT at 605.362.1210 or [lisa.howard@innonwestport.org](mailto:lisa.howard@innonwestport.org)

# Strategies for Dealing with Caregiver Stress

By Mayo Clinic

The emotional and physical demands involved with caregiving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else.

To help manage caregiver stress:

- **Accept help.** Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, a friend may offer to take the person you care for on a walk a couple of times a week. Or a friend or family member may be able to run an errand, pick up your groceries or cook for you.
- **Focus on what you are able to provide.** It's normal to feel guilty at times, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.
- **Set realistic goals.** Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals.
- **Get connected.** Find out about caregiving resources. Many communities have classes specifically about the disease your loved one is facing. Caregiving services such as transportation, meal delivery or housekeeping may be available.
- **Join a support group.** A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships.
- **Seek social support.** Make an effort to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time each week for connecting, even if it's just a walk with a friend.
- **Set personal health goals.** For example, set goals to establish a good sleep routine, find time to be physically active, eat a healthy diet and drink plenty of water.
- **See your doctor.** Get recommended vaccinations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.

## Reference:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

# From the Doctor: Sleep is the Best Medicine

Valentina Joseph, MD  
Sanford Clinic Neurology

Who doesn't like a good night's sleep? A restful night's sleep not only makes us feel good and function better the next day, it plays a vital role in many bodily functions. It is interesting to know that sleep helps with restoring the brain energy, improves cognitive performance, boosts immune function, important for thermoregulation, release of certain types of hormones, regulation of blood pressure & heart rate and glucose control. Conversely, sleep deprivation can negatively affect these functions resulting in increased risk of uncontrolled hypertension, poor glycemic control, irregular heart rate and poor cognitive performance.

In patients with Parkinson's, up to two thirds of them have sleep related problems. Some common problems include

- **Restless Leg syndrome** (*irresistible urge to move the legs with some relief with activity and worsening of symptoms in the evening/night time*)
- **REM Behavioral disorder** (*dream enactment resulting in potentially harmful/violent behaviors*)
- **Obstructive sleep Apnea** (*snoring, gasping or stopping breathing in sleep*)
- **Insomnia** (*difficulty falling or staying asleep*)
- **Irregular sleep wake pattern**
- **Excessive daytime sleepiness**

Despite increasing knowledge in the field of sleep medicine, sleep disorders continue to be underdiagnosed. If any of these symptoms is affecting your sleep and not making you feel rested, then it is important to discuss this with your doctors. In most patients, a detailed evaluation and a consultation with Sleep physician would be needed.

Some of these disorders like Obstructive Sleep Apnea, REM Behavioral Disorder and excessive daytime sleepiness require a diagnostic sleep study whereas others can be treated in an office based evaluation. Fortunately, with treatment, patients show significant improvement in sleep.

Remember, 'A good laugh and a healthy sleep are the two best cures for almost every ailment!'

**SANFORD**<sup>™</sup>  
HEALTH

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Janey Case

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## BOARD OF DIRECTORS:

The SDPF staff and board of directors would like to extend a heartfelt thank you to the following board members for their time dedicated as a volunteer board member. It has been a true pleasure working with Jaclyn Schaap, Glenda Meyer, and Linda Braun. Jaclyn served on the board for several years while working at Sanford Health and then the VA of Sioux Falls. She was also a co-facilitator for many years with the Sanford Support Group where she made such an impact with so many families. Glenda was the first board member outside the SF area and is a huge advocate for the foundation and the entire Parkinson's community. She is also a co-facilitator for the Watertown Support Group. Linda helped raise awareness on PD and volunteered at so many SDPF events and was always there to encourage others in their journey. Thank you for all your hard work and dedication!

# Thank You to All Our Donors

## July 1<sup>st</sup> – September 30<sup>th</sup>, 2022

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

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

## IN MEMORY OF

**Sue Bastemeyer**  
*Family of Sue Bastemeyer*

**Priscilla Bown**  
*Monument Health Rapid City Hospital*

**Warren Hotzler**  
*Wellmark Blue Cross Blue Shield of SD*

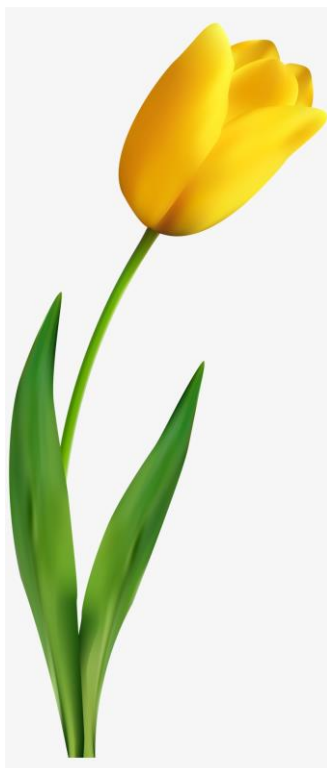
## CHAPTER GIFTS

*Network for Good*



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

## Celebrating Family Caregivers



*Thank you for standing by me and lending me an ear.  
For helping me out by just being near.*

*Thank you for cheering me on or saying a prayer.  
For holding me up and showing you care.*

*Thank you for making me laugh and giving me hope.  
For showing support and helping me cope.*

*Thank you for all that you've done and all that you'll do.  
I am so very fortunate to have someone like you!*

*~Linda Nielsen- Choose Hope, Inc.  
Copyright 2000*



# Calendar of Events

## October

### RC Parkinson's Awareness Conference

Date: Friday, October 7<sup>th</sup>

Location: Hilton Garden Inn

815 E Mall Drive, Rapid City, 57701

Time: 8 am – 3 pm

Fee: Free & Open to Anyone Interested!

Register: [www.southdakotaparkinson.org/events](http://www.southdakotaparkinson.org/events)  
or email Janey Case @ [jcase@sdparkinson.org](mailto:jcase@sdparkinson.org)  
or call 605.323.9779

## November

### Caregiver Online Educational Series

In partnership with Active Generations an online educational presentation will be held once a week throughout the month. To view topics and to register please visit the SDPF website.

### Connecting Caregivers: Mind, Body & Spirit

Date: Saturday, November 12<sup>th</sup> (*in-person event*)

Location: Active Generations

Time: 9 am – 3 pm

Fee: Free

Register: 605.333.3319 or [cspurling@activegen.org](mailto:cspurling@activegen.org)

## December



## January

### Petals for Parkinson's 2023 Launch!

\*\*\*Stay tuned for details!\*\*\*



**Distribution of SDPF Newly Diagnosed Packet:** Stay tuned on how you can help in your local community!

## Community Support Groups

### Aberdeen

2<sup>nd</sup> Monday (*every other month*)  
1:00 pm  
State Street Medical Square

### Brookings

1<sup>st</sup> Thursday  
1:30 pm  
First Bank & Trust

### Canton

3<sup>rd</sup> Tuesday  
3:00 pm  
Sanford Canton/Inwood

### Huron

4<sup>th</sup> Wednesday  
1:30 pm  
HRMC Legacy Plaza

### Luverne

1<sup>st</sup> Thursday  
2:00 pm  
Poplar Creek Care Center

### Madison

2<sup>nd</sup> Sunday  
3:00 pm  
\*Call for location

### Mitchell

3<sup>rd</sup> Monday  
2:00 pm  
Avera Queen of Peace

### Pierre

2<sup>nd</sup> Wednesday  
12:00 pm  
Countryside Hospice

### Rapid City

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

### Sioux Falls

3<sup>rd</sup> Wednesday  
1:00 pm  
Edith Sanford Cancer Center

### 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

3<sup>rd</sup> Sunday  
10:00 am  
Gloria Dei Lutheran Church

2<sup>nd</sup> Thursday  
1:15 pm  
First Presbyterian

### Viborg

3<sup>rd</sup> Wednesday  
2:00 pm  
Pioneer Memorial Hospital

### Watertown

2<sup>nd</sup> Wednesday  
2:00 pm  
Edgewood Healthcare

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

# How Do We Know Exercise Helps People with PD?

Dr. Rebecca Gilbert, APDA

We keep telling you that exercise is important, but what is the evidence that these exercise techniques really help people with Parkinson's (PD)? Let's review one type of exercise, tai chi, and look at the data as to how effective it is for people with PD.

Tai chi is an ancient Chinese form of martial arts, which today is practiced as a style of exercise combining flowing movements, breathing techniques and meditative practices. Tai chi is low impact and is suitable for all ages and levels of fitness. It does not require any special equipment.

There has been research focused on the general health benefits of tai chi, and these may include reduction of stress, anxiety, and depression, as well as improved flexibility, balance, agility, strength, and stamina.

There have also been studies focused on the health benefits of tai chi specifically for people with PD and the available evidence is relatively strong. For example, a randomized controlled trial for tai chi in people with PD was published in the *New England Journal of Medicine* in 2012. In this study, 195 people with PD were randomized to one of three exercise groups – tai chi, resistance training, or stretching. The patient performed their assigned exercise in 60-minute sessions twice weekly for 24 weeks. The tai chi group performed better than the other two groups on many fitness measures and measures of balance. In addition, the tai chi group had a lower incidence of falls as compared to the stretching group (but not as compared to the resistance training group). The effects of tai chi were maintained at a three-month follow up after the training sessions were complete. Additional smaller studies have continued to support these positive findings.

## Tips and takeaways

- It is vital to continue moving and exercising! Exercise can slow the progression of PD.
- There are many online PD specific exercise resources available to practice within the home.
- There is data that indicates tai chi, yoga, boxing, swimming, and dance offer health benefits for people with PD.

Article provided by: American Parkinson Disease Association (APDA), [www.apdaparkinson.org](http://www.apdaparkinson.org)

## CAREgivers by Active Generations

Helping caregivers provide the best care

CAREgivers is a state-wide program created to assist family caregivers through resources, education, and support. Our evidence-based programs are designed to offer support for caregivers and their loved ones with real-world assistance, both in their community and online. Our services are provided at no-cost and are offered in a variety of settings and locations. We are dedicated to helping you help your loved one. You can search online at [www.caregiverssd.com](http://www.caregiverssd.com) to learn more about the different programs and services provided in your local area.

### A family caregiver could be a:

- Family member
- Parent
- Adult children
- Friend
- Neighbor
- Spouse

"About two in three family caregivers in South Dakota report feeling stressed in balancing their job and family (working caregivers) and stressed emotionally."

~ AARP Caregiver Survey 2017

### For more information or assistance contact:

CAREgivers at:  
1-800-360-6161





# LSVT BIG & LOUD

Want to learn more about LSVT BIG & LOUD? LSVT BIG trains people with Parkinson disease (PD) to use their body more normally. LSVT LOUD is an effective speech treatment for people with Parkinson's disease (PD) and other neurological conditions. There are numerous 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 4<sup>th</sup> Street SE  
605.352.6253

## **MITCHELL, SD:**

### **Avera Therapy**

200 E Havens Ave  
605.995.6373

## **RAPID CITY, SD:**

### **RC Regional Rehabilitation**

2908 5<sup>th</sup> Street  
605.755.1408

## **SIOUX FALLS, SD:**

### **Sanford Outpatient Center**

1210 W 18<sup>th</sup> Street, LL01  
605.328.1860

## **WATERTOWN, SD:**

### **Big Stone Therapies, Inc.**

Eight 5<sup>th</sup> Street SE  
605.995.6044

## **BERESFORD, SD:**

### **Bethesda Nursing Home**

606 W Cedar Street  
605.760.5066

## **CUSTER, SD:**

### **Custer Regional Hospital**

Montgomery Street  
605.673.2 229

## **LUVERNE, MN:**

### **Prairie Rehabilitation**

106. N Cedar Street  
507.449.2003

## **PARKER, SD:**

### **Parker Medical Clinic**

100 E Sanborn Street  
605.760.5066

## **SIOUX FALLS, SD:**

### **Avera Outpatient Therapy**

1325 S Cliff Avenue  
605.322.5150

## **SPEARFISH, SD:**

### **Edgewood Healthcare**

540 Falcon Crest Drive  
605.642.2977

## **WATERTOWN, SD:**

### **Edgewood Healthcare**

901 14<sup>th</sup> Avenue NE  
605.954.4264

## **BROOKINGS, SD:**

### **Brookings Health Systems**

300 22<sup>nd</sup> 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 5<sup>th</sup> Street  
605.853.0350

## **PIERRE, SD:**

### **Avera St. Mary's Hospital**

801 E Sioux Avenue  
605.224.3162

## **SIOUX FALLS, SD:**

### **Prairie Rehab**

5150 E 57<sup>th</sup> OR 7400 S Louise Ave  
605.271.3378 OR 605.271.0808

## **VIBORG, SD:**

### **Pioneer Outpatient Center**

315 N Washington Street  
605.326.3009

## **YANKTON, SD:**

### **Avera Sacred Heart Hospital**

501 Summit  
605.668.8268

*For more information on locations and services please visit the SDPF website at [www.southdakotaparkinson.org](http://www.southdakotaparkinson.org) or by calling 605.323.9779. Additional locations may be available in your local area.*

## Parkinson's Newly Diagnosed Packet



Thanks to special grant funding through Seed for Success Foundation, the South Dakota Parkinson Foundation is currently working on developing a Newly Diagnosed packet that will provide an abundance of information about local and surrounding resources available to individuals, caregivers and family members of those touched by Parkinson's disease. It is our hope that we will have these available for distribution by January 2023.

Receiving a Parkinson's diagnosis can be overwhelming, riddled with questions and uncertainty. SDPF is here to be a light during those difficult days. Armed with information, SDPF can connect you to a robust network of service organizations. It is our hope that with our help you are then able to make more informed choices about your health and overall care. We never want anyone to feel alone in their Parkinson's journey so through this packet of resources you can find different ways to connect with others going through similar experiences. SDPF will provide you with information on exercise programs, support groups, ongoing research efforts, therapy programs & services, assisted living centers, home healthcare, educational opportunities, and financial assistance. Ultimately, we hope it will be a way to connect with the foundation and begin a new friendship through our services. We are here to help and ready to connect with you and your family.

# 2022 Annual Living Well with Parkinson's Retreat



*The "Living Well with Parkinson's Retreat" was held at Abbey of the Hills September 9<sup>th</sup>-11<sup>th</sup>. The weekend was filled with informative and engaging sessions, beautiful weather, and great fellowship. The retreat was free to all attendees this year through generous funding by the Parkinson's Foundation Community Grant. If you would like to be added to our mailing list for upcoming events hosted by Avera Therapy, please contact us at 605.322.5150.*



# 2022 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!**

[www.southdakotaparkinson.org](http://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.*

## National Family Caregiver Month!

To celebrate National Family Caregiver Month during November we are planning many exciting things including online resources, incentives and a fun day to gather together with other caregivers, so stay tuned as we will have our online registration set to go live very soon.

We are extremely thankful for our partnership with Active Generations to bring you an online webinar series covering an array of different topics pertaining to caregiving. We have some amazing presenters that will be sharing in their expertise and we hope you will be able to join some, if not all, that catch your interest and fit in with your schedule. Our goal is to offer one session each week throughout the month. We also want to encourage you to attend the in-person event on Saturday, November 12<sup>th</sup> at Active Generations in SF.

We want to thank all our amazing caregivers within the Parkinson's community. We see you; we support you; we are inspired by you, and we want you to know you are not alone. We look forward to another encouraging month celebrating you and your family and all those helping to improve the quality of life for those living with Parkinson's disease. Together, we can make a difference.

