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Looking Ahead in 2024

As we head into the New Year with a surge of new energy and excitement and we continue to grow as a foundation, helping even more families across the state of South Dakota, raising awareness, becoming advocates, and providing more resources, education and support we can also look back at where we started, knowing that through it all the mission to improve the quality of life for those touched by Parkinson's has not shifted and remains strong. We have come together in more ways than one and it's through this grass-roots sense of community and partnership that we reflect on our successes and reach for even bigger goals for the future.

SDPF made the exciting announcement back in 2022 that we would be implementing two Parkinson's Awareness Conferences, and this continued into 2023 where we had our highest attendance numbers to-date. With a full house at the SF event we will once again be moving to a new location in 2024, on Saturday, April 20th at the Best Western Ramkota hotel. In The RC conference will be on Friday, October 4th at the Hilton Garden Inn in Rapid City.

The Step Big Walk for Parkinson's again had many firsts. It was the first time holding the event at Jefferson High School in SF which worked out great being able to walk around the track. It was also the first time we had over 30 teams participate and with over 600 individuals registered. And it was the first time the event raised over \$70K. The 2024 event will be held on August 3rd again at Jefferson High School...it's never too early to get your team started.

One of the biggest projects the foundation has been working on over the past few years and was finally able to complete in 2023 was the development of the SDPF Newly Diagnosed folder. The SD Parkinson Foundation has been busy distributing these folders to various businesses, medical facilities, wellness programs, therapy centers and support groups across the state. There has been positive feedback regarding the content of the folders and we hope to reach even more communities in the coming year. We want all individuals and families that receive a Parkinson's diagnosis to know they are not alone. We are here to help guide and support them in their journey. SDPF supports not just the individual diagnosed with Parkinson's, but their carepartner and family members. Every journey is unique and SDPF can be here for you every step of the way. Together, we can make a true impact.



Beat the Chill Cookoff

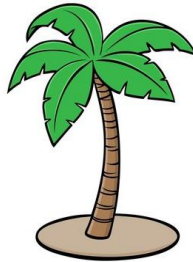
The South Dakota Parkinson Foundation is excited to announce a new fundraiser event for 2024 called Beat the Chill Cookoff. Come out the cold and snow and join us for a fun day of gathering while warming up with some amazing soup and pie recipes while including a little friendly competition along the way.

Are you up for the challenge? Do you have a special recipe you would like to share? If you have a famous chili and/or pie recipe you would like to enter please contact Julie at the SDPF office. The more recipes entered means more tasting options for all those that attend.

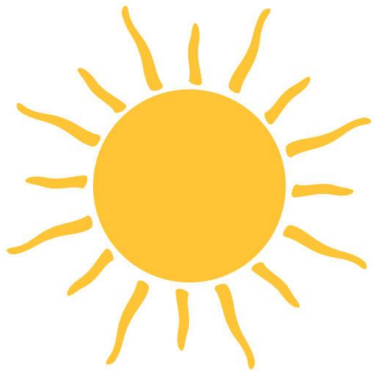
When: Sunday, February 4th
3:00 pm – 6:00 pm

Where: Active Generations
2300 W 46th Street, SF

Admission: \$10



For more information contact:
Julie Eggebraaten-Nord
605.271.6113 office
605.323.9365 cell
jeggdnord@sdparkinson.org



A special thanks to all our sponsors:



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SDPF Welcomes New Office Assistant



Hello! I'm Renee Lehr, the new Office Assistant for the SD Parkinson Foundation. It's always nice to put a face to a name. I'm a Pierre, SD native, but I've lived most of my adult life in Sioux Falls. I'm married to Greg, my SDSM&T

Engineer/Pastor, who at age 40 felt called to attend seminary. We moved to St. Louis, MO for 3 years while Greg attended Concordia Seminary before moving back to SD where he completed his vicarage and received his call to serve at Zion Lutheran Church. We have one adult daughter, Regan, who lives in Sioux Falls, and our fur babies, 2 dogs and 2 cats. Our happy place is at Lake Oahe, north of Pierre, where we enjoy boating and SD sunsets.

I worked as a Paralegal for my career. I also served as the Office Manager for the Furniture Mission of SD. By nature, I am a caregiver at heart! My mom suffered a stroke and debilitating effects to her left side in 2016. During her 3-month rehabilitation stay, my dad's forgetfulness became concerning. My dad was diagnosed with Alzheimer's and later, Parkinson's disease. They moved to Sioux Falls to be near the medical community and assisted living/memory options. I have spent the past few years caregiving and moving parents. I spent as much time as I could with my dad, until he passed away in the fall of 2021. My mother now resides at Luther Manor Nursing Home. I am still a caregiver, but now, thankfully I have many helpers.

I was seeking a new work position, something in support of a noble cause and one that would give me a sense of helping others. I am pleased to have joined Janey and Julie here in the office of the SDPF. I am honored to be part of such a great and worthy cause, focusing on the SDPF mission of improving the quality of life for people touched by Parkinson's disease.

In the New Year, I am looking forward to creating a resource room at the office. My current office hours are Monday – Thursday, 9:30 am – 1:30 pm, office # 605.271.6113. Please give me a call or stop by the office for a cup of coffee and introduce yourself!

New Exercise Opportunity

Trail Ridge is now offering a power-based water exercise class (no swimming experience needed and your hair won't get wet) on Tuesdays from 10:15 am -10:45 am. It is led by Jordan, who is a certified instructor. You may come to a class to observe for free if you desire. A punch card costing \$70 is available and you only pay when you attend. There are convenient showers and dressing rooms available.



Trail
Ridge
Retirement
Community

Please call 605.339.9123 and ask for Tracy or Jordan in the Wellness Center if you have any questions.

New Neuro Navigator Role Implemented at Avera



My name is April Camarigg and I joined Avera Neurology in November of 2022 as the Neuro Navigator. This position is the first social service position for the Avera Neurology Clinic and since joining the group, I have worked to create a functional and fluid program to support all patients and families that come into the neurology clinic here in Sioux Falls.

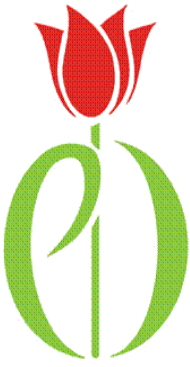
This role supports patients and families by providing resources, education, and counseling. Ideally, the clinic is seeing patients every 6 months. The patient and families have access to social services at any time whether that be via phone call or coming into the clinic just for a social service visit. Often times, neurology providers are identifying a need for a social service visit while the patient is in the clinic. They can also utilize the navigator without a provider visit.

More specifically, resource connection is a big component. Identifying barriers with and for the patient and family and connecting them to a solution or resource is primary in the navigator role. Also giving them education on disease specific resources is a very important part of the role. This would include referring them on to foundations and societies that support their disease specifically.

Lastly, providing a listening ear and referring them on to other support groups and mental health services is also a key component to the navigator role. Many of these patients and families are going through challenges that come with neurological diseases and this can create for hardships in the home. Ultimately, the navigator role has been a key component to quality continuum of care, and the neurology patients continue to benefit from this multidisciplinary approach.

If you have additional questions please feel free to reach out by contacting me at 605.504.0100. I'm happy to help in any way possible.

Petals for Parkinson's



The red tulip has been associated with Parkinson's awareness since 1980 when a Dutch horticulturalist who had PD developed a red and white tulip and named it "Dr. James Parkinson." The European Parkinson's Disease Association (EPDA) uses a stylized red tulip based on the "Dr. James Parkinson" tulip as its logo. In April 2005, the red tulip was launched as the Worldwide Symbol of Parkinson's disease at the 9th World PD Day Conference in Luxembourg.

This stylized red tulip, with its distinctive leaves shaped like the letters "P" and "D", was designed by early-onset Parkinson's patient Karen Painter. Karen and her friend, Jean Burns, were behind the movement for it to become the nationally recognized symbol for Parkinson's disease awareness. The PD Tulip has inspired a grassroots movement combining efforts and resources to help find a cure (*2017 Wilkins Parkinson's Foundation*).

April has been designated as Parkinson's Awareness Month and during this time we join together to positively create a better understanding of Parkinson's disease and how we can better assist those living with the disease, their carepartners and family members. In conjunction with Parkinson's Awareness Month the SD Parkinson Foundation will be organizing for a seventh year, the Petals for Parkinson's fundraiser. We will be using the worldwide symbol (*the tulip*) to demonstrate our support while creating awareness in our local and surrounding communities across South Dakota.

Tulip pre-sales will begin this January. We are hoping to sell 500 tulip arrangements in the SF area and to expand again into several communities across the state. If you would like to order an arrangement you can visit the SDPF website at www.southdakotaparkinson.org or you can call the SDPF office.



SDPF Receives Donation for 2024 Initiatives

The South Dakota Parkinson Foundation will be focusing on continued growth as we head into 2024 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.



Sammons Presents Donation to SDPF



Each year Sammons puts together 4 teams made up of individuals within the company who want to be involved in a Community Impact Challenge. They start by sending out a survey to employees on their teams, for them to nominate non-profit organizations that are near and dear to them and could possibly receive a donation from Sammons. This year they received over 40 nominations on their team! The team then sorts through these organizations to ensure they are a 501c3 non-profit organization and meet all the guidelines. Each team selects 3 to 5 organizations to receive funds under

this program. Once they select the 3 to 5 organizations, the board members of the Challenge review all documents received in hopes to approve them. Next, the four teams create presentations to present to the board members, where we can compete against the other three teams to earn additional funds for the selected organizations. Once the presentations are done and the board members announce the additional funds to everyone, we establish a meeting to present the donations to the awarded organizations.

SDPF would like to express our sincere gratitude for the continued support from Sammons and all those involved in the Community Impact Challenge. And a special thanks to Heidi Faber, Sammons employee, for nominating SDPF. Your commitment to the foundation is truly appreciated.

Reflections from a Caregiver

Julie Eggebraaten-Nord, SDPF Event Assistant & Caregiver

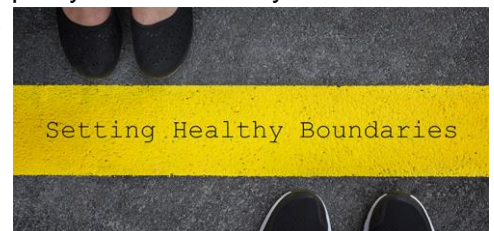
Caregiving is not for the faint of heart. If I, or any other caregiver, come across something that helps, I feel it is prudent to share it. So today, I would like to discuss boundaries. For me, it's a constant battle to enforce good, healthy boundaries. I have a tendency to do either far too much for my loved one or far too little. Often I hover and take care of everything I can for Steve, forgetting that he is a capable man and can handle many things. My hovering comes from a place of love however, my good intentions sometimes have unintended results of 'emasculating' Steve. Plus my loved one NEEDS to do the things he is capable of.

I have found that a great way to deal with this is BOUNDARIES. For example, Steve is perfectly capable of gathering the garbage and taking it out. He is actually better than me in remembering which week is recycle and garbage and which is just garbage. What a great exercise for his mind. So, knock yourself out with the garbage BUT when it is icy outside, please let me take it out. Having healthy boundaries in a relationship is important for everyone, especially for people with a chronic condition like PD and their carepartners. Setting and defending boundaries allows me and other caregivers to protect my physical and mental health, which is a benefit to Steve.

Steve is a USD alum and loves to attend all USD sports. As some of you know, that is not my college of choice. However, I have attended many games with him. Despite my misgivings, I do enjoy the games plus helping Steve to his seat is important. After last week's win, I turned to Steve and said that I'm 'USD football gamed out.' No more this year, (unless of course they go to Frisco with SDSU). He's still going to go next week, but he has contacted some of his friends. I have contacted a girlfriend and we're going to have lunch. I am so looking forward to it. Setting aside some time for myself is so important to me!

While this is much easier said than done, it is a benefit for both of us to let him do what he can. I am not going to throw his dirty clothes in the washer. It may be faster if I do, but he is 100% capable. He has no trouble making a sandwich, however, if we are having soup, I will probably dish it up and carry it to the table.

Think of boundaries as your personal values and preferences. You have both a right and a duty to set boundaries for your own well-being as well as for your loved ones. You cannot take care of others without caring for yourself. It is not selfish to preserve your own well-being. Carepartners can only give quality care when they are familiar with their own needs and limitations and actively pursue them and respect them.



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Renee Lehr,
Office Assistant

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SD Parkinson Foundation

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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

October 1st – December 31st, 2023

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.

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Lee Halstenson

Kathy Anderson
Roxanne Aronson
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Kurt & Julie Fedders
Ken Fedders
Ralph & Donna Flanagan
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Don & Judy Gohl
Gail Graber
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Denis & Susan Hofflander
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Gordon Johnson
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Larry & Sharon Kramer
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Jim & Kathy Lunder
Bruce & Dianne Mair
Brad & Becky Mair
Tom & Beth Masterson
Holly & Hunter Mathieu
Carole Mathieu

IN MEMORY OF

Lee Halstenson

Juli Miller
Monte & Shary Muchow
Barb Muchow
Ron & Pat Nearman
Don Paulson
Scott & Pam Peterson
Bill & Sue Pulford
Don & Mary Schroeder
Darren & Angie Schumacher
Rose Sieverding
Donna Scott / Roger White
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Arvid Melquist

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Beverly Swalley

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Darrell Olson

Judy Olson

Darryl Verley

The Verley Family
Jennifer Chu



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IN MEMORY OF

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Justin Rowenhorst

Linda LeBrun
Robert LeBrun
Todd & Stacy Klein
David & Joan Frankman
Marian Fargen

Marcia Hill
Roger & Evelyn Blum

Marlene Kay Ward
Alan Ward

Sandy Ekern
Brenna LeBrun

Shirley & Coleman Bisgard
Nancy Bisgard

Tim Fox
Jo Ellen Treinen

IN HONOR OF

Heidi Aderhold
Fred & Sue Aderhold
Andy Snow



SDPF DONATIONS

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Robert Webb
Michael & Karin Weeg
Donna Rae Wilson

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

Operation Helpful Smiles



The South Dakota Parkinson Foundation would like to extend a special thanks to Hy-Vee food stores for their continued donation of \$1,168.61 through the Sioux Falls Hy-Vee's Operation Helpful Smiles annual program. For more than seventeen years this amazing program has given to local non-profit organizations in the Sioux Falls area and surrounding communities. Each week, a different area non-profit organization receives a monetary donation from Hy-Vee. Hy-Vee will then match customer contributions at each Sioux Falls Hy-Vee check stand up to \$1,000.

Calendar of Events

January

Petals for Parkinson's

Sales Open: January 15th – March 25th

Cost: \$25 per tulip arrangement

Pick-Up: March 27th – 29th

Pick-Up Location: Landscape Garden Centers, SF

Online Orders: www.southdakotaparkinson.org/petals-for-parkinsons

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

February

Beat the Chill Cookoff!

Date: Sunday, February 4th

Location: Active Generations,
2300 W 46th Street, SF

Time: 3:00 pm – 6:00 pm

Cost: \$10

Ways to contribute:

- Crockpot of Chili
- Pie (in disposable tin)
- Basket for Silent Auction (up to \$50 value)
- Individual Pop or Water
- Sponsorship

March

Chipotle Fundraiser

Date: Monday, March 25th

Location: Chipotle Mexican Grill
4035 W 41st Street, SF

Time: 4:00 pm – 8:00 pm

33% of sales donated back to SDPF

Petals for Parkinson's Distribution

Pick-Up: March 27th – 29th

Pick-Up Location: Landscape Garden Centers, SF

April

SF Parkinson's Awareness Conference

Date: Saturday, April 20th

Location: Best Western Ramkota
3200 W Maple Street, SF

Time: 8:00 am – 3:00 pm

Cost: Free

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

Community Support Groups

Aberdeen

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

Brookings

Not meeting at this time
(*looking for new facilitator*)

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

2nd 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 (west)

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
First Presbyterian

Viborg

Not meeting at this time

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.

Coffee Quilters of Hartford

Back during the summer, on June 20th, event assistant, Julie Eggebraaten-Nord, traveled over to Zion Lutheran Church in Hartford where she had the distinct honor to meet a very talented group of women who call themselves the “Coffee Quilters”. This group all share a love of quilting and fellowship. The group started about eight years ago with six women who met in one woman’s basement. They have long since outgrown the basement and currently meet at one of two churches in Hartford. The group now consists of nearly 24 members. They meet on the 3rd Tuesday of every month and they begin each meeting with “Show & Tell” which is a time of sharing what the women have been working on. On this day the group shared a beautiful quilt from the Disney movie, Lightening McQueen, a quilt and table runner from pieces of material that had been started by one’s late mother nearly 60 years ago, a throw pillow with pictures of a Holstein cow and a quilt that was made for a women’s first great-grandchild.

The women do not profit from their work; they often give their handiwork away to friends or family. A few years ago, they gathered all their red, white and blue scraps and made quilts for veterans. The women distributed about 25 quilts to veterans in nursing homes as well as other veterans in the community. The Coffee Quilters also spend time making pillowcases that they donate to The Closet, which is a site for foster care children and families. The pillowcases will be used for the foster children to gather their donated clothes and toys.

The Coffee Quilters group was discovered through a connection with a long-time RSB volunteer, Karen Nettifee, whose brother, Meldon Kroeger, has been involved with the SD Parkinson Foundation for many years and was also an active SDPF board member along with his wife, Linda Kroeger. An idea sparked during our walk event that some of our older walk t-shirts that were left in storage could be used to make quilts for individuals diagnosed with Parkinson’s disease. Karen graciously picked up totes of t-shirts, delivering them to the Coffee Quilters and over a few months the group amazed us all by presenting 15 beautifully made t-shirt quilts. These were distributed to individuals across the state. All were surprised and very thankful to receive such a beautiful and meaningful gift.

A heartfelt thank you to all the Coffee Quilters for putting so much time and effort into creating such beautiful pieces that truly have meant so much to all of us in the Parkinson’s community.



Thank You!



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," actually working to delay the progressions of symptoms. Rock Steady Boxing provides encouragement by inspiring maximum effort, speed, strength, balance and flexibility. Boxing works by moving your body in all planes of motion while continuously changing the routine as your progress through the workout. RSB classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead to a healthier, happier life.

Rock Steady Boxing at The Inn on Westport, 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 experiences is needed – just the will to "fight back" against Parkinson's.

Every six months boxers are re-evaluated in several areas and the outcomes have been very positive. From the 40 plus boxers re-evaluated all have increased their balance scores. Walking speeds have increased by 3-7 seconds and leg strength has increased by as high as 6 points. Even more amazing physically is what Rock Steady Boxing can do for your mental well-being. Classmates becomes, friends, and friends turn into your RSB Family!

What our boxers have to say about the program:

"It was at a Parkinson's support group meeting where I first heard of Rock Steady Boxing. It sounded promising, so I started in late May 2017 and have been going ever since. What I have found about RSB is that exercise is a big help in slowing the progression of PD. Based on that alone, RSB is worth the time and expense. In addition, this has become a great support group where we share with the other boxers our issues and what we have done about it. Also, we have made many new friends." ~Bob "Stinger" Jacobson

"I joined Rock Steady Boxing in June of 2021. I feel stronger, have more stamina, have more energy and my balance is much improved. The group in the class is supportive and caring. The class size allows for some individual attention. The workout routine is always challenging which combats boredom. I enjoy myself and have fun! At my annual Neurology checkup my condition has held the line since I was diagnosed and so far I have not needed any medication which is very important to me." ~"Battling" Barbara Ann Dobbe

We currently have openings in our:

Monday/Wednesday 8:30 a.m. class

Monday/Wednesday 5:00 p.m. class

Tues/Thursday 5:00 p.m. class

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.



Parkinson's Wellness Programs

The SD Parkinson Foundation can connect you with many wellness options for those managing Parkinson's disease. Exercise is a key component in slowing down the progression of the disease and SDPF can assist in finding an exercise regimen that best fits your needs. To learn more about specific programs or facility in your area please visit the SDPF website: www.southdakotaparkinson.org/wellness.

LSVT BIG & LOUD:

LSVT BIG & LOUD is a unique approach to physical and speech therapy designed specifically for people with Parkinson's disease or a neurological condition. Its success has lasted for up to at least two years after the therapy treatment.

PARKINSON WELLNESS RECOVERY:

The mission of PWR!4Life is to develop and implement worldwide access to cutting edge Parkinson disease-specific neuroplasticity-principled exercise programs that hold promise to slow disease progression, improve symptoms, restore function, and increase longevity and quality of life.

AQUATICS:

Aquatic therapy is exercise that can help delay the progression of Parkinson's symptoms and may be useful in reducing the severity of symptoms patients experience. Aquatic therapy helps patients maintain a greater quality of life and longer health while living with Parkinson's.

SPEAK OUT! & LOUD CROWD:

SPEAK OUT! & The LOUD Crowd is a clinically-proven speech therapy approach for individuals with Parkinson's. The program helps patients REGAIN and MAINTAIN their speaking abilities with a combination of education, individual speech therapy, daily home practice, group sessions, and regular re-assessments.

ROCK STEADY BOXING:

Rock Steady Boxing enables individuals with Parkinson's disease to fight their disease by providing non-contact boxing style fitness programs that improve their quality of life and sense of efficacy and self-worth.

PWR!Moves at Trail Ridge



What are the PWR!Moves?

The 4 basic PWR!Moves are each designed to target a skill known to deteriorate in individuals with Parkinson disease. This deterioration often lead to loss of mobility and function. The PWR!Moves can be completed in multiple positions, and made either more or less physically and cognitively challenging, based on the current level and abilities of the individual.



Trail Ridge will be offering a PWR!Moves class in the pool at 10:15 am and a seated class in the multipurpose room at 1:00 pm. Classes will be offered for free to current Trail Ridge residents. Outside members may purchase a punch card, good for 10 classes, for \$80.

SDPF Financial Assistance

In support of the SDPF mission, a financial assistance program has been implemented to provide funding for specific items, services, and programs assisting individuals, families, and support groups across the state.

Monthly grants are available with an application that 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 for assistance towards items and services such as walkers, exercise equipment or gym memberships, transportation assistance, therapy tools, electronic devices, home modifications, just to name a few. To be eligible applicants must reside in the state of South Dakota.

SDPF has also created a **Fighters Fund** for the **Rock Steady Boxing** programs across the state. If you are looking assistance specifically with this program please contact our office at 605.271.6113.

The South Dakota Parkinson Foundation a non-profit, voluntary alliance, is dedicated to improving the lives of those affected by Parkinson's disease, through fundraising, community building, advocacy and increasing public awareness.

Thank You for Your Support!

As we wish 2023 farewell, all of us at the South Dakota Parkinson Foundation (SDPF) would like to thank 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. So thank you for being such an integral part of the South Dakota Parkinson Foundation's mission.

In the coming months whether you've made your own personal New Year's resolutions, or life goals, or just want to focus on the positive in your daily living here are some steps to help you along the way.

- ❖ Find someone to talk to
- ❖ Create healthy habits
- ❖ Keep active
- ❖ Find what brings you joy

"I was taught to strive not because there were any guarantees of success but because striving is in itself the only way to keep faith with life." ~Madeleine Albright

