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2018 Step Big Walk for  
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**Step Big Walk Soars Past Goal!**



A heartfelt thank you to everyone who contributed and joined us during the 2018 Step Big Walk for Parkinson's that was held on Saturday, August 25<sup>th</sup> at the Sioux Falls Canaries Baseball Stadium! This was our biggest year to-date and together we raised over \$42K to support the South Dakota Parkinson Foundation (SDPF) in continued efforts towards our mission to improve

quality of life for those touched by Parkinson's disease through awareness, outreach and education.

This year's Step Big Walk event attracted an estimated 340 walk participants, including friends, family, co-workers, community exhibitors, healthcare professionals, and volunteers. It was a perfect way to wrap up the busy summer months and jump into the fall season. Event participants gathered together to walk around the field of the Canaries Baseball Stadium to both honor and remember those loved ones touched by Parkinson's disease. .

The commitment of the SDPF supporters is an incredible testament to the great work being done throughout the state and the value it brings to those coping with the complications of Parkinson's disease. On behalf of the SDPF board of directors, staff, and the Step Big Walk planning committee we would like to extend our sincere gratitude and appreciation for your continued support!

A special thank you to our 2018 Step Big Walk Planning Committee:  
 \*Dawn Williams \*Mary Bunkers \*Riley Conklin \*Lisa Howard \*Melissa Beek

**Top 10 Walk Teams:**

- |                                |                          |
|--------------------------------|--------------------------|
| 1. Rock Steady Boxing: \$3,985 | 6. Team EB: \$375        |
| 2. Team Townsend: \$2,137      | 7. Team Meyer: \$325     |
| 3. Avera Big Steppers: \$1,050 | 8. AseraCare: \$200      |
| 4. Team Ellen: \$525           | 9. Team USD DPT: \$175   |
| 5. Team Stanley: \$425         | 10. Jim's Journey: \$125 |

**THANK YOU TO OUR 2018 WALK SPONSORS:**



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

Eugenio Matos, MD  
Director of the Parkinson's Center,  
Sanford Clinic Neurology



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

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

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

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

**SANFORD**  
Neuroscience

## President's Message:

Tony Mau, SDPF Board President



This is my second year as the SDPF Board President and what I've witnessed in this period of time is literally amazing. I don't know of many boards that act as a "working board". Not only do they volunteer their time and efforts, but they enjoy it and demonstrate a true passion for the SDPF mission. This group truly epitomizes the term, working board. They participate on separate committees and actively express their opinions and a little elbow grease when it's time to implement a plan, yet they comprise a small part of the overall good the state and individual communities put forth to help those fighting Parkinson's disease.

Are you aware of all the resources available to you and your family?

### SDPF Executive Director

Janey Case does a masterful job of "putting all the pieces together". Often when someone is first diagnosed they are lost, afraid and depressed. Janey understands all the resources available to them. She can introduce them to the activities, education and support they crave.

### Support Groups

There are currently 17 of them throughout the state. Each of them act as a sanctuary of information to a number of people in need. There are resources and materials that support cognitive and physical degradation and a wealth of emotional support.

### NeuroFit

An active exercise program held at Dow Rummel each week. Each session is aimed at improving movement, which in turn, stimulates the mind. Dow Rummel Village is also the only location that is part of the Struthers Care Network.

### LSVT BIG & LOUD

The title expresses the underlying concept as a group of specially trained therapists lead individuals by over-emphasizing body movements & voice control. Participants see drastic improvements.

### Rock Steady Boxing

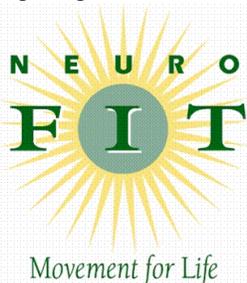
Our community's newest addition, hosted by The Inn on Westport, is big, bold and popular. Their mission statement says it all, "The mission of Rock Steady Boxing is to empower people with Parkinson's disease to fight back." The room resembles a boxing arena...boxing gloves, speed bags, heavy bags and a mannequin that takes a beating. People taking part have seen unbelievable results in dexterity and ambulation.

**Please forward this information to anyone who can benefit. No one wants to fight alone.**

## Have You Heard About NeuroFit?

NeuroFit™ is a proactive approach to slowing the progression of PD, MS, and other neurological movement disorders. The components that the program includes help anticipate, delay, and prevent symptoms.

NeuroFit is offered through Dow Rummel Village in Sioux Falls, SD. Some of its many benefits include postural improvements, increased joint integrity, reduced pain and depression, increased motor function and reduced spasms. Classes consist of stretching and loosening joints as well as balance, coordination and strength training. Similarly, speech training, power breathing, hand dexterity and grip strength are included in each class, as well as gracefully recovering from a fall and going to the floor and getting up safely.



A NeuroFit membership includes class twice per week, a monthly support group and a monthly care partner's support group. There is a one-time \$25 initial assessment fee and a monthly membership cost of \$30 grants you access to all of the benefits associated with the NeuroFit program.

**Contact:** Riley Conklin ~ Wellness Manager  
Dow Rummel Village ~ 605.575.0193

## 2018 Parkinson's Annual Picnic

Family and friends of the South Dakota Parkinson Foundation (SDPF) and Sanford Parkinson's Support Groups gathered together on July 18<sup>th</sup> for the Parkinson's Annual Summer Picnic. Hosted by The Inn on Westport, guests were warmly welcomed by Inn on Westport staff members as well as SDPF board members and volunteers. Following a warm welcome from Sanford's support group co-facilitator, Lori Jones, a delicious picnic style meal was prepared and served.

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

With great joy, the 2018 Friend Award was presented to a dynamite duo, proven to be both inspiring and deserving individuals! A friend is defined as a person whom one knows well and is fond of; someone on the same side in a struggle; a supporter, a sympathizer; someone who is helpful, reliable and kindly. The SDPF Friend Award is intended to recognize and celebrate the gifts this individual shares within our foundation. This year the foundation recognized Meldon & Linda Kroeger, SDPF board members and advocates for the Rock Steady Boxing program, as the recipients of the Friend Award.



**Rock Steady Program Director, Lisa Howard, had this to share about Meldon & Linda...**

*Rock Steady Boxing has been so blessed to have Meldon and Linda as part of our program. Meldon was one of our 1<sup>st</sup> boxers and from day one he wasted no time being our #1 advocate of our program as well as helping others dealing with their PD diagnosis. His wife Linda is just as committed. They are committed in so many ways to use their personal stories and struggles fighting back against Parkinson's to help others. I am honored to be able to work side by side them each week.*

# Fight Back Against Parkinson's

Lisa Howard, RSB Program Director



Over a year and a half ago The Inn on Westport brought the state's first Rock Steady Boxing gym to Sioux Falls and in that time the program has seen tremendous success and amazing results with its boxers.

A national program based out of Indianapolis, Indiana Rock Steady Boxing has steadily grown to have at least one gym in each of our 50 states as well as 14 different countries. RSB Program Director and Head Coach Lisa Howard has been amazed to watch her boxers "fight back" each week. "It's been rewarding to see how the boxers are getting better and feeling better as they embrace this program week to week." She said. "I have boxers tell me that they are in better shape now than they were years ago or even before their Parkinson's diagnosis"

**Making Assessments:** All participants are assessed prior to class with a balance test as well as gait and strength tests. This helps know what level is appropriate for them to start at and if they need a "cornerman" with them in class. "Safety is a priority in class!" said Lisa. "If someone is a risk for fall they are required to have a cornerman with them that is often a family member, spouse or friend". We assess our boxers every six months and in almost all but two boxers balance scores have improved, gait speeds increase and leg strength all increase as well.

**Workouts:** Boxing classes typically last 75 – 90 minutes and are designed to tackle the symptoms of Parkinson's in multiple ways. For example warm up exercises stretch muscles and relieve stiffness. Hitting the heavy bags builds power and strength. Punching speed bags improves hand-eye coordination and posture. Don't forget our minds: To stimulate cognitive processing a coach may hold "focus mitts" as targets and bark out varied instructions – "jab, jab, cross, hook, hook". Stations with LOUD counting work on soft-voice disorders common with people with Parkinson's disease. Calisthenics and isometric exercises build extremity and core strength critical for posture and gait. Footwork drills such as moving sideways, jumping rope or walking on a 2x4 improve balance and agility. Group games such as tossing a football or frisbees encourage socialization and improve reaction time.

**Variety & Intensity Are the Key:** Our Rock Steady Boxing workouts are never the same from week to week. "It's much more than a boxing program" said Coach Lisa. In addition to boxing, the classes focus on functional activities to help people become more independent in their daily lives. Our workouts help improve issues such as gait, balance and dexterity and multi-tasking. "Intensity in our classes is really encouraged" said Lisa. "If we see a boxer we think could be working out harder we call them on it! When they push themselves and accomplish a new task or set a new personal record on a station it really makes them feel great"

*Boxer, Meldon Kroeger concurs: "I do not like the running man station or the 1-10 loud station but I hope they are part of every workout because they are my weakest areas. I had a tremendous uplifting experience when I did running man and was able to HIT and WALK at the same time. A small accomplishment but boy did I feel good."*

**Camaraderie & Fun:** That is the "special" ingredient that our RSB classes provide. Not many people like exercising! But the camaraderie and fun that you see in the Rock Steady Classes make the class time more tolerable. "

*Boxer, Dynamite Don said this: "We work harder because of the social and friendly competition. We are happy when we do well and happy when our fellow boxers do well! The smiles say it all" he said.*

**Oldest to Youngest:** Mary "Rock'n Jo" Waddell, who is 86 to our youngest Boxer, Mark "The Worminator" Neshiem and family members – all see the Rock Steady Boxing program making a difference in their lives.

*"I have much more energy, and much more strength in my arms and legs." said Mary Waddell. "The classes have given me more confidence and make me feel all around much better"*

*"The RSB classes have given me more energy, made me stronger and have really helped my gait. I don't feel well when I miss a class." Mark Nesheim*

*"Tom is doing great and his balance is good. He is standing up straight. He has more confidence to be around people. He has made many new friends. He has improved so much since starting Rock Steady. Not only has he gotten stronger, but his inner happiness in knowing people who are struggling with the same thing he has, has helped him!. We are very thankful for Rock Steady boxing and all of the boxers, coaches and helpers." Kathy Thie, wife to Boxer Tom Thie*

To learn more or to come observe a class please contact Lisa Howard at 362-1210 or [lisa.howard@innonwestport.org](mailto:lisa.howard@innonwestport.org).



THE INN  
ON WESTPORT  
Senior Living

# From the Pharmacist: Opioid Abuse in America

Tyler Chramosta, *PharmD Candidate 2019*

Jane R. Mort, *PharmD*

Opioids, such as codeine, hydrocodone, and morphine, are among the best medications for pain management including pain associated with Parkinson's disease. However, like many drugs when used improperly, opioids can have severe side effects such as respiratory depression, which manifests as difficulty breathing and constriction of the pupils, known as miosis. These effects can be the sign of life-threatening effects of opioids. In 2012, 259 million prescriptions were written for opioids, this is enough to be one of the highest prescribed drug classes in America.<sup>1</sup> However, a more recent study has found that the number of opioid prescriptions has decreased by around thirteen percent from 2012 to 2015.<sup>2</sup>

A reason for the decrease in number of prescriptions may be due to state legislations involving monitoring programs for pharmacists and physicians to work together to help battle the abuse. While the number of opioid prescriptions may have decreased, the number of opioid related causalities has increased.<sup>2</sup> In order to help prevent these causalities, many states (including South Dakota and Iowa) have allowed local Pharmacies to sell a drug known as Naloxone without a prescription.<sup>3</sup> Naloxone may be administered by nasal spray and reverses the effects of the opioids which saves lives. The hope is by doing this, state legislatures will allow family or friends of patients with possible opioid misuse, to administer this medication in case of signs of severe opioid effects.

The opioid epidemic has affected the way physicians prescribe medication. While the naloxone legislation will not remove the dangerous effects of opioids, it will help to decrease the potentially life-threatening effects. The opioid crisis has become an ever growing problem in America, however with proper education and a willingness to act, we can help combat this crisis.

1. American Society of Addiction Medicine. Opioid Addiction 2016 Facts and Figures. Accessed 6/10/17/2017 <https://www.asam.org/docs/defaultsource/advocacy/opioid-addiction-disease-facts-figures.pdf>
2. Gery P. Guy Jr., Debra Houry, and Anne Schuchat, July 6, 2017 New Data on Opioid Use and Prescribing in the US. JAMA. Publicationonline. doi:10.1001/jama.2017.8913.
3. Tomas Orihuela (2017) Hy-vee offering naloxone at pharmacies. Accessed 5/28/2017 [http://www.columbiamissourian.com/news/local/hy-vee-offering-naloxone-at-pharmacies/article\\_983c4e6a-35a9-11e7-b645-9bd61e6cee1d.html](http://www.columbiamissourian.com/news/local/hy-vee-offering-naloxone-at-pharmacies/article_983c4e6a-35a9-11e7-b645-9bd61e6cee1d.html)

## Director's Message

Janey Case, *Executive Director*



Happy Fall! The month of September seemed to come and go right before my eyes and I'm not sure how because when I look back at my to-do list for the month I'm slightly disappointed that I still have several items remaining.

However, I'm learning to accept that not everything has to happen in order and according to my plans. My eyes have been opened to this more and more over the past few months as my youngest, who just turned 2 back in July, is now going to be evaluated to see if he would qualify for birth-three services for speech and occupational therapy. This is something that is very new to me and if I'm being honest, gives me a lot of anxiety. I don't necessarily want somebody to "evaluate" my son to see if he's delayed and needs help. They don't know my son...I do. I'm his mom and I should be able to fix this. However, I also know it's needed and for myself personally, I need to learn to accept that Benjamin in every way, is a normal 2 year old...it's just on his own terms. I have a fault in constantly comparing him to other children his age and to his older brothers and how they developed when they were that same age.

I am and always will be a planner...a list maker, a scheduler, a problem solver and a constant worrier. Qualities that are my strong suit also tend to be my worst enemy at certain times in my life. I think my job here at the SD Parkinson Foundation helps keep me grounded in the realization that not everything happens according to our master plan. I'm pretty sure anybody that has been diagnosed with Parkinson's disease would, without a doubt, confirm that. And I'm always reminded of what our good friends at Struthers constantly tell us..."If you've met one person with Parkinson's then you've met exactly one person with Parkinson's." It just so happens that I find myself repeating this same statement often times during my own presentations, so it's a very good question that I battle with as to why I don't seem to apply this same mentality in my personal life. If you've met one Benjamin Case then you've met one Benjamin Case and he will light up your world. He's given me more grey hairs than I care to admit and challenges me in ways I never knew existed, but I need to take a step back and remain focused on the positive...

- ✓ he's healthy,
- ✓ he has the cutest little smirk
- ✓ he has a giggle that will make all your worries disappear
- ✓ he's loves to snuggle with his mommy
- ✓ he's our little miracle

My list is complete and my heart is full!

## EXECUTIVE BOARD

### EDITOR

Janey Case

### OFFICERS

Tony Mau, *President*  
Stephanie Myers, *Vice President*  
Noel Lais, *Treasurer*  
Michele Rasmussen, *Secretary*

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Jaclyn Schaap  
Kelly Woldt  
Lorri Halverson  
Meldon & Linda Kroeger  
Molly Keegan  
Riley Conklin  
Sarah Sachen  
Teagan Molden

### SDPF STAFF

Janey Case, *Executive Director*

### LOCAL OFFICE

#### South Dakota Parkinson Foundation (SDPF)

1000 N West Ave, Ste. 220  
Sioux Falls, SD 57104  
605.271.6113  
[www.southdakotaparkinson.org](http://www.southdakotaparkinson.org)

### BOARD OF DIRECTORS:

SDPF board of directors are the governing body whose members are community leaders with experience in supporting family members or friends living with Parkinson's disease. Board members are volunteers who work daily to support the foundation's mission and encourage others through education, advocacy and fundraising opportunities.

If you have a strong passion for the SDPF mission and would like to become more involved, we encourage you to consider serving on the board.

# Thank You to All Our Donors

## July 1<sup>st</sup> – September 30<sup>th</sup>, 2018

Gifts to the South Dakota Parkinson Foundation support the quarterly newsletter, news updates, content-rich website, patient education programs, and the annual SD Parkinson's Awareness Conference. Thank you to all who support the SDPF mission by giving generously throughout the year.

At the time of the gift, the donor receives a letter for their records and SDPF sends a special acknowledgement letter to the honoree or family upon request. The listing below represents gifts received from July 1<sup>st</sup>, 2018 through September 30<sup>th</sup>, 2018. 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 the next newsletter.

### IN MEMORY OF

#### Dean Rinerson

*Merle & DeLoris Heidenreich*  
*Glenda & Kevin Meyer*  
*Alan, Lorrie, Emily & Ashley Ball*  
*Gary & Kay Brandsrud*  
*Karen Mee*  
*Bev Morrison*  
*Ann Melham*  
*Randy Melham*  
*Timothy & Judy Melham*  
*Jackie & Nancy Longworth*  
*Belinda Engelhart*  
*Jolane & Arthur Schaefer*  
*Dr. Grant & Debra Titze*  
*Ladonna Bierscheid*  
*Blair & Nancy Titze*  
*Steve & Donita Balogh*  
*Marilyn Lamb*  
*Randal & Myrna Knadle*  
*Laura Forst*  
*Margie Gersten*  
*Robert & Rita Schiefelbein*  
*James Knadle*  
*Don Brosz*  
*Kathryn McElroy*  
*Gregory & Jeanne Horning*  
*Greg & Connie Gersten*  
*Avis Schafer-Deberg*  
*Sue Mattingly*  
*Jennifer Hoeltzner*  
*Glen & Darla Vilhauer*  
*Watertown Support Group*

### IN MEMORY OF

#### Buzz Nelson

*Eldon & Pauline Nelson*

#### Roger Prunty

*Noel & Mary Lais*

#### Sandra Dyson

*Carolyn Robson*



### CHAPTER GIFTS

*Sue Bastemeyer Memorial*  
*K&J Trucking Inc.*

## SDPF Internship Opportunity

SDPF is searching for college students seeking out a spring/summer internship focusing on nonprofit work, fundraising, and/or business to help assist with coordinating the 2019 Step Big Walk event in SF and other local communities.

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

# Calendar of Events

## November

### SD Parkinson's Caregiver Celebration!

Date: Thursday, November 1<sup>st</sup>  
Location: Active Generations  
Time: 6:00 pm – 8:00 pm  
Fee: Free (*limited seating is available*)

\*\*\*To RSVP please call 605.271.6113\*\*\*



## November

### Struthers Parkinson's Center Presentation

Date: Wednesday, November 14<sup>th</sup>  
Location: Edith Sanford Cancer Center  
Time: 6:00 pm  
Fee: Free & Open to the Public

\*\*\*To RSVP please call 605.271.6113\*\*\*

### Struthers Care Network: Training

Dates: November 14<sup>th</sup> – 16<sup>th</sup>  
Location: NonProfit Building

\*\*\*For questions or additional information please call the SDPF office @ 605.271.6113\*\*\*

## December

No Support Group Meetings during the month of December at the following locations:

- ❖ **Sioux Falls:** Edith Sanford Cancer Center (*both day & evening groups*)
- ❖ **Yankton:** Professional Office Pavilion

## January

Happy New Year!



## Community Support Groups

### Aberdeen

2<sup>nd</sup> Thursday  
1:30 pm  
Parkside Retirement

### Brookings

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

### Canton

2<sup>nd</sup> Wednesday  
3:00 pm  
Sanford Canton/Inwood

### Huron

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

### Luverne

3<sup>rd</sup> Thursday  
1:00 pm  
St. John Lutheran Church

### Madison

3<sup>rd</sup> Wednesday  
7:00 pm  
St. John Lutheran Church

### Mitchell

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

### Rapid City

2<sup>nd</sup> Saturday  
1:00 pm  
WestHills Village

### Sioux Falls

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

### Sioux Falls

4<sup>th</sup> Wednesday  
6:30 pm  
Edith Sanford Cancer Center

### Sioux Falls

2<sup>nd</sup> Tuesday  
2:30 pm  
Dow Rummel Village

### Sioux Falls

Tues/Thurs  
2:30 pm  
Avera Therapy

### Sioux Falls

2<sup>nd</sup> Thursday  
9:30 am  
Avera Therapy

### Vermillion

1<sup>st</sup> Wednesday  
11:30 am  
Sanford Vermillion

### Viborg

2<sup>nd</sup> Tuesday  
2:00 pm  
Pioneer Memorial Hospital

### Watertown

2<sup>nd</sup> Wednesday  
2:00 pm  
Jenkins Living Center

### Yankton

2<sup>nd</sup> Friday  
1:30 pm  
Professional Office Pavilion

# What is Lewy Body Dementia?

The Michael J. Fox Foundation

FOXFEED BLOG

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

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

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

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

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

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

To read the full article please visit MJF website at:

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

# Swallowing & Parkinson's

Candace Zweifel, MA, CCC-SLP

Sanford Vermillion



During breakfast, a piece of cheerio ends up stuck in your throat. You take a drink...still there. You eat some more...still there. Moments later, it begins...a coughing fit. After 10 minutes of coughing and only eating a third of your cereal, you are done with your breakfast. Sound familiar? This is a common occurrence of many with Parkinson's disease (PD).

Dysphagia or swallowing difficulty affects 33% of persons with Parkinson's, however some studies show it affects up to 45-90% of individuals with Parkinson's and can occur at any stage of Parkinson's disease. Some individuals are unaware they are exhibiting symptoms. Dysphagia signs and symptoms will vary from person to person as well as the severity of their symptoms. Common signs of dysphagia include difficulty chewing, problems swallowing certain food textures or liquids, coughing or throat clearing during or after eating or drinking, or food getting stuck.

Identifying symptoms of dysphagia early is vital to help prevent or reduce of other medical complications including weight loss, malnutrition, and dehydration or subsequent pneumonia and death. If you or a loved one is experiencing increased difficulties with swallowing, an evaluation by Speech Therapy is of great importance. Speech Therapy will determine the severity of dysphagia and make recommendations for diet and liquid textures, compensatory swallowing strategies, as well as dysphagia treatment including swallowing exercises and stimulation to improve the function of the swallow and increase safety with eating and drinking.

If you have further questions or concerns about your swallowing difficulties, please contact your physician or feel free to contact Candace Zweifel, Speech Therapist at Sanford Vermillion (605.677.3590) or Sanford Canton-Inwood (605.764.1480) or via email at [candace.zweifel@sanfordhealth.org](mailto:candace.zweifel@sanfordhealth.org).

**SANFORD**  
HEALTH

## Four Ways Primary Family Caregivers Can Manage Stress

Tony Mau, *SDPF Board President*



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

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

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

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

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

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

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

## LSVT BIG & LOUD

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

### [ABERDEEN, SD:](#)

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

305 S State Street  
605.622.5772

### [CANTON, SD:](#)

#### **Sanford Canton/Inwood**

400 N Hiawatha Drive  
605.764.1480

### [HURON, SD:](#)

#### **Huron Regional Medical Center**

172 4<sup>th</sup> Street SE  
605.352.6253

### [MITCHELL, SD:](#)

#### **Integrated Therapy Services**

501 W Havens  
605.753.5400

### [RAPID CITY, SD:](#)

#### **RC Regional Rehabilitation Institute**

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

### [VIBORG, SD:](#)

#### **Pioneer Outpatient Center**

315 N Washington Street  
605.760.5066

### [YANKTON, SD:](#)

#### **Avera Sacred Heart Hospital**

501 Summit  
605.668.8268

### [BERESFORD, SD:](#)

#### **Bethesda Nursing Home**

606 W Cedar Street  
605.760.5066

### [CUSTER, SD:](#)

#### **Custer Regional Hospital**

Montgomery Street  
605.673.2229

### [LIVERNE, MN:](#)

#### **Prairie Rehabilitation**

106. N Cedar Street  
507.449.2003

### [PARKER, SD:](#)

#### **Parker Medical Clinic**

100 E Sanborn Street  
605.760.5066

### [SIOUX FALLS, SD:](#)

#### **Avera Outpatient Therapy**

1325 S Cliff Avenue  
605.322.5150

### [WATERTOWN, SD:](#)

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

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

### [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:](#)

#### **Sanford Outpatient Center**

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

### [WATERTOWN, SD:](#)

#### **Jenkins Living Center**

215 S Maple Street  
605.886.5777

*\*\*\*If you would like to be added to this list please contact the SDPF office.\*\*\*  
605.271.6113 or [jcase.sdpf@midconetwork.com](mailto:jcase.sdpf@midconetwork.com)*

## Struthers Parkinson's Care Network

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

### Goals of the SPCN are to:

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

Currently, there are 4 locations in Sioux Falls (Dow Rummel Village, Touchmark At All Saints, The Inn on Westport, and Active Generations), 1 in Viborg (Pioneer Memorial Hospital), and 1 in Luverne, MN (Good Samaritan Society) that are all members of the SPCN and we anticipate additional locations following another training opportunity in November 2018. To learn more about annual SPCN membership benefits please contact the SD Parkinson Foundation at 605.271.6113.



# 2018 Step Big Walk for Parkinson's



To view all the Step Big photos go to: <https://yellowbugphotography.zenfolio.com/p508266718>

**South Dakota Parkinson Foundation**  
1000 N West Ave, Suite 220  
Sioux Falls, SD 57104  
www.southdakotaparkinson.org

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

## November 2018: National Caregiver Month!

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

### **South Dakota Parkinson's Caregiver Celebration**

**When:** Nov 1<sup>st</sup> (Thursday), 2018 6pm-8pm

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

Please RSVP by **October 25<sup>th</sup>** by calling the SDPF at **(605) 271-6113**.  
Let us know if you are bringing a guest and if Daybreak respite care is requested.

**Entertainment:** *Nick Burke, guitarist.*

**Meal:** *Chef Dan, Active Generations Catering*

**Speaker:** *Deb Beringer, Caregiver Case Manger, "Cultivating Resilience & Reviving Strengths"*

*Contributions for the community event sponsored by Active Generations, South Dakota Parkinson's Foundation, Landscape Garden Center, Sanford Neurology Clinic, and the Sanford Parkinson's Support Group.*