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## Step Big Walk for Parkinson's

**Step Big Walk for Parkinson's** is almost here! Excitement and anticipation are in the air. This is going to be another fabulous day full of movement, hope, companionship and lots of fun! Gather your friends, family and coworkers and join us on **Saturday, August 28<sup>th</sup> at the Sioux Falls Canaries Baseball Stadium or again this year as a Virtual Walker**, where you can walk with us from anywhere!

Step Big is an annual fundraiser for the South Dakota Parkinson Foundation and all donations remain within the state of SD and to go towards providing continued services and programs. One survey ranked South Dakota second in the nation in prevalence of Parkinson's disease and the number of individuals diagnosed with Parkinson's disease continues to be on the rise. We need your help to continue to move forward in our mission to improve the quality of life for those touched by Parkinson's disease.

This is the perfect time to remember and honor parents, siblings, grandparents, friends, neighbors and community members that continue to cope with the complications of Parkinson's disease. Make a difference in their lives by showing your support and starting a Step Big Walk team, raising funds for the walk and celebrating time with family and friends from local and surrounding communities. Getting started is super easy with the updated online registration process that has been included on the SDPF website. Visit the site at [www.southdakotaparkinson.org/step-big-walk](http://www.southdakotaparkinson.org/step-big-walk).

We understand this past year has been challenging and continues to present unique circumstances that we all are living in, but it's also very promising seeing vaccines being utilized and being able to gather together once again in social environments. Here at SDPF we continue to move forward while keeping the health and safety of our Parkinson's community at the forefront. We will be implementing safety measures during the walk event and although the purpose behind the event remains the same it may look a little different than years past. We also understand that participants may still not feel comfortable coming to the event which is why we have included the option to participate as a virtual walker. We will also be implementing the walk challenge for those that register for this year's walk. Together, we want to walk 10,000 miles during the month of August! If we have 20 teams register that would mean 500 miles per team.

So, who wants to join us? We have so many exciting components to this year's walk event and we can't wait to get started and now is the time. Register your team today and get ready to start walking August 1<sup>st</sup> and don't forget to still join us on Saturday, August 28<sup>th</sup> as we all come together for our loved ones touched by Parkinson's disease. Remember to follow us on the Step Big Walk for Parkinson's Facebook page for updates and we even created a fun hashtag as you begin to track your miles, #StepBigChallenge.

# Ask the Doctor: Can Vitamin D Help with The Symptoms of Parkinson's?

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



Vitamin D is a beneficial agent in numerous ways. By preventing oxidative stress, it helps maintain normal calcium levels, improve immune function, and protect our brain cells.

In several studies, patients with early Parkinson's disease with minimal or no disability had lower Vitamin D levels when compared to matched, healthy controls. However, Vitamin D levels did not decline during the course of Parkinson's disease. Vitamin D receptors and the enzyme that activates Vitamin D are found in areas of the brain affected in Parkinson's disease. Interestingly, a 29-year longitudinal study (1978 to 2007) based in Finland, demonstrated that individuals with higher levels of Vitamin D showed a reduced risk of Parkinson's disease.

So, are low Vitamin D levels in some way related to the development of Parkinson's disease? At this time, this proposition is possible but not definitely proven.

Until the relationship of Vitamin D and Parkinson's disease is clearly defined, it is reasonable to keep Vitamin D levels normal not only for the possible preventive effect in regards to Parkinson's disease, but for the many other health benefits. Major among these would be improved bone and muscle strength resulting in less falls and associated fractures.

The best source of Vitamin D is sun exposure. If oral supplement is needed, natural Vitamin D3 (Cholecalciferol) is recommended.

**SANFORD**  
Neuroscience

## SDPF Financial Assistance Program

In support of the 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 of South Dakota.

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 SDPF Financial Assistance Program will run through December 2021.

In the past few months grants have been awarded for the following:

- \$250 for home improvements
- \$250 for house cleaning services
- \$250 for Rock Steady Boxing in Watertown
- \$250 for Rock Steady Boxing in SF
- \$240 for Parkinson's voice therapy
- \$250 for Parkinson's therapy & exercise classes

### Testimonials:

*"I am excited to receive a grant to help me attend the Loud Crowd! It will keep me motivated and it's always fun to participate in a group. I am very grateful."*

*"Thank you SDPF for the grant funding. I was diagnosed in 2018 with Parkinson's. I've needed modifications done to my home since my diagnosis, particularly my bathroom and the need for a high-rise toilet. This grant provided me with the funds have this installed and complete my bathroom modifications."*

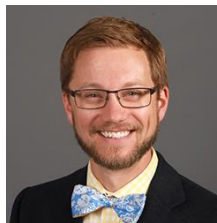
If you have additional questions about the financial assistance program, please reach out to SDPF at 605.323.9779 or email at [info@southdakotaparkinson.org](mailto:info@southdakotaparkinson.org)

# 4th Annual Retreat Living Well With Parkinson's Disease: *Finding Balance*

ABBHEY OF THE HILLS NEAR MILBANK

46561 147TH ST., MARVIN, S.D. | FRIDAY, SEPT. 10 – SUNDAY, SEPT. 12, 2021

## KEYNOTE SPEAKERS:



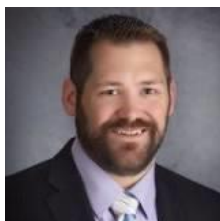
### Andrew Ridder, MD – Avera Medical Group Neurology

- Dr. Ridder graduated from the University of South Dakota Sanford School of Medicine (Vermillion) and completed a neurology residency in 2016 and movement disorder fellowship in 2018 at the University of Michigan (Ann Arbor).
- Specializes in treatment of movement disorders with special focus in Parkinson's disease, Parkinsonism syndromes, tremors, ataxia and dystonia.



### Jeffrey Boyle, MD, PhD – Avera Medical Group Neurology

- Dr. Boyle graduated from the University of Nebraska Medical School (Omaha) and completed a neurology residency at the University of Iowa (Iowa City). He also completed a fellowship in sleep disorders at the University of Iowa and is certified by the American Board of Psychiatry and Neurology in neurology and sleep medicine.
- Diagnoses and treats a variety of neurological conditions and sleep-related conditions. In addition to general neurology, specializes in caring for insomnia, parasomnia, sleep apnea and narcolepsy.



### Steve Tappe – Vice President of Mission for Avera Medical Group

- Mr. Tappe earned a bachelor's degree in philosophy from Carroll College (Helena, Mont.) and a Master of Theological Studies degree in systematic theology from Weston Jesuit School of Theology (Cambridge, Mass.).
- Responsible for mission and values integration, formation and ethics throughout the medical group's 200 clinics since 2014, as well as three specialty and six critical access hospitals.

Register before Aug. 27, 2021 to secure your spot!

Call 605-322-5150 for more information.



*\*This program is supported by a community grant from the Parkinson Foundation.*

## A Special Tulip Garden Dedication



We see them everywhere and the South Dakota Parkinson Foundation logo is based around one, but did you know that the tulip is actually the worldwide symbol of Parkinson's disease? The red tulip has been associated with Parkinson's awareness since 1980 when a Dutch horticulturalist that had Parkinson's disease developed a red and white tulip. 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.

Friends and family gathered together on May 7<sup>th</sup>, 2021 to celebrate the dedication of a beautiful tulip garden at the Mary Jo Wegner Arboretum in Sioux Falls. The tulip garden was a gift to the Arboretum from Sioux Falls resident, Mary Tidwell, in memory of her mother, Mary Stahmann, who had Parkinson's disease, and in honor of all those who make the Parkinson's journey.



# Rock Steady Boxing at the Inn on Westport: Back in Session – Making a Difference One Punch at a Time!

Rock Steady Boxing at the Inn on Westport was ecstatic to open up their doors once again to in-person classes April 1<sup>st</sup> after over a year closure due to the pandemic. The fighters wasted no time getting back to punching the heavy bags and speed bags to experience the benefits of the classes.

What are the benefits of Rock Steady Boxing?

**Boxing Improves Balance.** A study published by the American Physical Therapy Association found that Parkinson's patients who took part in 2-3 90 minutes boxing therapy sessions over a month showed clear improvements in both balance and gait. Rock Steady's Program Director and Head Coach, Lisa Howard, has seen these same results substantiated in the many re-assessments that are given every 6 months to our fighters. "Across the board, our fighters have seen increases in their walking speeds and improvements in their balance testing scores after participating in our program for 6 months or longer." she said.

**Boxing Improves Mobility.** Parkinson's attacks both our mobility and agility – two traits we work on in our Rock Steady Boxing classes. We work on boxing around the heavy bags or move while hitting focus mitts allowing us to work on stepping in multiple directions, changing speeds, staying on our toes.

## Other benefits include:

- Increased strength working with weight training workouts in class.
- Improved posture by our speed bag and other drills in class.
- Improved hand-eye coordination by boxing moving targets.
- Better cognitive processing by using our brain in our boxing drills or multi-tasking during the workouts.
- Relieve symptoms for soft-voice disorders with our loud stations or end of class cheers!
- Improved flexibility and less stiffness with our beginning and end of class stretching routines.
- Better self-esteem and less anxiety – classes are an informal support group and the comradery is 2<sup>nd</sup> to none.

## What do our boxers have to say?

*"From a dedicated rocksteady boxer, life becomes fulfilled when we get back in the gym. Great coaching, great friends and great comradery. It couldn't be any better!" "Energizer Bunny" Bob Wagner*

*"Being back in the gym is awesome! Love hitting the heavy bag and great to see my boxing buddies." Mark the "Worminator" Nesheim*

*"It's so great being back in the gym, seeing everyone in person and having the boxing bags back!" Tripe T-Terri Schmidt*



## Class Offerings:

Rock Steady Boxing offers classes for all levels of fitness. From chair classes to very intense there is a class for everyone. Boxers are given an initial assessment to see what class is appropriate and if they need a "cornerman" volunteer as a stand-by assist for safety. Currently we have openings in our Tues/Thurs 8:45 – 10:15 am class or our Tue/Thurs 1:00 – 2:30 pm class. Call Coach Lisa Howard at 605.362.1210 or email at [lisa.howard@innonwestport.org](mailto:lisa.howard@innonwestport.org) if you'd like to observe a class or learn more about how you can get involved.

# Stress-Busting for Family Caregivers



**THIS FREE, 9-WEEK CLASS OFFERS SUPPORT AND COPING SKILLS FOR CAREGIVERS. STRESS CAN HAVE A NEGATIVE EFFECT NOT ONLY ON THE BODY, BUT MIND AND SPIRIT AS WELL.**

## Class Content Includes

- *Stress & Relaxation*
- *Challenging Behaviors*
- *Grief, Loss and Depression*
- *Coping with Stress*
- *Positive Thinking*
- *Taking Care of Yourself*
- *Choosing a Path to Wellness*

## Testimonial:

*“What I learned about coping helped me feel more in control and helpful which was such a positive for both myself and my husband.” -Caregiver*

**When:** Thursdays starting July 15th from 1-2:30 pm (CDT) for 9 consecutive weeks.

**Where:** via Zoom; internet access required.

Pre-registration is required. Please call Carmen at 605.333.3319 for details and registration. Spaces are limited!



# Director's Message

Janey Case, *Executive Director*

June came and went and just like that it's already July. Do you ever find yourself setting goals for each summer and then before you know it the first month is over and what started off as a strong commitment has now turned into there's just not being enough time in the day and slowly one by one those goals disappear? This happens to me all the time. For example, as I sit here typing this article I'm looking at our family calendar on the wall and it still says June and my boy's chore chart is still posted from two weeks ago and my to-do list has only 2 items currently crossed off...there are 12 items total! And I suppose I can either get super frustrated with myself or I can choose to grant myself some grace, knowing that I'm doing the best I can and it's not always about the end result, but more about the effort and attitude that I continue to put forward with each new day. This can be hard to actually do, but very important because when I look back at the summer of 2021, I don't want to focus on everything I didn't accomplish but remember everything we did do instead...the vacations, sports activities, swimming, hanging out with family and friends, birthday celebrations, bike rides, campfires, fishing, movie nights, and so on and so on. These months go by so fast so let's all just take a moment to enjoy each new day and know that it's okay to get off schedule every now and then...that's what summers are for!

I hope you will join us either in-person or virtually on Saturday, August 28<sup>th</sup> for our annual Step Big Walk for Parkinson's. We are beyond excited to meet in-person again and join together with family and friends to support our loved ones touched by Parkinson's disease.

We also have our Step Big Challenge starting up in August...10,000 miles in just one month! I know it sounds crazy, but we set the goal at 5,000 last year and completely crushed it so we wanted to aim higher and encourage everyone across the state to join us in getting those miles in...and it's okay if we don't make that goal...remember, grant yourself grace and focus on putting forth the effort with a positive attitude! We just want everyone moving. Grab your family and friends and enjoy the fresh outdoors. We are all in this together and every mile counts no matter how far.

## EXECUTIVE BOARD

### EDITOR

Janey Case

### OFFICERS

Lisa Howard, *President*  
Stephanie Myers, *Vice President*  
Noel Lais, *Treasurer*  
Molly Keegan, *Secretary*

### BOARD MEMBERS

Glenda Meyer  
Jaclyn Schaap  
Linda Lee Braun  
Meldon Kroeger  
Paul DeJong  
Teagan Molden  
Julie Eggebraaten-Nord

### SDPF STAFF

Janey Case, *Executive Director*  
Becca Anderson, *Event Assistant*

### 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:

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 of directors. Currently, the SDPF board of directors consists of 11 volunteers from the both the Sioux Falls and Watertown communities. SDPF would like to continue to expand the board to consist of members from across the state of South Dakota.

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

# Thank You to All Our Donors

April 1<sup>st</sup>, 2021 – June 30<sup>th</sup>, 2021

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

### Anna Mae Engstrom

*E. Keith & Carol Thonen*

### Doug Wells

*Barbara Campbell*

### Evelyn Sehr

*Warren & Kaye Huber*

### Walter Jones

*Timothy & Alice Jones*

### Warren Hotzler

*The Wellmark Foundation*

### Wilma Vermulm

*Family of Wilma Joann Vermulm*

*Dean & Mary Oostra*

*Vicki Olson*

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

## CHAPTER GIFTS

*Donna Devick*

*Rod Carlson*

*Network for Good*

*Reiner Reunion Fund*



## Who Are You Walking For?

*Your Mom, Dad, Grandpa, Grandma, Cousin, Friend, Coworker*



The **Step Big Walk for Parkinson's** is a celebration of our loved ones touched by Parkinson's disease and those of us that care for and support them. We spend the morning not only walking for Parkinson's awareness, but to enjoy time with our family and friends. Together we will enjoy a beautiful walk inside the Canaries baseball field, a children's area, snack items, exhibitors, and so much more - all while raising funds to support the South Dakota Parkinson Foundation.

All monies raised remains within the state of South Dakota providing support to individuals and families through:

- \*Continued Parkinson's education, support, and outreach
- \* Free local resources for local and surrounding communities
- \* Raising awareness about the prevalence of PD and the need for services
- \*Monthly financial assistance support
- \*Connection to support groups and exercise programs
- \*Online resources



# Calendar of Events

## July

### Parkinson's Annual Picnic

Date: Wednesday, July 21<sup>st</sup>

Location: Sanford Edith Cancer Center  
(Carlson Room)

Time: 1:00 pm – 2:30 pm

Fee: Free & All are welcome!

*\*\*\*To RSVP please call  
Janey Case at 605.323.9779 or email at  
jcase@sdparkinson.org\*\*\**

## August

### Step Big Walk for Parkinson's

Date: Saturday, August 28<sup>th</sup>

Location: SF Canaries Stadium or Virtually

Time: 8:00 am Registration / 9:00 am Walk

Fee: \$35 adult/ \$25 youth

*Registration if open. Now is the time to gather  
your friends, family, coworkers and start a team!*

**Step Big Challenge:** Begins August 1<sup>st</sup>

Goal = 10,000 miles in 1 month

## September

### Avera Therapy Presents:

#### Living Well with Parkinson's Annual Retreat- Finding Balance

Date: September 10<sup>th</sup> – 12<sup>th</sup>

Location: Abby of the Hills (near Milbank)  
46561 147<sup>th</sup> Street, Marvin, SD

Register: Before Aug 27<sup>th</sup> to reserve your spot!

Contact: 605.322.5150

Speakers: Dr. Andrew Ridder, Dr. Jeffrey Boyle  
& Steve Tappe

## October

### SD Parkinson's Awareness Conference

Date: Saturday, October 23<sup>rd</sup>

Location: Hilton Garden Inn, Sioux Falls  
(south location)

Time: 8:00 am – 3:00 pm

Fee: \$25

*\*\*\*More details to come in September!\*\*\**

## 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 (varies)

\*Call for location

### 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

Tues/Thurs

2:30 pm

Avera Therapy

### Sioux Falls

2<sup>nd</sup> Thursday

2:00 pm

Active Generations

### SF Women's Group

2<sup>nd</sup> Thursday

1:15 pm

First Presbyterian Church

### Vermillion

1<sup>st</sup> Wednesday

11:30 am

Sanford Vermillion

### Viborg

3<sup>rd</sup> Wednesday

2:00 pm

Pioneer Memorial Hospital

### Watertown

2<sup>nd</sup> Wednesday

2:00 pm

Edgewood Healthcare

### Yankton

\*Currently not meeting

\*Looking for new group  
facilitator

*Please contact your area support group facilitator each month for current meeting information since many groups are currently on pause due to COVID. If your group is meeting please check for health and safety precautions as they may vary from location to location.*

# Step Big Walk: Jim's Journey

Jenn Hopf, Caregiver

Jim's Journey is a team of family and friends that we created to support Jim, our amazing dad. Dad was diagnosed with Parkinson's disease back in 1994 when he was in his late thirties. In 2004, he had a Deep Brain Stimulator implanted after medications did not seem to be helping him as much anymore, and after that he saw a slight improvement with his conditions. About 10 years ago, as Dad's Parkinson's continued to advance we were unable to care for him on our own and we found a small SD community nursing home that was able to give him the dedicated care and support that he needed. While there, he enjoyed spending time and visiting with his three daughters and two grandchildren, playing bingo, doing arts and crafts, and going on trolley rides. Over the past couple of years, Dad also started to show signs of dementia and was diagnosed with Lewy Body Dementia.

This past year with COVID precautions put into place at his care center, we were not able to see him in person for several months, which was incredibly tough, but we knew it was the safest thing for everyone in his care center. In November, we received a call that Dad had tested positive for COVID. We nearly lost him while he was in the hospital receiving treatment and care for it. However, he battled through COVID much like he has battled through life with Parkinson's and was back to his care center within a couple of weeks. Following this, his health did not fully bounce back and we placed him under hospice care in January so that we were able to provide him with an extra level of care beyond what he was currently receiving and keep him comfortable. He had many good days, and some of the best days were when we were able to finally come inside his room and see him face to face! Sadly, on February 26<sup>th</sup>, 2021 Dad peacefully passed away with his family by his side and was finally freed from his Parkinson's after his long hard-fought battle for 27 years.

My advice to you after being a part of Jim's Journey, as Jim's daughter and caregiver, is do not be afraid to reach out for help and support as that is what it's there for. There are so many amazing doctors, nurses, neurologists, care centers, palliative care and hospice programs, support groups, and the South Dakota Parkinson Foundation available to help families out in so many ways.

Our family plans to continue to walk in the annual Step Big Walk for Parkinson's and raise money for the South Dakota Parkinson Foundation in memory of our dad and to support other families out there that are in their Parkinson's journey. Not many resources were available to us when our dad was first diagnosed in 1994 and throughout the years it has been amazing to see what programs and resources have become available due to great organizations like the South Dakota Parkinson Foundation! Go Team Jim's Journey, this one is for you Dad!



Jim's Journey  
Family & Friends

To learn more and to register your team for the 2021 Step Big Walk for Parkinson's on August 28<sup>th</sup> visit the SDPF website at [www.southdakotaparkinson.org](http://www.southdakotaparkinson.org) or email at [info@sdparkinson.org](mailto:info@sdparkinson.org).



# Aquatic Physical Therapy & Parkinson's Aquatic Program at the Johnson Aquatic Center

The Johnson Aquatic Center offers individual physical therapy treatment and weekly classes for individuals living with Parkinson's disease. Research has shown that therapy and exercise in the aquatic environment helps people with Parkinson's disease improve balance and mobility, reduce motor dysfunction, and improve quality of life. Classes are designed to address rigidity, strength, walking ability, and balance through large amplitude and functional movement patterns for ease of activity in day-to-day life. Class exercises are completed independently and in small groups to encourage increased intensity of activity and to allow people of various abilities to challenge each other. Benefits of the aquatic environment include:

- The warmth of the water acts as a therapeutic medium to reduce rigidity, stiffness, and pain.
- The buoyancy of the water assists in postural support and balance, allowing a person to perform strength, range of motion, and balance activities in a safe environment that they may not be able to complete on land.
- Aquatic activity allows for energy conservation and the ability to complete more intense activity without fatigue.
- The turbulence of the water acts to challenge balance, coordination, and gait stability to improve walking ability and overall stability with daily activity.

Each class is taught by a physical or occupational therapist with focus on therapeutic movement patterns and activity. Class sizes vary but are usually capped at 5 participants to allow more individualized instruction and space for activity. The Johnson Aquatic Center offers 3 different pools that vary in size and temperature. Most classes are completed in a 3'2"-3'7" pool that is kept at 92 degrees. There are parallel bars present in this pool that can assist with balance and walking safety as needed. Participants also enjoy using our deeper therapeutic pool (3'9") that is kept at 96 degrees for stretching and relaxation after class.

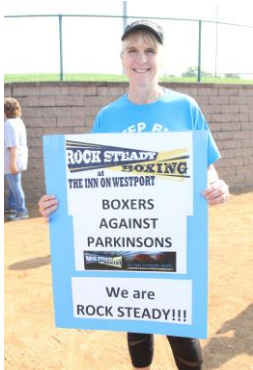
**Class times: Monday 10:15-11:00 AM, Friday 1:00-1:45 PM**

To learn more about how you can get involved with therapy or classes at the Johnson Aquatic Center please contact Lexi Erickson, PT or Josh Mueller, Aquatic Specialist at 605-322-5047. We are located on the Avera McKennan Hospital and University Health Center campus.



## Rock Steady Boxing Walk Team Leads the Way!

Lisa Howard wears many professional titles including director of the Rock Steady Boxing program at The Inn on Westport, SDPF board president, and team captain for the Rock Steady Boxing walk team. Lisa has led the walk team for several years now and continues to rank as top team for the Step Big Walk for Parkinson's. Each year she sets new goals for her team and each year she crushes those goals and continues to spread the word and recruit new members to join her team and participate in the foundation's largest fundraiser event of the year.



The mission of the SD Parkinson Foundation is to improve the quality of life for those living with Parkinson's disease and Lisa works day in and day out to support this mission and be there for not only her boxers, but the entire Parkinson's community. We want to thank Lisa and her whole walk team for working so hard to fundraise and help raise awareness about Parkinson's disease. Go team Rock Steady Boxing!



# 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

## [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  
605.673.2229

## [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

## [SPEARFISH, SD:](#)

**Edgewood Healthcare**  
540 Falcon Crest Drive  
605.642.2977

## [WATERTOWN, SD:](#)

**Jenkins Living Center**  
215 S Maple Street  
605.886.5777

## [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> St 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

## Parkinson's Prairie Hike

Looking for a reason to get enjoy the outdoors? The University of South Dakota's Physical Therapy Program is pleased to invite individuals with Parkinson's disease and their friends and family to our upcoming Parkinson's Prairie Hike event. The hike will be a great opportunity to meet and interact with USD PT students and enjoy a fun, leisurely hike.

- WHEN:** Saturday, August 21 at 9:00 am
- WHERE:** Outdoor Campus, 4500 S Oxbow Avenue, Sioux Falls, SD 57106  
*(meet in front of the main building)*
- NOTE:** The Outdoor Campus offers a variety of hiking loops to choose from. There are no fees to access the outdoor campus.
- QUESTIONS:** Please reach out to Patti at 605.658.6366, or you can also email Andy at [Andrew.Taverna@coyotes.usd.edu](mailto:Andrew.Taverna@coyotes.usd.edu)

We hope to see you on the hike!



## Walking for a Cause: Team Townsend

Ray has been a Parkinson's advocate for several years now. Between being a team captain and volunteering for the Step Big Walk planning committee, he continually extends his support to the Parkinson's community.

Here's what Ray has to say about what the Step Big Walk means to him:

"The walk is important to me on two levels. First, as someone with PD, I appreciate what the SDPF does for the local PD community, using the funds raised to hold seminars, obtain educational materials and promote support groups, and health and wellness. The second is personal. Receiving a Parkinson's diagnosis is a rough one. I didn't tell anyone outside immediate family at first. I needed time to process. A few months after diagnosis my wife and I attended the SD Parkinson's Awareness Conference coordinated by SDPF. What we learned in presentations, workshops and private conversations provided a great deal of understanding and acceptance. After a time, I was ready to share my news and told a few close friends but wanted to let my broader circle of friends know. I decided to do that by becoming a walk Team Captain and inviting them to join my team. The result was an unexpected outpouring of support and encouragement that gave me an unmeasurable morale boost at a time I really needed it.



That's how it all started. I've continued to captain a team each year because of the good the money does for the Parkinson's community and the foundation. But I think if I'm honest, I mostly do it for the morale boost I get from the opportunity to connect with family and friends it provides."

## Walking for a Cause: Team Meyer

Kevin and Glenda Meyer first started walking as a team with their support group members and those in the Watertown community. Together, with support group leader Pat Mahowald, they had coordinated their own walk in their hometown with support from their community. For the past several years they joined together with family and friends to attend the Step Big Walk for Parkinson's in Sioux Falls.

Last year with all the safety precautions put into place with Covid the walk became all virtual and this provided Team Meyer with another new opportunity, to walk together during their annual family reunion. This worked out perfect as everyone was together in one location and could walk and still be a part of the Step Big Walk for Parkinson's event.



Kevin and Glenda continue to show their support to the Parkinson's community through all their advocacy efforts, by co-facilitating the Watertown Support Group, participating in the Rock Steady Boxing Program at Edgewood in Watertown, and Glenda also recently became our first SDPF board member from outside the Sioux Falls area, representing the town of Watertown and other local communities in that part of the state.

## Thank You to Our Walk Partners:

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

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

## Step Big Walk for Parkinson's: 2021 Fundraising Incentives

**Raise \$250** = Long Sleeve Step Big Shirt



**Raise \$500** = Engraved Step Big Tumbler or Embroidered Beanie Hat



**Raise \$1,000** = Step Big Sweatshirt Plus Your Choice of One Lower Level Item

