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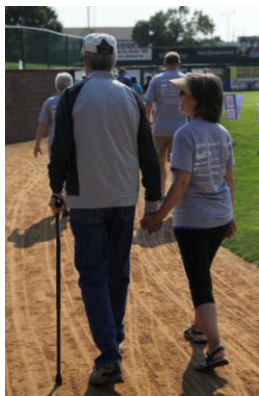
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Step Big Walk for Parkinson's



SDPF is gearing up for the 2023 Step Big Walk for Parkinson's. Our goals are big and the love from the community is undeniable. Support is pouring in for individuals and families impacted by Parkinson's. Thank you for what you do to make this event so impactful for those across the state.

Step Big Walk for Parkinson's is Saturday, August 5th at the beautiful, new Jefferson High School track in the northwest side of Sioux Falls. Registration opens at 8 am with the walk beginning at 9 am. We'll have light breakfast items, a kid's area, group warm-up exercises, exhibitor booths with educational resources, and time celebrating and supporting one another.

Our friends and family need your support now more than ever. We've increased our fundraising goal to \$60,000 this year, with all dollars staying right here in South Dakota. Registration has been open about 1.5 months and we've raised over \$13,000 to benefit the SD Parkinson Foundation. Registrations and donations are coming in fast - so far, 87 individuals have signed up to walk with 10 teams represented.

This year's walk will look a little different, so here's what you need to know:

- ❖ We have moved to Jefferson High School Track, which is a beautiful, new venue. There will be a spacious Kid's Fun Zone which will have a bounce house and many fun yard games for the kiddos! We'll have a great vocalist, Amy Ellsworth, who was a fan favorite in years past. We will have a spacious area for teams to set up tents and team banners. And we'll have a professional photographer who will take team photos as well as group photos.
- ❖ We've implemented a new registration software to help streamline the process for individuals and our staff. Because it is our first year with the software, please don't hesitate to contact our event assistant, Julie Eggebraaten-Nord, if you have concerns or need assistance. The software will allow you to register more than one person and pay for multiple participants in one transaction, along with tracking team members and team donations.

Important notes:

To register/donate visit www.southdakotaparkinson.org/step-big-walk. If you'd like to attribute your dollars toward a specific team, be sure to select the team name or mention them with your donation. Fundraising incentives have changed from last year. (*details on back page*)

- Online registration will close on **Monday, July 31st at 12 pm**. Registration will be available onsite at the Step Big Walk. Walk t-shirts are only guaranteed with registration through **July 15th**.
- Volunteers make our event possible, and we need YOU! Email Julie or visit www.southdakotaparkinson.org/step-big-walk. Thank you for your continued support for Step Big Walk. The community that comes together on walk day is powerful, encouraging, and an unstoppable force. Together, we are stronger than Parkinson's. We are stepping toward a future without Parkinson's and I hope you'll join us!

Apathy & Impulse Control Disorders in Parkinson's

Wijdan Rai, MD

Sanford Clinic Neurology



Apathy and Impulse Control Disorders (ICDs) are common but under-recognized non-motor features of Parkinson's disease (PD).

Apathy is a feeling of indifference or lack of interest or motivation in activities - even things that were once

enjoyed. This can be extremely frustrating for both the person with PD and for caregivers, friends and family. Sometimes, apathy can be accompanied by a lack of self-awareness. It can also occur along with, or mimic, depression or cognitive decline.

On the other hand, ICDs are characterized by persistent thoughts or uncontrollable urges to do things, resulting in excessive behaviors such as gambling, shopping, binge eating and/or sexual activities. Punding is doing the same thing over and over again, such as taking apart and rebuilding a machine, sorting and resorting books on the shelf, etc. These can have potentially serious personal, familial, social or financial consequences. ICDs can occur in any person with PD, with or without treatment, but are most often seen in patients on a class of medications called dopamine agonists, particularly at high doses. These include pramipexole, ropinirole and rotigotine. Men and younger patients seem to be at higher risk, as well as those with a past history of gambling and alcohol abuse.

The key to apathy and ICDs is identifying them. Often patients themselves do not realize this is a problem, or they may keep it a secret. It is very important for patients and caregivers to work together with healthcare professionals to detect, monitor and treat these issues. This can be challenging but there are things that can be done. Certain lifestyle modifications may be utilized. Medications can be adjusted but care must be taken to not make sudden changes such as stopping cold turkey. In some cases, psychiatric medications can help.

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 1st of each month. All applications are kept confidential while being reviewed and applicants will be notified before the end of the month. Applicants can apply for up to \$250 in assistance towards items and services such as walkers, exercise equipment or gym 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 2023.

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

- Home improvements (bathroom/shower)
- Rock Steady Boxing in Watertown
- Rock Steady Boxing in SF
- Travel expenses

Testimonials:

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

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

If you have additional questions about the financial assistance program, please reach out to the SDPF office at 605.323.9779 or email at info@southdakotaparkinson.org.

Applications can be filled out online at the SDPF website, under the RESOURCES tab, or mailed in at 1000 N West Avenue, Suite 220, Sioux Falls, SD 57104.

Coffee Quilters

By: Julie Eggebraaten-Nord, SDPF Event Assistant

On Tuesday, June 20th I had the distinct honor to visit a great group of women in the basement of Zion Lutheran Church in Hartford, SD. The Coffee Quilters are an informal group of women who 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 now meet at one of two churches in Hartford with the group consisting of nearly 24 members. They meet on the 3rd Tuesday of every month and they begin each meeting with 'show and tell' which is a time of sharing what the women have been working on. I was able to see one woman show her beautiful 'Lighting McQueen' quilt which will make some little boy so thrilled. Another woman made a quilt and a table runner from pieces of quilt material that her late mother started nearly 60 years ago. Additional members presented a throw pillow that was quilted with an adorable picture of a Holstein cow while another woman showed a beautiful quilt that was made for her first great-grandchild. Anyone who wants to can share about what they are working on or simply enjoy the fellowship and socialization of good friends.

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. The women are currently working on pillowcases that they will give to 'The Closet' which is a donation site for Foster Care children and families. The pillowcases will be used for the foster children to gather their donated clothes and toys.

About six months ago, Lisa Howard mentioned to our long-time volunteer, Karen Nettifee that we have many 'Step Big' t-shirts from previous years. (Karen is a tireless volunteer for Rock Steady Boxing and has a personal connection to Parkinson's as her brother, Meldon Kroeger was diagnosed with Parkinson's in 2012. Meldon is a wonderful guy and a founding member of RSB and the SDPF board. Lisa asked Karen if she knew of anyone who does quilting and she replied that her cousin, Susan Skogen, is in a quilting group located in Hartford. Karen made arrangements with her cousin and the group where they picked up several totes of shirts and delivered them to the group to start working on. When I visited, I got to see the product of all their hard work and it wasn't just one. The group presented SDPF with 15 quilts and they are all so beautiful.

With the Step Big Walk for Parkinson's event just around the corner we plan to raffle these quilts off during the festivities. We would like to extend a very heartfelt thank you to the coffee quilters!



Rock Steady Boxing Fitness Class Combating Parkinson's & Its Symptoms



Rock Steady Boxing at the Inn on Westport has been serving the Sioux Empire region since April of 2017. With six classes for people of all fitness levels – the Rock Steady Boxing Program is one of 3 exercise programs that has been accredited by the National Parkinson's Foundation.

Why boxing? How can Rock Steady Boxing help in your fight against PD?

Though it may seem surprising, this non-contact, boxing-inspired fitness routine is proving to dramatically improve the ability of people with Parkinson's to live independent lives. Training classes include an exercise program that attacks

Parkinson's at its vulnerable neurological points. While focusing on overall fitness, workouts include footwork, focus mitts, heavy bags, speed bags, double-ended bags, jump rope, core work, calisthenics and circuit weight training. No boxing experience is necessary and people of all ages are invited to participate. There are four different levels of classes offered, depending on the participant's level of Parkinson's and over-all fitness. Exercises can be modified or progressed hard for each individual. Current fighters range in ages from their 40's all the way up to 93!

Rock Steady Boxing focuses on many symptoms seen in Parkinson's.

After our intense boxing workout– the rest of our class time is spent on combating the many issues our fighters deal with each day. Focused exercise incorporated into our class helps improve balance, footwork and gate, dexterity, over-all body strength and even cognition.

Mark Nesheim, a Veteran Fighter, appreciates how the agility drills has helped him stay fast. "Agility drills have increased my overall speed. In the gym I love the hurdles and cones; I can go 100%. Outside the gym (and inside) I can work on jump ropes and step ups. When we travel I've discovered I can do step ups just about anywhere we stop to keep my muscles loose.

Rookie Boxer, Roger Deutsch, likes the cognition drills offered in class. "I really like doing the cognition drills because it helps us work on our multi-tasking skills," he said.

Boxer, Bruce Iverson also appreciates the cognition drills – "I like cognition/dual tasking drills because they're out of our norm. They are challenging and make you think in a new way. Many of the cognition drills are also a personal challenge."

Come See for Yourself! We encourage anyone wanting to learn more about our program to come watch a class and see for yourself. Come meet our amazing fighters and see the wonderful comradery and FUN they have in classes – all the while –fighting back and feeling better! Call Coach Lisa Howard at 605.362.1210 to set up an appointment today.



5 Excellent Reasons Why Everyone Should Take a Walk Today

Why walking is so good for your body and your mind?

#1 Walking reduces stress, cheers you up and increases self-esteem.

If you've ever headed out for a walk after a stressful situation and come back more calm and collected, you know firsthand how walking is a positive way to cope with stressful events. Studies confirm that walking benefits your mood, by releasing your body's natural happy drugs — endorphins.

#2 You can maintain a healthy lifestyle by walking just 30 minutes a day.

Walking is also one of the best exercises for losing weight — it's relatively easy to do, easy on the joints, it's free. To start walking for fitness, try to begin with a 20-minute walk every day.

#3 Regular walking lowers blood pressure, improves sleep and energizes you.

It's been proven that regular walkers have lower blood pressure and higher levels of healthy cholesterol than non-exercisers.

#4 Walks are more fun with a pedometer & a friend

Tracking your steps with a phone or watch app that features a pedometer is key to walking success. People who love their apps or pedometers log a reported 2,000 more steps per day. Why? The reward comes from witnessing your success in real time and enjoying the mental reward of celebrating your step-based accomplishments.

#5 People experience a major dip in snack cravings during and after a 15-minute walk

Cravings, in general, are usually bad news. Craved-for foods tend to be calorie-dense, fatty or sugary. Researchers' findings suggest walking ultimately helps people lose weight not only by getting your heart and metabolism up but also by curbing those cravings for sugary snacks, like chocolate. By taking a short walk, the study found people are able to regulate their daily sugary treats intake — often by as much as half.

Article References:

<https://health.clevelandclinic.org/5-great-reasons-you-should-take-a-walk-today/>

Cleveland Clinic: Health Essentials (December 2020), written by wellness expert, Michael Roizen, MD

Director's Message

Janey Case, *Executive Director*



The months of May & June came and went and in the blink of an eye we're already celebrating the 4th of July. Do you ever find yourself setting big ambitions at the beginning of summer and then before you know it the first couple months are over and what started off as a strong commitment, even on display with a organized family calendar and daily to-do lists for every member, has now turned into one big chaotic mess where everyone is going in different directions and just basically winging it day-to-day. I hate to admit it, but this happens to me pretty much every summer.

For example, as I sit here typing this article I'm looking at our family calendar and it's blank...just one big, blank canvas, as I cleared it when the weeks ran out, but have yet to fill it back up with the remaining weeks in these summer months. And I suppose I can either get super frustrated with myself or I can choose to give myself grace...grace in understanding I'm a mom of three boys, I have a job, I have a home, a husband, a dog, and I'm doing the best I can at this moment. Maybe next month I will be more focused and on-task and accomplish more things or maybe I won't...life happens to all of us and so much of what we want to do is often times overshadowed by circumstances that are out of our control. We can lose ourselves and it's important for us to know that's okay too. It doesn't mean we have failed or didn't accomplish anything during that time...it just means it was different than expected and some shifts had to be made along the way, and moving forward we might have to continue to adjust to meet us where we are at now. 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 again...isn't that kind of what summer's all about...swimming, camping, carnivals, concerts, sports, fireworks, vacations, time with family & friends, late night walks, firepits with smores, and so much more...it's no wonder we can't accomplish it all...there's just too much fun to be had!

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Janey Case

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Event Assistant

LOCAL OFFICE

South Dakota Parkinson Foundation (SDPF)

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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 seven 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 or you have questions about this opportunity please contact the SDPF office. We would love to hear from you.

Thank You to All Our Donors

April 1st – June 30th, 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.

IN MEMORY OF

Dennis Darrington

Michael & Penny Overmann

Don DeHaan

Sharon DeHaan

Ellen Krell

Brian Krell

Greg Baete

Rosalie Pleigo

Pamela Lund

Shelly Larson

Sally Sundby

Grace Dwyer

Marlowe Ginkel

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Patricia Kopp

Renee Munce

Laura Atkins

Bonnie Wolthuis

Kimberly Jacobson

Renee Dokken

Dennis Hostetler

Linda Larsen

Curt Matzen

William Payfer

Mary Cain

Ruth Atkins

Allen Fincher

Laura David Keppen

IN MEMORY OF

Robert Dawson

Rose Mary Morrow

Ruth Parry



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

Calendar of Events

July

Parkinson's Annual Picnic

Date: Wednesday, July 19th

Location: Sanford Edith Cancer Center, SF
(Carlson Room)

Time: 1:00 – 2:30 pm

Fee: Free (*registration is requested*)

RSVP: jcase@sdparkinson.org or by calling the SDPF office at 605-323-9779

August

Step Big Walk for Parkinson's

Date: Saturday, August 5th

Location: Jefferson High School

Time: 8 am registration / 9 am walk

Fee: \$35 adults / \$25 youth

Register/Donate at:

www.southdakotaparkinson.org/step-big-walk

September



October

RC Parkinson's Awareness Conference

Date: Friday, October 6th

Location: Hilton Garden Inn, RC

Time: 8 am registration

Fee: Free (*registration is requested*)

****Stay tuned for more details to come!****

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
Edith Sanford Cancer Center

Sioux Falls (PD Caregivers)

Thursdays (*every other*)
11:00 am
Active Generations

SF (Family Caregivers)

Wednesdays
1:30 pm
Active Generations

Sioux Falls (Family Caregivers) Sioux Falls Women's

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
Edgewood Healthcare

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

Walking for a Cause Virtually

Kevin and Glenda Meyer first started walking as a team with their support group members and those in the Watertown community. Together, with former support group leader Pat Mahowald, they had coordinated their own walk in their hometown with support from their community.

The past few years with travel and timing coming into play the walk's virtual option 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 Support Group, participating in the Rock Steady Boxing program at Edgewood in Watertown, and Glenda also served on the SDPF board becoming the first member from outside the Sioux Falls area, representing the town of Watertown and other local communities in that part of the state.

We want to encourage others from outside of the Sioux Falls area to consider participating in this year's Step Big Walk for Parkinson's virtually. This can be done the same day as the walk in Sioux Falls on August 5th or anytime that works the best for you and your family and friends. It's not about when we walk, but who we are walking for. Join us today!

SF Parkinson's Awareness Conference

This year, the annual SF Parkinson's Awareness Conference was back in action and assembled on Saturday, April 15th at Active Generations with 250 attendees. Again this year, thanks to a special funding from the Seed for Success Foundation, it was the second year this particular event was free for all guests who attended. Throughout the day we had entertainment, enlightenment and inspiration supplemented by the opportunity to interact with peers from across the state and surrounding areas, as well as, to network with agencies and organizations offering services specific to the needs of those dealing with Parkinson's.

Presentations were given by Joan Hlas with Struthers Parkinson's Center, Donna Gue with doTERRA Essential Oils, Dr. Wijdan Rai with Sanford Neurology, Dr. Diedrich with Eyesite, Rebecca Theophilus with Family Service Inc., and Jill Johnson with Laughter Yoga. Chef Dan with Active Generations provided food throughout the day including breakfast, a delicious soup/sandwich lunch and desserts with refreshments. It was also the first time introducing the Newly Diagnosed folder packet that the SD Parkinson Foundation has been developing over the past year in hopes to start distribution within the coming months.

SDPF would like to extend a very sincere thank you to Active Generations for hosting this event, along with all attendees & exhibitors who provided the purpose for the event, to the sponsors who made this event possible and to the volunteers who made everything come together on a very successful day.



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.

Step Big Walk Welcomes All Teams:

With the walk just a little over a month away we are well on our way to meet our goals for 2023. We are excited for lots of new happenings with this year's walk event including a new venue, a new kid's area, new prizes and new walk teams and walk participants.

SDPF would like to welcome back our dedicated walk teams from years past and also welcome all our amazing new teams that have registered and are busy recruiting and fundraising. It's inspiring to see so much enthusiasm for the event.

Currently we have 18 teams registered...

*Avera Big Steppers

*Here for Dave

*Miller's Marauders

*Rally Against Parkinson's

*Team Heidi

*Team Townsend

*Dance for Nanc

*Johnny's Jittery Walkers

*Mission imPOSSIBLE

*Rock Steady Boxing

*Team Meyer

*Steve's Squad

*Edgewood/Watertown

*Manley Meanderers

*Move (Keep Walkin)

*Team Fahlberg

*Team Tim

*Quist Family Fighter

It's not too late to start a team and register today! Just go to www.southdakotaparkinson.org/step-big-walk and click on REGISTER. If you are a team captain make sure to first register your team by clicking TEAM CAPTAIN at the top of the page and then add all team members. For questions or help registering your team contact the SDPF office at 605-323.9779.



Fundraising Tips: How to Raise \$500 in 10 Days

Day 1: Register yourself for \$35

Day 2: Ask five family members to donate \$20 each.

Day 3: Ask five friends to contribute \$20 each.

Day 4: Ask five co-workers to contribute \$10 each.

Day 5: Ask five neighbors to contribute \$10 each.

Day 6: Ask five people from your place of worship to contribute \$10 each.

Day 7: Ask your boss for a contribution of \$50.

Day 8: Ask two businesses or companies that you deal with through work to sponsor you for \$25 each

Day 9: Ask businesses you frequent to personally contribute \$15.
(hair salon, dry cleaner, coffee shops, gym, dentist, doctor, local grocery store, etc.)

Day 10: Hold a team fundraiser (bake sale, raffle, car wash, rummage sale, jeans day, etc.)



Step Big Walk: 2023 Fundraising Incentives

Raise \$250 = Step Big Long Sleeve Shirt **Raise \$500** = Step Big Fleece Blanket



Raise \$1,000 = Step Big Hooded Sweatshirt



Step Big Walk: Team Fun/Contests

This year we've decided to add some fun contests to our Step Big Walk 2023! We're excited this year to make the walk a fun party atmosphere and get people excited for these fun contests. **Start thinking how you can make your team experience fun and unique.** We'll be awarding prizes for the following contests the day of our event!

- ❖ Team with the most walkers
- ❖ Team raising the most money
- ❖ Team with best motto and best team spirit
- ❖ Oldest Walker at event
- ❖ Youngest Walker at event



Who Are You Walking For?

Your Mom? Your Dad? Your Grandpa? Your Grandma? A Friend?

Step Big Walk for Parkinson's is a gathering to support those we love that have Parkinson's disease and those of us that provide care for our loved ones. We all have different answers to the question above, but what remains the same is our passion and dedication to the mission to improve the quality of life for those touched by Parkinson's disease. We hope you will join us!

All monies raised remains in the state of South Dakota and helps provide support through:

- * Advancing education and outreach efforts
- * Providing free, local resources for the community
- * Advocacy efforts
- * Financial assistance



Follow us on Facebook

***On Facebook search
Step Big Walk for Parkinson's**



Caregiver's Corner

Hello! My name is Julie Eggebraaten-Nord. I'm the new event assistant for the South Dakota Parkinson Foundation. Not only do I care very much about those that have been affected by Parkinson's, but I have a deep, personal connection as my husband, Steve, was diagnosed with Parkinson's seven years ago.

Simply by the fact that you are reading this means that you too want to remain proactive and while staying ahead of this is tough, you at least want to give Parkinson's disease a fight! Parkinson's is one heck of a journey for all and I am absolutely no expert, but maybe by sharing a few tips will help you and your loved one. When deciding on what articles would be the most beneficial for this caregiver's corner, I decided to start with the topic of coping mechanisms. I welcome any additional input concerning coping mechanisms you might also want to share or any other helpful topics that would be good to cover for caregivers.

I first would like to focus on humor. While Parkinson's disease is far from funny, we find, at times, that humor is very important in coping with it. Some examples for us include when have our infant grandchildren over. Steve thinks it's great that his tremors vibrate, soothe and comfort the child...not everyone has that ability! On Memorial Day, Steve, his brother and I decorated graves. Before leaving the brothers hugged and Steve's brother smiled and said, 'This is cool that you're giving me a backrub without even trying.' We had a good laugh over that. Also, when I ask Steve to stir something on the stove, I smile and tell him that it should be absolutely no problem for him! Occasionally he gets really frustrated about how fatigued he gets and how many naps he takes. In my sarcastic way I tell him to quit whining because it gives me some much-needed alone time.

I want to close today with a poem that was in the *Magnolia* magazine that really resonates with me, and I hope you too, can relate.

'I always imagined myself flying wild and free,

I had an unending desire to go higher and higher,

But I always felt too much was holding me back, the responsibilities I tend to, the work I do, even the people I love were like strings, keeping me bound to the ground below.

But then a gust of wind came along out of the clear, blue sky and I realized those strings were my anchor. Without I'd be aimless, perhaps I never would have come off the ground.

All along, those strings had been the tension that allowed me to take flight, taking me higher than I could have gone alone.'

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.

Recipe For: Parkinson's Annual Picnic
 From the kitchen of: the South Dakota Parkinson Foundation and
the Sanford Parkinson Support Group

Ingredients: support group member
SDPF com unity
family
friends
valet parking
catered lunch, no charge
Memorial Service
Friend Award

Mix all thoroughly on Wednesday, July 19, 2023,
 1:00 - 2:30 pm at Edith Sanford Cancer Center
 (Carlson Room): 1210 W 18th St, Sioux Falls, SD).
 Bake with the warmth of the community with an afternoon of fun.
 RSVP: info@southdakotaparkinson.org or 605-323-9779

