

## Step Big Walk for Parkinson's

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The 2022 Step Big Walk for Parkinson's is sure to be our best yet! Our goals are big and the love from the community is huge. Support is pouring in for friends and families impacted by Parkinson's. Thank you for what you do to make this event so impactful.

Step Big Walk is Saturday, August 13<sup>th</sup> at Pasley Park in Sioux Falls. Registration opens at 8 am and the walk begins at 9 am. We'll have light breakfast items available, a group warm-up activity, exhibitor booths with educational materials, and time celebrating and supporting each other.

Our friends and family need your support now more than ever. We've increased our fundraising goal to \$50,000 this year, with all dollars staying right here in South Dakota. Within the first two months of registration, we've raised \$18,000 to benefit the SD Parkinson Foundation. Registrations and donations are coming in fast - so far, 250 people have signed up to walk and 15 teams are represented!

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

- ❖ We moved to Pasley Park due to our need for more space for our growing walk family. Pasley Park offers an open space, a playground for the kiddos, and a picnic shelter. There is no limit on walking distance – walk as much as you'd like. We'll have turnaround points and mile markers to help you track your distance. *(Please note: we will be sharing the trails with the public.)*
- ❖ We've implemented a new registration software to help streamline the process for you and our staff. Because it is our first year with the software, please don't hesitate to contact our event assistant, Becca Anderson, 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.
- ❖ Fundraising incentives have changed from last year. *(details on back page)*

#### Important notes:

- To register/donate visit [www.southdakotaparkinson.org/step-big-walk](http://www.southdakotaparkinson.org/step-big-walk). If you'd like to attribute your dollars toward a team, be sure to select the team name or mention them with your donation.
- Online registration will close on **Friday, August 12<sup>th</sup> at 12:00 pm**. Registration will be available onsite at the Step Big Walk.
- Walk t-shirts are only guaranteed with registration through **July 16<sup>th</sup>**.
- Volunteers make our event possible, and we need YOU! Email Becca or visit [www.southdakotaparkinson.org/step-big-walk](http://www.southdakotaparkinson.org/step-big-walk), scroll down and click the gray VOLUNTEER button. 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.

**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 in 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 2022.

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

- Home improvements (bathroom)
- House cleaning services
- Rock Steady Boxing in Watertown
- Rock Steady Boxing in SF
- Parkinson's voice therapy (
- Parkinson's therapy & exercise classes
- Support Group meetings

### 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)

# Visual Processing Changes in Parkinson's Disease

THURSDAY, AUGUST 4<sup>TH</sup> | 5:30 PM – 6:30 PM

AVERA MCKENNAN HOSPITAL & UNIVERSITY HEALTH CENTER CAMPUS

PLAZA 5 ~ 810 E 23<sup>RD</sup> STREET ~ 1<sup>ST</sup> FLOOR AUDITORIUM ~ SIOUX FALLS, SD

**\$25 PER COUPLE OR \$20 PER PERSON**

Join us for an educational seminar about living at your best with Parkinson's disease.

## TOPICS COVERED:

- Discuss common visual processing changes that can occur with aging and Parkinson's
- Learn how visual processing changes impact overall function
- Explore the role of occupational therapy in addressing visual changes in Parkinson's
- Participate in activities that can help minimize visual processing challenges

**Register for your spot at [Avera.org/Events](http://Avera.org/Events)**

**Spots are limited and will be reserved with online payment**

**Call 605-322-5150 for more information.**



## SD Parkinson's Awareness Conference

This year, the annual SD Parkinson's Awareness Conference was back in action and assembled on Saturday, April 9<sup>th</sup> at the Sioux Falls Hilton Garden Inn with around 160 attendees. Also this year, thanks to a special grant funding from the Seed for Success Foundation, it was the first 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 disease.

Presentations were given by Rose Wichmann with Struthers Parkinson's Center, Dr. Wijdan Rai with Sanford Neurology Clinic, Vicki Nagel with Medicaid, Jami Dalchow with Sanford Health, Jill Fries a Yoga Instructor, Mary Tidwell with Aware in Care and several breakout sessions with Avera Therapy and Rock Steady Boxing at The Inn on Westport. The SD Parkinson's Awareness Conference ended the day bringing together a wonderful Parkinson's Panel with experts in PD care, individuals diagnosed with Parkinson's and caregivers who all shared insight and answered a variety of audience questions.

The SD Parkinson Foundation would like to extend a very sincere thank you to all attendees & exhibitors who provided the purpose for this event, to the sponsors who made this event possible and to the volunteers who made everything come together on a very successful day.





# Hope in this Corner with Rock Steady Boxing at The Inn on Westport

Rock Steady Boxing enables individuals with Parkinson's disease to fight their disease by providing non-contact boxing style fitness program that improve their quality of life and sense of efficacy and self-worth. Recent studies also suggest that intense exercise programs may be "neuro-protective," actually working to delay the progressions of symptoms. Rock Steady Boxing provides encouragement by inspiring maximum effort, speed, strength, balance and flexibility. Boxing works by moving your body in all planes of motion while continuously changing the routine as your progress through the workout. RSB classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead to a healthier, happier life.

Rock Steady Boxing at The Inn on Westport celebrated it's 5<sup>th</sup> Anniversary in the end of April. The program continues to grow and now boasts over 50 boxers in 6 different classes. Rock Steady Boxers range from their early 40's to age 93. The program is looking to add another morning class for new boxers in early fall.

Every six months boxers are re-evaluated in several areas and the outcomes have been very positive. Boxers re-evaluated all have increased their balance scores, walking speeds have increased by 3-7 seconds and leg strength has increased by up to 4 points in all but two boxers.

17 Boxers have been with us since the beginning of our program! Here is what a few had to say:

*"Rock Steady Boxing has slowed down the progression of my Parkinson's. When we stopped for Covid and I did not do the zoom classes it was easy to tell my symptoms were worse. Now that we are back at it – I have improved to where I was before the pandemic. Besides slowing down the progression of PD – our RSB classes are the BEST support group."*  
Bruce "Barracuda" Johnson

*"Rock Steady has made and kept me strong. I would not exercise at home without motivation like working out with friends. Physically it has helped me – I am not a 'stud' athlete-but I notice people my age do not participate in any program this intense. Mentally I look forward to being with my workout partners. I would recommend RSB to others with Parkinsons. RSB will get your moving with speed and power."*  
Allen "Right Hook" Bindert

*"At 71 years old I still feel I am in great shape. My goal is to beat me 7:10 min plank record that I did before Covid put us on hold. I believe the boxing has helped my thinking to be much clearer and more focused. With RSB you get encouragement from the fellow boxers. Everyone is there for the same purpose. And you get to hear the cheesy cheer at the end of class."*  
Larry "Molotz" Miller

## Current Classes Include:

### Level 1:

Monday & Wednesdays 8:30 – 10:00 am or 5:00 – 6:30 pm  
Tuesday & Thursday 8:30 – 10:00 am or 5:00 – 6:30 pm

### Level 2 – 3:

Tuesday & Thursday 1:00 – 2:15 pm

### Level 3 – 4:

Tuesday & Thursdays 10:15 – 11:15 am

If you'd like to learn more, observe a class, or set up an assessment to get involved, please contact Coach Lisa at 605.362.1210 or [lisa.howard@innonwestport.org](mailto:lisa.howard@innonwestport.org).



# 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 month of June came and went and just like that we jump into July. Do you ever find yourself setting big goals for the summer months 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 enough time in the day and slowly one by one those goals disappear? This happens to me pretty much every summer.

For example, as I sit here typing this article I'm looking at our oversized family calendar on the wall (the one you can't miss when you walk through the door) 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 10 items total! And I suppose I can either get super frustrated with myself or I can choose to give myself grace, knowing that I'm doing the best I can and it's not always about the end result, but more about the effort along with the attitude that I continue to put forward with each new day. This can be a challenge, but nonetheless very important because when I look back at the summer of 2022, I don't want the focus to be centered around everything I didn't accomplish but instead I want to remember everything we did that was great...the getaways, sports activities, countless hours of swimming, birthday celebrations, bike rides, late night campfires with family & friends, 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 again...that's what summers are for!

I hope you will join us either in-person or virtually on Saturday, August 13<sup>th</sup> for our annual Step Big Walk for Parkinson's. We are beyond excited to meet at a new location this year at Pasley Park in Sioux Falls where we will enjoy walking on the bike path along the river. It will be a great morning joining together with family and friends to support our loved ones touched by Parkinson's disease.

## EXECUTIVE BOARD

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Janey Case

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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:

The SDPF staff and board of directors would like to extend a heartfelt thank you to Glenda Meyer for her time dedicated as a volunteer board member. It has been a true pleasure having Glenda become the very first to serve on the board from outside the SF area. We know she will continue to play an important role in helping so many individuals and families through her advocacy efforts, her many years helping with the Watertown Support Group, the Watertown Rock Steady Boxing program, and her dedication to the Step Big Walk. She truly works so hard to make a difference!

# Thank You to All Our Donors

April 1<sup>st</sup> – June 30<sup>th</sup>, 2022

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

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

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## SDPF CHAPTER GIFTS

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*Wellmark Blue Cross Blue Shield SD*  
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*Sharon DeHaan*  
*Philip & Judy Glanzer*  
*Wayne & Norma Steinocker*  
*Jennie Benson*  
*Audrey White*



## Watertown School Honors Teacher



The South Dakota Parkinson Foundation (SDPF) would like to extend a special thank you to all the kids and staff at the Watertown School District for donating over \$3,000 in honor of one of their very special teachers, Stephanie Cole.

This school and town is a great inspiration in demonstrating ways to become involved and making a difference for individuals diagnosed with Parkinson's disease.



# Calendar of Events

## July

### Parkinson's Annual Picnic

Date: Wednesday, July 20<sup>th</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 13<sup>th</sup>

Location: Pasley Park or Virtually

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

Fee: \$35 adult/ \$25 youth (6 years – 15 years)

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

## September

### Avera Therapy's:

### Living Well with Parkinson's Annual Retreat

Dates: September 9<sup>th</sup> – 11<sup>th</sup>

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

*For more information please call 605.322.5150*

## October

### RC Parkinson's Awareness Conference

Date: Friday, October 6<sup>th</sup>

Location: Hilton Garden Inn, Rapid City

Time: 8:00 am – 3:00 pm

Fee: Free

*\*\*\*More details to come soon!\*\*\**

*For more information please call  
Janey Case at 605.323.9779 or email at  
jcase@sdparkinson.org*

## Community Support Groups

### Aberdeen

2<sup>nd</sup> Monday (every other month)  
1:30 pm  
State Street Medical Square

### Brookings

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

### Canton

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

### Huron

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

### Luverne

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

### Madison

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

### Mitchell

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

### Pierre

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

### Rapid City

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

### Sioux Falls

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

### Sioux Falls (PD Caregivers)

Thursdays (every other)  
11:00 am  
Active Generations

### SF (Family Caregivers)

Wednesdays  
1:30 pm  
Active Generations

### Sioux Falls (Family Caregivers)

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

### Sioux Falls Women's

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

### Viborg

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

### Watertown

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

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

# Step Big Walk for Parkinson's

2021 marked the largest walk event for the foundation to-date. It was a great day that brought together so many familiar faces along with many new, all there in support of family and friends touched by Parkinson's disease. This event couldn't happen without the hard work and dedication of the entire walk planning committee who work throughout the year planning all details of the event both big and small. Meet a few current members of the committee who talk about why they first became involved.

## Meet Jenn Hopf



*"I've been participating in the Step Big Walk for the past several years with my sisters on Team Jim's Journey, a team we formed in support of our dad and his courageous journey with Parkinson's. His journey came to an end in 2021 after battling 27 years with PD.*

*This is my second year of being part of the walk committee. It is a way for me to honor my dad, while helping to create awareness and raise funds for others that are going through their PD journeys. I am so grateful to be a part of this committee and for all the wonderful people that I have met through it!"*

## Meet Angel Rollag



*"I have been involved on the Parkinson's walk committee for 2 years, but have been attending the walks for around 7 years.*

*I am a nurse at the Sanford Neurology clinic and see the difficulties and devastation that Parkinson's can cause for patients and their families.*

*I chose to become involved with the committee because I wanted to help raise awareness and funding for the research and treatments that will hopefully provide a cure someday! I enjoy seeing the familiar faces of patients and their friends and families on walk day."*

## Meet Ray Townsend



*"I was diagnosed with Parkinson's in 2015 and I have been a part of the annual walk event ever since.*

*A good portion of the funds raised through the walk are used to provide seminars, educational materials, and resources for surrounding support groups. I attend as many of these events as I can, primarily because of the camaraderie generated.*

*The opportunity to talk to others that have experienced what you are going through is invaluable."*

## Meet Jackie Hanson



*"This is my second year with the Step Big Walk for Parkinson's. I got involved because my mother had Parkinson's and I wanted to help others with this disease.*

*I am blessed to be on this committee with so many wonderful people, all who are dedicated to raising awareness and funds to provide programs and information for people with Parkinson's."*



# LSVT BIG & LOUD

Want to learn more about LSVT BIG & LOUD? LSVT BIG trains people with Parkinson disease (PD) to use their body more normally. LSVT LOUD is an effective speech treatment for people with Parkinson's disease (PD) and other neurological conditions. There are numerous facilities across the state of South Dakota that has certified clinicians. We encourage you to reach out to a facility in your local area.

## **ABERDEEN, SD:**

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

305 S State Street  
605.622.5772

## **CANTON, SD:**

### **Sanford Canton/Inwood**

400 N Hiawatha Drive  
605.764.1480

## **HURON, SD:**

### **Huron Regional Medical Center**

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

## **MITCHELL, SD:**

### **Avera Therapy**

200 E Havens Ave  
605.995.6373

## **RAPID CITY, SD:**

### **RC Regional Rehabilitation**

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

## **SIOUX FALLS, SD:**

### **Sanford Outpatient Center**

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

## **WATERTOWN, SD:**

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

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

## **BERESFORD, SD:**

### **Bethesda Nursing Home**

606 W Cedar Street  
605.760.5066

## **CUSTER, SD:**

### **Custer Regional Hospital**

Montgomery Street  
605.673.2 229

## **LUVERNE, MN:**

### **Prairie Rehabilitation**

106. N Cedar Street  
507.449.2003

## **PARKER, SD:**

### **Parker Medical Clinic**

100 E Sanborn Street  
605.760.5066

## **SIOUX FALLS, SD:**

### **Avera Outpatient Therapy**

1325 S Cliff Avenue  
605.322.5150

## **SPEARFISH, SD:**

### **Edgewood Healthcare**

540 Falcon Crest Drive  
605.642.2977

## **WATERTOWN, SD:**

### **Edgewood Healthcare**

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

## **BROOKINGS, SD:**

### **Brookings Health Systems**

300 22<sup>nd</sup> Avenue  
605.696.8821

## **FORT MEADE, SD:**

### **Black Hills VA Healthcare System**

113 Comanche Road  
605.347.7000

## **MILLER, SD:**

### **Avera Hand County Hospital**

300 W 5<sup>th</sup> Street  
605.853.0350

## **PIERRE, SD:**

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

801 E Sioux Avenue  
605.224.3162

## **SIOUX FALLS, SD:**

### **Prairie Rehab**

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

## **VIBORG, SD:**

### **Pioneer Outpatient Center**

315 N Washington Street  
605.326.3009

## **YANKTON, SD:**

### **Avera Sacred Heart Hospital**

501 Summit  
605.668.8268

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

## Parkinson's Newly Diagnosed Packet



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

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

# Caregiver Educational Classes

## **STRESS-BUSTING FOR FAMILY CAREGIVERS (Dementia & Chronic Illness tracks):**

This nine-week class offers support and coping skills for Caregivers. Class content includes: Stress & Relaxation, Challenging Behaviors, Grief, Loss, & Depression, Coping with Stress, Positive Thinking, Taking Care of Yourself, and Choosing a Path to Wellness.

- Nine sessions, one per week, for 90 minutes per class.
- Book and online resources provided.
- Virtual or in-person options available.

## **STRESS-BUSTING FOR PROFESSIONAL CAREGIVERS:**

This four-hour class offers support and coping skills for paid, professional Caregivers. Class content includes Stress & Relaxation Techniques, Compassion Fatigue, and Secondary Trauma.

## **SAVVY CAREGIVER (Dementia specific):**

Caring for a person with dementia is a role like no other, and a role that requires training. The six sessions will help participants: Understand dementia & its effect on behavior, Develop strategies to build contented involvement, Develop effective strategies for caregiving & decision making, and Adopt a more strategic outlook on caregiving.

- Six sessions, one per week, for two hours per class.
- Book and additional resources provided.
- Virtual or in-person options available.

## **POWERFUL TOOLS FOR CAREGIVERS:**

Powerful Tools for Caregivers gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. Whether you provide care for a spouse, partner, parent, or friend; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you! The class will give you tools to help: Reduce Stress, Improve Self-Confidence, Manage Time, Set Goals, and Solve Problems, Better Communicate Their Feelings, Make Tough Decisions, and Locate Helpful Resources.

- Six class sessions, one per week, for 90 minutes per class.
- Book and additional resources provided.
- Virtual or in-person options available.

## **EMPOWERING YOU SERIES (all taught via Zoom):**

**Empowering YOU to be a Smart & Healthy Caregiver** (2 sessions)– Being smart & healthy is important, because caring for an older adult can be both rewarding and overwhelming, both frustrating and fulfilling. Learning new tools can increase the rewards, ease the frustrations, and equip you to care for yourself as you care for another person.

**Empowering YOU to Prevent Falls** (2 sessions)– Falls are both common & costly with billings of dollars spent to treat injuries of the one in four older adults who will suffer a fall each year. The good news is that most falls can be prevented! Learning ways to prevent falls and putting that learning into action can empower you to remain safe.

**Empowering YOU to be a Strategic Dementia Caregiver** (3 sessions)– Being strategic is important, as it can equip you to care for yourself as you care for another person. Learning about dementia and its cause, while learning new tools to manage daily life, can increase the rewards and ease the frustrations.

- Each class is 1-2 hours per session. Can be taken once or multiple times.

For more information contact Carmen Spurling at 605.333.3319 or email at [cspurling@activegen.org](mailto:cspurling@activegen.org).



## Walking for a Cause: Steve's Squad



Steve from team Steve's Squad is proudly holding his walk team's banner! Steve's Squad, led by team captain Julie Nord-Engebraatten, is one of our newest (and largest!) teams, working hard to earn the #1 spot for the 2022 Step Big Walk for Parkinson's event.

About 6 years ago Steve was diagnosed with Parkinson's disease and it's from that moment on that his wife, Julie, took action and proactively sought out ways to become more involved through support groups, exercise programs, educational opportunities and the SD Parkinson Foundation.

This inspiring team brings together family and friends from all over, working diligently to help raise awareness and funds to support individuals and families touched by Parkinson's. Last year Steve's Squad raised over \$4,000 and this year they have set their goals even higher. A "fundraiser" by trade Julie enjoys a good challenge and with the support of her team and those in their community we have no doubt this team will reach great success in 2022!

## 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.

The past couple of years with all the safety precautions put into place the walk offered a virtual option 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 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.

## Thank You to Our Walk Partners:

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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: 2022 Fundraising Incentives

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



**Raise \$500** = Step Big Mini Cooler Bag



**Raise \$1,000** = Step Big Fleece Jacket

