

TABLE OF CONTENTS

From the RN
New Event Coordinator

Canton Support Group
Yoga for PD

Avera Weekend
Retreat Recap

Petals for Parkinson's
Director's Message

Thank You Donors
SDPF Board Members

Calendar of Events
Support Groups

SD Dance for PD
NeuroFit

LSVT BIG & LOUD
Struthers Care Network

Rock Steady Boxing
Celebrates 6 Months

Right At Home: Initiating
the Conversation

Taking Flight on New Adventures



Bob Jacobson's life is just beginning to take off...literally. When Bob was diagnosed with Parkinson's disease (PD) in the fall of 2015, he didn't let that ground him. Instead, he began a whirlwind of new activities and pursuits, including taking flight lessons. Since the beginning of his diagnosis, Bob continues to thrive and encourage those around him.

Bob currently lives in Harrisburg, SD and is a proud husband and father of two children. Before his official diagnosis, Bob experienced some minor tremors which led him to see a specialist. Upon hearing the words "Parkinson's" disease" Bob immediately signed up for the LSVT BIG & LOUD program, which works on physical and vocal strength and stability. Bob also recently began participating in the Rock Steady Boxing program, a kickboxing class specifically designed for individuals with Parkinson's disease. Bob's face lights up when talking about the camaraderie and physical benefits from Rock Steady Boxing. Bob enjoys going to classes such as RSB and the LSVT BIG & LOUD program because of the support and encouragement they offer, and he emphasized how they have become some of his best supporters.

When asked about living with Parkinson's, Bob light-heartedly said, "Just because you have it, doesn't mean you can't try new things!" And he is absolutely following his response. Bob's life is anything but restricted by living with PD. Bob is currently taking flying lessons, looks forward to going hunting, enjoys spending time with his family, and even has his own bee farm! What's next on his agenda? Bob is hoping to build a bat house outside his own home to provide shelter for the animals!

In response to all he is involved in, Bob couldn't stress enough the importance of having a well-rounded life. For Bob, the combination of medication, healthy diet, exercise, monthly massages, and a good night's rest are his equation to tackling some of the side effects of PD. Though he still experiences tremors in his hand and arm, he finds ways to overcome his problems, and advises, "You just have to learn how to compensate." Bob suggests to people living with PD or those who know someone with PD to get involved in some kind of therapy or exercise group, and to stay active!

Bob's inspiring attitude is contagious, and is not letting his PD diagnosis slow him down. Though he may have to do some things differently, he is open to trying new things. Bob is grateful for his family and friends support, as well as the ceaseless encouragement from his wife who is always looking for new ideas for Bob to try. Bob is a wonderful example that PD does not define you; it is only a fraction of your life!



Dressing Made Easy

Jo Landis, RN, MSCN
Sanford Health Neurology,



Getting dressed is something you do every day. With Parkinson disease (PD) dressing can be challenging due to symptoms of tremor, poor dexterity, stiffness and slowness. Let's look at a few solutions to dressing problems.

- **Plan ahead.**
Take your drugs prior to your dressing time. You want your medication working for you.
- **Pick out your clothes in advance.**
Have your clothes laid out on the bed within your reach. Arrange your clothes in the order you will be putting them on.
- **Choose your clothing wisely.**
Select clothing with zippers, snaps and Velcro. Avoid clothing that is tight fitting or that has buttons. Clothing that is pulled on over your head or pants that are easily pulled up may be much easier for you to handle.
- **Sit on your bed to avoid falls.**
Standing to dress can be tricky if you have trouble with stiffness or balance problems.
- **Focus of each step of dressing.**
Make sure to allow plenty of time.

By keeping these tips in mind you can make your daily routine of dressing much easier and successful. With Parkinson's disease, the adage "Dress for Success" can take on a whole new meaning!

SANFORD

Neuroscience

Sanford Neurology Clinic
1210 W 18th Street
Sioux Falls, SD 57104
605.312.8500

SDPF Hires New Event Coordinator



The South Dakota Parkinson Foundation would like to extend a warm welcome and introduce members of the community to Dawn Williams as the foundation's new event coordinator.

Dawn Williams, PT, DPT, works with Avera Therapy. She primarily works with clients in need of treatment for both neurological and orthopedic care in Sioux Falls, SD. She graduated from the College of Saint Benedict in Saint Joseph, Minnesota in 2014 with a degree in Biology and spent much of her time planning events on campus for the university. In May 2017, Dawn graduated from the University of South Dakota as a Doctor of Physical Therapy. Her passion for working with individuals with Parkinson disease began when a close family friend was diagnosed with the disease. She has completed both LSVT and PWR! Training.

Dawn's primary role will be heading up the 2018 Step Big Walk for Parkinson's. The walk is scheduled for Saturday, August 25th at the SF Canaries Baseball Stadium.

We encourage you to mark your calendars as it's never too early to start thinking about starting a team and setting your fundraising goals for 2018. Step Big Walk for Parkinson's is a celebration of those we love that have Parkinson's disease and those of us that take care of and support our loved ones. We spend the morning not only walking, but enjoying time with our family and friends. Enjoy a beautiful walk inside the Canaries field, live entertainment, a children's area, yummy food, and so much more - all while raising money for an important cause.

All monies raised helps improve the lives of those affected by Parkinson's through:

- * Advancing education, support, and outreach
- * Providing local resources in the community



New Parkinson's Support Group

KICK-OFF MEETING!

DATE: Thursday, January 18th

TIME: 7:00 pm

LOCATION: Sanford Canton-Inwood Medical Center
440 N Hiawatha Drive
Canton, SD 57013



****For those living with Parkinson's disease, carepartners and family members****

To RSVP or for more information please email/call:

Sanford Canton-Inwood Therapy Services
Melissa.Schutte@SanfordHealth.org
605.764.1480

Yoga for Parkinson's Disease

Jessi Sternhagen, SPT, ACSM EP-C
Sanford Health

With the New Year comes new resolutions; one of the most common being to start exercising. Although this is a goal we should all strive for, it is especially important for people with Parkinson's disease (PD). Exercise has been shown to improve function, decrease falls, and slow the effects of this disease. The question is what kind of exercise is right for you?

One option that is gaining in popularity is yoga. Whether yoga is done in a gym or at home on the computer, this exercise can help improve balance, muscle strength, blood pressure, and walking speed. It also can decrease common symptoms of PD, including slowed movements and tremor. As with other exercises, a high intensity yoga program is recommended to obtain the best results.

Along with physical benefits, a regular yoga routine can help manage stress, and improve both depression and quality of life. These combined benefits of a yoga program can help you not only move better, but truly feel better.

References:

1. Sharma NK, Robbins K, Wagner K, Colgrove YM. A randomized controlled pilot study of the therapeutic effects of yoga in people with Parkinson's disease. *Int J Yoga*. 2015 Jan;8(1):74-9.
2. Ni M, Signorile JF, Mooney K, Balachandran A, Potiaumpai M, Luca C, Moore JG, Kuenze CM, Eltoukhy M, Perry AC. Comparative Effect of Power Training and High-Speed Yoga on Motor Function in Older Patients With Parkinson Disease. *Arch Phys Med Rehabil*. 2016 Mar;97(3):345-354.e15.
3. Ni M, Mooney K, Signorile JF. Controlled pilot study of the effects of power yoga in Parkinson's disease. *Complementary therapies in medicine*. 2016;25:126-131.

Avera “Living Well with Parkinson’s Disease” Weekend Retreat Recap

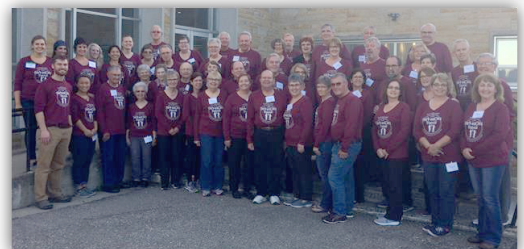
This past October, we were fortunate enough to host a weekend retreat, “Living Well with Parkinson’s Disease” for people with Parkinson’s (PWP) and their caregivers at the Abbey of the Hills. The client-inspired weekend retreat consisted of: sunrise power walking amongst changing colored leaves; learning sessions with experts in Parkinson’s specific exercise, cognition, nutrition, fine/gross motor coordination, and neurology; engagement in and exposure to various types of Parkinson’s specific exercise as a means to slow the progression of PD symptoms; and establishing a sense of community, togetherness, and social support. Avera welcomed Jennifer Bazan-Wigle, PWR! Physical Therapist & Fitness Instructor, and keynote speaker, Dr. Maria De Leon, former Neurologist now living with Parkinson’s disease, to be a part of this inaugural event! Forty individuals, including PWP and their caregivers, were in attendance. They left with new friends, social supports, and knowledge regarding how to take charge of their lives and how to “live well” with Parkinson’s disease.

The Avera Therapy Team, in collaboration with clients passionate to help others living with the diagnosis of PD, are in the process of planning next year’s fall retreat, and look forward to hosting another productive, informative, and restorative event! We have a date reserved for our second annual Parkinson’s Retreat, **September 28-30, 2018** and invite you to join us!

In addition to attending events, such as this, it is important to participate in routine functional assessments to monitor progression of Parkinson’s-related symptoms as well as to measure grip/pinch strength, coordination, upper and lower body strength, balance/stability, endurance, voice and swallowing. At Avera Therapy, we schedule comprehensive follow-up assessments with physical therapy, occupational therapy, and speech therapy bi-annually or annually. Tracking performance on a yearly basis detects declines in testing scores and implement therapy as needed, to maintain physical, cognitive, and verbal ability, to minimize falls, and to allow you to continue participating in the day to day activities that you enjoy.



Avera 



Petals for Parkinson's



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

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

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

Additional details will be provided in the months to come so please stay tuned. Our hope is to provide a variety of different options surrounding the concept behind tulip symbol through bouquets, single tulip bulbs and in the near future an actual tulip garden.

We will continue to update you on this event through postings on the SDPF Facebook page and through the website @ www.southdakotaparkinson.org. A special thank you to all those that helped bring this concept to life! We are excited to see it all come together in 2018.

Director's Message

Janey Case, *Executive Director*



Happy New Year from my family to yours! I hope all of you had a very blessed holiday season. It's hard to believe that 2018 is

here, but I am looking forward to what we have planned for the months to come. I hope you take some time to look through this issue of the newsletter to read all about the wonderful things happening within the South Dakota Parkinson Foundation (SDPF).

I want to encourage you to stay updated about current events, news, support group info, and announcements through our SDPF website – www.southdakotaparkinson.org and also our two Facebook pages under South Dakota Parkinson Foundation and Step Big Walk for Parkinson's. This is a great way to stay connected! Please feel free to send me any additional information you have about what is happening in your local community. We hope you find this site useful and easy to navigate!

Our 2018 Step Big Walk for Parkinson's event is scheduled for Saturday, August 25th at the SF Canaries Baseball Stadium. I want to challenge you to join us for this event and create a team with family, friends and/or co-workers...set a team goal and plan different team events throughout the next few months to help you achieve your fundraising goals. The SDPF website is a great way to educate others about this event and to encourage personal and team online donations. If you need assistance with this please don't hesitate to contact the SDPF office at 605.271.6113. We are here to assist in any way possible whether that's providing fundraising tips, online assistance, walk materials/resources, marketing efforts, etc....let us know what we can do!

Thank you for your continued dedication and support to the foundation. I feel blessed to work for a foundation that demonstrates great passion for our mission and works to educate, inspire, and encourage. We have so much to look forward to in 2018 and I hope TOGETHER we can make this year the best yet.

EXECUTIVE BOARD

EDITOR

Janey Case

OFFICERS

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

BOARD MEMBERS

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

SDPF STAFF

Janey Case, *Executive Director*

LOCAL OFFICE

South Dakota Parkinson Foundation (SDPF)

1000 N West Avenue
Suite 220
Sioux Falls, SD 57104
605.271.6113
www.southdakotaparkinson.org

BOARD OF DIRECTORS:

The SDPF would like to extend a warm welcome to 3 new board members: Molly Keegan, Meldon and Linda Kroeger. Molly is the Director of Adult Day Services & Caregiver Support Programs at Active Generations. Molly lives in Sioux Falls with her husband, Steve, and three children: Max and twins- Memphis & Porter. Meldon and Linda live in Hartford, and have 2 children and 3 grandchildren. Meldon was diagnosed with PD in 2014 and since then has been an active member of the foundation along with various exercise programs including Rock Steady Boxing, LSVT and SD Dance for Parkinson's.

**WELCOME MOLLY,
MELDON & LINDA!**

Thank You to All Our Donors

October 1st, 2017 – December 31st, 2017

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

At the time of the gift, the donor receives a letter for their records and SDPF sends a special acknowledgement letter to the honoree or family. The listing below represents gifts received from October 1st, 2017 through December 31st, 2017. SDPF has made every effort to ensure accuracy of this information. If you notice an error or omission, please notify the office and corrections will be made in the next newsletter.

IN MEMORY OF

Dawn Wollman

Joseph Mahowald
George & Mary Kay Kessler
Janes & Elaine Luce
Douglas & Denise Miller
Gordon Fosness
Garney & Charlotte Henley
Kathryn Baker
Sharon Schrader
Chris Papke
Dick & Cathy Wollman
Marlyn & Joyce Fjelland
Patrick & Judith Keating
Terry & Linda Nielsen
Paul & Laurie Dockry
Marilyn Hoyt
Bob & Patricia Swanhorst
Dick Thomas & Susan Hohm
Wanda Lee
Jon Wollman
Deborah Kuhler

Monte Herting

David & Mary Fish & Family
Elaine Thompson
Roger & Evelyn Blum

Dr. Karl Kosse

Dr. Joe & Karen Chang
Janis Pearson

Sandy Moeller

Lowell & Kitty Andersen

Chalmer Leslie

Sharon Schulte

Robert Aldern

Joey Aldern

Harold Verhulst

Jean Verhulst

IN MEMORY OF

Phyllis Newstrom-Niimi

George Niimi

Kenneth Weisz

Marie Weisz

Dennis Spencer

Rita Spencer

Gladys Rehder

Mae Kroeger

CHAPTER GIFTS

SD Right At Home Inc.
Network for Good Matching Gifts
UBS Matching Gifts Program
Mary Mastel
Rollin Wagner
Daryl & Marlene Akland
Wayne Torper
Wendell & Marly Thompson
Dr. Jerome & Mary Freeman
James & Lori Jones
Ellis Combs
Robert Webb
Galen & Linda Theobald
Richard Klingaman
Donald & Margie Shumaker
Ron & Linda Kahler
Deane & Darlene Johnson
Marjorie Mitchell
Bob & Roma Visser
Rosalie Gannon
Duane & Irma Ellis
Barb Campbell



Calendar of Events

January

SD Dance for Parkinson's

Location: BritZa Studios, Sioux Falls

Time: 2:30 pm – 3:30 pm

Instructors: Amanda Hahn & Gretchen Spars

****Classes to resume in January****

Please call BritZa Studios @ 605.271.5053 for a specific start date.

February



Stampede Fundraiser Night!

Dates: Saturday, February 10th

Location: Denny Sanford Premier Center

Time: 7:05 pm

Tickets: \$15 per person

*****For every ticket sold a portion of the proceeds go to support Rock Steady Boxing and SD Dance for Parkinson's*****

Please call 605-336-6060 (ext. 1011) to reserve your tickets today! Ticket orders need to be in by 5 pm the end of the day on February 9th. All tickets will be available at Will Call the night of the game and please note only the person whose name is on the will call envelope will be allowed to pick up the tickets on game night.

March

SD Parkinson Foundation Community Night!

Date: Thursday, March 1st

Location: MacKenzie River, Sioux Falls

Time: Lunch and/or Dinner

****SDPF invites you to dine out with friends & family! Bring in the voucher (located on back page of newsletter) on this date and SDPF will receive a donation of 20% from your meal order!****

April

SD Parkinson's Awareness Conference

Dates: Saturday, April 21st

Location: Hilton Garden Inn SF (south location)

Time: 8:30 am

Website: www.southdakotaparkinson.org

****For more information please contact the SDPF office @ 605.271.6113****

Community Support Groups

Aberdeen

2nd Thursday

1:30 pm

Parkside Retirement Community

Rapid City

2nd Saturday

1:00 pm

WestHills Village

Sioux Falls

4th Wednesday

6:30 pm

Sanford Wellness Center

Brookings

1st Thursday

1:30 pm

First Bank & Trust

Sioux Falls

2nd Thursday

9:30 am (Women with PD)

Avera Outpatient Therapy

Vermillion

1st Wednesday

11:30 am

Sanford Vermillion

Huron

4th Wednesday

1:30 pm

HRMC Legacy Plaza Auditorium

Sioux Falls

Tues/Thurs

2:30 pm

Avera Outpatient Therapy

Viborg

2nd Tuesday

2:00 pm

Pioneer Memorial Hospital

Luverne

3rd Thursday

1:00 pm

St. John Lutheran Church

Sioux Falls

2nd Tuesday

2:30 pm

Dow Rummel Village

Watertown

2nd Wednesday

2:00 pm

Jenkins Living Center

Mitchell

3rd Monday

2:00 pm

Avera Queen of Peace Hospital

Sioux Falls

3rd Wednesday

1:00 pm

Sanford Wellness Center

Yankton

2nd Friday

1:30 pm

Professional Office Pavilion

Join us Wednesday's from 2:30pm-3:30pm for the South Dakota Dance for Parkinson's program! All individuals living with Parkinson's disease and their friends, family, and caregivers are invited to attend.

South Dakota Dance for Parkinson's is a unique program that allows opportunity for physical movement that integrates the whole self by enhancing confidence (body), stimulating mental activity that challenges the body-mind connection (mind), and creating community (spirit). The program is based on the innovative DancePD® classes through the Mark Morris Dance Group in Brooklyn, NY. Classes are multisensory and encourage movement, memory, and balance. Co-instructors Amanda Hahn (BritZa Studios) and Gretchen Spars (Sanford Health DeGroot Center) use their professional dance experience and DancePD® training to design each class to address various challenges that people living with PD face. Participants discover natural interventions for disease-related physical issues such as slowness, rigidity, and instability. Dance classes also break barriers of isolation, fostering a sense of community unique to the SD Dance for Parkinson's program.

The program meets **each Wednesday from 2:30pm-3:30pm** at BritZa Dance Studios who provide the opportunity for weekly classes to be held in a traditional dance studio with a classic wooden dance floor, a ballet barre, and floor to ceiling mirrors. As participants enter the studio they leave behind a world defined by illness and are transformed into dancers who exit with hope and happiness. The dance studio is a powerful and sacred space where patient status no longer exists. No prior dance is experience is required as the essence of dance is joy. The program is appropriate for anyone with Parkinson's disease, no matter how advanced. Visit www.britzadance.com or call 605-271-5053 for more information.



Have You Heard About NeuroFit?

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

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



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

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

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 4th Street SE
605.352.6253

MITCHELL, SD:

Integrated Therapy Services

501 W Havens
605.753.5400

RAPID CITY, SD:

RC Regional Rehabilitation Institute

2908 5th Street
605.755.1408

VERMILLION, SD:

Sanford Vermillion

20 S Plum
605.677.3590

WATERTOWN, SD:

Jenkins Living Center

215 S Maple Street
605.886.5777

BERESFORD, SD:

Bethesda Nursing Home

606 W Cedar Street
605.760.5066

CUSTER, SD:

Custer Regional Hospital

Montgomery Street
605.673.2229

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

VIBORG, SD:

Pioneer Outpatient Center

315 N Washington Street
605.760.5066

YANKTON, SD:

Avera Sacred Heart Hospital

501 Summit
605.668.8268

BROOKINGS, SD:

Brookings Health Systems

300 22nd 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 5th Street
605.853.0350

PIERRE, SD:

Avera St. Mary's Hospital

801 E Sioux Avenue
605.224.3162

SIOUX FALLS, SD:

Sanford Outpatient Center

1210 W 18th Street, LL01
605.328.1860

WATERTOWN, SD:

Big Stone Therapies, Inc.

Eight 5th Street SE
605.995.6044

Struthers Parkinson's Care Network

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

Goals of the SPCN are to:

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

Currently, the following locations in South Dakota are members of the Care Network:

- Dow Rummel Village
- Touchmark At All Saints
- The Inn on Westport
- Active Generations Adult Day Services
- Pioneer Memorial Hospital



Rock Steady Boxing: Celebrating 6 Months of Improving Lives

On December 1st the Rock Steady Boxing Gym at the Inn on Westport celebrated 6 months since its grand opening in May 2017. In the past six months almost 40 boxers have enrolled in the classes. The program offers four classes for all levels of Parkinson's disease. A Monday night class will be added in January to complement our Tuesday/Thursday 5:00 p.m. class, giving our working boxers another class option.

The program enables individuals with Parkinson's to fight back against their disease by providing non-contact boxing style fitness program that improves their quality of life and sense of efficacy and self – worth. In addition, our boxers are finding their physical fitness increasing greatly. Each boxer is re-assessed after six months and the re-assessment results are coming back strong. Walking speeds have increased anywhere from 2 – 4 seconds, boxers have gained leg strength, more flexibility and endurance. In addition, the social aspect of the classes plays a huge part of the boxer's well-being.

Some testimonials include:

"I feel much better physically. My back is better and I have more energy to do things along with sleeping much better at night." ~Allen

"My strength, balance and coordination are much better. I like that the class holds me accountable to exercise – otherwise I wouldn't, but it is worth the intense effort we get at class." ~Don

"My parents say I look much better and stronger and my wife notices that I don't appear as rigid anymore." ~Monte

"My doctor thinks I'm doing much better in all areas and my son said I'm getting back to my old teasing self!" ~Herb

Class times for Rock Steady Boxing include:

❖ Monday/ Wednesday/ Fridays	10:00 a.m.	Level 1	FULL
❖ Monday/Tuesday/Thursdays	2:30 p.m.	Level 1 - 2 & 3	(cornerman may be required)
❖ Monday/ Tuesday/Thursdays	5:00 p.m.	Level 1 – 2	(cornerman may be required)
❖ Tuesdays/Thursdays	12:45 p.m.	Level 3 – 4	(cornerman is required)

Assessments are done to place boxers in appropriate classes. For more information on Rock Steady Boxing or to request an assessment please call Lisa Howard at The Inn on Westport @ 605.362.1210 or email lisa.howard@innonwestport.org.





You hesitate to talk with your aging loved ones about their care needs and future plans, but they are showing signs of needing more help. Mom keeps forgetting to take her medications. Dad balks at bathing and is unsteady on his feet. How much longer can they live safely on their own? How do you and the rest of the family start a positive dialogue with your parents about home care?

Initiating *the* conversation with an elderly loved one can feel daunting and is why Right at Home, a global leader in in-home care and assistance, has developed RightConversationsSM for effective communication between you and your aging family members. A practical approach in the family caregiving process, RightConversations offers tips and tools for discussing your relative's preferences and possibilities for extra assistance to continue a lifestyle they enjoy. The conversation does not ask your loved one to surrender their independence but to surround themselves with proper care for living comfortably at home.

"At Right at Home, we understand the challenge of talking through health, finances and other personal issues with aging loved ones," said Tony Mau with Right at Home in Sioux Falls, "RightConversations helps families be proactive in what to discuss with seniors and how to phrase questions. There are also easy-to-use planners to help with gathering documentation and pertinent information to ensure elders receive the best care now and in the years ahead. RightConversations is a complimentary resource that reduces family caregiver stress and builds rapport between elders and their concerned family members."

10 Tips to Improve Family Caregiver Communication

These realistic ideas will help foster strong family dynamics to ensure the safety and comfort of older relatives:

1. **Gather accurate, relevant information** to help you assess signs of your senior's changing needs. Note if your senior can no longer perform certain tasks. Accompany your elder to doctor appointments to get a firsthand report of your elder's condition. The **Information Journal** keeps personal, medical, insurance and financial information about your elder in one convenient place.
2. **Determine the level of concern warranted** by observing signs that your loved one needs additional support. Are bills being paid? What about spoiled food in the home? As you explore and validate your concerns, consider using the **Family Action Planner**, which organizes care assistance needed and tracks delegated tasks for family members and service providers.
3. **Review the facts and avoid personal biases** so your loved one does not feel judged or pressured into what *you* want. Be aware that unresolved issues such as built-up anger or frustration from the past may block current dialogue. Limit your assumptions about your senior's well-being and stick to factual observations.
4. **Involve siblings** from the beginning in conversations with your older parent or relative. This may mean putting aside personal challenges with a brother or sister to seek the interests of your parent. Your senior may be sharing varying information with different family members, so it's important to address differences upfront.
5. **Plan the conversation** to keep your thoughts organized. The **Communication Planner** can help you think through realistic goals and how your family members will work as a team during the discussion. Practicing key points and open-ended questions for your time together will cultivate trust and productive conversation.
6. **Create a positive conversation** by listening with intent to understand rather than to respond. The goal is not to give advice but to express love and concern for your aging loved one. Sharing feelings with a friend, counselor or support group can help keep your emotions in check during family discussions.
7. **Be aware of differences in communication styles** among siblings and other family members. The RightConversations guide includes a chart of seven personality characteristics and how to collaborate with these individual traits. For example, a reserved person may seem disinterested in the discussion, but open-ended questions can help draw this individual to engage in the dialogue.
8. **Understand why your loved one may withhold information** or resist sharing emotional vulnerability. Keep in mind that elders typically come from a generation of holding personal thoughts and fears to themselves. While you are focused on protecting your parent's home environment, your mother or father may be afraid of losing their independence or being abandoned in a care facility.
9. **Do not make your loved one feel ambushed** by a "you" versus "us" approach. Take time to acknowledge each other's perspectives and focus on partnering rather than acting in opposition.
10. **Be prepared for what to do if your loved one says "no"** to suggestions for personal assistance and home care. If the conversation stalls, be prepared to take a step back and give your senior time to think through your words and concerns. Try positive language such as "by doing _____, we are able to keep you in your home longer" or "we can spend more time together by doing _____."

While it can be disconcerting to see older loved ones show signs of needing more assistance with daily activities, many seniors are actually relieved their families notice and care. Exploring caregiving concerns and options together makes for shared decision making and meaningful relationships well beyond the initial conversation.

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.

SOUTH DAKOTA PARKINSON FOUNDATION



COMMUNITY NIGHT VOUCHER

MRPGP and South Dakota Parkinson Foundation invite you to dine with us in
Sioux Falls on
THURSDAY, MARCH 1, 2018.

Order your favorite items from our fresh, tasty menu
and South Dakota Parkinson Foundation will receive a donation of 20% of your
meal dollars from MRP. Present this voucher when settling your bill to ensure
South Dakota Parkinson Foundation receives your contribution!



Sioux Falls • 236 S Main Ave. • 275-5566
 /mrpsiouxfalls • mackenzieriverpizza.com

*Applies to dine in or carry out, lunch or dinner. Valid only on designated event date. Excludes alcohol.

THURSDAY, MARCH 1, 2018