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2023 Step Big Walk for
Parkinson's Recap

Stepping Big at Jefferson High School

The 2023 Step Big Walk for Parkinson's was, again, one to remember with yet another new date, new location, and new goals. Our new event assistant, Julie Eggebraatten-Nord, along with her walk planning committee and amazing group of volunteers, knocked this one over the end zone of the Jefferson High School track and football field! This Step Big was the foundation's most successful year-to-date! Thank you to everyone that helped make this day so special, honoring and remembering those touched by Parkinson's disease. The dedicated familiar faces, along with many new participants and teams were a huge reason for this event's success.

Walk day was on Saturday, August 5th. This included over 600 registered participants, both in-person and virtual, 36 walk teams represented, and over \$72K raised. It was an incredible celebration of support, strength, perseverance, encouragement, and love.

Teams filled the outdoor space at Jefferson High School track in Sioux Falls while another 100 individuals and families joined us virtually from afar. The place was also filled with exhibitors from various organizations where they provided an abundance of materials and resources to assist families touched by Parkinson's.

We want to especially recognize those that helped the Step Big Walk so memorable and successful. Thank you to all the team captains for going above and beyond this year to bring the walk to life, the Step Big planning committee for pouring their hearts into organizing everything that happens behind the scenes, the outstanding volunteers who helped make sure the walk event ran smooth throughout the morning, and the SD Parkinson Foundation board of directors and executive director for their guidance and support. And of course, thank you to everyone who donated, participated, and shared the story and purpose behind the Step Big Walk event. We could not have done it without you!

This year's walk was nothing short of inspirational, as we blew past the goals that were set for this event. Next year we are hoping for even more growth, and success. Save the date for **August 3, 2024**, as the walk planning committee is already looking forward to the Step Big Walk for Parkinson's 2024. We will be returning to the Jefferson High School.

A special thank you to our walk sponsors:



Bethany Home ~ CNA Surety ~ Dakota Vision Center
Ditmarson Property Management ~ Encompass Health ~ Fit My Feet
Goodcare At Home Rehab ~ Grand Living at Lake Lorraine ~ Inn on Westport
Interim Healthcare ~ Natural Grocer ~ Providence Financial ~ SF Bicycle Company

From the Pharmacist: Influenza Vaccine

Emily Van Klompenburg, *PharmD, BCACP*
Assistant Professor of Pharmacy Practice, SDSU
College of Pharmacy and Allied Health Professions
Sarah Gee, *PharmD Candidate 2020*
Lily Koob, *PharmD Candidate 2020*

Influenza (flu) viruses circulate in the United States annually, typically from late fall through early spring. Most individuals who contract influenza recover without serious complications; however, among older adults, very young children, pregnant women, and persons with certain chronic medical conditions, influenza can result in serious illness, hospitalization, or even death. Therefore, the Centers for Disease Control and Prevention (CDC) recommends all persons aged ≥ 6 months who do not have contraindications receive an annual influenza vaccination. The CDC recommends receiving the vaccination by the end of October; however, it should continue to be offered as long as influenza viruses are circulating and unexpired vaccines are available.

There are many different types of influenza viruses, and they are constantly changing. Therefore, a new flu shot needs to be developed every year. Researchers must make educated guesses as to what influenza viruses the next year's flu shot should protect against. Flu shots protect against either three or four different types of influenza strains depending on the type of vaccine. The high dose of the flu shot called Fluzone®, which is recommended for those 65 years and older, protects against three strains of influenza. The effectiveness of influenza vaccines not only depends on the types of circulating influenza viruses and similarity to the vaccine, but also on the age and health of the recipient.

Ask your doctor or pharmacist about receiving an influenza vaccine today.

References:

https://www.cdc.gov/mmwr/volumes/68/rr/rr6803a1.htm?s_cid=rr6803a1_w

<https://www.cdc.gov/flu/season/flu-season-2019-2020.htm>

Director's Message

Janey Case, *Executive Director*



Autumn, it is by far one of my favorite seasons out of the entire year which is surprising to many since I always tend to be cold no matter the circumstances. But I think most people can agree there's just nothing that can compare to a beautiful walk or run on a cool, crisp, beautiful fall morning...and then afterwards enjoying a nice hot cup of coffee while cozied up in a warm blanket on the front porch.

Like the changing seasons, the SD Parkinson Foundation has gone through some changes as well. We continue to grow and expand across the state which means reaching more families, implementing more programs, and hosting larger events. Currently, if you visit our local office in Sioux Falls you will see I'm no longer flying solo as we've added our new event assistant, Julie Eggebraaten-Nord...she did an amazing job this past summer with the 2023 Step Big Walk for Parkinson's fundraiser. And then most recent, Renee Lehr joined our team as the new office assistant. She will be in the office Mondays – Thursdays from 9:30 am – 1:30 pm and can assist you with finding resources, connecting with support groups or an exercise program or any other needs you might be inquiring about.

We've also had a big year of change with the SDPF board of directors just this past year and are excited to have many new faces added to the group. We also continue to expand our board throughout the state and recently welcomed new member, Jamie Mentzer from the Rapid City area and Elizabeth Zemlicka from the Watertown area. We hope to expand even more in the near future.

To celebrate National Family Caregiver Month in November we will again be partnering with Active Generations and other amazing local non-profits to provide some amazing online educational presentations for caregivers. There will also be an in-person event for all caregivers on Saturday, November 4th at the new Active Generations. We encourage all the amazing caregivers in the PD community to come enjoy this event as it will be a fun day celebrating you!

Thank you for all you do for SDPF and the Parkinson's community. Together, we are making great strides in supporting and reaching more families touched by Parkinson's disease.

SDPF Financial Assistance Program

In support of our 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.

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 for assistance towards items and services such as walkers, exercise equipment or memberships, transportation assistance to/from doctor appointments or meetings, therapy tools, electronic devices, modifications to the home, just to name a few. To be eligible applicants must reside in the state of South Dakota. The program will run through December 2023 and will reset in January 2024.

Throughout the year grants have been awarded for the following:

\$250 for home improvements	\$250 for house cleaning services
\$250 for Rock Steady Boxing in Sioux Falls & Watertown	\$250 for transportation needs (events, doctor visits)
\$250 to local support groups	\$250 for Parkinson's therapy & exercise classes

Testimonials:

"This was a wonderful resource available through SDPF. Thank you very much for providing this for our family as we are very grateful."

"Thank you SDPF for the grant funding. This will help me with additional bills where I do not need to worry as much."

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. SDPF is here to help.

Barrel House Fundraiser

The Barrel House in Sioux Falls hosted a fundraiser event on Monday, July 31st to support the South Dakota Parkinson Foundation. Every purchase made through the entire day a portion of the proceeds were donated back to the foundation for local programs and services.

Friends, family, and coworkers came out during the fundraiser to support the cause. The Barrel House also included any online/take-out orders, allowing families to bring home a great meal which permitted many of us to get out of having to cook dinner for the evening.

A donation of \$1,730 was presented to the foundation following the event. SDPF would like to extend a heartfelt thank you to all those that participated throughout the day and to the Barrel House for their amazing support to the foundation and the local community.



Rock Steady Boxing Making Big Impacts



Rock Steady Boxing at The Inn on Westport celebrated its 6th anniversary this past spring and continues to improve the lives of our fighters living with Parkinson's. Exercise is one of the best ways to help slowdown the progression of Parkinson's. Rock Steady Boxing, developed in 2006 by a young-onset Parkinson's patient and his persona trainer – the program now has over 445 gyms across the world. It is now one of only three exercise programs accredited by the Parkinson's Foundation.

The Rock Steady Program has classes for all levels. Those that are just diagnosed and those that have lived with the disease for many years footwork. The classes combine not only boxing drills but strength training, lots of stretching, as well as agility and footwork drills, balance exercise and cognition drills. Besides being social-engaging and called an "informal" support group by many fighters – Rock Steady Boxing classes are known for their fun factor.

How does Rock Steady Boxing help improve our fighters' lives?

Fighter Doug Kaufman came to our program in September of last year using a cane and needing to wear a gait belt and cornerman to keep him safe. Now, a year later, he no longer uses a cane to walk. At his recent re-assessment he improved his balance score by 14 points, increased his walk speed and increased his leg strength by four points. Here is what Doug says, *"I've had PD for 7 years. During that time I didn't have any formal exercise mostly because I didn't want or didn't think I needed any fitness program. BOY, WAS I WRONG! I ignored the "small things" like trouble putting on my shirt or coat, tying my shoes, weakness of arms and legs, terrible balance, trouble swallowing pills, sleeping poorly, joint pain, memory loss ---IS THIS YOU? I'm here to tell you Rock Steady Boxing is awesome. Entry into the program is baseline tested and repeated later for observation and objective later comparison and tracking. I was surprised how much improvement I had [thanks to the staff] as compared to entry testing. Every category showed improvement in balance, speed, leg strength, and jumping rope Best of all I've improved and feel better and stronger."*

Fighter Bob Menke was just recently diagnosed within the past year. Fitness has always been on his weekly routine but once he learned how important it was for fighting Parkinson's he wasted no time to sign up for our program.

"When I work out at Rock Steady Boxing, I strive to make my exercises more intense, but I also want to make it enjoyable. To gain the benefits of exercise, I strive to stay more active throughout my day. To be consistent is my goal. Every day I will exercise which helps me manage or prevent many health problems such as anxiety, depression, Parkinson's, incontinence issues and falls. In our class, Lisa also helps with cognitive exercises. It leaves me feeling more relaxed, happier, more confident and improves my self-esteem. Time spent with my classmates, my new family, helps me connect with new friends in a fun social setting. WE ROCK!"

We encourage interested individuals to come observe a class to learn more and see if the program is right for them. Reach out to Coach Lisa to get information or request a visit at lisa.howard@innonwestport.org or 605-362-1210 at The Inn on Westport.



Strategies for Dealing with Caregiver Stress

By Mayo Clinic

The emotional and physical demands involved with caregiving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else.

To help manage caregiver stress:

- **Accept help.** Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, a friend may offer to take the person you care for on a walk a couple of times a week. Or a friend or family member may be able to run an errand, pick up your groceries or cook for you.
- **Focus on what you are able to provide.** It's normal to feel guilty at times, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.
- **Set realistic goals.** Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals.
- **Get connected.** Find out about caregiving resources. Many communities have classes specifically about the disease your loved one is facing. Caregiving services such as transportation, meal delivery or housekeeping may be available.
- **Join a support group.** A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships.
- **Seek social support.** Make an effort to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time each week for connecting, even if it's just a walk with a friend.
- **Set personal health goals.** For example, set goals to establish a good sleep routine, find time to be physically active, eat a healthy diet and drink plenty of water.
- **See your doctor.** Get recommended vaccinations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.

Reference:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

From the Doctor: Sleep is the Best Medicine

Valentina Joseph, MD
Sanford Clinic Neurology

Who doesn't like a good night's sleep? A restful night's sleep not only makes us feel good and function better the next day, it plays a vital role in many bodily functions. It is interesting to know that sleep helps with restoring the brain energy, improves cognitive performance, boosts immune function, important for thermoregulation, release of certain types of hormones, regulation of blood pressure & heart rate and glucose control. Conversely, sleep deprivation can negatively affect these functions resulting in increased risk of uncontrolled hypertension, poor glycemic control, irregular heart rate and poor cognitive performance.

In patients with Parkinson's, up to two thirds of them have sleep related problems. Some common problems include

- **Restless Leg syndrome** (*irresistible urge to move the legs with some relief with activity and worsening of symptoms in the evening/night time*)
- **REM Behavioral disorder** (*dream enactment resulting in potentially harmful/violent behaviors*)
- **Obstructive sleep Apnea** (*snoring, gasping or stopping breathing in sleep*)
- **Insomnia** (*difficulty falling or staying asleep*)
- **Irregular sleep wake pattern**
- **Excessive daytime sleepiness**

Despite increasing knowledge in the field of sleep medicine, sleep disorders continue to be underdiagnosed. If any of these symptoms is affecting your sleep and not making you feel rested, then it is important to discuss this with your doctors. In most patients, a detailed evaluation and a consultation with Sleep physician would be needed.

Some of these disorders like Obstructive Sleep Apnea, REM Behavioral Disorder and excessive daytime sleepiness require a diagnostic sleep study whereas others can be treated in an office based evaluation. Fortunately, with treatment, patients show significant improvement in sleep.

Remember, 'A good laugh and a healthy sleep are the two best cures for almost every ailment!'

SANFORD[™]
HEALTH

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Janey Case

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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 nine 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 please contact the SDPF office. We would love to hear from you.

Thank You to All Our Donors

July 1 – September 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.

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Peggy Hill
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Gwen Good



Calendar of Events

October

Parkinson's Research & Care

Date: October 18th

Location: Hilton Garden Inn (south location)
5300 S. Grand Cir., SF 57107

Time: 1:30 pm – 4:30 pm

Fee: Free & Open to the public

Register At: Parkinson.org/Sioux Falls or
Call 763-317-1304

Email at minnesotadakotas@parkinson.org

Learn how research helps shape treatments & identify new care strategies for managing PD symptoms, touching on current research in SD.

November

November ~ We Celebrate Caregivers!

Connection to Fall

Annual Free Event to Celebrate Yourself
Special Guest: Holly Hoffman ~ Live Vendors
Laughter Yoga ~ Breakout Sessions ~ Lunch Door Prizes ~ Day Break Available!

Saturday, November 4th ~ 9:00 AM – 1:00 PM
5500 E. Active Gen Place, Sioux Falls (new location)

RSVP: Carmen Spurling 605-333-3319

December



January

Something New in the New Year
to look forward to

JANUARY CHILI COOKOFF &
PIE BAKEOFF!

The SD Parkinson Foundation will be hosting this event.
Stay tuned for event date & 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.

Five Common Causes of Fatigue in Parkinson's

I have Parkinson's disease and often feel worn out and low on energy. My exhaustion is rarely relieved by rest. And it feels different from a lack of drive or apathy. About 50 percent of people with this movement disorder experience fatigue, according to the Parkinson's Foundation. From both my personal experience and my years as a neurologist, I've identified five causes of fatigue.

Sleep disorders: Problems with sleep—such as REM sleep behavior disorder, sleep apnea, restless legs syndrome, and insomnia—are common among people with Parkinson's disease, and some have more than one disorder. Each can cause a feeling of lethargy. For example, I was diagnosed with REM sleep behavior disorder, which meant I was reenacting my dreams, sometimes with aggressive behavior such as trying to hit or choke my husband. My sleep was so disrupted, I felt and looked like a zombie. It wasn't until my doctor prescribed an effective medication that I was able to recover my energy.

Vitamin deficiencies: Deficiencies of vitamins B12 and D are common in chronic illnesses such as Parkinson's disease. B12 plays an essential role in forming red blood cells, which carry oxygen to the tissues of the body. Vitamin D protects cells from free radicals, which contribute to inflammation. It also helps with mitochondria (energy generating cells) to improve and increase oxygen and power to cells, including those in muscles.

Uncontrolled blood sugar: As a physician, I learned that dopamine affects the body's glucose levels. Any drastic or sudden changes in blood sugar levels can cause symptoms of listlessness.

High or low blood pressure: Parkinson's disease has been known to cause fluctuations in blood pressure that can be sudden or persistent. Plus, the medications used to treat Parkinson's can change blood pressure. Both low and high blood pressure can make you feel lethargic, sleepy, or even sedated. It also can affect your concentration. Because of this, it's important to monitor your blood pressure routinely and try to maintain a healthy level.

Your gut: Some researchers believe that fatigue can be caused by a decreased absorption of nutrients from the gut. Those of us who experience frequent constipation may feel nauseated or bloated, or experience stomach cramps and general malaise.

If you're experiencing any of these symptoms, be sure to discuss them with your physician. Once I addressed my vitamin deficiencies and sleep problems, my exhaustion subsided. I'm also careful to keep constipation in check. Anytime it gets out of control, the fatigue creeps in.

Dr. Leon retired from her neurology practice four years after she was diagnosed with Parkinson's disease. She lives in Nacogdoches, TX, and is the author of Parkinson's Diva, which she published in 2015.

Parkinson's Research & Care

Join us on Wednesday, October 18th from 1:30 pm – 4:30 pm at the Hilton Garden Inn Sioux Falls South to hear from guest speakers, Kamalini Ghost Galvelis, MS, Director, Clinical Research at the Parkinson Foundation and Arun Singh, Ph.D., Assistant Professor at the University of South Dakota. Participants will have the opportunity to learn how research helps shape treatments and identify new care strategies for managing Parkinson's symptoms. This program will also provide information on current research in Parkinson's, including PDGENeration and Dr. Singh's Motor and Cognitive Control Laboratory. *(program may include moderately scientific terms & concepts)*

Attendees will have the opportunity to participate in PDGENeration testing on-site. Currently there are 25 spots open for the on-site testing so we encourage you to call right away to reserve your spot if interested. If all spots are filled at that time, you can still participate and do an at-home test kit.

Attendance is free! The SD Parkinson Foundation will also have a booth at this event and will be handing out our newly diagnosed folders to families. To learn more and to register visit www.Parkinson.org/SiouxFalls or email Erin at minnesotadakotas@parkinson.org or call 763.317.1304. Special thanks to Seed for Success Foundation for sponsoring this event and to the Parkinson Foundation for hosting.

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.

CAREgivers by Active Generations

CAREgivers is a state-wide program created to assist family caregivers through resources, education, and support. Our evidence-based programs are designed to offer support for caregivers and their loved ones with real-world assistance, both in their community and online. Our services are provided at no-cost and are offered in a variety of settings and locations. We are dedicated to helping you help your loved one. You can search online at www.caregiverssd.com to learn more about the different programs and services provided in your local area.

A family caregiver could be a:

- Family member
- Parent
- Adult children
- Friend
- Neighbor
- Spouse

"About two in three family caregivers in South Dakota report feeling stressed in balancing their job and family (working caregivers) and stressed emotionally." ~ AARP Caregiver Survey 2017

For more information or assistance contact:

CAREgivers at:
1-800-360-6161



28 Years of Surviving Parkinson's...And Still Counting...



Martha Kowal, of Maine, was diagnosed with Parkinson's disease in her 40's. She is now in her 70's and has written a book about her battle titled, *Take That and Take That!* The cover features a picture of Martha with boxing gloves on and that's the attitude with which she took on PD. The book is a collection of stories and incidents covering those thirty years. Testimonials from readers of the book speak of inspiration, determination and a "never surrender" attitude. It includes her experiences dealing with family and friends and how they dealt with her. This woman, during her battle, actually climbed Mount Washington in New Hampshire, went on an African Safari and participated in the Parkinson's Unity Walk in New York City. And that's just the tip of the iceberg. The book has inspired group discussions around the country.

More information can be found at the website, www.takethatandtakethat.com. It can be ordered by clicking on "shop now" and then clicking on Martha's picture.

Reflections from a Caregiver



The Step Big Walk for Parkinson's was better than I could have imagined and I'm very grateful for all of you. However, I was fairly consumed by all the planning, so I said that summer for Steve and I began *after* the walk was over.

Steve and I just returned from a fabulous long weekend in my beautiful home state of Minnesota (otherwise known as God's country). We spent time with family, enjoyed the 'flavor' of a county fair and saw my beloved Minnesota Twins spank the Pirates.

Before we left, we had an argument. I was very angry and at one time it would have put a damper on our trip. I have (sometimes very reluctantly) learned that I need to give up my stubbornness and enjoy NOW.

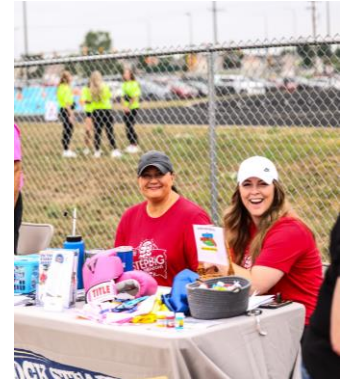
I believe that Steve and I TRY to enjoy as many moments as possible and not get bogged down by negativity. I'm certainly not saying that I do not 'enjoy' the occasional pity-party and get trapped by the 'what if's'. While it would be so wonderful if there was no Parkinson's and everyone was happy and healthy, that is not the case. Living life and enjoying the now makes life so much better. Comparison is the robber of joy. There is simply no point in wishing and hoping my life and my husband's life were different. We are where we are! I am human and I sometimes get impatient, short tempered and full of self-pity. I have learned that it is so much better for me and all my loved ones if I embrace what I have and count my blessings. I really like and try to internalize this quote; *"Love your family, spend time, be kind and serve one another. Make no room for regrets. Tomorrow is not promised and today is fleeting."*



2023 Step Big Walk for Parkinson's

Supporting the SDPF Mission:

To improve the quality of life for those touched by Parkinson's disease



www.southdakotaparkinson.org

THANK YOU!

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.

National Family Caregiver Month!

To celebrate National Family Caregiver Month during November we are planning many exciting things including online educational resources, prizes and a fun day to gather together with other caregivers, so stay tuned as we will have our online registration set to go live very soon.

We are extremely thankful for our partnership with Active Generations and other local nonprofits to bring you an online series covering an array of topics pertaining to caregiving. We hope you will be able to join some, if not all, that pique your interest and fit in with your daily schedule. Our goal is to offer one session every week throughout the month. We also want to encourage you to attend the caregiver conference on **Saturday, November 4th at the new Active Generations on the east side of Sioux Falls.**

We want to thank all our amazing caregivers specifically within the Parkinson's community. We see you; we support you; we are inspired by you, and we want you to know you are not alone. We look forward to another encouraging month celebrating you and your family and all those helping to improve the quality of life for our loved ones living with Parkinson's disease. Together, we can make a difference.

