



South Dakota Parkinson Foundation

NEWSLETTER

Fall 2025

MEET THE NEW EXECUTIVE DIRECTOR



Former board member Katlin Johnson joins the Foundation as the new Executive Director, bringing knowledge and experience to grow the Foundation and the support it provides.

Katlin is a licensed nursing home administrator and certified dementia practitioner and has served in nursing homes, assisted/independent living communities, and memory care. She is able to offer additional support to those the Foundation serves, regarding community living and dementia.

Prior to working for the Foundation, Katlin served as Operations Director for in-home care, opening a new location in Sioux Falls for Cornerstone Caregiving.

Katlin grew up in Canton, SD and went to college at SDSU where she met her husband, Keith. They have 2 boys Theo (8) and Odin (5) and live in Sioux Falls.

Starting just 4 weeks prior to the Foundation's first Step Big Walk, Katlin jumped right in, contributing not only to the success of the walk, but in moving the needle forward in the Foundation's systems, processes, growth, and development. This newsletter goes into detail about those positive changes, the impact it will have, and what you can do to continue to support the Foundation.

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605-271-6113



director@sdparkinson.org



www.southdakotaparkinson.org

Supporters Make Step Big Walk a Huge Success

This year's Step Big Walk for Parkinson's included 4 walk locations with 1 collective purpose: to come together in support, and raise \$74,000.

Watertown was the first of these walks taking place at the beautiful Redlin Art Center on 7/19, raising \$5,321, with 115 registrations compared to 112 last year. Brookings and Sioux Falls both had their walks on 8/2, raising \$4,155 and \$60,564 respectively. Brookings held their event at the Brookings High School track and had 58 registrations, compared to 47 last year. Sioux Falls had 529 registrations compared to last year's 516 and held their event at Jefferson High School track.

The publishing of this newsletter took place prior to Rapid City's walk on 9/6 at the Sioux Park Track, however, as of 9/4, Rapid City has raised \$4,620 with 24 registrations. Even without final numbers, our goal has been surpassed, raising \$74,660 with a total of 728 registrations! To compare, our goal in 2024 was \$70,000 and the event raised \$73,294.



Harvey Spieker and Team, Harvey's Hooligans, won Watertown's biggest team award.



Team captains (Left to Right) Ray Townsend of Team Townsend and Veda Iverson of Menke/Iverson Mission is Possible, join The Amazing Solomoniskis' captain and Sioux Fall's first Grand Marshall Barry Solomon for a lap around the track.

Thank you, walkers and donors, for your integral part in helping us reach our goal and thank you to our team captains for all of the work you put into your team and the donations received. \$18,775 of our 2025 goal came from sponsorships and exhibitor fees which means an astonishing \$55,885 or 75% of the fundraising dollars received came from registrations and individual donations. Thank you to our business sponsors and exhibitors. We know you are approached often, asking for donations or sponsorships, and it truly means so much to the Foundation, the board, and me that you chose to support our mission. Thank you to our volunteers and Step Big committee for helping pull this together so beautifully. It would not happen without you!

Next Year's Goal

The Foundation is setting a lofty goal for next year's walk, hoping to raise \$82,000 with 30%, or \$24,600 coming from businesses and 70% or \$57,400 coming from registrations and individual donors.

(story continued on next page)

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How are we going to make next year's goal a reality?

1. Increase our Business Sponsors

Only 2 of our 4 locations had business sponsors. We will increase our business sponsorships by building relationships and providing clarity with our new sponsorship package we are developing.

2. Add a Walk Location or Team

Individuals are looking at starting a walk in Yankton next year. The 70% Registration and individual donation goal for 2026 would be met with only 50 more registrations.

3. Provide a Monthly Giving Program

This will allow people to allocate their donations to the Step Big Walk, or to something else of their choosing, in monthly installments, giving more options for ways to give. (A campaign letter will be sent in November to explain this program in detail).

4. Restructure our Website

Easy access and navigation matters. Thank you to the team captains that joined our feedback call and thanks to all that have given your feedback regarding the website. We are keeping the registration process for Step Big and other events in mind as we work on developing a new website.



93-year-old Jack Lovett was the oldest walker in Sioux Falls. Joining him around the track are fellow Avera Big Steppers teammates Angela Morgan (left) and Ann Spader.



Corinne Bendix received Watertown walk's Friend Award for her support of Parkinson's. Pictured with her is husband Allyn and Watertown walk coordinators Cassidy Frank and Elizabeth Zemlicka.



Maylin Delany was the youngest walker in Sioux Falls at 2 weeks and 1 day old. Congratulations parents Gary and Melissa!



Brookings Step Big Walk, coordinated by Occupational Therapist Jamie Halvorson of the Brookings Health System, took place at the High School Track and included 58 registrants.

THE SD PARKINSON FOUNDATION PLANS FOR GROWTH AND DEVELOPMENT

The South Dakota Parkinson Foundation and our supporters have a lot to be proud of and we also have a lot to look forward to! Check out what changes are in the works!



Donor Perfect

Donor Perfect will allow us to better track our donors and fundraising efforts while also providing website integration that will allow for better communication, payment processing, receipting, and data analysis.



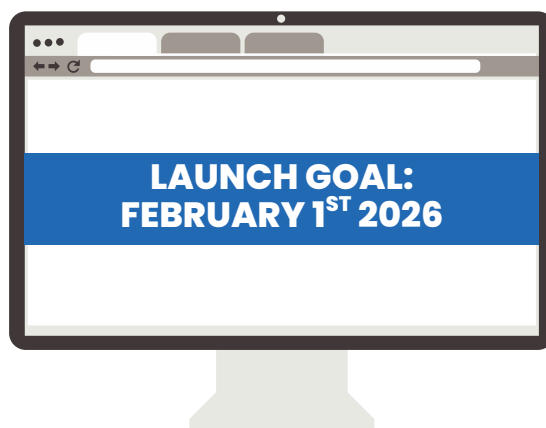
Sponsorship Packages

The Executive Director, along with the Fundraising Committee, is putting together a sponsorship packet that will provide structure around ways businesses and individuals can support the Foundation throughout the year. This will allow businesses to plan for giving within their budgets and will provide à la cart options to individualize packages based on the preferences of each business/individual. The current sponsorship package only includes the Step Big Walk.



Strategic Planning

FiveFour is helping us develop a strategic plan, including goal setting and development, to guide our mission of improving the quality of life for people touched by Parkinson's disease.



Website Restructure

We are getting several quotes and having conversations around website restructure. We know our current platform is no longer providing the accessibility or functionality needed in order to provide clear support or communication that matches our mission.

COUPLE SHARES TRADITION WHILE RAISING FUNDS

John and Sandy Fahlberg of Beresford, SD put their talent to work to raise funds for the South Dakota Parkinson Foundation by providing a rosette frying demonstration during the 155th Annual Midsommar at Dalesburg Festival. This year's event was held on Friday June 20th, 2025 at the Dalesburg Lutheran Church.

The festival includes entertainment, vendors, and food, focused on Scandinavian culture and the raising of the midsommar pole, which symbolizes growth, community and togetherness.



John and Sandy Fahlberg of Beresford, SD raised \$153 by sharing the art of rosette making.

John was diagnosed with Parkinsons Disease over 6 years ago and while his diagnosis may have slowed down his rosette making, he still finds joy in the tradition and sharing it with others. John and Sandy hope to find someone to teach this art form to in order to preserve the tradition of rosette making.

Rosettes

Ingredients:

2 c all-purpose flour

2 Tbsp granulated sugar

¼ tsp salt

4 large eggs

1 ½ c whole milk

Vegetable Oil, for frying

Confectioners' sugar, for dusting

Go to the South Dakota Parkinson

Foundation website for the full recipe and directions.

"This is the first time we have done anything like this. Maybe it becomes an annual event."

-John Fahlberg



John and Sandy were able to raise \$153 for the South Dakota Parkinson Foundation. This may seem like a small gesture to some, but if the 1,0000 people and businesses from our mailing list each raised \$153 during moments of opportunity, together we could raise an additional \$153,000 for the Foundation to further support our mission and those we serve. Never underestimate the difference you can make. Thank you, John and Sandy, for thinking of the Foundation while passing on such a heartfelt tradition.

NOW'S THE TIME: GET INVOLVED!

This is an exciting chapter for the Foundation, where momentum and growth are thriving! Be part of a mission where your voice is heard, your ideas and knowledge are treasured, and you get to make a difference!

VOLUNTEER

Have you ever volunteered for something where you felt you really weren't needed and instead of feeling like you made a difference, you just felt that you wasted your time? The South Dakota Parkinson Foundation values our volunteers and their time. Be part of something meaningful by giving your greatest asset, your time.



- Serve on a committee
- Serve on the board
- Assist during an event
- Start a support group
- Update our website
- Construct new diagnosis packets
- Assist in administrative tasks
- Write for our newsletter

You do not need to be in Sioux Falls in order to volunteer. Do you have specific talents that you hope to share with the Foundation? Give us a call to discuss! If you do not have time or interest in any of our current opportunities, join our volunteer group and be emailed when volunteer opportunities arise!

Interested in learning more? Fill out our contact form on our website www.southdakotaparkinson.org or call 605-271-6113.

PART-TIME EXECUTIVE ASSISTANT NEEDED

The Foundation is seeking a Part-time Executive Assistant for up to 25 hours/week. Hours are flexible.

This position will oversee our volunteers, assist in event planning, develop our social media presence, and complete office tasks such as answering phones, responding to emails, preparing deposits, and sending communications.

Call 605-271-6113 to learn more or send your resume to director@sdparkinson.org

HONOR YOUR LOVED ONE THROUGH MEMORIAL GIFTING

BY LISA HOWARD, RSB PROGRAM DIRECTOR

In support of its' mission, the South Dakota Parkinson Foundation (SDPF) provides financial assistance for specific items, services, and programs that aid in helping individuals, families, and support groups across the state of South Dakota that are affected by Parkinson's disease. Financial scholarships have helped people modify their bathrooms with safety bars, buy gas to drive long distances to see a specialty physician, and pay for their fitness classes.

Research has proven that intense exercise helps slow the progression of Parkinson's. The Fighters' Fund is designated financial scholarship dollars donated to the Foundation, specifically to help boxers pay for their exercise program and any needed equipment.



Curt Cutler attended the Rock Steady Boxing Program for over 7 years.

Curt "Cutty" Cutler of Sioux Falls was a dedicated fighter at the Rock Steady Boxing Program at the Inn on Westport for more than seven years. A natural athlete and a SD Hall of Fame Amateur Baseball player – he knew the importance of exercise. Sadly, he passed away in July 2025, following complications from heart surgery.

Wanting his memory and name to carry on, Curt's wife, Nancy, along with Curt's children, designated memorial gifts to the SDPF Fighter's Fund.

"Cutty" had a true fighting spirit and it's only fitting that his legacy lives on by providing others a chance to receive a positive impact from exercise. A memorial gift is a great way to honor a loved one who has passed.

THINGS TO CONSIDER WHEN GIVING A MEMORIAL GIFT:

- When to Give
 - Annual? Monthly? On special dates such as anniversaries or birthdays?
- How Much to Give
 - Is there a special number that has significance? What will your donation be used for?
- Whether to Invite Others to Give
 - Family or friends?

NEW SUPPORT PROGRAM OFFERED DURING FAMILY CAREGIVER MONTH

November is a busy time of year and caregiver strain can become even more prevalent. We at the Foundation honor National Family Caregivers Month by offering support to those caring for people with Parkinson's Disease.

This year, we are launching a new support program where family caregivers can receive up to 3 hours of in-home care service through Right at Home during November.

The Foundation is thankful for every in-home care provider that shows support to our mission. We intend to offer this service every November during National Family Caregiver's Month. We thank Right at Home for piloting this program and will open this program to other interested in-home care providers in the future. That being said, if a family caregiver is already established with a different in-home care provider, we will work with them so caregivers can take advantage of this service while utilizing their current provider. This program will be reviewed annually and adjusted based on assessment, feedback and resources.

Application Requirements:

- The service must be provided at the residence of a person with Parkinson's.
- The service must be used in the month of November 2025 and is not redeemable to be used at a later date or traded for the cash value of the service.
- Services offered under this program include:
 - Housekeeping
 - Laundry
 - Grocery shopping
 - Meal-preparation
 - Respite care

Any additional services must be made via special request during your call with Right at Home.



Right at Home has provided in-home care services to Sioux Falls and surrounding communities since 2013. The Foundation will be working with them and, if needed, additional in-home care providers to ensure this service is available to all qualified and interested persons across the state of South Dakota. Applications will be accepted from September 22nd through October 31st, 2025.

To learn more about this program and apply, visit the November Caregiver Month Event Page on the South Dakota Parkinson Foundation website.

WHAT IS CAREGIVER CONNECT?

'Caregiver Connect', formerly known as 'Thoughts from a Caregiver', is a column for Family Caregivers to support one another and feel connected, hence the name.

As a caregiver, it is easy to feel alone at times or like no one fully understands what you are going through.

THIS GROUP GETS IT!

How do you connect through this column? By sharing your story! Whether your story is one of hope, laughter, frustration, sadness, joy, or a request for support and encouragement, we want to be there for you!

Caregivers are now able to submit a newsletter article for this column through our website, under Resources-Newsletter, or can mail in an article. If you submit an article that is requesting a response from our readers, we will publish any responses that we receive to our website or you can include your contact information in the article so people can reach you directly. The Caregiver Connect column will receive its own page within our Newsletter tab. This will allow readers easier access to this column and to read responses that are submitted. This will also be where you go to submit a response.

Not good at writing, but want to share your thoughts? Give us a call at 605-271-6113 and we will interview you and create your article for you!

HELP US IMPROVE OUR COMMUNICATION AND SUPPORT BY COMPLETING THIS CHECKLIST!



Submit your phone number and email to the the SDPF through the contact form on our website or via email info@sdparkinson.org

Why? Most of you on our contact list only have your name and address listed. We will be providing the option for e-newsletters in the near future. We also may need to reach you regarding support services, newsletter stories, upcoming events, or volunteer opportunities



Join a Support Group

Why? People in a support group often hear about what's going on sooner than those that aren't in a support group. You don't have to go through the challenges of Parkinson's alone. See a list of support groups on our website. You can also join the 208 members on our Facebook support group: South Dakota Parkinson Support Group.



Follow us on Facebook

Why? Following our Facebook page and commenting or sharing our content helps create support and awareness in what we do. Increased attention = increased resources allocated to finding a cure.

ROCK STEADY BOXING MAKES BIG IMPACTS

BY LISA HOWARD, RSB PROGRAM DIRECTOR

Rock Steady Boxing (RSB) at The Inn on Westport has been helping those with Parkinson's fight back since 2017. RSB, developed in 2006 by a young-onset Parkinson's patient and his personal trainer, now has over 800 gyms across the world. Rock Steady Boxing changes the trajectory of Parkinson's disease with an evidence-



Rock Steady Boxing is known to slow the progression of PD while improving balance, strength, and quality of life.



There are currently 5 Rock Steady Boxing groups in South Dakota: Aberdeen, Hot Springs, Rapid City, Sioux Falls, and Watertown



The SD Parkinson Foundation offers grants to cover the cost of your Rock Steady Boxing or other exercise program.



Boxer "Magic" Mike Dorboliala has attended Rock Steady Boxing class 3 times a week for the last 9 months and "sees some symptoms improving."



Boxer Petey Koller cross punching during a Rock Steady Boxing workout.

based exercise curriculum specifically designed to impact the symptoms and slow the progression of the disease. We are more than just an exercise program; we are a worldwide community fighting back together.

"I love the camaraderie and friendships that I have made." -Petey Koller

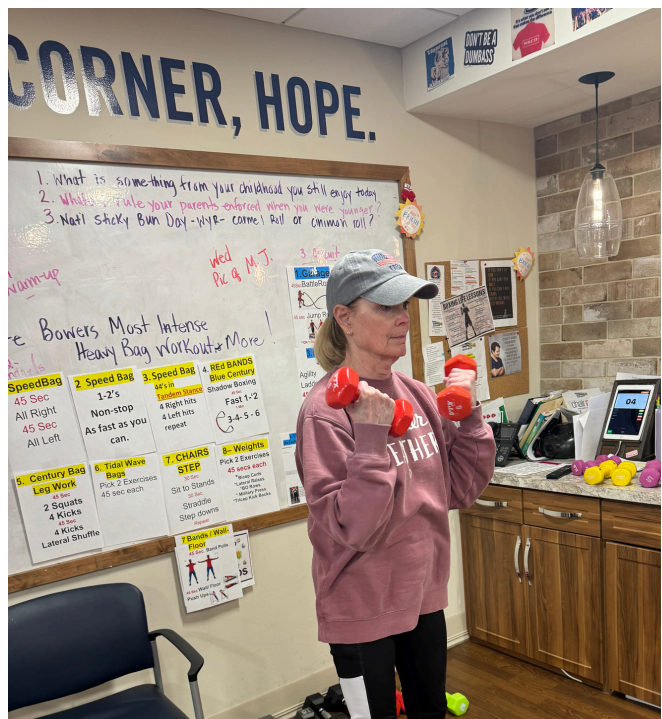
The Rock Steady Program has classes for all fitness levels and stages of Parkinson's. The classes combine boxing drills with strength training, stretching, balance, agility, and cognition exercises. In addition to being socially engaging and called an "informal" support group by many fighters, classes are known for their fun, adding music, optional dress up days, and lots of laughs.

Q&A WITH OUR BOXERS

What do you love about Rock Steady Boxing?

“Magic” Mike Dorboliala-

In short—everything. It's given me the opportunity to fight back against an incurable disease that could have sidelined me with a lousy prognosis and limited options. I've been at it for nine months, attending class three times a week. My symptoms haven't worsened—in fact, some have improved. I'm in better physical shape now than when I started, and I find I'm able to push myself even harder. The camaraderie with my fellow boxers is amazing. We support and encourage each other, even when it's tough. We engage in playful banter, knowing we're all in the fight against Parkinson's together. Joining RSB is one of the best decisions I've ever made—no regrets!



Two years into boxing and “Kick *ss” Kim Graff still loves it and always feels better after a good workout.

Petey Koller-

I love the camaraderie and friendships that I have made. The statement is true that boxers form bonds with facing similar challenges, providing emotional support and motivation to stick with the program. Physically my walking has improved. I feel a sense of satisfaction after my workouts. I truly believe that my symptoms would be worse without attending these classes. PD has affected my confidence but I am fighter for a better life!

“Kick *ss” Kim Graff-

I love the exercises and the people. I know it has helped me. There were many things I was unable to do including jumping with both feet and not being able to get my coat on. I love working the speed bags best and I love learning more about our boxers. It's a place where everyone is dealing with the same thing and there's no explanation needed.

"It's a place where everyone is dealing with the same thing and there's no explanation needed." -Kim Graff

If you would like to learn how you can fight back against Parkinson's through boxing, please reach out to your local Program Director. See page 13 for a listing and contact information of all nearby programs.

ESTATE PLANNING AND ASSET PROTECTION: A GIFT OF SECURITY

BY ANDREA BLOWERS, DIRECTOR OF RELATIONS



LEGACY LAW FIRM, P.C.
Estate Planning • Elder Law • Business Planning

Life is full of changes, but one of the greatest gifts you can give yourself and your loved ones is peace of mind through proper estate planning and asset protection planning. By taking proactive legal steps, you can ensure your wishes are honored, your assets are safeguarded, and your family is not burdened with unnecessary financial or legal complications.

When it comes to long-term care planning, the costs of care often can deplete savings rapidly. There are additional legal tools elder law attorneys can use to protect your assets while ensuring access to quality care. Even if someone is in a nursing home, it's not too late to protect assets. Consulting with a qualified elder law attorney ensures you have a plan in place for any situation.

At its core, planning is an act of love. It gives you control over your future while offering your family security and clarity, and makes sure loved ones aren't left with a mess. While these conversations can be difficult, they're also meaningful — bringing families together with understanding and support.

If you haven't started planning yet, don't delay any longer. Talking with an elder law attorney can help you create a plan that fits your needs and ensures you and your family are protected. Legacy Law Firm in Sioux Falls has the only board-Certified Elder Law Attorney in South Dakota. To learn more, visit www.legacylawfirmpc.com.

AN EFFECTIVE ESTATE PLAN SHOULD INCLUDE:

Powers of Attorney (POA)

A financial POA helps with financial matters like paying bills, managing investments, and handling legal affairs. A healthcare POA allows a designated person to make medical decisions for you if you are unable to make decisions. Powers of Attorney become null and void at death, so they truly are documents that help you while you're alive.

Last Will and Testament or a Trust

These documents ensure your assets are distributed according to your wishes at time of death. A revocable trust helps you manage assets while you're alive and avoids probate. To safeguard assets, a Medicaid Asset Protection Trust may be used, which is a type of irrevocable trust.

Designations

Beneficiary designations or transfer or payable on death designations are also important. Beneficiary designations will avoid probate and supersede a Will or Trust, so make sure you have designated the people or charities you want to receive assets when you pass.

HAVE YOU MET SAMMY?

You can meet Sammy the duck at the Parkinson's water exercise class, led by Power Certified Instructor Jordon Bents, on Mondays at Trail Ridge Retirement Community in Sioux Falls. The class is open to any persons with Parkinson's Disease.

You may not see Sammy exercising, but he does float around during class to offer fun and encouragement to all participants!

This warm water pool reaches a maximum depth of 4'6". Locker rooms are available, and payment is by punch card, so you pay only for the sessions you attend.

Sound like fun? Class members will tell you it's their favorite way to exercise! To attend a free trial class, or for further information, call Jordon or Traci at 605-339-9123.



Sammy the duck enjoying the Parkinson's water exercise class at Trail Ridge Retirement Community in Sioux Falls with friends (back row left to right) Paula Cramer, Mary Tidwell, Mary Tranberg, (front row left to right) Kathy Hey, Beverly Sexton, and Barb McMurchie.

ROCK STEADY BOXING LOCATIONS NEAR YOU



The Inn on Westport

📍 4000 S. Westport Ave., Sioux Falls, SD 57106, United States
📞 (605) 362-1210



Edgewood-Watertown

📍 901 14th Ave NE, Watertown, SD 57201, United States
📞 (605) 882-3084



Aberdeen Family YMCA

📍 5 South State St, Aberdeen, SD 57401, United States
📞 (605) 225-4910



Rapid City

📍 519 Enchantment Rd, Rapid City, SD 57701, United States
📞 (605) 219-0588



Fall River

📍 1501 Highway 18 Bypass, Hot Springs, SD 57747, United States
📞 (605) 745-5558



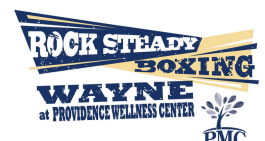
Sioux City

📍 313 Cook St, Sioux City, IA 51103, United States
📞 (712) 255-1729



Pipestone County Medical Center

📍 916 4th Ave SW, Pipestone, MN 56164, United States
📞 (507) 825-6054



Wayne at Providence Wellness Center

📍 1200 Providence Road, Wayne, NE 68787, United States
📞 (402) 375-7927

AVID BIKER ORGANIZES 81-MILE RIDE TO HONOR LATE FATHER

On August 30th, 2025, Chuck Kopetsky of Aberdeen honored the memory of his late father, Laverne Kopetsky, by completing an 81-mile bicycle ride in 4 hours and 20 minutes. Each mile represented 1 year of Laverne's life, leading up to his passing in May 2025. Laverne lived with Parkinson's disease for over 15 years.

Chuck decided to take this bicycle ride a step further by asking friends and family to sponsor him, with all funds raised going to the SDPF. A total of \$1,848.69 was raised in memory of Laverne with several of the donation amounts holding personal significance.



Chuck Kopetsky riding into his 39th mile of 81 total miles.



Family gather around Chuck to show their love and support in his 81-mile memorial ride honoring the late Laverne Kopetsky.

Laverne's first grand-daughter, Tiffany, and husband Mawuli gave \$226.44. Laverne was born on 2/26/44. Another donated \$20.25, which represents the year of his passing. Several donated \$1/mile, while another gave \$100 for every hour Chuck rode. There is no "right way" to fundraise; It just takes heart and a story. Thank you, Chuck and family, for sharing both.

The funds raised from this memorial ride will support exercise programming costs for individuals with Parkinson's.

thank you!

DONATIONS IN MEMORY OF

Betty Jean Olson

Tammy Otten
Linda Slipka
Lois Loujnsbery
Karen Erickson
Tyler Wilson

Karla Esser

Janet Halstenson

Kathy Mah

Barbara Horton
Simon Knopf
Laura Horton
Myung Cho
Todd Doerr
Joon Park
Lisa Howard
Gladys Bahnson
Eileen Nawroth
Susan Stocker
Deb Herrboldt
Sonja Gourley
Deb Finnegan
Conni McCormick
Jeanne Jones Manzer
Patricia Breidenbach
Darlene Eidsness
Dakota Korean AA
Patricia Brown
Jane Healy
Ameristar Real Estate

Marvin Miller

Paula Miller

Darrell Hildebrandt

Lois Hildebrandt
Mary Fiedler
Karen Carmichael

Bob Engmann

Judith Schlauger M.

Michael Sandman

Sharon List
Janice Boettger
Nancy Burke

Greg Puls

Lorelle Pankratz
Corliss Wahl
Sharon DeHaan
Marge Ecker
Pal, Inc.
Jay Kappenman

John Snow

Laurie Vondra
Derek & Kim Snow
Joan Snow

Arlo Berkland

Arlo Berkland Estate

Barb Haage

Rhonda Koops
Dennis and Barbara H.

Terri Schmidt

Roger & Janet Wehde

Spencer Gross

Kathryn Gross

Curt Cutler

Nancy Cutler

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**SILVER
SPONSORS**

 **ACADIA**[®]


MONUMENT
HEALTH

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Jamie Mattice, Rapid City
Barry Solomon, Sioux Falls
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UPCOMING EVENTS

SOUTH DAKOTA PARKINSON FOUNDATION

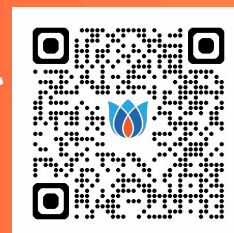
THURSDAY
SEP



PARKINSON'S MEMORIAL PICNIC

11:30 am– 1:00 pm
Innon Westport
4000 S Westport Ave
Sioux Falls, SD 57106
FREE!

RSVP
NOW!



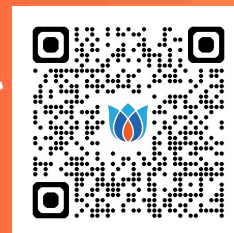
FRIDAY
OCT



RAPID CITY PD AWARENESS CONFERENCE

8:00 am– 3:00 pm
Hilton Garden Inn
815 E Mall Drive
Rapid City, SD 57701
FREE!

RSVP
NOW!



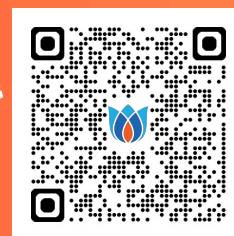
TUESDAY
OCT



DR. RAY DORSEY– THE PARKINSON'S PLAN BOOK TOUR

5:00 pm– 6:00 pm
Avera McKennan, Plaza3
810 E 23rd St
Sioux Falls, SD 57105
FREE!

RSVP
NOW!



www.southdakotaparkinson.org



605–271–6113

1000 N. West Ave, Suite 110

Sioux Falls, SD 57104

www.southdakotaparkinson.org

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

The Parkinson's Plan by Dr. Ray Dorsey and Dr. Michael Okun Debuts as a National Bestseller!

"This is more than a book---it's a
MOVEMENT"

#5 on **THE NEW YORK TIMES** Best Seller and
#25 on the **USA TODAY** Best Seller list.

Join the movement: <https://pdplan.org/takeaction>

South Dakotans get the privilege of hosting Neurologist Dr. Ray Dorsey during his Book Tour to Sioux Falls on October 7th at 5pm at Avera McKennan Campus, Plaza 3. RSVP using the barcode on our upcoming events newsletter page, at southdakotaparkinson.org and scroll down on the home page to 'Upcoming Events' or call 605-271-6113. This event is FREE and is open to all individuals and businesses wanting to educate themselves on Parkinson's Disease and learn what we can do to prevent the 2nd fastest growing neurological disease. A copy of The Parkinson's Plan will be available, first to persons with Parkinsons.