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Battling PD with Strength & Grace



Molly Liberko was told that she had Parkinson's disease (PD) about eight years ago. The news was devastating for her. There was no family history of PD so she knew very little and even less about how her life would be impacted. After some time, she decided that she wasn't going to give in to this illness. Molly started to do a lot of reading and searching for information regarding resources available in her community. She found it hard at first to participate in any programs, as seeing other people with Parkinson's scared her. Eventually though, she found information given by others, and the friendships formed thereafter, were priceless. Molly has found strength in dance, educational conferences, Rock Steady Boxing, the Step Big Walk, and a recent Parkinson's retreat. Being armed with information, friends, family, and faith helps her to battle Parkinson's with strength and grace.

Molly finds the best way to battle this illness is to not give in too early. Recently, at her boxing class, she had a discussion with another boxer regarding parking permits. They were talking about whether they should get permits that would allow them to park in handicapped spots. Both of them agreed that they would get a parking permit when they could no longer walk safely to the door. They both thought that the longer they pushed themselves to walk and stay active, the better their lives would be.

This past summer Molly and her husband took their family to Disney World. She brought her walking sticks and enjoyed using them the first two days. Because of the frustration of not having enough room to put the sticks to her side as she walked, she gave up for the remainder of the vacation. Not using the sticks caused her to walk slower and to not be able to look up and around as easy. Molly explained, "I don't think people understand that the sticks are not just for hiking. I should have continued to use them and if needed, explained my use for them. I feel that Parkinson's is not understood very well by the general public. We need to advocate for ourselves and not give up too easily."

Molly suggests making a bucket list of all the things you want to do as soon as possible. Living with PD has made her feel an urgency to do things now. "Parkinson's is a progressive illness. We all know that. Make some goals and reach with all your might to make it happen. Peter and I leave for Ireland in June. I will go, I will bring my walking sticks, I will get tired, but oh, will I have fun!"

The SD Parkinson Foundation has helped Molly through the last few years. The first conference she attended, she was alone. Scared and uninformed, she was met with warm smiles and information that helped her deal with her early years of Parkinson's. She received information about other events for people with PD, and she continues to participate in many of these events, seeing friends, gaining support, and becoming more informed through each event.

From the Doctor: Parkinson's Disease and the Tincture of Time

Jerome W Freeman, MD
Sanford Clinic Neurology,
Department of Neurosciences,
USD Sanford School of Medicine



For most medical conditions patients and physicians rely on clinical testing. It can be a comfort to know that a suspected diagnosis has been “proven” by a scientific evaluation. Sometimes a simple blood test suffices, while at other times much more sophisticated tests are

utilized such as an MRI, PET/CT scan or angiography. Parkinson's disease is unique in that no such confirmatory test exists. While brain imaging such as an MRI and other laboratory tests are frequently utilized to exclude other conditions, these tests do not “prove” the presence of Parkinson's disease. Rather, such a determination is based on the patient's clinical presentation. In addition to the patient's symptoms, the clinician must carefully look for specific signs of Parkinson's disease. These can include cogwheel rigidity, tremor, slowness of movement and change in gait. Sometimes the diagnosis is obvious. At other times, especially early on, a clinician may opt for a “wait and see” approach to determine if, over time, conclusive signs of Parkinson's disease develop. A patient's response to medication can, of course, also help confirm the diagnosis.

Another sometimes confounding diagnostic issue may be the question of whether the patient has drug-responsive Parkinson's disease or so called “parkinsonism”. While the latter condition has some features of Parkinson's disease, patients with parkinsonism typically do not respond very dramatically to treatment. Again, an assessment of the patient's response over time may be helpful.

Virtually no one relishes uncertainty, especially when confronting an illness. But with Parkinson's disease it is important for both clinicians and patients to be aware that absolute answers can prove illusive. In bygone medical eras, the phrase “tincture of time” was used. The phrase remains relevant to the clinical course of someone suspected of Parkinson's disease. Sometimes watchful waiting is the best option before a firm diagnosis can be established.

President's Message:

Tony Mau, SDPF Board President



Many of you may not know it, but the South Dakota Parkinson Foundation (SDPF) is comprised of a part-time executive director and 11 board members. Janey, along with these volunteers give their time in an effort to make a difference in the Parkinson community. Most of us hail from the regional area, but we are currently seeking members from outside the area. So, if you know someone from Rapid City to Aberdeen to Vermillion or anywhere in between, we'd like to visit. We'd like to understand their story and how they became the person that also wishes to make a difference in someone's life. Our hope is to establish this organization across the state to deliver our resources to anyone in need, anywhere in South Dakota and neighboring states.

As we reflect back on 2018 and head into the New Year it seems an appropriate time to say, “Thank You”. I'm grateful to Janey and those volunteers for their continued efforts to make a difference. I especially wish to thank the readers of this newsletter because if you're reading this, chances are, you're already making a difference.

God Bless and Happy New Year!



Watertown Area Support Group

Patrick Mahowald, *Facilitator*

MERRY CHRISTMAS AND A BLESSED NEW YEAR!

The year 2018 has been a very busy one here in northeast South Dakota. Our support group meetings are held on the 2nd Wednesday of the month at 2 pm. For at least the past 20+ years we have met at this time and while it has worked out in the past we are going to use the survey sent out to those in the community to see what the wishes of the group are.

Our gatherings are pretty well filled with group discussions in regards to patient and support. We maintain our own library that is helpful many times in our discussions. The SD Parkinson Foundation makes sure we are up to date with programs they offer as well as Struthers's Parkinson Center award winning Center of Excellence, University of Minnesota and Mayo Clinic. All this in addition to the SDPF website helps bringing the latest information to our region. I thank Janey for all she does for us and those across the state of South Dakota!

With the New Year upon us, all of us can really reflect on where we find ourselves. I suggest taking some time to be alone in hopes to start the process of positive thinking for things to come. Music, for me, is always great to relax and to have softly playing in the background. Continue positive conversations between friends and family and remember only God really knows what transpires.

Tips for Controlling Saliva in Parkinson's

Jo Landis, *RN*



Drooling, also known as sialorrhea, refers to the pooling of saliva in the mouth. Some people with Parkinson's disease (PD) have problems controlling saliva, which can lead to drooling.

Parkinson's disease can also affect the ability to swallow making drooling more likely. Drooling can also be caused by excessive production of saliva or by problem with swallowing related to rigidity of the muscles of the mouth and throat.

If you have problems with drooling here are some tips you might find helpful.

- 1) Sucking on hard candy, chewing gum or ice chips helps promote swallowing.
- 2) Adjustments of your PD medication to improve the stiffness and slowness of the muscles that help you swallow.
- 3) Speech therapy to help strengthen the muscles of your lips, mouth and throat.
- 4) Drinks fluids frequently to clear saliva from your mouth.
- 5) Review your medication list with your physician. Some medications may increase saliva production.
- 6) There are some medications that are used to decrease the production of saliva. Anticholinergic medications like trihexyphenidyl (Artane) or benztropine (Cogentin) are two examples. Atropine drops, scopolamine patch and Botox injections are also used. All of these medications have potential side effects that may outweigh benefits in many patients.

I hope you find these tips helpful in managing any difficulty you may have with drooling.

Rock Steady Boxing at the Inn on Westport

Lisa Howard, RSB Program Director

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

Rock Steady Boxing at The Inn on Westport, Sioux Falls was the first RSB program in the state of South Dakota. The program continues to grow and now boasts over 50 boxers in 4 different classes. Rock Steady boxers range from their early 40's to age 86. The program is looking to add another morning class for new boxers in 2019.

Rock Steady Boxing classes are much more than boxing! The classes attack Parkinson's at its vulnerable neurological points. While focusing on overall fitness, strength training, reaction time and balance, workouts include: focus mitts, heavy bags, speed bags, jump rope, core work, calisthenics and circuit weight training. No boxing experience is needed – just the will to "fight back" against Parkinson's.

Every six months boxers are re-evaluated in several areas and the outcomes have been very positive. From the 40+ boxers re-evaluated all have increased their balance scores. Walking speeds have increased by 3-7 seconds and leg strength has increased by up to 4 points in all but two boxers.

Our boxers have this to say about the program:

"I am convinced (based on the progression of my disease) that I would either be using a walker full time or perhaps be in a wheelchair if RSB were not a huge part of my daily exercise program." Meldon Kroeger, Boxer since May '17

"My strength and balance has improved since starting RSB! The emotional benefits are huge! I look forward to each class and the socialization the class provides. Everyone in class is so encouraging and they make the classes fun! RSB has helped me develop a more positive outlook toward life and living with Parkinson's!"

Lee Halstenson, Boxer since November '17

"Rock Steady Boxing has given me a new approach to my life. I have been getting in better shape mentally, emotionally, and physically. I feel happier to know that I have a fun group to visit with three times a week. I am working out regularly and have lost 15 pounds+! I am looking forward to a couple of trips that I thought were impossible. And now and then I can smell things that I haven't been able to smell in years, like chocolate! Thank you Lisa and Rock Steady for bringing me back to life." "Mad" Molly Liberko, Boxer since November '17

"Did you know one of the first appointments I had with a neurologist he told me I would be in a wheelchair by now? Thanks to you, Lisa, and your RSB program you are helping me prove him wrong! I look forward to each class knowing I can keep my Parkinson's at bay! Thank you for all your help and may God bless you and the ROCK STEADY BOXING program!" "Wild" Bill Neumayer, Boxer since January '18

Rock Steady Boxing encourages boxers to attend at least two classes per week with three being ideal. Classes are held in the morning, afternoon and at 5 pm for those still working. If you'd like to come observe a class and learn more or set up an assessment to get involved, please contact Coach Lisa at 362-1210 or lisa.howard@innonwestport.org.



From the Pharmacist: New Treatment for Influenza?

Cal P. Limberg, *PharmD Candidate 2019*
Emily Van Klompenburg, *PharmD, BCACP*

The viral infection known as influenza, or more commonly, “the flu,” is a hot topic this time of year. If one contracts influenza, he or she may notice symptoms such as fever, muscle or body aches, fatigue, cough, and headache, among others. While most adult patients will recover from the flu in approximately a week without pharmacologic intervention (excluding supportive care), some patients may seek antiviral medications in order to get rid of the virus more quickly.¹

In October 2018, The FDA approved a new medication for the treatment of influenza, known as Xofluza™ (baloxavir marboxil).² This medication works by inhibiting cap-dependent endonuclease, an enzyme important for viral replication. Xofluza™ is given as one oral dose, either 40 mg or 80 mg, depending on body weight, within 48 hours of onset of influenza symptoms.³ In clinical trials, Xofluza™ demonstrated similar time to alleviation of symptoms as Tamiflu®, another antiviral. However, Xofluza™ demonstrated greater tolerability than Tamiflu®, with the most common adverse effects being diarrhea and bronchitis.⁴

Whether or not Xofluza™ becomes the go-to treatment of influenza remains to be seen, but one-time dosing and lack of serious adverse effects may favor Xofluza™. Cost is similar between antivirals (\$150 for Xofluza™ and \$140 for generic Tamiflu®), so patient preference will play a role in which agent is selected.³ More treatments for influenza are being developed and approved, but the best thing one can do during flu season remains the same: get a flu shot!

References:

Flu Symptoms and Complications [Internet]. Georgia: Centers for Disease Control and Prevention; 18 Sep 2018 [cited 21 Nov 2018]. Available from: <https://www.cdc.gov/flu/consumer/symptoms.htm>

FDA approves new drug to treat influenza [Internet]. Maryland: U.S. Food and Drug Administration; 24 Oct 2018 [cited 21 Nov 2018]. Available from: <https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm624226.htm>

Lexi-Comp, Inc. (Lexi-DrugsTM). Lexi-Comp, Inc.; 21 Nov 2018.

Hayden FG, Sugaya N, Hirotsu N, Lee N, de Jong MD, Hurt AC, et al. Baloxavir Marboxil for Uncomplicated Influenza in Adults and Adolescents. *N Engl J Med*. 6 Sep 2018;379:913-23.

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 2019 is here, but I am looking forward to what we have planned for the year 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 with 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!

We are kicking off the New Year with the Petals for Parkinson's fundraiser. Last year this event was a huge success and thanks to our partnership with Landscape Garden Centers we were able to spread some springtime cheer by selling 200 tulip arrangements. We are hoping to sell 500 arrangements this year and we are also looking at expanding this event across the state of South Dakota. This event is a great way to raise awareness about Parkinson's disease and reach more families affected.

We are also excited about our upcoming SD Parkinson's Awareness Conference scheduled for Saturday, April 13th at the Hilton Garden Inn in SF. We already have some amazing presenters lined up including our friends from Struthers Parkinson's Center and we hope to cover a variety of different topics pertaining to PD.

Thank you for your continued support and dedication. I feel blessed to work for a foundation that demonstrates such passion for our mission and continues to educate, inspire, and encourage families touched by Parkinson's disease. We have so much to look forward to in 2019 and I know TOGETHER we can make a difference!

EXECUTIVE BOARD

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Janey Case

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1000 N West Ave, Ste. 220
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605.271.6113

www.southdakotaparkinson.org

BOARD OF DIRECTORS:

The SDPF Board of Directors would like to extend a heartfelt thank you to Michele Rasmussen and Sarah Sachen for their time dedicated as a volunteer board member and for all their efforts in supporting the SDPF mission. It was a great pleasure having both of these incredible women serve on the board and we want to wish them well. Michele made a big change as she became engaged and moved to North Dakota and Sarah continues to expand on her role as executive director for AseraCare Hospice Inc.

THANK YOU
MICHELE & SARAH!

Thank You to All Our Donors

October 1st – December 31st, 2018

Gifts to the South Dakota Parkinson Foundation support the quarterly newsletter, news updates, content-rich website, patient education programs, and the annual SD Parkinson's Awareness 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 upon request. The listing below represents gifts received from October 1st, 2018 through December 31st, 2018. 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

Lenita Bietz

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Arleen Oakleaf

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Bonnie Rabenberg

Meldon & Linda Kroeger

Lyla Lerseth

James & Phyllis Gould



CHAPTER GIFTS

Howalt+McDowell Insurance
Hy-Vee Operation Helpful Smile
Delores Catherman

SDPF Board to Expand Across SD

If you have a strong passion for the SDPF mission and would like to become more involved, we encourage you to consider serving on the board of directors. Currently, the SDPF board of directors consists of 11 volunteers. The SD Parkinson Foundation would like to expand the board to consist of members both within the SF area and outside communities across the state of South Dakota.

If you would like more information about this opportunity within the board of directors please contact the SDPF office at 605.271.6113

Calendar of Events

January

Parkinson's Foundation Webinar

Topic: Non-Motor Symptoms: What's New?

Date: Tuesday, January 15th

Location: Online

Time: 12:00 pm – 1:00 pm

Website: www.parkinson.org

Not able to view online: Call 888.272.8710 to listen live & enter code: 6323567#

****For more information on how to register please call the SDPF office at 605.271.6113****

January/February/March

Petals for Parkinson's Pre-Sales!

Cost: \$20 per tulip arrangement with a portion of the proceeds going to support the SD Parkinson Foundation programs and services.

How to Order:

1. Online Orders: visit the SDPF website at www.southdakotaparkinson.org (under EVENTS tab)
2. Call the SDPF office at 605.271.6113

March

Parkinson's Foundation Webinar

Topic: Seeing Clearly with PD: Vision Changes

Date: Tuesday, March 5th

Location: Online

Time: 12:00 pm – 1:00 pm

Website: www.parkinson.org

Not able to view online: Call 888.272.8710 to listen live & enter code: 6323567#

****For more information on how to register please call the SDPF office at 605.271.6113****

April

SD Parkinson's Awareness Conference

Date: Saturday, April 13th

Location: Hilton Garden Inn (south location)

Time: 8:30 am – 3:30 pm

Fee: \$25 per person

****Stay tuned for conference agenda!****

Community Support Groups

Aberdeen

2nd Thursday

1:30 pm

Parkside Retirement

Brookings

1st Thursday

1:30 pm

First Bank & Trust

Canton

2nd Wednesday

3:00 pm

Sanford Canton/Inwood

Huron

4th Wednesday

1:30 pm

HRMC Legacy Plaza

Luverne

3rd Thursday

1:00 pm

St. John Lutheran Church

Madison

3rd Wednesday

7:00 pm

St. John Lutheran Church

Mitchell

3rd Monday

2:00 pm

Avera Queen of Peace

Rapid City

2nd Saturday

1:00 pm

WestHills Village

Sioux Falls

3rd Wednesday

1:00 pm

Edith Sanford Cancer Center

Sioux Falls

4th Wednesday

6:30 pm

Edith Sanford Cancer Center

Sioux Falls

2nd Tuesday

2:30 pm

Dow Rummel Village

Sioux Falls

Tues/Thurs

2:30 pm

Avera Therapy

Sioux Falls

2nd Thursday

9:30 am

Avera Therapy

Vermillion

1st Wednesday

11:30 am

Sanford Vermillion

Viborg

2nd Tuesday

2:00 pm

Pioneer Memorial Hospital

Watertown

2nd Wednesday

2:00 pm

Jenkins Living Center

Yankton

2nd Friday

1:30 pm

Professional Office Pavilion

You can now view the SDPF quarterly newsletter online! The newsletter is distributed every January, April, July and October. To view recent and past issues please visit the SDPF website at www.southdakotaparkinson.org.

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



This past September, we were fortunate enough to host our 2nd annual 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 movement disorder specialist Dr. Ridder, acupuncture with Dr. Flickema, living with Parkinson’s from Dr. Maria De Leon, a neurologist with Parkinson’s; engagement in and exposure to various types of Parkinson’s specific exercise (Tai chi, yoga, LSVT

BIG/LOUD, PWR! moves and PWR! drumming) as a means to slow the progression of PD symptoms; and establishing a sense of community, togetherness, and social support. Fifty-five 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 third annual Parkinson’s Retreat, **September 20-22, 2019** 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 

*Call 605.322.5150 to
schedule an appointment
or to talk to our team.*



Keeping Elder Loved Ones Warm During the Winter

Tony Mau, *SDPF Board President*

As Mother Nature's thermometer begins to dip in late fall and throughout winter, so does body temperature for many seniors. While older loved ones characteristically complain of being cold and crank up the thermostat, there is scientific data to support their feeling chilly.

Aging skin is thinner and less likely to tolerate fluctuating temperatures. When a person is cold, the heart pumps less blood to the skin, and tiny blood vessels in the skin constrict to conserve heat. Age reduces the elasticity of blood vessel walls and thins the fat layer under the skin that helps preserve body heat. An older individual's skin is limited in the precise control of changes in both cold and heat.

Penn State physiologist W. Larry Kenney, who has studied the effects of age on temperature regulation for 35 years, notes, "With aging, multiple redundant changes occur in the skin, and they're all conspiring against the ability to dilate and constrict skin blood vessels." Kenney's extensive work with body temperature also finds that the circulation of blood in the skin can cause changes in the body's coronary arteries and overall vascular health. Being too cold or too hot can stress the heart.

Dangers of Cold Weather for Seniors

Older adults lose body heat faster and are less able to tolerate cold than younger adults. If a person's body temperature drops much below the common base of 98.6 F, dangerous health problems can arise, including increased heart rate and blood pressure, liver damage, and heart attack. Hypothermia sets in when a person's body temp goes below 95 F. Left untreated, hypothermia can shut down the body's heart and respiratory systems and lead to death.

Older people are at greatest risk for cold-related death — the Centers for Disease Control and Prevention (CDC) consistently reports that more people die from excessive cold than excessive heat. The elderly do not need to be outside in frigid weather to run into problems. Living inside in intense air conditioning or with inadequate heat can invite hypothermia. Also, older adults with confused thinking may not be self-aware of their dropping body temperature, so caregivers need to be extra vigilant to check for signs of hypothermia including shivering, slurred speech, shallow breathing and a weak pulse.

Causes of Low Body Temperature

Besides exposure to cold temperatures and moisture, seniors can face a drop in body temperature because of a number of other medical conditions and health factors, including:

- Medications such as beta blockers, sedatives, antipsychotics and antidepressants
- Stroke
- Parkinson's disease
- Hypothyroidism (underactive thyroid)
- Sepsis (widespread infection)
- Malnutrition and anorexia
- Nerve damage
- Alcohol or drug use
- Anesthesia

How to Keep Seniors Warm

Prevention of cold exposure to seniors takes precautionary measures before winter sets in and ongoing observation by family members, caregivers and those familiar with the older loved one's health and living environment.

I recommends these tips for caregivers to help seniors stay warm this winter:

- Keep the home properly heated at a temperature of 68 F to 70 F.
- Winterize windows and doors with weather stripping and caulk.
- Close heat vents and shut doors in rooms that are seldom used.
- Dress the senior in warm layers that can be removed if he or she gets too hot.
- Put socks and slippers on the senior and use a blanket over legs.
- Make sure the senior wears a hat, scarf and gloves when going outside.
- Check weather reports and know that snow, rain and wind can increase heat loss.
- Have the senior change out of damp or wet clothes right away.
- Help the senior practice sound nutrition to fuel the body's heat and energy sources.
- Ensure the senior stays fully hydrated — dry air temperatures inside and outside can cause dehydration.
- Support the senior in eating regular meals to stimulate the body's own thermostat.
- Encourage the senior to avoid alcohol consumption, which can trigger heat loss.
- Learn the temperature-lowering effect of specific medications and over-the-counter drugs.
- Be aware that some space heaters and fireplaces are fire hazards and can cause carbon monoxide poisoning.
- Devise an evacuation plan in case of a power outage or the furnace/heat source breaks down.
- Create a plan for family and friends to check on the senior regularly, especially during colder weather.

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

[VIBORG, SD:](#)

Pioneer Outpatient Center
315 N Washington Street
605.760.5066

[YANKTON, SD:](#)

Avera Sacred Heart Hospital
501 Summit
605.668.8268

[BERESFORD, SD:](#)

Bethesda Nursing Home
606 W Cedar Street
605.760.5066

[CUSTER, SD:](#)

Custer Regional Hospital
Montgomery Street
605.673.2229

[LIVERNE, 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

[WATERTOWN, SD:](#)

Big Stone Therapies, Inc.
Eight 5th Street SE
605.995.6044

[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:](#)

Jenkins Living Center
215 S Maple Street
605.886.5777

****If you would like to be added to this list please contact the SDPF office.***
605.271.6113 or jcase.sdpf@midconetwork.com*

Hy-Vee Operation Helpful Smiles



Operation Helpful Smiles donated \$1,273.36 to the South Dakota Parkinson Foundation through the Sioux Falls Hy-Vee's, Operation Helpful Smiles program. This program has given to local non-profit organizations in Sioux Falls and surrounding communities for more than thirteen years. Each week, a different area non-profit organization receives a monetary donation from Hy-Vee. Hy-Vee will match customer contributions at each SF Hy-Vee check stand up to \$1,000.

The SD Parkinson Foundation would like to thank the Hy-Vee Operation Helpful Smiles program for their continued support throughout the years.

Struthers Parkinson's Center

On November 14th Rose Wichmann and Joan Gardner with Struthers Parkinson's Center visited the Sanford Parkinson's Support Group meeting to talk about "Myths with Parkinson's Disease". They both spoke on several different common myths that individuals often hear in regards to Parkinson's disease and what the truths were in relation to these specific topics. Around 20 individuals attended the evening meeting and the room was filled with lots of discussion about these topics in regards to their personal journeys with Parkinson's disease. It was a very informative evening.

A special thank you to both Rose and Joan for taking the time meet with this group!

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 for a second year, the 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 across South Dakota.

Tulip pre-sales will begin this January! We are hoping to sell 500 tulip arrangements in the SF area and to expand into several communities across South Dakota. If you would like to order an arrangement you can visit the SDPF website at www.southdakotaparkinson.org or you can call the SDPF office at 605.271.6113.

Updates will continue to be posted on the SDPF Facebook page and through the SDPF website. A special thank you to Landscape Garden Centers for doing such an amazing job last year with this event and putting forth efforts in making this year even bigger. We are excited to see all to come in 2019.

Caregiver Celebration Night Recap

On November 1st, 2018 the South Dakota Parkinson Foundation along with Active Generations and Sanford Health hosted the first South Dakota Parkinson Caregiver Celebration night. With 30 attendees the night was filled with fellowship, live guitar music by Nick Burke, entertainment provided by the Improv Falls Group, homemade soup, sandwiches, and cookies by Chef Dan, a presentation on Cultivating Resilience and Reviving Strengths: A Coping Strategy by Deb Beringer with Active Generations, a special caregiver reading, and gift baskets and door prizes for all caregivers. This event provided caregivers a night to join together and enjoy an evening dedicated to them and everything they do in caring for their loved one touched by Parkinson's disease.

November was recognized as National Caregiver Month and this was a great way to kick off the month and recognize all caregivers within the Parkinson's community. We look forward to hosting this event again in 2019!

SDPF Internship Opportunity

The South Dakota Parkinson Foundation has extended an opportunity for college students seeking out a paid spring/summer internship focusing on nonprofit work, fundraising, marketing, social work, and/or business to help assist with coordinating the 2019 Step Big Walk event in Sioux Falls in August.

If you know of somebody that may be interested or would just like additional information please contact the SDPF office at 605.271.6113 or visit the SDPF website to learn more about the Step Big Walk event (www.southdakotaparkinson.org).

South Dakota Parkinson Foundation
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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.

Thank You for Your Support!

As we wrap up the holiday season and enter the New Year, all of us at the South Dakota Parkinson Foundation (SDPF) would like to thank you for your ongoing and generous support. As Molly described on the cover page a Parkinson's diagnoses can be overwhelming, riddled with questions and uncertainty.

The South Dakota Parkinson Foundation is a light in those difficult days. Armed with information, SDPF connects individuals, their family members and their caregivers to a robust network of support groups and service organizations. With the help of SDPF individuals are able to make more informed choices about their health and overall care.

Our mission at SDPF is to improve the quality of life for those touched by Parkinson's disease. Families are not alone in their Parkinson's journey. SDPF is connected to 15 support groups across South Dakota and Southwest Minnesota. And, this number is growing. As the demand for our services continues to grow, SDPF needs you and your financial support more than ever. Please consider joining our annual campaign. Your contribution will go directly into programs and services that address the needs of our Parkinson's community – services like health and wellness, support groups, educational conferences, medical resources, home-health care and online support.

You can donate by mail or online at www.southdakotaparkinson.org. The Board of Directors, staff and volunteers all join together in thanking you for being such an integral part of the SDPF mission.

