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**Parkinson's Awareness Conference**

Parkinson's disease (PD) is the second most common neurodegenerative disease after Alzheimer's disease, affecting about one million people in the United States. Every year, approximately 70,000 new cases are diagnosed and the prevalence of the disease is expected to increase substantially in the next 20 years. It is estimated that over 6,000 individuals are affected by Parkinson's disease in the state of South Dakota alone. At present, there is no cure. Our mission at the South Dakota Parkinson Foundation (SDPF) remains resilient is working towards improving the quality of life for those affected by Parkinson's.

The mayor of Sioux Falls, Paul TenHaken has proclaimed April as National Parkinson's Awareness Month which presents the SDPF the opportunity to increase the public's understanding of the disease and to encourage support through local programs and services for individuals living with Parkinson's, their care partners and family members.

SDPF offers an array of resources to the Parkinson's community including connecting individuals with wellness programs and support groups, as well as coordinating educational events. We encourage all those impacted by Parkinson's, care partners, family members and friends, along with healthcare professionals to attend this year's SF Parkinson's Awareness Conference on Saturday, April 15<sup>th</sup> at the Active Generations. Topics presented at this year's conference include: *Fatigue & PD by Joan Hlas with Struthers Parkinson's Center, Benefits of Essential Oils by Donna Gue with DoTerra, Non-Motor Symptoms of PD by Dr. Rai with Sanford, Vision with PD by Dr. Diedrich with Eyesite, and Anxiety, Depression, Acceptance and How to Remain Positive by Rebecca Theophilus with Family Service Inc.* just to name a few. An array of exhibitors from local and surrounding communities will also be available throughout the day to visit with attendees and talk about the programs and services they offer and answer additional questions.

This year's event is free for all those that wish to attend however we do request pre-registration for guests. You can quickly reserve your spot by visiting the SDPF website—[www.southdakotaparkinson.org](http://www.southdakotaparkinson.org). We encourage you to join us for a day of education and inspiration.



# Community Tips for Parkinson's Care Partners

**ARTICLE POSTED BY:** Michael J. Fox Foundation

When a loved one is diagnosed with Parkinson's disease (PD), spouses, children and close friends may find themselves transitioning into the role of a care partner. For many with Parkinson's, care-partners are an integral part of their support system and care team. For care partners, this may bring questions about how best to support a loved one while maintaining other interests and responsibilities.

Whether you're just beginning your journey or looking for new ideas, you may find our community tips on building and balancing life as a Parkinson's care partner helpful.

**1. Make time for yourself.** Caring for a person living with Parkinson's disease, or any illness, can be overwhelming at times. To cope with stress, find time to relax, schedule social activities with friends and make sure to participate in activities you enjoy. Maintaining your health and hobbies can keep you balanced.

**2. Keep a sense of humor.** Laugh often. Laughter promotes a general sense of well-being. Research suggests it's a form of stress relief.

**3. Read a book or meditate.** In moments when you're seeking relaxation, one of our community members recommends reading or doing guided meditation. Of course, these aren't for everyone and other activities may soothe you more easily.

**4. Join a support group.** Many care partner groups, both in-person and online, meet regularly. If those don't suit you, consider starting your own. Sharing your experiences with others who relate helps build connections and serves as a reminder that you are not alone in this journey.

**5. Exercise regularly and encourage your loved one to do the same.** Exercise has health benefits for everyone and research shows that it can ease Parkinson's motor symptoms, such as balance and rigidity. Knowing your loved one feels some relief may make a difference for you, too.

<https://www.michaeljfox.org/foundation/news-detail.php?community-tips-for-parkinson-disease-care-partners>  
FOX BLOG: Posted by Kristen Teesdale, November 27, 2017

## Ask the Doctor: Can Parkinson's Disease Be Predicted?

Eugenio Matos, MD  
*Director of the Parkinson's Center  
Sanford Clinic Neurology*



The onset of clinical symptoms and signs of Parkinson's disease (PD) indicates a loss of approximately 70% of dopamine producing substantia nigra. For this reason, the treatment is symptomatic (*use of medication with dopamine effect*), not preventive.

Advances in genetics such as the definition of the human genome have helped to find genes causing early onset Parkinson's disease (i.e., Parkin gene and others) and genes which are risk factors for late onset Parkinson's disease. For this reason, the development of preventive treatment is of importance and even more important would be initiating preventive treatment before PD symptoms appear.

In addition to relatives of individuals with a familial form of (early onset) PD, which are at higher risk of developing PD, individuals in the general population with the following conditions may also be at risk for developing PD:

- REM sleep behavior disorder
- Impairment of the sense of smell.
- Constipation
- Depression
- History of traumatic brain injury
- Exposure to insecticides, herbicides.
- Development of delirium after surgical procedures/anesthesia

Identifying these individuals and demonstrating early changes in the brain consistent with pre-symptomatic PD by MRIs or PET scans will facilitate early treatment with preventive medications once they become available. It is worth noting that these conditions may be present for years, even decades, before the onset of the signs and symptoms of PD, which would allow for monitoring the effectiveness of preventive treatment.

**SANFORD**  
HEALTH

# Virtual Presentation on Ending Parkinson's Disease



Dr. Ray Dorsey is the David M. Levy Professor of Neurology at the University of Rochester. Ray is working to identify and eliminate the root causes of Parkinson's disease. His research on brain diseases and digital health has been published in leading academic journals and featured in multiple news outlets. In 2020, Ray and his colleagues wrote *Ending Parkinson's Disease*, a book that provides a prescription for ending the world's fastest growing brain disease.

Ray previously directed the movement disorders division and neurology telemedicine at Johns Hopkins and worked as a consultant for McKinsey & Company. In 2015, the White House recognized him as a "Champion for Change" for Parkinson's disease.

**Thursday, May 4 | 5:30 – 6:30 pm**

Plaza 5

(Avera McKennan Hospital & University Health Center Campus)  
810 E. 23rd St. | 1st Floor Auditorium | Sioux Falls, SD 57105

Register for your spot at [Avera.org/Events](https://Avera.org/Events).  
Spots are limited and will be reserved with online payment.  
\$25 per couple or \$20 per person  
For more information, please call 605-322-5150.



## National Parkinson's Awareness Month

April marks National Parkinson's Awareness Month. What better time to make things happen in a big way across the state of South Dakota. So how exactly can you and your family members get involved? Challenge one another in effort to raise awareness on Parkinson's disease. To show you just how easy it can be, here are a few suggestions and tips. Together, we can act and make a difference!

- ❖ Write a letter to the editor of a local newspaper sharing your Parkinson's story
- ❖ Visit the SDPF website: [www.southdakotaparkinson.org](http://www.southdakotaparkinson.org) and share with family and friends.
- ❖ Share your personal Parkinson's story with a friend, neighbor, family member or support group.
- ❖ Spend some quality time with someone who has Parkinson's.
- ❖ Send a card to someone that has impacted you through your Parkinson's journey.
- ❖ Like and join our Facebook pages: South Dakota Parkinson Foundation, SD Parkinson's Support Group, and Step Big Walk for Parkinson's.
- ❖ Talk to your local fitness center or hospital facility about offering exercise classes geared toward people with movement disorders.
- ❖ Participate in PD specific exercises and invite a family member or friend to join you.
- ❖ Create a team for the Step Big Walk and invite family and friends to join you.
- ❖ Try a Rock Steady Boxing class or volunteer during a class
- ❖ Distribute SD Parkinson's Foundation brochures to local healthcare facilities.
- ❖ Join a local Parkinson's support group.
- ❖ Read a book about Parkinson's and share with family & friends.
- ❖ Attend an in-person seminar or an online webinar about Parkinson's.
- ❖ Start a daily exercise routine and commit to it for 30 days.
- ❖ Share your story in an upcoming issue of the SDPF newsletter.
- ❖ Ask for help when you need it!



# Spring Into a New Fitness Program: Check Out Rock Steady Boxing

After a long winter – Spring has finally sprung – and it’s a perfect time to begin a new fitness regimen. Rock Steady Boxing at the Inn on Westport has been serving the Sioux Empire region since April of 2017. With six classes for people of all fitness levels – the Rock Steady Boxing Program is one of 3 exercise programs that has been accredited by the National Parkinson’s Foundation.

## Why boxing? How can Rock Steady Boxing help you in your fight against Parkinson’s?

Though it may seem surprising, this non-contact, boxing-inspired fitness routine is proving to dramatically improve the ability of people with Parkinson’s to live independent lives. Training classes include an exercise program that attacks Parkinson’s at its vulnerable neurological points. While focusing on overall fitness, workouts include: footwork, focus mitts, heavy bags, speed bags, double-ended bags, jump rope, core work, calisthenics and circuit weight training. No boxing experience is necessary and people of all ages are invited to participate. There are four different levels of classes offered, depending on the participant’s level of Parkinson’s and over-all fitness. Exercises can be modified or progressed harder for each individual. Current fighters range in ages from their 40’s all the way up to 93.

**Success of Rock Steady Boxing:** All our fighters are evaluated and screen prior to beginning the program with balance tests, walking speed and leg strength tests! Across the board our boxers see improvements within a few months of beginning our classes. Over 90% of our boxers have increased their walking speeds in their time with the program testing at an average of almost 2 seconds faster since they began program. 86% of our boxers remained consistent or improved on their Fullerton Balance tests and 83% remained consistent or improved on their sit to stand (leg strength) test. Rock Steady Boxing is helping to improve or helping our boxers stay consistent in their physical fitness levels. But besides seeing the proof in our test scores - how do the fighters feel about the program?

## What our Fighters Say:

**Bruce “Preacherman” Halverson**, boxing since July of ‘22. *“In my short time with RSB I have learned there are tangible things I can do to fight back. I have grown stronger physically and improved my balance noticeably. One surprising area of improvement is in the area of my cognition. I do better with my critical thinking.”* he said. *Besides the physical benefits of the classes, Bruce would like to tout the social and mental benefits he’s seen. “I’d like to mention the improvements in my mental health. Instead of just sitting on the couch and thinking about what I can’t do anymore and being in a funk about the cold and snow—I come to boxing and see smiling face and experience the camaraderie of boxing who have been doing this for years.”*

**Scott “Scoots” Quist** has also been boxing with Rock Steady Boxing for less than a year. *At his recent reassessment test his balance score was perfect, his walking speed increased and he improved his leg strengths by 6 points! “I’m feeling so much stronger then when I started and have put on more muscle.”* he said. *“My friends and family are impressed with my progress and tell me how great I look and I love working out with this group of guys.”* he added.

Come See for Yourself! We encourage anyone wanting to learn more about our program to come watch a class and see for yourself. Come meet our amazing fighters and see the wonderful comradery and FUN they have in classes – all the while –fighting back and feeling better.

Call Coach Lisa Howard at 605.362.1210 to set up an appointment today.

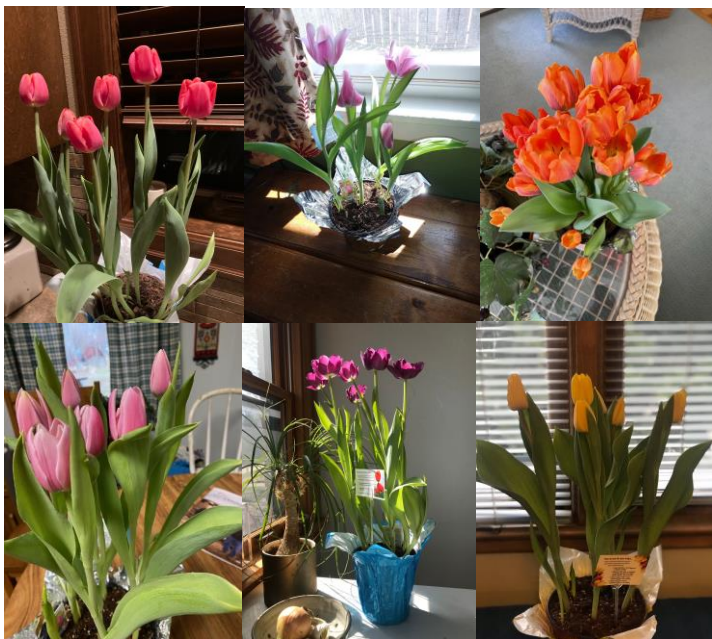


## Petals for Parkinson's

We see them everywhere even in the SD Parkinson Foundation logo, but did you know that the tulip is actually the worldwide symbol of Parkinson's disease? The red tulip has been associated with Parkinson's awareness since 1980 when a Dutch horticulturalist that had Parkinson's disease developed a red and white Parkinson." The European Parkinson's Disease Association (EPDA) used 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.

With April being designated as National Parkinson's Awareness Month we have joined together to positively create a better understanding of Parkinson's disease and how we can better assist those living with PD, their care partners and family members. SDPF and Landscape Garden Centers partnered together once again for the annual Petals for Parkinson's fundraiser. This event has really taken off the past few years and is something individuals start asking about come early spring. It's an exciting way to welcome the spring season back into our beautiful state while also bringing awareness about the impact of Parkinson's on individuals and families.

Preorders for the potted tulip arrangements were completed January through the month of March. Proceeds from Petals for Parkinson's are designated to SDPF in support of local programs and services. SDPF will also donate tulip arrangements to local assisted living facilities in the Sioux Falls area.



## Director's Message

Janey Case, *Executive Director*



April is here which means spring and even though the current weather report wants us to believe otherwise I know I am excited and definitely ready for more sunshine and to finally be able to pull out my front porch patio furniture, including my favorite wooden rockers. It's time to enjoy my morning coffee outside again.

Spring also means a very busy time for the South Dakota Parkinson Foundation (SDPF). The Sioux Falls mayor has officially proclaimed April as Parkinson's Awareness Month and during this time the foundation focuses on raising awareness across the state through education, support services, and resources to help us gain insight into the complications of living with PD. The annual SF Parkinson's Awareness Conference is currently the foundation's largest educational event of the year and once again we are excited to welcome an amazing lineup of presenters that will cover a wide array of topics. This is also a time to come together as a community to show our continued support for those impacted by Parkinson's disease, along with meeting new individuals and families. I hope you will consider joining us at our new location at Active Generations in Sioux Falls.

SDPF is also excited to announce that we will once again be expanding our educational opportunities for families with the second annual Parkinson's Awareness Conference out in Rapid City. Mark your calendars for Friday, October 6<sup>th</sup>, 2023. More details to come on this event so stay tuned.

The South Dakota Parkinson Foundation is the connection for families to know they are not alone and we are looking forward to all the great things we have planned for the coming months. Together, we can make a difference and I am so proud to be part of a foundation that continues to listen to the needs of the community and remains dedicated to the overall mission to improve the quality of life for those touched by Parkinson's disease. Thank you for all you do and your continued devotion and passion in connecting, educating, and supporting one another.

## EXECUTIVE BOARD

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Janey Case

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### LOCAL OFFICE

#### South Dakota Parkinson Foundation (SDPF)

1000 N West Ave, Ste. 220  
Sioux Falls, SD 57104  
605.271.6113  
[www.southdakotaparkinson.org](http://www.southdakotaparkinson.org)

### BOARD OF DIRECTORS:

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 seven volunteers from the Sioux Falls area. SDPF would like to continue our efforts in expansion across the entire state of South Dakota to have a full representation.

If you would like additional information or you have questions about this opportunity please contact the SDPF office. We would love to hear from you.

# Thank You to All Our Donors

## January 1<sup>st</sup> – March 31<sup>st</sup>, 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.

### IN MEMORY OF

#### Dennis Darrington

*James & Janet Darrington*  
*Kathleen Bisgard*  
*Steven & Carol Stember*  
*Steven & Barbara Melroe*  
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#### Jean Conley

*Mark & Angela Quissell*  
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*Harold & Jodie Flolid*  
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*Terry & Linda Nielsen*  
*Bill & Karen Buus*  
*Jon & Holly Eng*  
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### IN MEMORY OF

#### Larry Price

*Wendell & Marly Thompson*

#### Leslie Hemmingson

*Iris Hemmingson & Family*  
*and Friends*

#### Mary Waddell

*Phil & Lisa Howard*  
*Hermon Otten*

#### Tom Zimmer

*Martha Baker*

#### Warren Holtzer

*Wellmark Foundation*



### SDPF CHAPTER GIFTS

*Great Bear Ski Valley*  
*Network for Good*  
*Seed for Success Foundation*  
*Sue Bastemeyer Memorial Family & Friends*  
*Wellmark Blue Cross Blue Shield of SD*

*“A life well-lived leaves behind a beautiful bouquet of memories.”*

# Calendar of Events

## April

### SF Parkinson's Awareness Conference

Date: Saturday, April 15<sup>th</sup>

Location: Active Generations (**NEW LOCATION**)

2300 W 46<sup>th</sup> Street, SF 57105

Time: 8 am – 3 pm

Fee: Free (*registration is required*)

*\*\*\*Register online at [www.southdakotaparkinson.org](http://www.southdakotaparkinson.org) or by calling 605.323.9779\*\*\**

## May

### Step Big Walk for Parkinson's:

Registration is OPEN!!!

[www.southdakotaparkinson.org/step-big-walk](http://www.southdakotaparkinson.org/step-big-walk)

## June

### Step Big Walk for Parkinson's Kickoff!

Date: TBD

*\*\*\*Register your team now and join us to learn more about growing your team and reaching your fundraising goals!\*\*\**

## July

### Parkinson's Annual Picnic

Date: Wednesday, July 19<sup>th</sup>

Location: Sanford Edith Cancer Center

Time: 1:00 – 2:30 pm

Fee: Free (*registration is required*)

*\*\*\*Stay tuned for more details to come!\*\*\**

## Community Support Groups

### Aberdeen

2<sup>nd</sup> Monday (*every other month*)

1:00 pm

State Street Medical Square

### Brookings

1<sup>st</sup> Thursday

1:30 pm

First Bank & Trust

### Canton

3<sup>rd</sup> Tuesday

3:00 pm

Sanford Canton/Inwood

### Huron

4<sup>th</sup> Wednesday

1:30 pm

HRMC Legacy Plaza

### Luverne

1<sup>st</sup> Thursday

2:00 pm

Poplar Creek Care Center

### Madison

2<sup>nd</sup> Sunday

3:00 pm

\*Call for location

### Mitchell

3<sup>rd</sup> Monday

2:00 pm

Avera Queen of Peace

### Pierre

2<sup>nd</sup> Wednesday

12:00 pm

Countryside Hospice

### Rapid City

2<sup>nd</sup> Saturday/1:00 pm

4<sup>th</sup> Monday/3:00 pm

SDSU Building

### Sioux Falls

3<sup>rd</sup> Wednesday

1:00 pm

Edith Sanford Cancer Center

### Sioux Falls (PD Caregivers)

Thursdays (*every other*)

11:00 am

Active Generations

### SF (Family Caregivers)

Wednesdays

1:30 pm

Active Generations

### Sioux Falls (Family Caregivers) Sioux Falls Women's

3<sup>rd</sup> Sunday

10:00 am

Gloria Dei Lutheran Church

2<sup>nd</sup> Thursday

1:15 pm

First Presbyterian

### Viborg

3<sup>rd</sup> Wednesday

2:00 pm

Pioneer Memorial Hospital

### Watertown

2<sup>nd</sup> Wednesday

2:00 pm

Edgewood Healthcare

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

## Mark Edeen: Leaving a Lasting Legacy to SDPF

Until you get to know him, you may think Mark Edeen is a quiet, unassuming guy. But once you've cracked that reserved demeanor he'll open up and become the life of the party. Either way he's not one to blow his own horn and was hesitant to sit down and talk about his gifts, yet he's found a way to impact our community in a powerful way. If he can inspire others to do the same then he will have achieved one of his goals.

Diagnosed with Parkinson's in January of 2020, Mark knew it wasn't necessarily a death sentence but also didn't know what it meant for his future. He started doing his own research on the disease and found ways to navigate his new reality. Exercise and fitness is one way that Mark has dealt with this diagnosis. "I very selfishly guard my exercise time as I know that I need to keep moving – quoting the "use it or lose it" philosophy!" Mark is active in the Avera Fitness classes both land and swimming as well as being a regular fighter at the Rock Steady Boxing program at The Inn on Westport.

Although only in his 60's, Mark is planning for the future. No one ever knows when their time is up, and he decided to be proactive and leave his estate to six local organizations. He is pleased to have included the South Dakota Parkinson Foundation (SDPF) as one of the six charities. "I don't have any children or immediate family around. Since the South Dakota Parkinson Foundation has helped me navigate my journey with Parkinson's I want to ensure that others are helped as well. Working with the Sioux Falls Community Area Foundation allows me to designate where I want my funds to go upon my death to help those that have limited resources help themselves," he said. Mark's gift will be an endowed legacy gift which means it will provide a gift to each organization year after year. This is such an amazing way to make an impact with these organization for years to come.

Mark's generous gift to SDPF will be designated to the financial assistance program. This program provides grants to those living with Parkinson's across the state. Grants provided in the past two years have provided assisted in helping cover fitness class expenses, home modifications, travel expenses to appointments, and other important needs. Parkinson's support groups can also apply for funds to bring in speakers or therapies.

Mark is pleased to know his gift will help future individuals living with Parkinson's disease. "I've been so blessed throughout my life and want to be a good steward with what I have and use it help others, he said. My goal is to help make life easier for others touched by Parkinson's."

Mark's future gifts doesn't stop him from giving in the present. He has been a donor to past Step Big Walk for Parkinson's events and this year has personally joined the walk planning committee. "I guess I really don't think about it. I just do it because if I see a need to help more people and create awareness about this disease," he said.

*If you're inspired by Mark's story and want to learn more about legacy giving don't hesitate to contact the **Sioux Falls Area Community Foundation**. They have been helping the Sioux Falls community for almost 40 years. They provide partnerships with donors and trusted leadership that inspires philanthropy and enriches the quality of life in our area forever. They manage over 1,000 charitable funds as the trusted stewards for more than \$267 million in assets.*





# 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](http://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.

# SDPF Financial Assistance Program

In support of the mission, the South Dakota Parkinson Foundation created a grant program to provide financial assistance for specific items, services, and programs that will aid in helping individuals, families, and support groups across the state of South Dakota.

Grants are available monthly and applications must be completed and returned to the foundation by the 1<sup>st</sup> of each month. All applications are kept confidential while being reviewed and applicants will be notified by the foundation. 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.

In 2022 grants were awarded for the following:

\$250 for home improvements

\$500 for PD voice & musical therapy

\$500 for Rock Steady Boxing in Watertown

\$250 for house cleaning services

\$500 for Rock Steady Boxing in SF

\$250 for Parkinson's therapy & exercise classes

## **Testimonials:**

*"I am excited to receive a grant to help me attend the Loud Crowd! It will keep me motivated and it's always fun to participate in a group. I am very grateful."*

*"Thank you SDPF for the grant funding. I was diagnosed in 2018 with Parkinson's. I've needed modifications done to my home since my diagnosis, particularly my bathroom and the need for a high-rise toilet. This grant provided me with the funds have this installed and complete my bathroom modifications."*

If you have additional questions please call 605.323.9779 or email at [info@southdakotaparkinson.org](mailto:info@southdakotaparkinson.org).

# PD News: Nordic Walking Can Help in Gaining More Efficient Gait

By Marisa Wexler, November 30, 2021



Because people with Parkinson’s disease tend to take shorter steps and move more slowly, they get less of a “pendulum-like” effect helping their movements, which makes their gait less efficient and ultimately uses more energy, a small study suggests.

Its findings also indicate that Nordic walking — walking with the use of poles, similar to ski poles — can help Parkinson’s patients maintain a more energy-efficient gait.

The study, “Biomechanical responses of Nordic walking in people with Parkinson’s disease,” was published in the *Scandinavian Journal of Medicine & Science in Sports*.

A team of scientists in Brazil conducted detailed gait analyses of people with Parkinson’s walking at different speeds, with or without Nordic walking poles.

According to the researchers, Nordic walking “seems to be an effective, accessible, and safe strategy” to help patients with walking difficulties. However, relatively little is understood about the mechanics of how walking with poles might be beneficial.

Their analysis included 11 Parkinson’s patients, six men and five women, with an average age of 65.6 and relatively mild symptoms. For comparison, the study also included nine similarly aged adults without Parkinson’s. Analyses showed that the Parkinson’s patients took markedly shorter steps, both while Nordic walking and while free walking.

Additionally, when Nordic walking was compared to free walking, “the pendulum-like energy recovery was increased in the Parkinson group ... while external mechanical work remained similar,” the researchers reported.

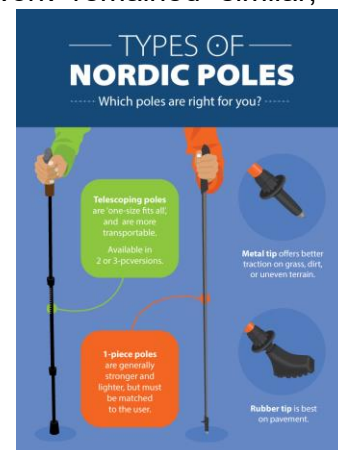
When you walk, the repetitive movements of your steps create a back-and-forth momentum, similar to a pendulum, which helps to decrease the amount of energy needed for walking. Put another way, it’s more energy-efficient to walk 10 steps consecutively, than to take 10 steps stopping with each step, because your momentum helps propel you along.

In essence, the researchers found that the different gait patterns in Parkinson’s patients makes their steps less efficient, and Nordic walking helps to correct this by increasing that “pendulum-like” momentum.

“Collectively, our study indicated that the greater metabolic cost of Parkinson’s in FW [free walking] is, at least partially, explained by the impaired pendulum-like energy recovery due to the slow speed commonly used by the people with Parkinson’s disease,” the scientists concluded.

Nordic walking “can be a compelling strategy for rehabilitation because of its potential for improving functional mobility, increasing pendulum-like mechanism in Parkinson’s disease,” they added

<https://parkinsonsnewstoday.com/2021/11/30/nordic-walking-aids-more-efficient-gait-parkinsons-study/>



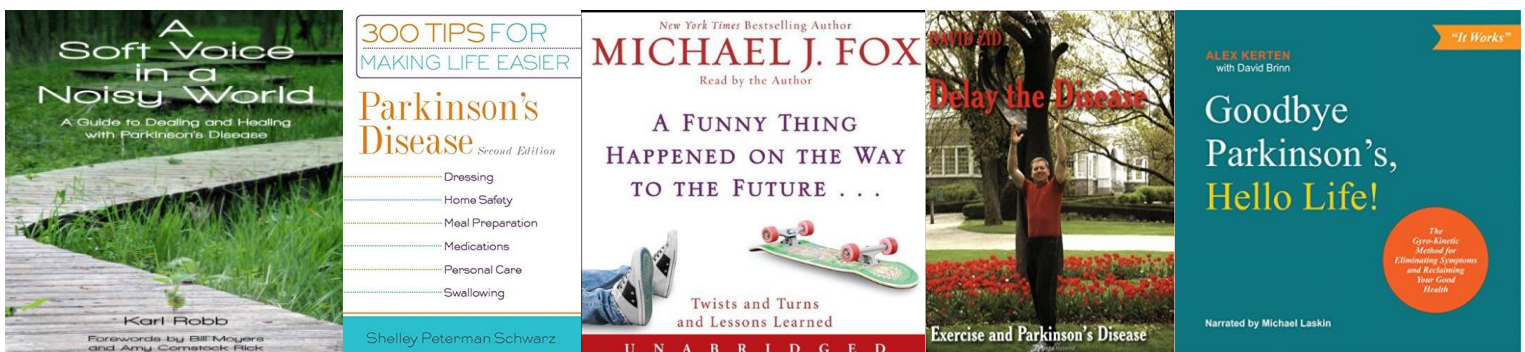
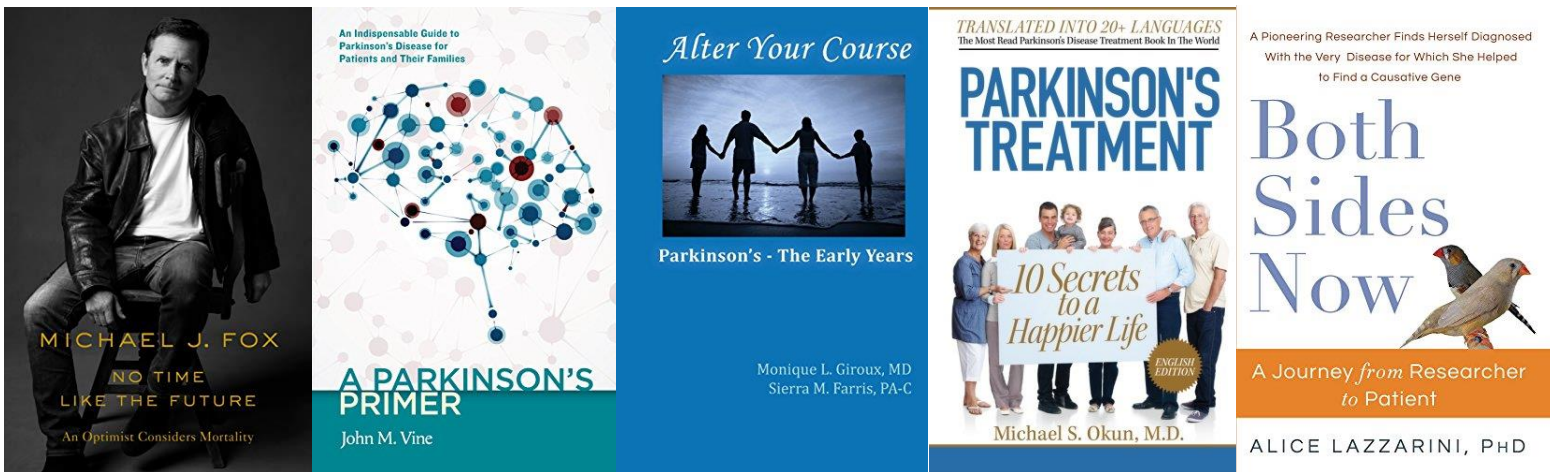
# Top Recommended Parkinson's Related Books

Whether you're facing a Parkinson's diagnosis or you are a caregiver to someone living with the disease, education and community are key. Having a better understanding of the disease and what people living with Parkinson's go through on a daily basis is a crucial first step in lending useful support. The South Dakota Parkinson Foundation (SDPF) has a lending library with an abundance of both educational and motivational reading resources to help guide you through your journey. The following list of books is a perfect resource for those directly affected by the disease or even just those curious who want to learn more about it.

- ❖ **No Time Like the Future: An Optimist Considers Mortality**
- ❖ **Parkinson's Treatment: 10 Secrets to a Happier Life**
- ❖ **Both Sides Now: A Journey from Researcher to Patient**
- ❖ **Parkinson's Disease: 300 Tips for Making Life Easier**
- ❖ **A Funny Thing Happened on the Way to the Future: Twists and Turns and Lessons Learned**
- ❖ **A Soft Voice in a Noisy World: A Guide to Dealing and Healing with Parkinson's Disease**
- ❖ **Alter Your Course: Parkinson's – The Early Years**
- ❖ **Delay the Disease – Exercise and Parkinson's Disease**

For additional resources or to find a copy of one of the books mentioned above please contact the SDPF office at 605.323.9779 or at [info@sdparkinson.org](mailto:info@sdparkinson.org). All copies can also be found on Amazon.

We would also love to hear your thoughts on any PD related book whether educational, inspirational or just plain entertaining. You can submit a review for an upcoming SDPF newsletter issue at any time.



*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.*

## 5 Simple Mindfulness Practices for Daily Life

1. Mindful Wakeup: Start with a Purpose
2. Mindful Eating: Enjoy Every Mouthful
3. Mindful Pause: Rewire Your Brain
4. Mindful Workout: Activate Your Mind & Your Muscles
5. Mindful Driving: Drive Yourself Calm, Not Crazy

*"Simple practices will breathe space  
into your daily routines."*

