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Walking Together...and Apart!



During a time of change and uncertainty one thing remains steady and strong – our community's support for people touched by Parkinson's. The 2020 Step Big Walk for Parkinson's shifted to an all-virtual event to ensure the highest health and safety for all participants. The event may have looked a little different than previous years, but our friends and family still showed up in a big way.

Saturday, August 29th, was Step Big Virtual Walk day. A day filled with family, friends, and a lot of sunshine, love, and support. We walked "together" with people stretching from California to New York. Around 300 people joined together, represented by 13 different states and 16 different walk teams. Videos, photos, words of inspiration and positivity were shared all morning on social media outlets. Teams celebrated with a quick walk around a lake, a neighborhood, or a bike trail. Friends and family gathered to enjoy beautiful weather and wonderful people, all while walking for Parkinson's disease awareness. Though we weren't walking side by side, we were still connected by the same mission – the love and support for people in our community touched by Parkinson's.

This year we introduced the first ever Step Big Challenge to encourage daily movement and exercise, with a goal to collectively walk 1,000 miles for Parkinson's disease awareness. By August 31st, together we walked over 5,000 miles! We look forward to implementing this challenge again next year to continue walking for awareness.

A special thank you to our sponsors, volunteers, and everyone who registered to walk, donated, and helped spread awareness of Parkinson's disease. With your help, we raised over \$34,000 to benefit the South Dakota Parkinson Foundation! These funds will help us continue providing resources and support for people with Parkinson's and their families across the state of South Dakota.

If you or someone you know would like to become involved with planning for next year's walk event, please reach out to the SDPF office at 605-271-6113 or email at sdpfevent@outlook.com.



Tips to Lower Fall Risk



Each year 3 million older adults seek treatment at the hospital after a fall and as a result many will experience disabilities that lead to a loss of independence. Falls are a major public health problem, reports the Centers for Disease Control and Prevention (CDC).

And while the effects of a fall can be life-changing and life-threatening for seniors, the fear of falling is also a serious threat. Sometimes after a fall adults will decide it's best to avoid physical activity. This leads to loss of stamina and muscle strength...which, in turn, increases their fall risk more. Families can inadvertently play a part in this downward cycle. They urge their loved one to take it easy, always hovering and fretting. Fortunately, there are science-based steps adults can take:

1. Talk to the doctor about your risk factors. Do you have health conditions which raise the risk of falls? Be open with your doctor about your fall history.

2. Get enough exercise, and the right kind. Ask your doctor to "prescribe" an exercise program for you, which should include activities to strengthen muscles, build endurance, increase flexibility, and improve balance.

3. Seek help for balance problems. Some falls are caused by disorders of the vestibular system, located in our inner ear, which is important for our sense of balance. These disorders often can be treated.

4. Conduct a fall-prevention home inspection. Now is a great time to give your home a safety inspection. Look around for hazards and remove clutter.

5. Have your medications reviewed. The drugs we take help us manage health conditions that raise our risk of falls. And yet, either alone or combined with other drugs, many medications can cause dangerous side effects. Bring a list of all your meds to your doctor.

6. Have regular vision and hearing exams. Not surprisingly, vision loss is a top risk factor for falls. Keep your prescription current. Our ears also provide a lot of info about the environment that can help us avoid falling.

7. Eat a fall-fighting diet. Getting the right nutrients promotes muscle and bone strength. Calcium, protein, and vitamin D intake are particularly important.

8. Use walking aids properly. Canes, walkers, and other mobility devices help with stability.

9. Avoid distracted walking. Many falls happen when seniors aren't fully aware of their surroundings.

10. Add home care to your fall prevention strategy. For many families, hiring professional in-home care is a way to achieve the above goals. Today many fall prevention classes and activities are taking place via videoconferencing. The caregiver can help with that, too.

Board President Message

Jaclyn Schaap, SDPF

During the past few months, we've found ourselves wondering what can the South Dakota Parkinson's Foundation do during this time of need and crisis? As a group, we've adjusted turning in-person annual events into virtual, inviting support groups members to new community-based Facebook pages, and turning hugs and high fives to encouraging snail mail or text emojis. It's been an adjustment for all. Although we are thankful for the creativity of the board and staff, the foundation continues to lean into the months ahead to discover new ways to outpour resources to the families and individuals we serve.

Currently, SDPF is led by a strong group of board of directors and staff. In the upcoming months, we are using this time to rejuvenate and refocus our 2021 goals. It is our hope to outreach to more throughout the state of South Dakota and support individuals and care partners living with Parkinson's disease whether in education, monetary needs to get services or networking/connection.

So, as we plan, we need your help. How?

1. Give us ideas and feedback

-We represent YOU and want to be good advocates for our families/individuals. Help us improve services/fundraising to all people affected by Parkinson's in South Dakota.

2. Stay connected

-Our website provides the state list of all local Parkinson's support groups. We also can give resources for caregiver support, mentorship, and fitness programs.

-Join us online! Join and discuss on our Facebook wall: **SD Parkinson Support Group** or join Janey's monthly zoom support group meetings. (*see calendar*)

3. Help us expand to areas that need it

-As we support and grow to reach out to families in Rapid City, Aberdeen, Pierre, Brookings and many more places across SD, we need your help. If you know of any individuals, businesses or groups who would like to be a part of our outreach we would love to be connected. Whether to be a part of our annual events (Step Big Walk, Petals for Parkinson's, or Caregiver Events) or simply to provide resources and education, please connect them to us.

Thank you for this community as we are passionate to use this time to brainstorm more opportunities of outreach for 2021.

For questions and/or comments please contact the SDPF office at 605.271.6113 or email at info@southdakotaparkinson.org

Yankton PD Support Group:

New support group in the Yankton area. All are welcome!

DATE: Tuesday, October 6th
(always the 1st Tuesday of each month)
LOCATION: Riverside Park *weather permitting*
(Shelter #2: west of Tereshinski baseball field)
TIME: 5:00 pm



This new support group is intended for families touched by Parkinson's to meet other families sharing in a similar journey and to learn more about the disease. Social distancing practices will be implemented and masks are required. Individuals are encouraged to bring a lawn chair and sack dinner if they so choose.

In the event the weather isn't cooperating there is an alternate location for October's meeting: Opsahl-Kostel Funeral Home (601 W 21st Street / hospitality room) at 7:00 pm.

For more information or questions please call Jim at 605.660.4817.

2020 Parkinson's Annual Picnic

Family and friends of the South Dakota Parkinson Foundation (SDPF) and Sanford Parkinson's Support Groups gathered in-person and online via Zoom on July 15th for the Parkinson's Annual Picnic. Hosted by Sanford Health and following all health and safety guidelines guests were welcomed and together enjoyed an afternoon filled with a delicious picnic style meal, a beautiful memorial service for those lost this past year, and a special surprise of the annual Friend Award.

This year we recognized not one, but two individuals with the 2020 Friend Award. Our first recipient, Lisa Howard, director of the Rock Steady Boxing program at The Inn on Westport received this award for her continued dedication and passion for helping families touched by Parkinson's disease through health and wellness. Our second recipient, Cherie Ortman, was also recognized for her dedication to the Parkinson's community in providing her beautiful musical talents at support group meetings and events over the years. Both individuals were very deserving of this award and we continue to find hope and strength in focusing on these amazing talents that continue to inspire all of us each and every day.

As part of the beautiful memorial service, a Litany of Remembrance was led by Pastor Cindy Hoy with special music by Cherie Ortman. Friends and family representatives were honored with a beautiful tulip and card. And a very special thank you to Grace Reiffenberger in sharing her amazing talents in making a video of her creating a beautiful tulip painting (*in pictures below*) and for painting all the cards given to families remembering a loved one.



Lisa with her husband, Phil



Jaclyn, Janey, Pastor Hoy, Lori, and Cherie



Cheri with her husband, Don

Rock Steady Boxing is Now Virtual: Fighting Never Ends!

Lisa Howard, RSB Program Director

Rock Steady Boxing at the Inn on Westport is South Dakota's first RSB gym and the only in Sioux Falls, SD. We are now offering virtual classes designed and created specifically for boxing participants and those with Parkinson's. Just because there is a pandemic and our gym is closed for now we have NOT stopped fighting. We are pleased to be holding classes virtual and YOU can join us anytime!

Rock Steady Boxing at The Inn on Westport, an affiliate of Rock Steady Boxing, Inc., enables individuals with Parkinson's disease to fight their disease by providing non-contact boxing style fitness classes that are designed to improve their quality of life and sense of efficacy and self-worth. Recent studies also suggest that intense exercise programs maybe "Neuro-protective," actually working to delay the progression 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 change the routine as your progress through the workouts. Rock Steady Boxing classes may benefit anyone, at any level of Parkinson's and may actually lessen their symptoms and lead to a healthier, happier life.

Our new virtual classes meet at the following times:

Monday /Wednesday	7:30 – 8:30 am (Level 1-2)
Tuesday/Thursday	2:00 – 3:00 pm (Chair class)
Tuesday/Thursday	5:15 – 6:15 pm (Level 1-2)



What our boxers say about our Virtual Zoom Classes:

"The corona-virus pandemic really put a stop to our Rock Steady program, until our great coach Lisa began on-line Zoom exercise classes. While not the full RS program, these Zoom sessions are wonderful! We get an hour of vigorous Parkinson's-specific exercises and a motivational lift two or three times a week, which really help us stay in shape and continue fighting PD." ~ "Wild" Bill Draeger

"It's good to get back together again (although I miss seeing everyone). I soon realized that my body did not move like it did when we were together before COVID. Fortunately, we are now meeting via Zoom, and this is providing good workouts and makes me work on the things I'm bad at. Thank you, Lisa, for heading us in the right direction." ~ Mark "Worminator" Nesheim

If you'd like to learn more about how YOU can get started "fighting back" against Parkinson's disease please call Rock Steady Boxing at The Inn on Westport at 605.362.1210 or email Coach Lisa at lisa.howard@innonwestport.org. You'll be glad you did!

November is National Family Caregiver Month!



*Thank you for standing by me and lending an ear.
For helping me out by just being near.*

*Thank you for cheering me on or saying a prayer.
For holding me up and showing you care.*

*Thank you for making me laugh and giving me hope.
For showing support and helping me cope.*

*Thank you for all that you've done and all that you'll do.
I am so very fortunate to have someone like you!*

~Linda Nielsen- Choose Hope, Inc. Copyright 2000

From the Pharmacist: Influenza Vaccine

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

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

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

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

References:

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

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

Director's Message

Janey Case, *Executive Director*

Autumn! It is by far one of my favorite seasons however, I find that I don't always enjoy the fall months because I'm dreading what's to come next...in our case, winter, which is undoubtedly my least favorite season. Lately, in my life I'm realizing I need to stop and enjoy more of being present in the moment and not let worry for the future consume my every thought because let's face it, if there's anything we've learned these past few months throughout all this uncertainty is that we have no idea how these next few months or the upcoming year will unfold. The focus for all of us needs to be more about appreciating what we have right here, right now!

Come January I'll be entering my 10th year here at the SD Parkinson Foundation and I couldn't be prouder of our accomplishments. Our focus has been and remains on quality of life in the day-to-day living and supporting families through their Parkinson's journey, wherever that might be. If anybody understands the reality of not knowing what the future holds and living in the moment, it's anybody that has been touched by Parkinson's. Every day is different and you certainly can't predict what is to come next...you have your good days and bad days and if we spent all our time and energy on trying to predict something in our future or dwelling on the bad we would miss out on those really good days. It's hard, there's no doubt about it and again, this past year has definitely challenged all of us in more ways than one so now more than ever we need to continue to practice mindfulness.

One thing I have found that has helped during this time is taking a few minutes each day to allow myself grace in my life. It's a friendly reminder to be present today and know that I cannot control tomorrow, but it's still just as important to recognize and acknowledge my feelings and grow through my experiences in a positive way. Here is what I ask myself daily:

- ❖ *Today I will take care of myself by...*
- ❖ *Today I will achieve...*
- ❖ *Today I am feeling...*
- ❖ *Today I will give myself grace by...*
- ❖ *Today 5 things I am doing well...*
- ❖ *Today I am grateful for...*

I encourage you to think about each question as it pertains to your personal journey and use it as a reminder that we are not meant to know what the future holds, but we can weed out the negative to shine more light on the positive!

Today, I remain grateful for all of you and the amount of love, support, and strength you have shown through this very uncertain, sometimes scary time we have been navigating together.

EXECUTIVE BOARD

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Janey Case

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Becca Anderson, *Event Coordinator*

LOCAL OFFICE

South Dakota Parkinson Foundation (SDPF)

1000 N West Ave, Ste. 220

Sioux Falls, SD 57104

605.271.6113

www.southdakotaparkinson.org

BOARD OF DIRECTORS:

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. SDPF would like to continue to expand to members within the Sioux Falls area and outside communities across the state of South Dakota.

If you would like more information about this opportunity please contact SDPF at 605.271.6113.

Thank You to All Our Donors

July 1st – September 30th, 2020

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

Alice Mikkelson

Eric & Mona Hohman

Lois Broderick

Catherine Heineman

Lane & Katherine Mousel

Mel & Carol Klein

Timothy Heineman

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Gerald & Marialyce Lenocker

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Larry Smith

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Luella Price

Edward & Diann Brenner

Phyllis Gregg

Paul Gregg

Sister Kevin Irwin

Carol Hamvas

Steve Rayburn

Phil & Lisa Howard

Linda Lee Braun

Wayne Torper

Watertown Support Group



Volunteer & Internship Opportunities

The South Dakota Parkinson Foundation (SDPF) is searching for college students seeking out a 2021 spring/summer internship focusing on nonprofit work, fundraising, social work, healthcare, health & wellness, and/or business management. The focus of this internship would be to assist in coordinating events in the upcoming fiscal year including.

SDPF is also looking for volunteers to help with basic office projects throughout the year. Our hope is to set up a day and time once a month where volunteers can come to the SDPF office and work on a specific project that needs to be done...anything from preparing bulk mailings to organizing packets to creating posters and signs for the walk event.

If you know of somebody that may be interested in either opportunity or you would just like more information please contact the SDPF office at 605.271.6113.

Calendar of Events

October

SD Parkinson's Awareness Online Series

All presentations will be done via Zoom. Link is the same every Monday. You can join by computer or phone. Dates are: October 5th, 12th, 19th, 26th

Join Zoom Meeting

<https://us02web.zoom.us/j/88099655729?pwd=UzJNcDI4L0hIMXIIInVOME5RMXBTdz09>

Meeting ID: 880 9965 5729 **Passcode:** 0nGV3N

Register at:

www.southdakotaparkinson.org (under EVENTS)

November

Caregivers Educational Series

As a friendly reminder our annual Caregiver Celebration Night has been canceled. In its replacement we will be partnering with Active Generations to provide an online educational series covering a variety of topics with some amazing presenters.

Stay tuned as details for this online series will be announced during the month of October! For questions please call the SDPF office at 605.271.6113

December

SDPF Online Support Group Meeting:

Dates: Monday, December 21st

Format: Zoom (*link will be posted online*)

Time: 7 pm – 8 pm

Audience: All are welcome!

****For more information please call The SDPF office at 605.271.6113****

January

Petals for Parkinson's Launch!

****Stay tuned for details!****



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

Tues/Thurs
2:30 pm
Avera Therapy

Sioux Falls

2nd Thursday
2:00 pm
Active Generations

Sioux Falls

2nd Thursday
1:15 pm
First Presbyterian Church

Vermillion

1st Wednesday
11:30 am
Sanford Vermillion

Viborg

3rd Wednesday
2:00 pm
Pioneer Memorial Hospital

Watertown

2nd Wednesday
2:00 pm
Edgewood Healthcare

Yankton

1st Tuesday
5:00 pm
Riverside Park (shelter #2)

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.

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:](#)

CaringEdge
901 14th Ave NE
605.954.4264

****If you would like to be added to this list please contact the SDPF office.***
605.271.6113 or info@southdakotaparkinson.org*

SD Parkinson's Awareness Online Series

With the recent cancellation of the 2020 SD Parkinson's Awareness Conference the South Dakota Parkinson Foundation (SDPF) decided to keep the educational theme for the month of October by providing an online webinar series for individuals with Parkinson's disease, caregivers, and family members. The series will cover an array of topics pertaining to Parkinson's disease and will be free and open to the public. We will also record all presentations and have available to download on the SDPF website.

[PD Educational Series Topics: \(Zoom link on calendar page\)](#)

Monday, October 5th (Zoom/11 am – 12 pm)

Sachin Kapur, MD with Neurologic Associates in Palos Heights, IL has partnered with Acadia Pharmaceuticals and will be talking about what's new with Parkinson's treatments while answering questions.

Monday, October 12th (Zoom/11 am – 12 pm)

Arun Singh, MD with the University of South Dakota will be talking about his Parkinson's research project.

Monday, October 19th (Zoom/11 am – 12 pm)

Heather Boeser with Struthers Parkinson's Center will talk about the impact of activity and overall health connections

Monday, October 26th (Zoom/11 am – 12 pm)

PD Panel: We will have individuals share their journey and talk about tips that have helped them. This will be an open discussion, focusing on health and mindfulness during these uncertain times.

Registration will be available on the SDPF website at: www.southdakotaparkinson.org (under *EVENTS* tab)

A Note from the Doctor: Covid-19 Questions

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



None of us relishes uncertainty and personal peril. And unfortunately, with the Covid-19 pandemic we are all in the midst of a virtual maelstrom as pertains to our futures and feeling safe. Uneasiness is everywhere. And rumors and dubious anecdotes are pervasive.

Clearly, we need to be concerned and cautious. Elderly persons with chronic diseases like Parkinson's are especially vulnerable. Rigorous handwashing remains important. Guidelines from the CDC recommend the use of facemasks when out in public. Despite the extensive news reporting about the pandemic, questions continue to arise. These include:

- **“Is coronavirus really that serious?”** It is. I continue to hear conjectures that maybe the pandemic is overblown and merely a variant of the seasonal flu. In fact, the pandemic is continuing to accelerate and almost certainly will have major impact in all regions of the country. While the infection may be mild or even asymptomatic in some people, it can cause critical illness and even death in others. Over 200,000 people in the U.S. have now died of coronavirus complications.
- **“Is social isolation really important?”** Experts continue to emphasize this precaution, ideally throughout the country. Face coverings are important. Unfortunately, facemasks have, to a certain extent, become a political issue, with some people disparaging their use. The vast majority of medical experts concur that face coverings do protect against the spread of the virus and they are recommended.
- **“Are drug therapies and a coronavirus vaccine coming soon?”** In this country and throughout the world great strides are being made to find suitable vaccines. There are many people who think that an initial vaccine may be available near the end of this year or in early 2021. It is vitally important that any vaccine have adequate trials to ensure its safety and efficacy. Even when a vaccine is available there will be two complicating factors. The first will be an adequate number of vaccine doses for both our country and the world. It seems likely that the first vaccines available may need to be rationed, providing them to people at highest risk of complications from the coronavirus infection. A second complicating issue will be skepticism about the vaccine. There have always been groups ardently opposed to vaccines in general and almost certainly once a Covid-19 vaccine is available, there will be some who disparage it. One big fear of epidemiologists is the fact that the current coronavirus pandemic may overlap with regular flu season. Experts strongly encourage all of us to get regular flu shots this fall.
- **“Will the worst of the pandemic be over soon?”** Unfortunately, it seems likely that the current pandemic will be with us for a long time, perhaps a year or longer.

As a community and society, we will get past these difficult times. But it will require sacrifice and patience. Persons with chronic conditions like Parkinson's and their families should be especially vigilant. As Tennyson wrote in his famous poem “Ulysses”, we must all commit “To strive, to seek, to find, and not to yield.” Social isolation and face coverings are important. A Covid-19 vaccine, once it is available, will also be an important asset in the effort to get the pandemic under control.

How Do We Know Exercise Helps People with PD?

Dr. Rebecca Gilbert, APDA

March 2020

We keep telling you that exercise is important, but what is the evidence that these exercise techniques really help people with PD? Let's review one type of exercise, tai chi, and look at the data as to how effective it is for people with PD.

Tai chi is an ancient Chinese form of martial arts, which today is practiced as a style of exercise combining flowing movements, breathing techniques and meditative practices. Tai chi is low impact and is suitable for all ages and levels of fitness. It does not require any special equipment.

There has been research focused on the general health benefits of tai chi, and these may include reduction of stress, anxiety, and depression, as well as improved flexibility, balance, agility, strength, and stamina.

There have also been studies focused on the health benefits of tai chi specifically for people with PD and the available evidence is relatively strong. For example, a randomized controlled trial for tai chi in people with PD was published in the *New England Journal of Medicine* in 2012. In this study, 195 people with PD were randomized to one of three exercise groups – tai chi, resistance training, or stretching. The patient performed their assigned exercise in 60-minute sessions twice weekly for 24 weeks. The tai chi group performed better than the other two groups on many fitness measures and measures of balance. In addition, the tai chi group had a lower incidence of falls as compared to the stretching group (but not as compared to the resistance training group). The effects of tai chi were maintained at a three-month follow up after the training sessions were complete. Additional smaller studies have continued to support these positive findings.

Tips and takeaways

- It is vital to continue moving and exercising despite the COVID-19 pandemic.
- There are many online PD specific exercise resources available to practice within the home.
- There is data that indicates tai chi, yoga, and dance offer health benefits for people with PD.

Article provided by: American Parkinson Disease Association (APDA), www.apdaparkinson.org

CAREgivers by Active Generations

Helping caregivers provide the best care

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

A family caregiver could be a:

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

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

~ AARP Caregiver Survey 2017

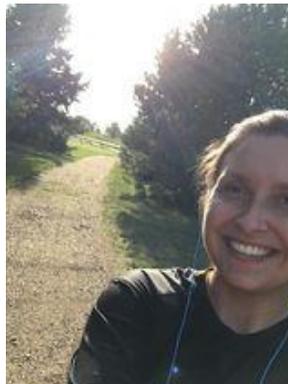
For more information or assistance contact:

CAREgivers at:
1-800-360-6161



2020 Step Big Virtual Walk for Parkinson's

Supporting the SDPF Mission:
To improve the quality of life for those touched by Parkinson's disease



THANK YOU!

www.southdakotaparkinson.org

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

National Family Caregiver Month!

To celebrate National Family Caregiver Month during the month of November things will look a little different this year. As we continue to keep the health and safety of our community at the forefront, we have decided to cancel our annual in-person Caregiver Celebration Night. However, we still have many exciting things planned for the month so stay tuned as we will announce more in the coming month.

Also this year, we have partnered with Active Generations to bring you an online webinar series covering an array of different topics pertaining to caregiving. We have some amazing presenters that will be sharing in their expertise and we hope to fill up the month with so many options that you will be able to join some, if not all, that catch your interest and fit in with your schedule.

We want to thank you for your patience during the past few months as events continue to change and we learn new ways to adapt. Please stay tuned as more details will be posted very soon. We look forward to another fun month celebrating you and your family!

