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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 5,000 individuals are affected by Parkinson's disease in the state of South Dakota alone. At present, there is no cure for Parkinson's. Our mission at the South Dakota Parkinson Foundation remains resilient is working towards improving the quality of life for those affected by Parkinson's disease.

April is Parkinson's Awareness Month which offers the SD Parkinson Foundation an opportunity to increase the public's understanding of the disease and to encourage support to local programs and services for individuals living with Parkinson's, their carepartners and family members.

Typically during the month of April we hold our annual SD Parkinson's Awareness Conference however, due to the recent circumstances of COVID-19 we had to make the decision to postpone this event as the health and safety of the Parkinson's community and all families in our local and surrounding areas remains top priority. Although this event won't be happening in April we are excited to announce that we have been able to reschedule and hope you will join us on Saturday, October 17th at the Hilton Garden Inn south Sioux Falls location. Even though the dates may have changed the content has not and we are excited to bring in some amazing presenters covering an array of topics pertaining to Parkinson's disease. It will be a day full of education, support and encouragement. The only downside is having to wait a few more months!

We apologize for any inconvenience this may have caused, but we look forward to October. And although the month of April we will all remain at home to help flatten the COVID-19 curve we will continue to spread Parkinson's disease awareness through various other formats including the SDPF website, Facebook page and webinar opportunities. For more information please visit the SDPF website at www.southdakotaparkinson.org



Executive Director's Message: We're All in This Together!



Dear Friends & Family,

This is a time of uncertainty. You can turn on the news or read an article and there are predictions across the board on what is to happen in the coming days, weeks and even months, but the truth of the matter is we need to focus on taking things one day at a time. If there is one thing we, as South Dakotans, know is that things can change in the blink of an eye...we could have families enjoying the outdoors with the sun shining and temps in the 60's and just like that it could be snowing with wind gusts up to 40 mph and a sheet of ice covering our driveways and roads. You just never know!

So even though we try and predict what is to come we need to remain focused on the present and the things we can control. I know for myself during this time I have experienced numerous emotions on any given day...frustration, anger, sadness, and happiness...however, the one emotion that I am finding that remains consistent is worry, which ultimately tends to trigger a lot of anxiety and sometimes even fear. So how do we remain focused on the positive and not let the worry consume our everyday lives? It's definitely not an easy task when so much is happening around us, but for me personally, it's a choice I have make each new day. Here are some tips I have found to be helpful in this new "normal" of life:

- ❖ Set up a flexible schedule. For all of us Type A personalities this is key to calming our anxiety. However, keep in mind the schedule may not always work and making adjustments and bending the rules every once in a while is perfectly fine. For my family it's more of a guide that we use to help us all stay focused on what we all want to accomplish each day.
- ❖ Take time for yourself each day. For me, this includes enjoying a nice, hot cup of coffee in the early hours before the whole house is awake. And then on the nicer days this means getting out for a nice, long run where I can let go of all my daily stressors.
- ❖ Listen to music! Music is so good for the soul and can be the best way to motivate, encourage, and bring joy to our lives. And it's okay to dance and sing along too...in fact, I would highly encourage you to do so!
- ❖ Focus on what matters the most. Although our lives have been turned upside down it doesn't have to be all bad...this is our time to slow down and reconnect. This can look different for each of us depending on what stage of life we are in, but take advantage of this opportunity that has been handed to us. Be present and enjoy conversations and if your current situation doesn't include family in your actual home remember there are numerous ways these days to connect with loved ones. Technology has come a long ways and although a simple phone call may suffice for some we also have video chats through formats such as Skype, Facebook and Zoom, just to name a few. But just know that you don't have to go through any of this alone.
- ❖ Enjoy simple activities that we often don't find the time to do. For example practice cooking and baking new recipes, put together a puzzle, play board/card games, color or draw, play a musical instrument, read a book, go on a daily walk or try a new exercise routine such as yoga or cycling.
- ❖ Start a "Grateful Journal". Each day, whether you start your day or end your day with this take a few minutes to write out five things you are grateful for. Use this as a reminder when the stress becomes a little too much or you feel the anxiety trying to nudge its way back in.

At the end of the day, give yourself grace. This is a lesson I am still working on and if I'm being honest can be very difficult at times, but it truly holds so much value. This is new territory for all of us and if we keep this mindset at the forefront then once the storm calms we will all come out even stronger than before. We are all in this together so stay strong, have faith and know that this too shall pass.

Sincerely,
Janey Case, *SDPF Executive Director*

Raising Awareness through Petals for PD



We see them everywhere and the SD Parkinson Foundation logo is based around one, 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.



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 throughout the month we have joined together to positively create a better understanding of Parkinson's 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 has entered its third year with the Petals for Parkinson's fundraiser by partnering with Landscape Garden Centers in Sioux Falls. Together we putting forth efforts in using the worldwide symbol (*the tulip*) as a way to raise awareness about PD while spreading springtime cheer within our local and surrounding communities.

Preorders for potted tulip arrangements were completed during the months of January - March however; we will have additional arrangements available for purchase. Each arrangement is \$20 with proceeds going to support the SDPF for educational programs and services across the state. Monies raised remain within the state of South Dakota.

For additional information please contact the SDPF office at 605.323-9779 or visit the SDPF website at www.southdakotaparkinson.org.

Stopping the Spread of Coronavirus 2019:

With the continued spread of Coronavirus Disease 2019, also known as COVID-19, in the United States and throughout the world many individuals continue to have questions about the recommended health and safety guidelines. There are various online resources available, but when in doubt it is best to refer back to the Centers for Disease Control & Prevention (CDC) for the most up-to-date recommendations.

Here are a few tips taken from the CDC website (www.cdc.gov/coronavirus/2019-ncov/index.html)

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Here are some additional online resources to help answer common questions related to COVID-19 and Parkinson's disease:

- <https://www.apdaparkinson.org>
- <https://www.michaeljfox.org>
- <https://www.webmd.com>
- <https://www.parkinson.org>
- <https://www.healthpartners.com>

For updates and information about COVID-19 and those living in state of South Dakota you can refer to the SD Department of Health website or call the COVID-19 Information Line.

- <https://doh.sd.gov>
- 1-800-997-2880

From the Doctor: “Pisa Syndrome” in Parkinson’s

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



Recently a patient asked me if he had the “Pisa syndrome” as part of his Parkinson's disease. He had discovered this term while investigating Parkinson's on the internet. The so-called “Pisa syndrome” is not a definitive medical condition, so much as a label selectively applied when

“leaning” is prominent. Sometimes medical terminology is adapted somewhat whimsically. The “Pisa syndrome” is an allusion to the famous Leaning Tower of Pisa in Italy. Like the Leaning Tower, lateral leaning to one side in Parkinson's does not have a definitive treatment or resolution. In Pisa Italy, research and funding has been devoted to trying to stabilize the tower in its current condition. Similarly, a large number of physicians and scientists have focused their efforts on trying to reverse the motor complications of Parkinson's. As with the Leaning Tower, successes have been incremental.

In my experience, lateral leaning toward one side generally occurs after years of Parkinson's. Sometimes it's evident when one stands. At other times, a patient might dramatically lean even while sitting in a chair. Family and staff often try to compensate for this by wedging a patient upright with cushions or pillows. Nonetheless this type of leaning can seem to be an almost inexorable tipping as if in response to a gravitational pull. One can see this condition with drug responsive Parkinson's disease as well as with so-called parkinsonism. The latter term includes various degenerative CNS conditions and drug- induced parkinsonism as from long term use of certain medications.

Unfortunately adjusting Parkinson's medication (either up or down) rarely resolves this difficulty. Aggressive physical therapy and regular exercise can help a bit. Sometimes, even when a definitive therapy is elusive, giving a name to a condition can seem a form of consolation. Although I wasn't specifically familiar with the term, labeling the lateral leaning one can see with Parkinson's as “Pisa syndrome” does not seem unreasonable. As with any aspect of Parkinson's disease, a pragmatic and realistic approach seems best. While there are not definitive treatments for the “Pisa syndrome”, I certainly would argue against “giving up” when it's present. Modifying seating arrangements, adjusting Parkinson's medications and physical therapy all can have a role. With Parkinson's, a willingness to seek new strategies is important. Even modalities that only help slightly are worthwhile in the effort toward making the best of a difficult situation.

President’s Message

Jaclyn Schaap, Board President

Thank you for allowing me to serve on the South Dakota Parkinson Foundation board of directors! Parkinson's disease has been a part of my life for a while. It started when I began my role in Sanford Neurology and was told I would be co-facilitating the Parkinson's support group. Little did I know that within months of this decision my dad would also begin his diagnosis with Lewy Body-LBD (Parkinsonism). I feel humbled that at the beginning of my professional career in neurology, I would personally experience being my dad's care partner alongside my patients. I used colleagues to navigate my questions, but experienced the grief of transition and shift in family roles, all the while hoping we will all adjust in time.

Last year marked my dad's 3rd memorial. I decided to celebrate by summiting Mount Kilimanjaro on his behalf. My dad had many life experiences before his Parkinson's disease that made him unique and special. The man was fearless, independent, and adventurous. He wasn't afraid to try things on his own, but also he was a man who had to learn to accept help in his final years of life which I know was hard. But because of that, he taught me what vulnerability is and what a privilege it is for someone to trust you. No matter our age or condition, I've learned how brave it is to allow someone to see your struggle in any area of life. Although we may not experience vulnerability at the same time, I find hope and comfort that in the end we are all in this together. I look forward to serving SDPF alongside you, friends.



New PD Program: Parkinson's FOCUS

Finding Options for Care, Understanding, and Support

DATE: 2nd Thursday of each month
(**NOTE:** classes on hold through April & May)
TIME: 2:00 - 3:30 pm
LOCATION: Active Generations
2300 W 46th Street
Sioux Falls, SD 57105



The FOCUS program provides options for education, care, and support for those who have been diagnosed with Parkinson's disease during the past year. It was designed by Struthers Parkinson's Center to offer personalized care and support through a variety of classes, resource materials and scheduled contacts offered throughout a one-year cycle. There is no charge to participate in the program and you are welcome to join at any time.

Topics for each month include the following:

June ~ Speak Up: Exercise Your Speech & Voice System

July ~ Ask the Expert

August ~ Living Well with Parkinson's: Voices from others living with Parkinson's disease

September ~ Research A-Z

October ~ Fitness & Flexibility: The Role of Exercise in Parkinson's

November ~ Eat Well: Nutrition & Dietary Supplements

December ~ Get Involved: Participating in the Parkinson's Community

January ~ Find Your Beat: The Power of Music

To RSVP or for more information please email/call:

Janey Case @ 605.323-9779
jcase.sdpf@midconetwork.com

Driving & Parkinson's Disease

Jami Dalchow, OTD, OTR/L, SCDCM

What does driving mean to you? For most people, driving means independence and freedom. In our rural region we rely on driving more than in other areas of the country. After a diagnosis of Parkinson's disease, there may be questions regarding an individual's ability to drive. Many people with Parkinson's disease can continue driving for quite some time. The question is, when should I start thinking about driving retirement? The answer is, now.

This does not mean that everyone with Parkinson's disease should immediately retire from driving. However, if you can start thinking about and planning for it then it will be a smoother transition when the time comes. I often counsel people to think about driving retirement just as they do retirement from their career, financial planning, and will preparation. It takes time to make these decisions so it is good to be prepared. Parkinson's disease has a wide variety of symptoms that may include changes in motor, vision, and cognition. Those symptoms may lead to changes in the ability to drive safely. I generally recommend that everyone have a comprehensive driving evaluation upon diagnosis of Parkinson's disease and then a yearly re-evaluation. This allows us to closely look at any areas of concern and start talking about eventual driving retirement. There is a clear consensus that most individuals with Parkinson's disease in the mild stages are okay to continue to drive and those in the advanced stages should cease driving. There is less consensus, and more need for evaluation, in the moderate stages.

Your best course of action is to start talking with your family and neurologist and determine if a driving evaluation is recommended.

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Janey Case

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www.southdakotaparkinson.org

BOARD OF DIRECTORS:

Please join us in welcoming our new 2020 board members John & Heidi Small, owners of Sunny Radio, Rachel Gangle, social worker at the Sioux Falls VA, and Linda Braun, participant of the Rock Steady Boxing program and member of several Sioux Falls area PD support groups. We are excited to see some new faces join the board and look forward to a great year ahead.

Thank You to All Our Donors

January 1st, 2020 – March 31st, 2020

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 January 1st, 2020 through March 31st, 2020. 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

Jeanne Enderson

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Leo Schatz

Mark & Bina Krebsbach

CHAPTER GIFTS

Great Bear Fundraiser

Jerry & Mary Fiedler

Rosalie Gannon

Phillip & Lisa Howard

James & Lori Jones

Richard & Marla Stoops

Marilyn Torper

Roger Wagner

Robert Webb

Alice Weisz

Mark Winter

Timothy Berger

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Beverly Swalley

Vicky Jorgensen

Norma Kale

William Kale

Ivan Ness

Timothy Ness

Amy Forbes

Cody Campbell

Barbara Campbell

Bob Jacobson

The Wellmark Foundation

Kitty Andersen

Darcy Andersen



Calendar of Events

April

Due to the health & safety recommendations we made the decision to postpone the annual SD Parkinson's Awareness Conference

Please mark your calendars for Saturday, October 17th at the Hilton Garden Inn (south Sioux Falls location).

We hope to see you there! Stay tuned for a revised agenda.

May

Parkinson's FOCUS: Monthly Education & Support Classes

A one-year program for individuals recently diagnosed with Parkinson's disease.

NOTE: All classes have been put on hold until further notice due to COVID-19 health & safety recommendations.

Each month we will focus on a new topic pertaining to Parkinson's disease. For more information please call 605.323.9779

June/July

Parkinson's Annual Picnic

Date: Wednesday, July 15th

Location: TBD

Time: 1:00 pm – 2:30 pm

Fee: Free & Open to the Public

****For more information please call SDPF at 605.323.9779****

August

Step Big Walk for Parkinson's

Date: Saturday, August 29th

Location: Canaries Baseball Stadium

Time: 8:00 am Registration / 9 am Walk

Fee: \$25 for 6-12 years old, \$35 for 13 years+ (5 years old and under are free and don't need to pre-register)

Registration opens May 1st, 2020. Register before July 31st to guarantee a walk t-shirt! Youth sizes will be available this year.

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

3rd Thursday (Care Partner)
11:00 am
Avera Education Center

Sioux Falls

Tues/Thurs
2:30 pm
Avera Therapy

Sioux Falls

2nd Thursday (Women)
9:00 am
Avera Therapy

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

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.

3rd Annual Retreat Living Well With Parkinson's Disease: Modern Advances



Friday, Sept. 20 – Sunday, Sept. 22
Abbey of the Hills,
46561 147th St., Marvin, S.D.

Save Your Spot!

Registration available June 10 – Sept 6
Please call 605-322-5150 for more information.

From the Pharmacist: New PD Medication

*Jenna Mendoza & Brooke Nibbelink, PharmD Candidates
Emily Van Klompenburg, PharmD, BCACP*

A new drug called Nourianz™ (istradefylline) was approved by the U.S. Food and Drug Administration in August 2019 for the treatment of "off" episodes in adult patients with Parkinson's disease. The drug was approved as an add-on treatment to Sinemet® (carbidopa/levodopa). Sinemet® is the most effective treatment for movement symptoms related to Parkinson's disease. However, after long term use, many people experience times when this medication can become less effective. These time periods of decreased effectiveness are known as "off" episodes. During one of these episodes, movement symptoms, such as tremor, stiffness, slowness, and difficulty starting, return.

Nourianz™ is a tablet taken once daily with or without food. The medication is unique because it works differently than other Parkinson's medications. It is the first and only drug that targets specific adenosine receptors in the brain to improve the movement symptoms of Parkinson's disease. This drug has been tested in more than 700 Parkinson's patients in various clinical studies. In many of these studies that evaluated the effectiveness of Nourianz™ in patients already taking carbidopa/levodopa, the drug was found to significantly decrease daily "off" time compared to patients receiving a placebo (sugar pill). It also was shown to improve motor function during the "on" state in patients with advanced disease. Adverse effects that were commonly reported by patients taking Nourianz™ were uncontrolled sudden movements, dizziness, constipation, problems with sleeping, and hallucinations. This new medication should not be used in women of childbearing age or those who are already pregnant. In conclusion, Nourianz™ is a new medication that has been shown to be safe and effective and may be a beneficial add-on treatment option for patients that experience "off" episodes while on long-term carbidopa/levodopa therapy.

References

Nourianz™ (istradefylline) [Prescribing information]. Bedminster, NJ: Kyowa Kirin Inc; 2019 August.
Nourianz.com [Internet]. Bedminster, New Jersey, USA: Kyowa Kirin Inc.; December 2019 [updated 2019 Dec; cited 2020 Mar 6]. Available from: <https://nourianz.com/>
FDA.gov [Internet]. Silver Spring, MD, USA: U.S. Food & Drug Administration. FDA approves new add-on drug to treat off episodes in adults with Parkinson's disease; 2019 Aug 27 [updated 2019 Aug 27; cited 2020 Mar 6]. Available from: <https://www.fda.gov/news-events/press-announcements/fda-approves-new-add-drug-treat-episodes-adults-parkinsons-disease>

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
605.622.5772

[CANTON, SD:](#)

Sanford Canton/Inwood
605.764.1480

[HURON, SD:](#)

Huron Regional Medical Center
605.352.6253

[MITCHELL, SD:](#)

Integrated Therapy Services
605.753.5400

[RAPID CITY, SD:](#)

RC Regional Institute
605.755.1408

[SIOUX FALLS, SD:](#)

Prairie Rehabilitation
605.334.5630

[WATERTOWN, SD:](#)

Jenkins Living Center
605.886.5777

[BERESFORD, SD:](#)

Bethesda Nursing Home
605.760.5066

[CUSTER, SD:](#)

Custer Regional Hospital
605.673.2229

[LUCERNE, MN:](#)

Prairie Rehabilitation
507.449.2003

[PARKER, SD:](#)

Parker Medical Clinic
605.760.5066

[SIOUX FALLS, SD:](#)

Avera Outpatient Therapy
605.322.5150

[VIBORG, SD:](#)

Pioneer Outpatient Center
605.760.5066

[WATERTOWN, SD:](#)

CaringEdge
605.954.4264

[BROOKINGS, SD:](#)

Brookings Health Systems
605.696.8821

[FORT MEADE, SD:](#)

Black Hills VA Healthcare
605.347.7000

[MILLER, SD:](#)

Avera Hand County Hospital
605.853.0350

[PIERRE, SD:](#)

Avera St. Mary's Hospital
605.224.3162

[SIOUX FALLS, SD:](#)

Sanford Outpatient Center
605.328.1860

[WATERTOWN, SD:](#)

Big Stone Therapies, Inc.
605.995.6044

[YANKTON, SD:](#)

Avera Sacred Heart Hospital
605.668.8268

If you have a location to be included in the newsletter and website please contact SDPF at 605.323.9779.

Great Bear Ski Valley Fundraiser

A special thank you to Grant DeHaan and Great Bear Ski Valley for organizing a fun day of events during SnirtFest with proceeds benefiting the SD Parkinson Foundation.

The event, held on Sunday, March 8th at Great Bear Ski Valley, was a huge success with \$1,025 being donated to the SD Parkinson Foundation, dedicated to the memory of Grant's father, Don DeHaan, who had Parkinson's and passed away on April 6th, 2017. During last year's event Grant made a special tribute to his dad stating, "I never would have started skiing if it weren't for my dad!" So ultimately Great Bear was the perfect venue to hold a fundraiser event.

Although the snow was too thin for ski races, other events of the day included pond skating, high jumps off a ramp and zipfy races. It was a beautiful day with a large crowd that came out to enjoy a fun day of some friendly competition.



Grant DeHaan, Molly Sorensen, Alicia DeHaan-Henderson, Emery Henderson, and Bryant Henderson



Dan Grider with Great Bear Ski Valley and Grant DeHaan

Helping a Loved One Manage Parkinson's Disease

With the aging of our population, more people are living with Parkinson's disease. Today, an estimated 1 million people in the U.S. are living with this neurodegenerative disorder, with another 60,000 people each year.

How is Parkinson's disease diagnosed?

There currently are no definitive tests to confirm the diagnosis, which is instead based on observation of the person's symptoms and on their medical history. The doctor may order laboratory tests and brain scans, but those are to rule out other diseases that might be causing the symptoms — neither helps in diagnosing PD.

It might take a while for the doctor to arrive at a definitive diagnosis. Each case of PD is a bit different. Symptoms differ and can vary over time — a patient might have some better days, some worse, and days when one symptom is more noticeable than others. It is likewise difficult to predict the course of the disease in an individual patient. Further complicating diagnosis, other neurological disorders also cause similar movement problems. These are referred to as Parkinsonisms, and include certain brain diseases, stroke, abnormal fluid on the brain, or head injuries.

Medication and other treatments for PD will not help if a patient has one of these other conditions — and vice versa. So a correct diagnosis is very important, even if the answer isn't readily clear.

Can Parkinson's disease be cured or treated?

As of yet, there is no cure for PD. But treatments can reduce symptoms significantly. Treatment is individualized to each patient, and must include continuous conversations with one's neurologist.

The role of family and friends

Experts say a support system of family and friends raises the odds of the best management of PD. If you are part of that support system, you will likely be involved in your loved one's journey with PD.

Your role might include:

- Support during the diagnosis process and establishing treatment
- Encouragement and support for treatment
- Transportation
- Emotional support

Family caregivers face challenges

As they're helping their loved one manage PD, family often lose sight of their own health and well-being. They might be juggling work duties and other family responsibilities with their loved one's care. And often they are dealing with emotional pain of their own. As their loved one's condition changes, spouses and children evolve into the caregiver role. PD also changes the way patients communicate, so family must learn new ways to connect.

Fortunately, our healthcare system is recognizing the important role of family caregivers. If you are a family caregiver, learn about support resources that can help, such as a caregiver support group (in person or online), and federal, state and local support services. Talk to other family members and friends about your loved one's needs and how they can help. You can't do it alone!

Home care is a great support resource

Many families have found that enlisting the help of trained, professional in-home caregivers is the perfect way to keep their loved one with PD on track with their medical routine, and safe and well at home.

A caregiver can provide:

- Assistance with personal care, such as bathing, dressing and grooming.
- Grocery shopping and preparation of meals, according to the doctor's instructions.
- Supervision and encouragement for exercise.
- Transportation to doctor appointments, the pharmacy, and anywhere the client wants to go.
- Reminders about appointments and medications.
- Companionship to help clients avoid social isolation and depression.
- Respite care for family caregivers, allowing them to recharge their emotional batteries and take care of personal tasks and their own health.



~SAVE THE DATE~
August 29th, 2020

Who are you walking for?

Your Mom? Your Dad? Your Grandpa? Your Grandma?

Step Big Walk for Parkinson's is a celebration of those we love that have Parkinson's disease and those of us that take care of and support our loved ones. We spend the morning not only walking, but enjoying time with our family and friends. Enjoy a beautiful walk inside the Canaries field, live entertainment, a children's area, yummy food, and so much more - all while raising money for an amazing cause.

All monies raised remains in the state of South Dakota providing support through:

- * Advancing education, support, and outreach
- * Free local resources for the community
- * Raising awareness about the prevalence of Parkinson's and the need for continued services



Follow us on Facebook
for weekly Step Big Updates!



***On Facebook search
Step Big Walk for Parkinson's***

~2020 Step Big Goals~

Monetary Goal - \$41,000
Team Goal - 20 teams (4 members or more)
Participants - 400 people

2019 Top 3 Teams:

Rock Steady Boxing
Bruce's Brigades
Avera Big Steppers

Register for Step Big

+

Raise \$100 by May 31st

=Get entered to win a FitBit!!!



REGISTRATION OPENS: MAY 1st:

www.southdakotaparkinson.org

or call 605.271.6113

\$25 Per Person (6 years - 12 years old)

\$35 Per Person (13 years on up)

***Those that register by July 31st will receive
a 2020 Step Big Walk T-Shirt***



Hello! My name is Becca and currently I'm the new event coordinator for SDPF. I'm also the team captain for Bruce's Brigade. I created the walk team with the help of my mom and sisters in honor of my dad. The team name reflects his many years of service in the Air National Guard while also highlighting the numerous supporters he has during his journey with Parkinson's. When we told him about our team name he was quick to inform us that a brigade actually consists of over 1,000 soldiers but, the name stuck anyway! We may not have 1,000 people on our team for the walk but he definitely has hundreds of supporters throughout his journey.

The reason we participate in the walk each year is simple, to demonstrate love, support, and encouragement for my dad and anyone who is bravely living with Parkinson's disease. The walk is very close to my heart because it gives my family a sense of community and knowing this journey is not ours alone. I hope the walk provides all of the participants with comfort and love, knowing they aren't walking this path alone.

Last year, team Bruce's Brigade raised over \$1,000 but this year we are setting our sights on a bigger goal of \$2,700. The reason I chose this number is to reflect the 27 years my dad served in the military. \$10 for every year he served. Fundraising can be a challenging but incredibly fulfilling task. I motivate people to fundraise and donate for our team by trying to connect them to my dad's story. My hope is that by connecting them to who he is and how their dollars can help him and countless others across South Dakota they feel inspired to support the SDPF mission to improve the quality of life for those touched by Parkinson's.

Contact: Becca Anderson ~ **Email:** sdpfevent@outlook.com ~ **Website:** www.southdakotaparkinson.org

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 Ways to Be Strong in Hard Times

1. Remember...hard times don't last forever.
2. Remember...every struggle in life only makes you stronger.
3. Stay positive while pushing out the negative.
4. Find the right person to lean on.
5. Learn to smile in each new day.

"We all have an unsuspected reserve of strength inside that emerges when life puts us to the test."

~Isabel Allende

