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Step Big Walk for Parkinson's

Step Big Walk for Parkinson's is almost here! Excitement and anticipation are in the air. This is going to be another fabulous day full of movement, hope, companionship and lots of fun! Gather your friends, family and coworkers and join us on **Saturday, August 29th at the Sioux Falls Canaries Baseball Stadium or brand new this year as a Virtual Walker**, where you can walk with us from anywhere!

Step Big is an annual fundraiser for the South Dakota Parkinson Foundation and all donations remain within the state of SD and to go towards providing continued services and programs. One survey ranked South Dakota second in the nation in prevalence of Parkinson's disease and the number of individuals diagnosed with Parkinson's disease continues to be on the rise. We need your help to continue to move forward in our mission to improve the quality of life for those touched by Parkinson's disease.

This is the perfect time to remember and honor parents, siblings, grandparents, friends, neighbors and community members that continue to cope with the complications of Parkinson's disease. Make a difference in their lives by showing your support and starting a Step Big Walk team, raising funds for the walk and celebrating time with family and friends from local and surrounding communities. Getting started is super easy with the new online registration process that has been included on the SDPF website. Visit the site at www.southdakotaparkinson.org.

We understand these past few months have been challenging and uncertain and as much as we would like to say we are happy it's all over we know that's not true and may not be for a while so we are doing the best we can to continue to move forward while keeping the health and safety of our Parkinson's community at the forefront. We will be implementing safety measures during the walk event and although the purpose behind the event remains the same it may look a little different than years past. And we understand that participants may not feel comfortable coming to the event which is why we have included the option to still participate as a virtual walker. We even created a new walk challenge for all those that register for this year's walk...together, we want to walk 1,000 miles during the month of August! If we have 10 teams register that would mean 100 miles per team or you can also walk as an individual participant and add your miles to the total.

So who wants to join us? We have so many exciting components to this year's walk event and we can't wait to get started and now is the time. Register your team today and get ready to start walking August 1st and don't forget to still join us on Saturday, August 29th as we all come together for our loved ones touched by Parkinson's disease. Remember to follow us on the Step Big Walk for Parkinson's Facebook page for updates and we even created a fun hashtag as you begin to track your miles, #StepBigChallenge!

From the Doctor: Excessive Dopamine Effects

Eugenio Matos, MD

Director of the Parkinson's Center,
Sanford Clinic Neurology



Deficit of Dopamine in the brain is the cause for most symptoms of Parkinson's disease (PD). Levodopa is converted to Dopamine in the brain, raising its levels and improving those symptoms.

In some patients, a condition called Dopamine Dysregulation Syndrome may develop where the patient compulsively uses dopaminergic medications such as Levodopa or Dopamine agonists (Pramipexole, Ropinirole).

The consequences are:

- Dyskinesias (*frequent, at times nearly continuous involuntary movements*)
- Impulse control problems such as excessive gambling, inappropriate behavior, hypersexuality
- Mood changes
- Visual hallucinations
- Psychosis

This syndrome is more frequent in males with early onset of Parkinson's disease.

Frequency in 3.5% of patients with Parkinson's disease.

Predisposition factors are: young age at onset of Parkinson's, depression, alcohol use.

Decreasing gradually the Levodopa or Dopamine agonist's dose until symptoms resolve is done slowly. Some patients may be resistant to implement these recommendations. Judicious use of these medications with gradual dose increases, according to the patient's needs, is the best prevention.

SANFORD

Neuroscience

Advantages to Using Telemedicine

Hospitals across the area are now seeing an increase in healthcare appointments being administered through telemedicine (*the remote diagnosis and treatment of patients by means of telecommunications technology*).

There can be numerous advantages to using telemedicine, especially during this time when health and safety concerns are crucial due to the COVID-19 pandemic. Telemedicine allows for us to connect with our physicians and specialists while practicing social distancing to avoid any greater risk.

The Parkinson's Foundation has a resourceful online article that talks about preparing for your telemedicine appointment. Just a few of the tips they suggested in their recent blog post include:

1. Get ready. Prepare as you would for an in-person visit.
2. Medication check. Check to see if you have enough pills at home or if you need refills.
3. Communication program check. Download the technology/application your physician is using for the call ahead of time.
4. Device preparation. Make sure to set up in a location with a good internet connection.
5. Be ready to move. Try to position yourself near a space where you can perform typical tasks your doctor or specialist may ask you to complete.
6. Final touches. Have a paper and pen nearby, along with any items your healthcare specialist may have asked you to bring to your appointment.
7. Video tips: Limit any clutter. Avoid backlighting (like windows behind you)
8. Ask your questions.
9. Provide updates.

To read the full article and to learn more about telemedicine from the Parkinson's Foundation visit: www.parkinson.org/blog/tips/Telemedicine

Reference: 4/13/2020 Parkinson's Foundation
Tips for Daily Living

PD in the Park!

A 1 day event with exercise and education for people with Parkinson's Disease and their care partners



September 19, 2020

McKenna Park

1400 S 3rd Ave, Sioux Falls, SD 57105

Save Your Spot!

Please call 605-322-5150 for more information

Ending Parkinson's Disease Book Review

Mary Tidwell, SG Facilitator

When I heard the title of a new book in the Parkinson's field, I was intrigued. After all, Ending Parkinson's Disease: A Prescription for Action was pretty inviting. Then when I saw the list of authors, all big names in the PD world, I couldn't wait to read the book. It didn't disappoint. Authors, Ray Dorsey of the University of Rochester (big PD research center), Todd Sherer, CEO of Michael J. Fox Foundation for PD Research and a researcher himself, Dr. Michael Okun of the University of Florida and the National Parkinson's Foundation, and Bastiaan Bloem of the Netherlands, cocreator of ParkinsonNet, the worlds' largest integrated care program for PD, all contributed chapters to the book. The first three chapters define the disease—history, projected growth, and a fascinating examination of how other diseases have commanded more attention and research dollars than has PD. PD is the fastest growing neurological disorder, faster than Alzheimer's, with the number worldwide with the disease now at over 6 million, a growth from 3 million only 25 years ago.

The authors propose a "BOLD Pact" to move PD research to the forefront. It is based on:

P—Prevent the disease

A—Advocate for policies relating to PD

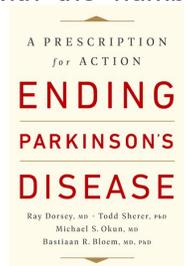
C—Care for patients

T—Treat the condition with innovative therapies

Three chapters are devoted to the horrors that certain farm chemicals, pesticides, water impurities, etc. can do to the body and how they are related to PD. Caffeine is touted as a good thing for PD patients! Additional chapters address the needs of caregivers and the various kinds of research currently under way. The small amount of total research dollars spent on PD research vs. other diseases is clearly presented.

Finally, Part 3 is the prescription for action. 25 action items are listed and explained. The final paragraphs remind us that smallpox and polio have been virtually eliminated, and now is the time for PD: "If we succeed, future generations will not have to confront the hardship and disability that Parkinson's brings. If we fail, a needless pandemic will be our legacy. What will be our story?"

Besides being a thought-provoking read, the book has multiple pages of resources, numerous charts and explanatory sidebars, and a glossary of PD terms to make it an easy book to navigate. It presents a clear path, but a challenging one...just like the journey of a PD patient. It's a call for action...are you ready? Willing? This book is well worth your time to read!



Rock Steady Boxing Changing Lives One Punch at a Time

Rock Steady Boxing at The Inn on Westport has been holding classes since the spring of 2017. However, the program has recently been suspended due to the Covid-19 pandemic, but when we are able to re-open we will resume our four regular class times.

The gym currently offers the following classes:

- Monday/Wednesday/Friday (Level 1-2) 10:00 am (*currently full*)
- Monday/Tuesday/Thursday (Level 1-2-3) 2:30 pm
- Tuesday/Thursday (Level 3-4) 12:45 pm
- Tuesday/Thursday (Level 1-2) 5:00 pm

The classes use the focused movements of boxing to help improve the coordination, strength and balance of person's with Parkinson's disease. These intense workouts are designed for people of all ages, both male and female with varying abilities and include an extensive stretching workout, boxing, core and balance work. Boxers are able to modify exercises to work for their current physical condition.

The Inn on Westport's program has fighters as young as 40 and as old as 91. Many of the boxers who have been involved with the program the past few years have seen amazing improvements in their PD symptoms to include reduced rigidity, less tremors, improved balance, faster walking speeds, strengths as well as a better sense of general well-being.

Monte Peters who was diagnosed in 2012 – found out about Rock Steady Boxing at the SD Parkinson's Foundation's annual Parkinson's Awareness Conference. He joined shortly after and hasn't looked back. He likes the comradery and support the program gives him but also the physical improvements he's seen. *"The boxers, we call ourselves athletes, share healing comradery. The workouts are amazing as I went from a tired and sore body to a stronger more alert balanced athlete. I was able to reduce my medication (dr approved) and have been feeling better since joining Rock Steady. Now with classes sadly suspended since mid-March I know how important exercise is in combating Parkinson's. The Covid really changed lives – I know I've lost body tone – it's difficult maintaining without the gang and Coach Lisa egging and urging us along."* --MadDawg (his boxing name) stated.

Mike Kezar (aka. Scoop) knows Rock Steady helped his physical condition tremendously. *"I'm standing straighter, feeling stronger, more confident, better strength in arms and legs, improvement in endurance and energy to do more. I've learned different ways to stand up straight through the exercises and the phrase "pinch your shoulders together". I have more confidence to drive now than before RSB."* --Mike

Rock Steady Boxing assesses all boxers to place them in an appropriate class. We encourage interested persons to come and observe a class and check out the program. For more information on Rock Steady Boxing at The Inn on Westport please contact Program Director, Lisa Howard at 362-1210 or lisa.howard@innonwestport.org



ROCK STEADY
BOXING
at
THE INN ON WESTPORT



Step Big Walk 2020 Goals!

Who doesn't like a little friendly competition? We have big goals to reach for this year's walk and this year we wanted to focus on more than just the fundraising aspect. We recognize this is a very different time with unique circumstances that we are living in and each of us, although we are all experiencing this together, we still have very different stories. So we wanted to find new ways to connect friends and families touched by Parkinson's.

We encourage you to join us so together we can make an impact and hopefully make 2020 the best year yet. So exactly what are the goals for this year's Step Big Walk...I'm so glad you asked!

This year we have two big goals in mind...

1. **Raise \$41,000 in total revenue**
2. **Walk 1,000 miles in 1 month (Aug 1st – 31st)**

In addition, we want to encourage everyone from across the state of South Dakota and now with our new virtual walk option even those in our neighboring states or anywhere in the country to create or join a walk team and inspire one another to work towards these goals. We are going to track these goals through the SDPF website and throughout social media outlets. We might even have some fun prizes along the way as we gear up and get moving together!

To Register Online Follow These Steps:

Step #1: Go to www.southdakotaparkinson.org

Step #2: Click on the EVENTS tab and scroll down to STEP BIG WALK

Step #3: Once here scroll down and fill in the STEP BIG REGISTRATION box

Step #4: When this is complete hit "SUBMIT" to complete the process by paying the registration fee

*\$25 adult (13 years+)

*\$15 youth (6-12 years)

Price increase after July 31st



Remember to **LIKE & FOLLOW** the Step Big Walk for Parkinson's Facebook page to stay current with updates. Teams can share stories and fundraising tips and we will be tracking all our miles throughout the month of August.

Director's Message

Janey Case, *Executive Director*

And just like it's July! I remember back in March when we first started online schooling for my boys and thinking it's just a few weeks, I can do this! Then we received the announcement that we would continue distance learning for the remainder of the school year and my heart dropped. Every time a new month started I would think to myself, how am I going to make it through this? Then before I knew it we were done with school and summer had officially started. I'm not exactly sure how we made it through each month because it's a bit of a blur because like so many of us, I was in survival mode. We found new ways to make it work and we found a new routine...a new "normal" for our family.

I would compare these past few months to one big rollercoaster ride with many ups, downs, twists and turns along the way. There are times when the anticipation for what's to come can get the best of us and it's hard to not let fear and worry take control and we lose focus on the good parts of the ride, but I wanted to take just a few minutes to share some of the ups within SDPF I've experienced.

Zoom meetings...a love/hate relationship for sure. I hear this all the time and I'll be honest my opinion sways from day to day however, it has presented itself with some wonderful opportunities these past few months. We created a brand new Parkinson's support group meeting via the Zoom format and what an amazing experience this has been...to connect with families from across the state of South Dakota, not just one city/town at a time. We are meeting new people and they are meeting each other and learning from one another...priceless! And you can access Zoom on your computer or phone...both options work.

Social Media...an online format that not everyone uses, but can be another way to connect and support one another. SDPF also created a new SD Parkinson's Support Group through Facebook. This format allows people to interact with one another by reading and writing comments of their own, sharing stories and experiences and asking important questions. Again, this has been a wonderful way to connect more people from all over the country. Bringing people together in this type of setting opens the doors of communication and allows us to learn from one another and encourage each other. It's another tool to help us in working towards our mission to improve the quality of life for those touched by Parkinson's.

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. Currently, the SDPF board of directors consists of 15 volunteers. The SD Parkinson Foundation would like to expand the board to consist of members both within the SF area and outside communities across the state of South Dakota.

If you would like additional information or have questions please contact the SDPF office.

Thank You to All Our Donors

April 1st, 2020 – June 30th, 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 April 1st, 2020 through June 30th, 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

Donald Schumaker

Meldon & Linda Kroeger

Mae Kroeger

Amanda McNamara

Janice Hoeck

Donald & Coryill Weeg

Ronald & Jule Callahan

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Judy Philippi

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Sandy Soyland

Don & Jill Sailors

Don Becker

Anne Holland

Traci Shipley

Cathy Hennies

Lyle Crook

Joan Crook

Delbert Frericks

Tom Houle

Dr. Jerome & Mary Freeman

Ron Butler

Charles Slaven

Terry & Monica Nelson



"A life well-lived leaves behind a beautiful bouquet of memories."

Calendar of Events

July

Parkinson's Annual Picnic

Date: Wednesday, July 15th

Location: Edith Sanford Cancer Center

Time: 1:00 pm – 2:30 pm

Date: Wednesday, July 22nd

Location: Edith Sanford Cancer Center

Time: 6:30 pm – 8:00 pm

To RSVP please call 605.271.6113

NOTE: Refer to back cover page for Zoom link

August

Step Big Walk for Parkinson's

Date: Saturday, August 29th

Location: SF Canaries Baseball Stadium

(You can register as a **VIRTUAL WALKER** and walk with us from your hometown)

Time: 8 am Registration (enter through main gates)

9 am Walk Begins!

Fee: \$25 Adult (13 years +)

\$15 Youth (6 years – 12 years)

Price increase after July 31st

NOTE: Register by July 31st to guarantee a walk t-shirt

To register please: www.southdakotaparkinson.org

September

PD in the Park!

Date: September 19th

Location: McKennan Park, Sioux Falls

Information Contact: 605.322.5150

Save your spot for this 1 day event with education and exercise for people with Parkinson's disease and their care partners.

NOTE: The Living Well with Parkinson's Weekend Retreat sponsored by Avera Therapy was cancelled and this event will take its place.

October

SD Parkinson Awareness Conference

Date: October 17th

Location: Hilton Garden Inn (south location)

Time: 8 am – 3 pm

Fee: \$25 per person

November

Caregiver Celebration Night!

Stay tuned for more details to come!

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.

Parkinson's Disease Research at the University of South Dakota

Dr. Arun Singh, PhD

Assistant Professor of Neuroscience

Division of Basic Biomedical Sciences

Sanford School of Medicine

University of South Dakota



Dr. Arun Singh is an Assistant Professor in the division of Basic Biomedical Sciences at the University of South Dakota, Vermillion. He earned his doctorate degree from LMU, Munich, Germany. He moved from Iowa City where he was working in Neurology department at the University of Iowa as a staff scientist. The primary research goals of the Dr. Singh's laboratory are directed towards understanding the brain signals that may underlie motor and cognitive impairments in Parkinson's disease (PD).

While there are many effective therapies for upper-limb motor problems of PD, there are fewer therapies for lower-limb motor problems such as gait, balance, and posture, and it is difficult to find new treatments since the mechanisms are unknown. Studies have shown strong relationship between abnormal gait/balance and cognitive deficits in PD patients. Dr. Singh's lab is studying the relationship between motor and cognitive systems in PD patients and how cognitive impairments affect the gait, balance, and posture. His lab is equipped with EEG brain recording machine to record brain signals from the scalp. His lab is also trying to determine if non-invasive or non-surgical brain stimulation normalizes brain signals and improves gait, balance, and cognition.

Dr. Singh is also studying the relationship between gut and gait dysfunction in PD patients. Recently, evidence is showing that the dynamic changes in the gut microbiome can modulate brain activity and motor and cognitive behaviors in PD. This research will be significant in providing the suitability of the altered gut microbiota as an early biomarker for the onset of gait dysfunction in PD; and interventions that improved gut microbiota may provide effective treatments to improve gait dysfunction in PD.

Abnormal gait pattern worsens over time and intensely affects PD patients' daily activities; thus, Dr. Singh's research projects may assist in the referral of PD patients for rehabilitation as early as possible. In addition, his work might inspire new brain-stimulation therapies that could be critically important for PD and other movement disorders that affect gait and balance.

His previous research articles have already shed some light on the basic questions related to the gait and balance problems in PD patients.

Currently, he is seeking volunteers (with PD) to participate for his ongoing research projects. If you are interested in participating or want to learn more please contact Dr. Singh at arun.singh@usd.edu or by calling 605.658.6320.

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

[LIVERNE, 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.

New Online PD Support Group Opportunities

During this time of quarantine the South Dakota Parkinson Foundation has been working hard to find new ways to connect with the Parkinson community across the state and although it has proven to have its challenges we have created a couple new opportunities that have been very successful in providing information and resources, sharing stories, asking questions, and offering support to one another. We hope to continue to provide these opportunities in the coming months as we want you to know you are not alone and together we can continue to work towards the SDPF mission to improve the quality of life for those touched by Parkinson's.

We invite you to join us for the following:

Monthly Online Support Group Meetings:

Date: 2nd Monday of each month

Time: 7 – 8 pm

Location: Zoom (*link is listed each month on SDPF website & Facebook page*)

Topics: We cover a variety of different topics each month and some months we include a guest speaker (*some topics include: exercise/fitness, speech therapy, stress management, fatigue, etc.*)

SD Parkinson Support Group (Facebook private group):

*Go to the SD Parkinson Foundation Facebook page and click on "GROUPS" listed on the left hand side of the page.

*Once you click on the link you need to request to JOIN at the top of the page. We will then approve your request and you are officially a member of the group and can read comments, make posts, ask questions, etc.

For more information please email/call:

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



Prairie Rehabilitation & Prairie Rehab at Home Offers Services for Parkinson's

With a track record of providing excellent, individualized care for every patient that walks through our doors, Prairie Rehabilitation is a well-respected physical therapy, occupational and speech therapy company with locations throughout Southeast South Dakota and Southwest Minnesota. Our company has therapists who specialize in various areas of expertise, with Parkinson's disease being one. Our therapists use the Lee Silverman Voice Treatment (LSVT) BIG and LOUD exercise programs to treat those with PD. It is our hope that this article will help raise awareness about the LSVT BIG and LOUD programs and will give you or a loved one assurance that there are options to help manage a Parkinson's disease diagnosis.

The LSVT BIG exercise program is delivered by our physical and occupational therapists and is used to train those with PD to use their body more normally. Improvements of the program include faster walking with bigger steps, improved balance and strength, increased trunk rotation and improvements in everyday tasks such as getting dressed, putting on shoes, etc. "You do not have to be able to stand up to do the program. We can modify it so it's tailored to your own abilities and needs. The exercises can be done seated or lying down if a patient is not able to stand up," says Gidget McAreavey, OT. Treatment is administered in 16 sessions over a single month (four individual 60-minute sessions per week). This protocol was developed specifically to address the unique movement impairments for people with Parkinson's disease. "The program is meant to be both intensive and complex, with many repetitions of core movements that are used in daily living. Whether you have Parkinson's disease or any other neurological disorder, repetition is key to retrain the body," says Michelle Schuman, PT.

In addition to the BIG program, LSVT LOUD is a separate program delivered by our speech language pathologists to train individuals with Parkinson's disease or other neurological conditions to use their voice at a more normal loudness level while speaking. Although LOUD is a separate program, all three therapy disciplines may work together at times during treatment depending upon the patient's needs. Treatment is administered the same as the BIG program, 16 sessions over a single month (four individual 60-minute sessions per week). "The program is repetitive and intensive. The goal is for the patient to have a greater increase in vocal loudness and to help the patient develop and become comfortable with a voice that they can use without strain," says Aimee Morrill, SLP. Other benefits of the LOUD program include better articulation, improvements in swallowing, improved facial expressions while talking and speech-related brain changes.

If you have any questions or feel this may be a good program for you or a loved one, please be in touch with us. We provide therapy in outpatient clinic settings at multiple locations, skilled nursing facilities, assisted living facilities, senior care centers, home health agencies and private homes through our Prairie at Home program. Telehealth, or virtual visits are also offered. We accept most insurances as well as Medicare. Our friendly administrative staff always verifies all insurances prior to the start of therapy.

Visit www.prairierehab.com or call our main office at 605-334-5630 to schedule your free in-person or virtual assessment today.



- Prairie -
REHAB AT HOME

Step Big Walk Team Highlight: Jim's Journey

Jim's Journey is currently one of the top teams for the 2020 Step Big Walk for Parkinson's! They've been very busy adding participants to their team and fundraising all while passionately spreading the word about Parkinson's disease awareness.

Melissa Beek has taken on the role as team captain for Jim's Journey and she shares a little more about what this walk means to her team and why they want to raise awareness and support those living with Parkinson's.

"Jim's Journey is a team of family and friends organized by Jim's daughters who are walking to support and bring awareness to Parkinson's disease. Jim was diagnosed with Parkinson's in 1994 when he was in his late thirties, and 26 years later Jim and his family are still on his journey. Even though his Parkinson's has significantly progressed over the past couple of years, Jim still enjoys spending time with his family, playing bingo, and going on trolley rides at his nursing home care center.

Back in 1994, there were not many resources available to Jim or his family when he was first diagnosed which is why we are passionate about raising funds for the South Dakota Parkinson's Foundation. It is amazing to see all the programs and resources available to families across the state of South Dakota all due to such a great organization!

Our walk team is raising money for the annual Step Big Walk for Parkinson's, to support and honor Jim and all other families who are at any phase of their Parkinson's journey. Go team, Jim's Journey!"

The SD Parkinson Foundation would like to thank team Jim's Journey for their dedication to this event and their continued support to the foundation. It's because of your diligent efforts that together, we are stronger and can make a difference in supporting families across the entire state of South Dakota touched by Parkinson's disease.



Jim's Journey
Family & Friends

To learn more and to register your team for the 2020 Step Big Walk for Parkinson's on August 29th visit the SDPF website at www.southdakotaparkinson.org or email at sdpfevent@outlook.com.

South Dakota Parkinson Foundation
1000 N West Ave, Suite 220
Sioux Falls, SD 57104
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.

Recipe For: Parkinson's Annual Picnic
From the kitchen of: the South Dakota Parkinson Foundation and the Sanford Parkinson Support Groups

Ingredients: support group members & SDPF community
family & friends
Valet parking & catered meal
Memorial Service
Friend Award

Mix all thoroughly on Wednesday, July 15, 2020,
1:00 - 2:30 pm *LIVE* Edith Sanford Cancer Center
Carlson Conference Room, Cancer Center entrance
Elevator K to level 1, 1309 W 17th St., Sioux Falls, SD
(Park on the 17th street side of building)
Zoom program starts at 1:30 pm after our lunch.

Meeting ID: 744 5690 2711 Password: 3Repmn
<https://us04web.zoom.us/j/74456902711?pwd=ekJkQnEwQ0ZEbXVJSE9ueWdhOT>

