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Parkinson's Awareness Month

Parkinson's disease 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 (SDPF) is to improve the quality of life for those touched by Parkinson's disease.

April is Parkinson's Awareness Month creating new opportunities for increased understanding of the disease and encouragement through ongoing support through local programs and services for individuals diagnosed with Parkinson's, their carepartners and family members.

Typically, during the month of April our annual SD Parkinson's Awareness Conference is held however, as the health and safety of the Parkinson's community remains top priority, we made the decision to postpone the event to Saturday, October 23rd, 2021. Even though the date has changed the content has not and we are excited to bring in some amazing presenters. We hope you will join us as it will be a day full of education and encouragement.

We are also excited to announce that throughout the month of April we will be providing a new online educational series. We have ten different presentations covering an array of Parkinson's related topics. Our purpose throughout the month is to raise awareness and provide support services. Topics being presented include: *Parkinson's, More Than Motor Symptoms (Acadia)*, *Move to Heal SD*, *Moving Forward & Learning How PD Advances (AbbVie)*, *Parkinson's Research Efforts*, *Parkinson's Disease Overview (AbbVie)*, *Top 7 Things Every Person with Parkinson's Should Know (Struthers)*, *To Kegel or Not to Kegel (Avera)*, *Active Generations in Sioux Falls*, *Balance in a Changing World (Sanford)*, *Rock Steady Boxing & Exercise Benefits in Parkinson's*. For more information on specific dates/times and to register please visit the SDPF website at www.southdakotaparkinson.org, under the events tab.



From the Doctor: Where We Go From Here

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



To a large extent, our lives have been consumed by the COVID-19 pandemic. It is hard to have a conversation with friends or family and not have the subject come up in some related fashion. It is also hard to choose a topic for the South Dakota Parkinson's Foundation newsletter without

touching on COVID! Certainly, the news at this point seems cautiously optimistic. In South Dakota, a third of the population has received at least their first COVID vaccine. I have been very encouraged at the number of people who are supportive of the vaccine. My nurse and I talk about the vaccine with every patient we see and over 85% seem receptive and anxious to receive it. The data on the three available vaccines – Pfizer, Moderna and Johnson & Johnson – all look very encouraging. The mRNA technology for developing these vaccines is well understood and safe. While some people do have annoying symptoms for a day or two after the vaccine, many individuals report no significant side effects at all. The need and benefit of the vaccines far outweigh any potential risk. Especially for people with a chronic medical condition like Parkinson's, it is crucial to try to avoid contracting the virus. While the disease can be mild in some people, especially the young, it continues to pose serious complications for many people, most notably the elderly.

In early March the CDC announced some easing of restrictions. For instance, people who get together with a small group of family or other individuals do not need social distancing if all have been vaccinated. Hopefully the pace of vaccinations throughout the country will be maintained and increased, thereby decreasing the likelihood of more virulent COVID variants. Unfortunately, there are parts of the country that are prematurely abandoning the use of face masks and social distancing. It is too soon.

Most persons with Parkinson's and their families understand the importance of adopting strategies to stay healthy. For instance, there is general knowledge and acceptance of the importance of trying to prevent falls and minimize medication side effects. Working to avoid the coronavirus infection falls into the same category of sensible strategies that can pay big dividends. COVID is a challenge. So is dealing with Parkinson's disease. Our collective wisdom and commitment are urgently needed.

Questions to Ask Your Doctor About COVID-19

Jo Landis, RN, MSCN
Sanford Health Neurology

These days our clinic office gets 10-15 calls every day with questions and concerns related to COVID-19. Now that the vaccine is available most questions revolve around this specific topic. Here are some questions you might want to talk to your doctor about.

- Should I get the vaccine?
- How will I know when I am eligible?
- Covid vaccines were developed very fast. Are they safe?
- How common are allergic reactions to the vaccine?
- Does it make a difference which vaccine is available for me?
- Will it interfere with additional medications I am currently taking?
- What are the common side effects?
- When am I fully protected after receiving the vaccination?
- Do I need the vaccine if I had Covid?
- When can I visit my children and grandchildren?

Currently, there are three vaccines now available: Pfizer, Moderna, and Johnson & Johnson. All are safe and effective. It is very important for elderly people and those living with chronic illness like Parkinson's disease to get the vaccine. Talk to your doctor about any questions and/or concerns you may have. Stay safe and know that we are all in this together.

SANFORD[®]
Neuroscience

Fight Back Against Parkinson's: In-Person Classes Available Again!

Four years ago, The Inn on Westport brought the state's first Rock Steady Boxing gym to Sioux Falls and in that time the program has seen tremendous success and amazing results with its boxers. With the pandemic, the gym was closed for the last year – but we are pleased to announce that we will be re-starting our in-person classes for our community fighters.

A national Rock Steady Boxing program based out of Indianapolis, Indiana has steadily grown to have at least one gym in each of the 50 states as well as 14 different countries. RSB Program Director and Head Coach Lisa Howard was amazed to watch her boxers “fight back” each week. “It’s rewarding to see how the boxers are getting better and feeling better as they embrace this program week to week. I’ve had boxers tell me that they are in better shape now than they were years ago or even before their Parkinson’s diagnosis.” The pandemic has not been good for us, but we adapted and kept our fighters active with in-home workouts as well as Zoom classes to stay connected and continue to get some intense workouts in. The gym will be re-starting our in-person classes with new protocols and socially distancing but we will be back to hitting our bags and getting an intense workout back in.

Workouts: Boxing classes typically last 75-90 minutes and are designed to tackle the symptoms of PD in multiple ways. For example, warm up exercises stretch muscles and relieve stiffness. Hitting the heavy bags builds power and strength. Punching speed bags improves hand-eye coordination and posture. And don’t forget our minds: to stimulate cognitive processing a coach may hold “focus mitts” as targets and bark out varied instructions – “jab, jab, cross, hook, hook”. Stations with LOUD counting work on soft-voice disorders common with people with Parkinson’s. Calisthenics and isometric exercises build extremity and core strength critical for posture and gait. Footwork drills such as moving sideways, jumping rope or walking on a 2x4 improve balance and agility. Group games such as tossing a football or frisbee’s encourage socialization and improve reaction time.

Variety and Intensity: Our Rock Steady Boxing workouts are never the same from week to week. “It’s much more than a boxing program” said Coach Lisa. In addition to boxing, the classes focus on functional activities to help people become more independent in their daily lives. Our workouts help improve issues such as gait, balance and dexterity and multi-tasking. “Intensity in our classes is really encouraged” said Lisa. “If we see a boxer we think could be working out harder we call them on it! When they push themselves and accomplish a new task or set a new personal record at a station it really makes them feel great.”

Camaraderie & Fun: That is the “special” ingredient that our RSB classes provides. Not many people like exercising, but the camaraderie and fun that you see in the Rock Steady classes make the class time more tolerable. From our oldest boxer, ‘Jabbin’ Joyce Weber who is 92 to our youngest boxer, Mark ‘The Worminator’ Neshiem who is in his 40’s along with family members and friends – all see the Rock Steady Boxing program has made a difference in their daily lives.

Boxer Dynamite Don said this: “We work harder because of the social and friendly competition. We are happy when we do well and happy when our fellow boxers do well! The smiles say it all.”

Boxer Mary said this: “I have much more energy, and much more strength in my arms and legs. The classes have given me more confidence and make me feel all around much better!”

“The RSB classes have given me more energy, made me stronger and have really helped my gait. I don’t feel well when I miss a class.” Mark Nesheim, aka Worm, (before Covid) and now, “I’m excited to know that I’ll be able to go back to the gym soon. I miss hitting the speed bags and heavy bags. However, I miss most is seeing my PD friends. Over the past year I’ve tried to exercise on my own, but everyone knows if you don’t have a partner/leader this can be very difficult and easy to skip workouts. Zoom has been a huge help, but I don’t have all the equipment and I don’t have my friends to compete against or encourage.”

To learn more on how you can get involved with Rock Steady Boxing and about the new safety protocols please contact Lisa Howard at 605.362.1210 or by email at lisa.howard@innonwestport.org.



Meet Glenda & Kevin



It's been almost 18 years since I was first diagnosed with Parkinson's disease. Kevin and I had only been married for about a year. This was not the future that we had envisioned, but Kevin has been with me since my first doctor's appointment. He has been my best friend, my rock and my carepartner. Fortunately for me, my progression has been gradual up until this past year, but we continue to move forward learning as we go and facing all the ups and downs together.

Kevin and I have been involved with facilitating the Watertown Support Group since 2010. Our group meets once a month at Edgewood Living. Elizabeth Nutsch, OT from Edgewood takes care of our group when we are gone as we typically like to head south for the winter months.

In 2010 we co-chaired our first Parkinson's Awareness Walk in Watertown which we were able to do for several years. Then we combined efforts by supporting the Step Big Walk for Parkinson's in Sioux Falls. We have not missed a year and to make it even more meaningful many of my family have also never missed. Even last year through all the uncertainty with Covid we were still able to participate virtually from Pelican State Park where my family congregated for a family reunion.

In 2011 we became Public Policy Advocates for the Michael J. Fox Foundation. We have made two trips to Washington D.C. to meet with members of congress to discuss pending legislation that would affect Parkinson's disease. We no longer make the trip to D.C. however, we do advocate from home by answering action alerts to call our members of congress when something comes up for a vote.

I joined the South Dakota Parkinson Foundation Board of Directors in 2020. And then another big decision came in August of 2020 when I decided to have DBS surgery in Rochester, Minnesota. This was quite an experience for me and it did not come without trade-offs. At this time my tremors are gone, I no longer struggle with dyskinesia and my sleep has improved. However, on the flip side, my speech is slurred and I am unable to walk unassisted. My gait and balance were affected following surgery. I go to physical therapy twice a week and also Rock Steady Boxing twice a week. I still struggle with close spaces, but I have not given up hope. This past year has been difficult for all of us, but God continues to bless us and that remains my focus. I try to live my life with an attitude of gratitude each and every day.



Meet the Newest Member of the Caregiver Team at Active Generations



We would like to introduce you to Rebecca Pound, Caregiver Case Manager at Active Generations in Sioux Falls, South Dakota. Becca has 5+ years experience as a Life Enrichment Director and Volunteer Coordinator in a nursing home establishment. Throughout this time she gained experience in areas of hospice, palliative care, social work and so much more. Becca enjoys getting to know her clients to help meet their psychosocial needs. She loves working with people but has found our aging population is her favorite demographic for countless reasons, such as their knowledge and lifetime stories.

Growing up Becca lived with her grandparents who taught her valuable lessons about life. They instilled morals and ethics she would not have developed otherwise. She gives the credit to her grandmother, who turns 95 this year, for giving her the mindset she has today to be successful in her new position. Because of her grandparents, she learned the importance of having empathy and living by "The Golden Rule".

Becca graduated from the University of Sioux Falls with a Bachelor's in Social Science and a Minor in Art. During and after college she worked with different demographics of people, including Florence Crittenton, an early childhood education center for teen mothers, and she even volunteered at Active Generations to teach an art class! It was not until she began working at a nursing home that she realized her true passion. Since volunteering at Active Generations back in college, she has always been interested in their mission, and she is thrilled to start working with them as part of their amazing team.



Director's Message

Janey Case, *Executive Director*



April is probably my favorite month out of the entire year. It's when we can finally say goodbye to those long and cold winter months and see springtime begin to bloom, along with the Easter holiday, the start of outdoor soccer tournaments, track and field, baseball, high school prom, and so many more fun activities and events.

April also tends to be one of the busiest months for the South Dakota Parkinson Foundation. We celebrate our annual Petals for Parkinson's fundraiser along with acknowledging April as Parkinson's Awareness Month. During this time, we focus our attention on raising awareness through education and by providing resources to help us gain insight into the obstacles of living with PD. Although this past year presented many challenges on the way we do things in our daily lives it also offered new opportunities and learning experiences on how to remain connected.

I also want to take this time to celebrate SDPF entering its fifth year as an independent foundation, separate from the Parkinson Foundation which is at the national level. We've had great success and growth over the years as we continue to set our goals high. Our hope is to work towards expansion across the state and to find new and creative ways to provide these services.

In celebration of Parkinson's Awareness Month we've included some personal stories throughout this special newsletter issue. We hope you enjoy reading these stories and find them both inspiring and hopeful. Thank you to all of you who contributed and shared a little into your personal Parkinson's journey. The love and support seen through the Parkinson's community is undeniably a step above always demonstrating such strength, resilience, and grace.

SDPF is looking forward to a very busy and exciting month and year ahead as we remain connected to individuals and families across the state, letting them know they are not alone in their journey. SDPF has always and will remain dedicated to our mission; to improve the quality of life for those touched by Parkinson's disease.

Happy Spring!

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Janey Case

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BOARD OF DIRECTORS:

The SDPF staff and board of directors would like to extend a heartfelt thank you to Lorri Halverson as she steps down from the SDPF board of directors. Lorri loves numbers and was so incredibly valuable in pushing the foundation towards new goals, always up for the challenge of finding new and creative ways to support the SDPF mission. Lorri will continue to serve of the SDPF fundraising committee and we are so happy for her continued involvement and dedication.

Thank You to All Our Donors

January 1st, 2021 – March 31st, 2021

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

Bruce Mueller

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IN HONOR OF

Mary Campbell

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CHAPTER GIFTS

Coalition on Aging

Network for Good

Richard & Linda Bakken



“A life well lived leaves behind a beautiful boutique of memories.”

SDPF Financial Assistance Program

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

Grants are available monthly and an application must be completed and turned into the foundation by the 1st of every month. All applications are kept confidential when being reviewed and applicants will be notified before the end of the month. Applicants can apply for up to \$250 for assistance towards items and services such as walkers, exercise equipment or memberships, transportation assistance to/from doctor appointments or meetings, therapy tools, electronic devices, modifications to the home, just to name a few. To be eligible applicants must reside in the state of South Dakota. The SDPF Financial Assistance Program will run from January through December 2021.

If you have additional questions about the financial assistance program please reach out to SDPF at 605.323.9779 or email at info@southdakotaparkinson.org

Calendar of Events

April

Due to health & safety recommendations the decision was made to postpone the annual SD Parkinson's Awareness Conference to Saturday, October 23rd at the Hilton Garden Inn.

Join us in April for our new online educational series with 10 presentations throughout the month! All sessions are free to attend.

Register online at:
www.southdakotaparkinson.org

May/June

Step Big Walk for Parkinson's
Online Registration opens May 1st!

Register at: www.southdakotaparkinson.org

Step Big Walk Kick-Off Event

Date: Thursday, June 24th

Time: 7:30 am – 8:30 am

Location: TBD

Stay tuned for more details!

July

Parkinson's Annual Picnic

Date: Wednesday, July 21st

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 28th

Location: Sioux Falls Canaries Baseball stadium or virtually

Time: 8:00 am Registration / 9 am Walk

Fee: \$15 youth/ \$25 adult

(price increase after June 15th)

Registration opens May 1st, 2021. Now is the time to get your team ready!

Step Big Challenge: Begins August 1st

Goal = 10,000 miles in 1 month

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 (*varies*)
*Call for location

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

SF Women's Group

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
On hold until Spring 2021

Please contact your area support group facilitator each month for current meeting information since many groups are currently on pause due to COVID. If your group is meeting please check for health and safety precautions as they may vary from location to location.

LSVT BIG & LOUD

Want to learn more about LSVT BIG & LOUD? There are several facilities across the state of South Dakota that has certified clinicians. We encourage you to reach out to a facility in your local area.

[ABERDEEN, SD:](#)

Avera St. Luke's Hospital

305 S State Street
605.622.5772

[CANTON, SD:](#)

Sanford Canton/Inwood

400 N Hiawatha Drive
605.764.1480

[HURON, SD:](#)

Huron Regional Medical Center

172 4th Street SE
605.352.6253

[MITCHELL, SD:](#)

Integrated Therapy Services

501 W Havens
605.753.5400

[RAPID CITY, SD:](#)

RC Regional Rehabilitation Institute

2908 5th Street
605.755.1408

[VIBORG, SD:](#)

Pioneer Outpatient Center

315 N Washington Street
605.760.5066

[YANKTON, SD:](#)

Avera Sacred Heart Hospital

501 Summit
605.668.8268

[BERESFORD, SD:](#)

Bethesda Nursing Home

606 W Cedar Street
605.760.5066

[CUSTER, SD:](#)

Custer Regional Hospital

Montgomery Street
605.673.2229

[LIVERNE, MN:](#)

Prairie Rehabilitation

106. N Cedar Street
507.449.2003

[PARKER, SD:](#)

Parker Medical Clinic

100 E Sanborn Street
605.760.5066

[SIOUX FALLS, SD:](#)

Avera Outpatient Therapy

1325 S Cliff Avenue
605.322.5150

[WATERTOWN, SD:](#)

Big Stone Therapies, Inc.

Eight 5th Street SE
605.995.6044

[BROOKINGS, SD:](#)

Brookings Health Systems

300 22nd Avenue
605.696.8821

[FORT MEADE, SD:](#)

Black Hills VA Healthcare System

113 Comanche Road
605.347.7000

[MILLER, SD:](#)

Avera Hand County Hospital

300 W 5th Street
605.853.0350

[PIERRE, SD:](#)

Avera St. Mary's Hospital

801 E Sioux Avenue
605.224.3162

[SIOUX FALLS, SD:](#)

Sanford Outpatient Center

1210 W 18th Street, LL01
605.328.1860

[WATERTOWN, SD:](#)

Jenkins Living Center

215 S Maple Street
605.886.5777

****If you would like to be added to this list please contact the SDPF office.***
605.323.9779 or jcase@sdparkinson.org*

Exercise is Medicine for PD Patients

Exercise has been widely identified as a first line of defense for patients with Parkinson's Disease to maintain range of motion, optimize function, and maintain quality of life. PWR! 4 Life, LSVT BIG, and LSVT LOUD are Parkinson's-specific exercise programs that are among the services offered by Avera Therapy as part of their Parkinson's therapy program.

"For many patients, the best time to begin therapy is when they are first diagnosed," said Stephanie Myers, PT, NCS, GCS with Avera Therapy. "They often have the misconception they should wait until they have deficits. Actually, if patients begin early on, they are able to apply the principals to daily living and may even slow the progression of the disease through protection of brain cells that can become affected by Parkinson's."

Avera's specialized program for patients with PD is a collaborative approach of physical, occupational and speech therapy to help patients manage their symptoms by developing lifelong strategies and exercises to incorporate into daily activities. They offer individualized therapy sessions and ongoing group exercise classes to address multiple symptoms and personalized goals for all persons at all levels of disease severity.

Research suggests that patients with Parkinson's should not wait until they begin to experience disability, impaired function or loss of balance to start therapy. Avera's program can help patients begin now to maintain more effective speech and movement and improve quality of living.

If you would like to hear more about Avera's individualized therapy options or group classes please call Avera Therapy at 605.322.5150.



Meet Julie & Steve

In June of 2016, Steve was diagnosed with Parkinson's after experiencing some disturbing symptoms. Though the news was a game changer, we understood that it was something that we could handle together.

The very day of his diagnosis I went online and found information about the Parkinson's support group. During one of our first group meetings, Lisa Howard spoke about Rock Steady Boxing, an exercise program specifically for those afflicted with Parkinson's. Steve was hesitant as he already belonged to a couple other gyms in town. However, Lisa and I 'ganged up' and nagged him until he decided he was willing to give it a try. In retrospect it was one of the best decisions he's ever made. I am a cornerperson, which is fun and very rewarding as well. The exercise is great and the camaraderie can't be beat!

We both continue to be very involved through support group meetings, the Rock Steady Boxing program, fundraising efforts for the amazing Parkinson's community that we have come to know and love. Nearly five years ago we came to a support group meeting somewhat scared and overwhelmed by the diagnosis. We found a supportive community and now we fervently hope to share the message that Parkinson's does not have to define you! Most recently, I joined the South Dakota Parkinson Foundation Board of Directors, hoping to offer a caregiver perspective while continuing to advocate and offer support to others experiencing a similar Parkinson's journey.

I am extremely proud of my great husband. He works very hard to fight this disease. When I'm working at home I often hear him singing in his BIG and LOUD voice! Life has thrown us a curve ball, but we are facing it head-on. We remain very busy with our five children, 10 grandchildren, our church community, our sports activities, many road trips and some good ole rock concerts (pre-Covid, of course).



Parkinson's Disease Research Study



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 then moved from Iowa City where he was working in the 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).

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.

Currently, he is seeking volunteers with Parkinson's to participate in his research studies. This would involve either one or two visits located at the Lee Medical Building in Vermillion. If you are interested or want to learn more please contact Dr. Singh through email at arun.singh@usd.edu or by calling 605.658.6320.

Meet Mary & Mary



The two Marys were sitting at support group last month. Mary Tidwell gave the circle question, “What type of music is your favorite?” Mary Tranberg immediately thought to herself, “Broadway musicals.” Mary Tidwell then said out loud, “I’ll start. My favorite type of music is musicals.” And the similarities continue!

Mary Tidwell and Mary Tranberg have many things in common. They both adore their grandchildren, all of whom live in Sioux Falls; both enjoy sewing; both like reading; both are former educators; both like Broadway musicals. And if that wasn’t enough, both were diagnosed with Parkinson’s disease back in 2012.

The two Marys were both selected to attend a National Parkinson’s Conference held in the fall of 2015 based around the topic of Women and Parkinson’s. Women from all over the United States attended, but they were the only two from the same state and they became known as the two Mary’s from South Dakota.

The conference made them realize that not much was known about Parkinson’s disease and women. The directive was to go back home and spread information about this topic. Since the information on the topic was limited, they expanded their presentation to include the basics about PD (they call it Parkinson’s 101). Women’s support groups, clinic facilities, PD exercise groups, physical and occupational therapy classes, and clinic and hospital nurses became their targeted audience. They have now presented to over 50 different groups since that conference in 2015.

They attended another conference on the topic of research at the University of Minnesota in 2019. Mary Tidwell has also recently been trained in the use of the Aware in Care Kit.

In their presentation they ask the question, “What is the only food that produces L-dopa?” The answer is lima beans which Mary Tidwell also cannot stand. Then Mary Tranberg passes out the lima bean brownies that she made to the group and Mary Tidwell decides to give it a try and eats the entire piece!

Both Marys are passionate about educating people about Parkinson’s disease and especially want to get information to those who have been newly diagnosed. Their life motto is “If life gives you lemons, make lemonade!”

Lima Bean Brownies (adapted from a recipe for Black Bean Brownies)

Ingredients:

1 can (15 oz.) lima beans, rinsed and drained	½ c. semisweet chocolate chips, divided
3 T. canola oil	3 eggs
2/3 c. packed brown sugar	½ c. baking cocoa
1 t. vanilla extract	½ t. baking powder
1/8 t. salt	

Directions:

1. Place the beans, 1/4 c. chocolate chips, and oil in a food processor; cover and process until blended. Add the eggs, brown sugar, cocoa, vanilla, baking powder, and salt; cover and process until smooth.

2. Transfer to a 9-inch square baking pan coated with cooking spray.

Sprinkle with remaining chocolate chips. Bake at 350 degrees for 20- 25 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Cut into bars. Yield: 1 dozen



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 tulip." The European Parkinson's Disease Association (EPDA) used a stylized red tulip based on this 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 fourth year with the Petals for Parkinson's fundraiser by partnering with Landscape Garden Centers in Sioux Falls. Together, we put forth efforts in using the worldwide tulip symbol as a way to raise awareness about PD while spreading springtime cheer within our local and surrounding communities.

SDPF is excited to announce that we exceeded our original 2021 goal by one hundred orders, selling a total of 400 tulip arrangements. A heartfelt thank you to everyone that participated in this year's fundraiser and to Landscape Garden Centers for providing these beautiful arrangements. It was so rewarding to see our community come together to support a very important cause and after such a long and difficult year.

Save the Date: Step Big Walk for Parkinson's

After switching to a virtual walk in 2020 due to COVID-19, we are excited to move forward with plans to host the 2021 Step Big Walk in person. Join us on Saturday, August 28th at the Sioux Falls Canaries stadium as we walk together in support of friends and family touched by Parkinson's disease.

While we are eager to gather together for an in person walk, we will also be providing the option to participate virtually. Last year we had 16 states represented in our virtual walk and it would be a dream to hit all 50. Our committee is putting together interactive social media posts, stories and fun challenges in the coming months so we can inspire and encourage more people to join us no matter where they are!

We are closely monitoring the impact of COVID-19 and will take all precautions to keep participants safe. Our priority will be the health and safety of our participants and volunteers, and we will make decisions accordingly.

Families impacted by Parkinson's disease need us now more than ever. All funds raised through the Step Big Walk for Parkinson's will allow the SD Parkinson Foundation to continue supporting people across the state touched by Parkinson's.

This year's walk brings some changes: an updated website to ensure a smoother registration process, fundraising incentives, and an increased goal for our Step Big Challenge. We're sure it will be our best walk yet!

For more information about this year's walk, visit www.southdakotaparkinson.org or follow us on Facebook at www.facebook.com/stepbigwalk for weekly updates.



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.

Parkinson's Awareness Month: Show Your Support

April is Parkinson's Awareness Month. What better time to make things happen in a big way. How can you become involved and make a difference? Challenge yourself to spend some time each day raising awareness for Parkinson's. To show you just how easy it can be, here are some tips to get you started. Once you decide to take action, you'll be surprised by the difference you can make.

- ❖ Write a letter to the editor of your local newspaper.
- ❖ Share your personal story with a family member, friend, neighbor, or coworker.
- ❖ Spend some quality time with someone who has Parkinson's and try to stay in touch taking necessary precautions during this time in dealing with Covid-19.
- ❖ Send a letter to your local television, radio station or newsletter in praise of a healthcare professional that made a significant difference in your life.
- ❖ Talk to your local fitness center or hospital facility about PD specific exercise classes.
- ❖ Participate in exercise classes (*in-person or virtually*) and invite a family member or friend.
- ❖ Join a local Parkinson's support group or caregiver group.
- ❖ Create art or find new ways to express your Parkinson's journey.
- ❖ Share your story in an issue of the SDPF newsletter.
- ❖ Talk to family, friends, and coworkers about starting a team for the Step Big Walk for PD.
- ❖ Ask for help when you need it!

