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Parkinson's Awareness Conference

Parkinson's disease (PD) is the second most common neurodegenerative disease after Alzheimer's disease, affecting about one million people in the United States. Every year, approximately 60,000 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 4,000 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 strong is working towards improving the quality of life for those affected by Parkinson's disease.

April is Parkinson's Awareness Month which offers the SDPF 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.

The South Dakota Parkinson Foundation offers an array of resources to the Parkinson's community including connecting individuals with exercise classes and support groups, as well as coordinating educational and fundraising events. We encourage all those affected by Parkinson's, carepartners, family and friends, along with healthcare professionals to attend SDPF's annual SD Parkinson's Awareness Conference on Saturday, April 21st at the Hilton Garden Inn, south Sioux Falls location. Topics presented at this year's conference include: *Frequently Asked Questions: A PD Specialists Perspective*, *Music Therapy*, *Vision Changes in PD*, *Maintaining a Healthy Brain*, and *Stress Busting for Caregivers* just to name a few. An array of exhibitors from local and surrounding communities will also be available throughout the day to visit with attendees and talk about the programs and services they offer and answer any additional questions.

You can view the full SD Parkinson's Awareness Conference agenda and read more about the upcoming event and how to register by visiting the SDPF website—www.southdakotaparkinson.org. We encourage you to join us for a day of education and inspiration!



Community Tips for Parkinson's Carepartners

ARTICLE POSTED BY: Michael J. Fox Foundation
FOXFEED BLOG

Posted by Kristen Teesdale, November 27, 2017

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

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

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

2. Keep a sense of humor. Laugh much and laugh often. Laughter promotes a general sense of well-being. And, research suggests it's a form of stress relief.

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

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

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

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

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



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

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

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

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

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

New Parkinson's Support Group: Madison

KICK-OFF MEETING!

DATE: Thursday, April 12th
TIME: 7:00 pm
LOCATION: St. John Lutheran Church
122 Grant Avenue
Madison, SD 57042



****For those living with Parkinson's disease, carepartners and family members****

To RSVP or for more information please email/call:

Sally Wolf @ 605.270.2894
Kathi Eisenbeis @ 605.270.4269

Canton Support Group Area

Candace Zweifel, MA, CCC-SLP
Sanford Health

Make new friends but keep the old...this is a song that comes to mind when we think of the new and old friendships forming at the newest South Dakota Parkinson's support group in Canton.

Not only are new connections being made, but reconnections from years past. Friends and family on their journey with Parkinson's from several communities including Canton, Beresford, Alcester, Lennox, Hull, and Larchwood are coming together for fellowship, support, and to gain valuable information on how to live well with Parkinson's. Between 14-20 individuals including persons with Parkinson's, their caregivers, and facilitators have joined the group which meets once a month on the 2nd Wednesday of each month at Sanford Canton-Inwood.

As a kick off in January, the group welcomed Janey Case, Executive Director with the South Dakota Parkinson's Foundation, as a presenter and in February we enjoyed a fellowship activity, "Speed Friending" to get to know one another better. In the coming months, the group plans to have a pharmacist from Haisch Pharmacy in Canton speak about medication management with Parkinson's and in April Tim Anderson, a representative from Medtronic, will join us to speak on Deep Brain Stimulation. Several members of the group plan to attend both the Women's Parkinson's Forum in March and the South Dakota Parkinson's Foundation (SDSF) Awareness Conference in April.

If you or someone you know is interested in joining the Parkinson's Support Group in Canton and making some new friends, please feel free to join us on the 2nd Wednesday at 3pm at Sanford Canton-Inwood at 400 N Hiawatha Drive, Canton, SD.

For more information please contact:
Candace Zweifel or Becky Berentschot
Phone: 605.764.1480
Email: candace.zweifel@sanfordhealth.org.



Meldon Kroeger: Discovering the formula to living well with Parkinson's!

Katelyn Derby, *SDPF Intern*
Augustana University

Meldon Kroeger is the type of guy who seizes the day. You can find him on the farm raising pigs, gardening, tinkering around, and spending the majority of his time with his family, especially his grandchildren. Those that have met Meldon would all agree that he radiates joy in everything he does and always seems to have a smile on his face. A few years ago, Meldon began to notice tremors in his hands and his posture becoming slouched. In April of 2014, Meldon was diagnosed with Parkinson's disease (PD).

Living in Hartford, South Dakota Meldon has discovered and overcome many obstacles that this disease has presented. In the initial phases of his diagnosis, Meldon had extreme difficulty using any utensils to eat or steadily sign a check. Because of this, Meldon and his wife, Linda, explored the option of Deep Brain Stimulation (DBS). The DBS operation implants electrodes to certain areas of your brain and produces electrical impulses that regulate the abnormal impulses. The electrical impulses can also change certain cells and the chemical makeup in the brain. Following the operation Meldon saw a steady improvement in his day to day tasks and in combination with other activities that have kept him active.

Meldon credits several different factors to his success in living with PD. He was involved in the LSVT Big and Loud programs and currently participates in the Rock Steady Boxing program and SD Dance for Parkinson's classes. The combination of these things has allowed Meldon to regain his endurance, elegance, and amiable laughter. The support of his family has played an immense role in his journey and he is grateful for all that his wife, Linda, and their family has done and continues to do. In accepting help from his family, Meldon shared, "They don't just do stuff for me, they let me ask for help." Meldon emphasized the importance of still allowing an individual with Parkinson's disease the freedom to complete their own tasks, but providing assistance when asked.

When questioned about the biggest misconception of Parkinson's disease, Meldon stressed that the diagnosis of PD is not a *death* sentence. Instead, he said, "It's a change in a *life* sentence." With that positive mindset, Meldon advises others to get active and don't be afraid to try new things! Meldon is a living testament that humor, becoming involved, staying active, and simply enjoying life proves to be an excellent formula for living with Parkinson's disease.



Meldon & Linda with their grandchildren: Trystan, Eastyn, and Josalyn



Meldon during class at Rock Steady Boxing at The Inn on Westport



Linda & Meldon with their daughter, Melinda

Petals for Parkinson's



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 disease 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 organized a new fundraiser model called Petals for Parkinson's. The SD Parkinson Foundation and Landscape Garden Centers partnered together and used the worldwide symbol (*the tulip*) as a way to raise awareness while spreading springtime cheer within our local and surrounding communities by delivering beautiful potted tulip arrangements.

Preorders for tulip arrangements were completed during the month of March however; we will have additional arrangements available for purchase at our upcoming SD Parkinson's Awareness Conference. Each arrangement is \$20 and all proceeds stay within the SDPF to support local programs and services.

For additional information please contact the SDPF office at 605.271.6113.

Director's Message

Janey Case, *Executive Director*



April is here which means spring and even though the current weather report wants us to believe otherwise I know I am excited and definitely ready for more sunshine, green lawns and trees and blooming flowers!

Spring also means a very busy time for the South Dakota Parkinson Foundation (SDPF). April marks Parkinson's Awareness Month and during this time we focus our attention on raising awareness through education, experiences through new ways of effectively coping and living well with such conditions, and resources to help us gain insight into the complications of living with PD. The annual SD Parkinson's Awareness Conference is the foundation's largest educational event of the year and once again we are excited to welcome an amazing lineup of presenters that will cover a wide range of topics. This is also a time to come together as a community to show our continued support for those affected by Parkinson's disease along with meeting new individuals and families. I hope you will consider joining us.

I also want to take this time to remind our members that SDPF is already into our third year as an independent foundation, separate from the National Parkinson Foundation (NPF). We've had great success with growth over the years and we have even bigger goals for 2018. Our hope is to work towards expanding some of our local programs into additional areas across the state including, but not limited to, educational programs and fundraisers similar to the Step Big Walk for Parkinson's and Petal for Parkinson's events.

With independence and continued growth come expenses. Over the years your contributions have helped make SDPF the leading SD Parkinson's disease resource provider that it is and for that we say, thank you. However, as a foundation we no longer receive financial support generated at the national level and in order to meet the demands of this disease within our borders we are asking for your ongoing support in the upcoming year.

We are the connection to let families know they are not alone and we remain dedicated to our mission; to improve the quality of life for those touched by Parkinson's disease.

EXECUTIVE BOARD

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Janey Case

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LOCAL OFFICE

South Dakota Parkinson Foundation (SDPF)

1000 N West Ave, Ste. 220
Sioux Falls, SD 57104
605.271.6113
www.southdakotaparkinson.org

BOARD OF DIRECTORS:

SDPF board of directors are the governing body whose members are community leaders with experience in supporting family members or friends living with Parkinson's disease. Board members are volunteers who work daily to support the foundation's mission and encourage others through education, advocacy and fundraising opportunities.

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.

Thank You to All Our Donors

January 1st, 2018 – March 31st, 2018

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, 2018 through March 31st, 2018. 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

Don DeHaan
Great Bear Ski Valley
Sharon DeHaan
Dick & Rhonda Baker
Brad Blomberg
Keith Perkins III



Sandra Moeller
Roger Moeller

CHAPTER GIFTS

MacKenzie River
Hy-Vee Operation Smile
Sister Darlene Gutenkauf
Richard Seaman
Glenn & Verla Baden
Timothy & Mona Ness
Shelly Kaiser
Dale Kirschenman
Dave Hauck

Parkinson's Awareness Month

April is Parkinson's Awareness Month. What better time to make things happen in a bigger way. So how can you become involved? Challenge yourself to spend some time each day raising awareness for Parkinson's disease. To show you just how easy it can be, we've created some tips to get you started. Once you decide to take action, you'll be surprised by the difference you can make, so why not start today?

- ❖ Write a letter to the editor of your newspaper, sharing a story of how a treatment, program, or event has impacted your life.
- ❖ Share your personal Parkinson's story with a friend, neighbor, coworker, or family member.
- ❖ Spend some quality time with someone who has Parkinson's.
- ❖ Send a letter to your local television or radio station in praise of a healthcare professional that made a significant difference in your life.
- ❖ Talk to your local fitness center or hospital facility about offering exercise classes geared toward people with movement disorders.
- ❖ Participate in a variety of exercise classes (*dancing, boxing, swimming, cycling, etc.*) and invite a family member or friend to join you.
- ❖ Join a local Parkinson's support group.
- ❖ Attend a seminar on PD.
- ❖ Create art or find new ways to express your PD journey (*painting, photography, and writing*).
- ❖ Share your story in an upcoming issue of the SDPF newsletter.
- ❖ Talk to family and friends about starting a team for the Step Big Walk for Parkinson's event and set a team goal.
- ❖ Ask for help when you need it!

Calendar of Events

April

SD Parkinson's Awareness Conference

Date: Saturday, April 21st

Location: Hilton Garden Inn SF (*south location*)

Time: 8:30 am – 4:00 pm

Fee: \$25 per person

(*includes a light breakfast, lunch and afternoon dessert*)

Website: www.southdakotaparkinson.org

****To register please call 605.271.6113****

Petals for Parkinson's: Pick-up at conference or at Landscape Garden Centers (*April 19th – 25th*).

May

A Night for Caregivers!

Date: Thursday, May 3rd

Location: Active Generations

Time: 6:00 pm – 8:00 pm

Fee: Free (*30 guests*)

Limited space is available so we ask that you RSVP to reserve your spot. Please call the SDPF office @ 605.271.6113.

We want to recognize caregivers because we understand you play a very important role in your loved one's Parkinson's journey. Join us for a fun night dedicated just for you. Care is available for your loved one next door at the Day Break Adult Services program if needed.

June/July

Parkinson's Annual Picnic (*2 programs*)

Date: Wednesday, July 18th

Time: 1:00 – 2:30 pm

Date: Wednesday, July 25th

Time: 6:30 pm – 8:00 pm

****All are welcome to attend!****

August

Step Big Walk for Parkinson's

Date: Saturday, August 25th

Location: Canaries Baseball Stadium

Time: 9:00 am registration / 10:00 am walk

Fee: \$25 per person (*12 years & under are free*)

Website: www.southdakotaparkinson.org

****Registration will open May 1st!****

Community Support Groups

Aberdeen

2nd Thursday

1:30 pm

Parkside Retirement Community

Rapid City

2nd Saturday

1:00 pm

WestHills Village

Sioux Falls

4th Wednesday

6:30 pm

Sanford Wellness Center

Brookings

1st Thursday

1:30 pm

First Bank & Trust

Sioux Falls

2nd Thursday

9:30 am (*Women with PD*)

Avera Outpatient Therapy

Vermillion

1st Wednesday

11:30 am

Sanford Vermillion

Huron

4th Wednesday

1:30 pm

HRMC Legacy Plaza Auditorium

Sioux Falls

Tues/Thurs

2:30 pm

Avera Outpatient Therapy

Viborg

2nd Tuesday

2:00 pm

Pioneer Memorial Hospital

Luverne

3rd Thursday

1:00 pm

St. John Lutheran Church

Sioux Falls

2nd Tuesday

2:30 pm

Dow Rummel Village

Watertown

2nd Wednesday

2:00 pm

Jenkins Living Center

Mitchell

3rd Monday

2:00 pm

Avera Queen of Peace Hospital

Sioux Falls

3rd Wednesday

1:00 pm

Sanford Wellness Center

Yankton

2nd Friday

1:30 pm

Professional Office Pavilion

Rock Steady Boxing Changing Lives!

Rock Steady Boxing at The Inn on Westport will be celebrating our 1 year Anniversary at the end of April. In the past year the program has been able to impact the lives of those living with Parkinson's disease. Boxers are seeing increased balance, increased walking speeds as well as leg strength in addition to an overall increased sense of well-being.

Testimonials from our fighters include:

"Higher energy, stronger, better walking. I don't feel well when I miss a class." --Mark N.

"No more nightmares, balance better, enjoy being around people more." --Tom

"Walk better, less falls, improved balance, less stiff; I can now pick up by granddaughter!" -- Roger

"I've got better balance, sleeping better & more energy. Everyone comments something to the effect of "I'd never know you had PD if someone had not told me." --Ray

Class times for Rock Steady Boxing include:

- | | | |
|------------------------------------|-------------------|---|
| ❖ Monday/Tuesday/Thursdays | 2:30 p.m. | Level 1 - 2 & 3
(cornerman may be required) |
| ❖ Monday/ Tuesday/Thursdays | 5:00 p.m. | Level 1 – 2
(cornerman may be required) |
| ❖ Tuesdays/Thursdays | 12:45 p.m. | Level 3 – 4
(cornerman is required) |

Assessments are done to place boxers in the appropriate class.

For more information contact:

Lisa Howard

Rock Steady Boxing Director and Coach

(605) 362-1210 or lisa.howard@innonwestport.org



Living Well with Parkinson's: New Approaches

2nd Annual Retreat
Abbey of the Hills near Milbank, SD
September 28-30, 2018

The logo for "Living Well with Parkinson's Disease". It features the text "living well with Parkinson's Disease" in a circular arrangement around a central image of two people holding hands. Below the circle, the text "LET'S POWER THROUGH THIS TOGETHER" is written in a curved path.

KEYNOTE SPEAKERS:



- **Andrew Ridder, MD** graduated from University of South Dakota's School of Medicine and University of Michigan
- Dr. Ridder is a movement disorder specialist and will join AMG Neurology at Avera McKennan in August 2018.



- **Dawn Flickema, MD** draws from 16 years of experience as a board-certified family medicine provider.
- Dr. Flickema is the recipient of the Patient's Choice Award and instrumental in the development of Avera's Integrative Medicine Program.

Registration opens June 15th – September 14th, 2018.
Please call 605.322.5150 for more information.

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

[VERMILLION, SD:](#)

Sanford Vermillion
20 S Plum
605.677.3590

[WATERTOWN, SD:](#)

Jenkins Living Center
215 S Maple Street
605.886.5777

[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

[VIBORG, SD:](#)

Pioneer Outpatient Center
315 N Washington Street
605.760.5066

[YANKTON, SD:](#)

Avera Sacred Heart Hospital
501 Summit
605.668.8268

[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:](#)

Big Stone Therapies, Inc.
Eight 5th Street SE
605.995.6044

Great Bear Ski Valley Races

A special thank you to Grant DeHaan and Great Bear Ski Valley for organizing ski and snowboarding races with proceeds benefiting the SD Parkinson Foundation.

The event, held on Sunday, March 4th at Great Bear Ski Valley, was a huge success with over \$500 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. Before the races began Grant made a special tribute to his dad stating, "I never would have started skiing if it weren't for my dad!"

The races included both skiing and snowboarding for all ages. Grant took 2nd place in his division for the ski races. It was a chilly day, but a large crowd came out to enjoy a fun day of friendly competition.



Grant DeHaan pictured with his mother, Sharon DeHaan, and sister, Alicia Henderson



Dan Grider with Great Bear Ski Valley and Grant DeHaan

Rock Steady Boxing at The Inn on Westport Presents: Painting for Parkinson's

Join members, friends and family members of the Rock Steady Boxing program for an afternoon of painting and fellowship with Painting for Parkinson's. All are welcome to attend!

Date: Saturday, April 28th

Time: 1:00 pm – 4:00 pm

Location: The Inn on Westport
4000 S. Westport,
Sioux Falls, SD



Painting Class includes

- ❖ Choice of painting a tulip or boxing glove
- ❖ Art piece to take home.
- ❖ Instruction and all supplies
- ❖ Cocktails and refreshments

Registration:

Name: _____ Phone: _____

Address: _____ Email: _____

I would like to paint the: ___ **Tulip Painting** ___ **Boxing Glove Painting**

Enclosed is my \$25 Registration fee made payable to: **The Inn on Westport**
Please mail to: The Inn on Westport; 4000 S. Westport Ave, Sioux Falls, SD 57106

Proceeds go to support:



Yankton Area Support Group Bids Farewell to a Special Facilitator and Friend!

The Yankton Area Support Group has been meeting for 22 years under the guidance of Carol Hamvas. However, after years of dedication to helping those affected by Parkinson's disease and their families Carol has made the decision to retire from her role as group facilitator.

On behalf of the SD Parkinson Foundation and members of the Yankton Area Support Group we would like to extend our thanks to Carol for all her hard work and commitment to bringing people together in their Parkinson's journey, offering them hope, encouragement, education and continued support.

Carol's last support group meeting will be in April. As of May 1st, 2018 the Yankton support group will be in need of a new facilitator willing to take on the role. Carol did indicate that she is more than willing to help during the transition. However, if nobody from the area steps forward in this role the support group will need to close its doors.

If you are interested or may know of somebody that would be able to dedicate some time to this important support group please contact the SDPF office at 605.271.6113.



**~SAVE THE DATE~
August 25th, 2018**

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*****

Spring is here and summer is just around the corner, which means it's time to get ready for the 2018 Step Big Walk for Parkinson's on August 25th! Are you registered?

In the January newsletter issue we introduced you to Dawn Williams, the new event coordinator with SDPF. Dawn will be heading up the Step Big Walk event and we couldn't be more excited to see all the fun things she has planned for this year's event.

The commitment of our SDPF supporters is an incredible testament to the great work being done throughout the state and the value it brings to those coping with the complications of Parkinson's disease.

Contact

605.271.6113
Dtwilliams614@gmail.com
www.southdakotaparkinson.org
look under **EVENTS** tab



~2018 Step Big Goals~

Monetary Goal - \$37,000
Team Goal - 15 teams (4 members or more)
Participants - 350 people

2017 Leaders!

Top 3 Individual Fundraisers:

**Ray Townsend
Meldon Kroeger
Mary Tidwell**

Top 3 Teams:

**Team Townsend: \$3,775
Boxers Against PD: \$3,281
Avera Big Steppers: \$2,295**

**Register for Step Big Walk
for Parkinson's**

+

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 (12 years & under are free)

*****Those that register will receive a
2018 Step Big Walk T-Shirt*****

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.

Share Your Story!

- ❖ Are you living with Parkinson's disease?
- ❖ Are you a caregiver of someone living with Parkinson's disease?
- ❖ Are you a loved one of someone living with Parkinson's disease?

If the answer is yes, you have a story to tell and we would like to hear from you and include your story in an upcoming issue of the newsletter. If you have an article you would like to share and/or a topic of interest and would like to become a regular contributor to the SDPF newsletter please contact the local office for more information.

The South Dakota Parkinson Foundation newsletter is published quarterly and is released during the months of: ***January *April *July *October.**

