



PARKINSON'S DISEASE SUPPORT GROUP OF SOUTHERN NEW MEXICO

MEETING DATE: MARCH 21, 2023

Holiday Inn Express-Las Cruces North ~ 2142 Telshor Court

~ Join us for our support group meeting ~

Social Time 9:00 to 9:45

Meeting 9:45 to 11:45

9:00 - 9:45 - Meet and Greet

9:45 - 10:00 - Welcome and Introductions

10:00 - 10:50 - Speaker: Patrick Gillespie from A.A.R.P. will present "Fraud and Scams"

10:50 - 11:05 - Restroom Break

11:05 - 11:35 - Speaker: Patrick Gillespie from A.A.R.P. presents "Downsizing and Decluttering"
OR

11:05 - 11:35 - Breakout session for care partners with Carol A. Witham

11:35 - 11:45 - Questions and Comments

Coffee and water will be available along with fruit and other snacks.

**WE ARE TAKING A BREAK FROM THE SUPPORT GROUP ZOOM MEETING
BUT HOPE TO START UP AGAIN SOON.**

4th Tuesday of every month – NEWLY DIAGNOSED PARKINSON'S SUPPORT GROUP
March 28 10 a.m. – 11 a.m. This small, casual meeting for the newly diagnosed will be held at Solstice Senior Living, 151 N. Roadrunner Parkway, Las Cruces. All members are invited, to join, especially long timers, as they have experience and wisdom to share.

IMPORTANT EVENTS

- **Scott J. Sherman, MD, Movement Disorder Specialist, from Tucson, will join us for a ZOOM meeting on March 21 at 6:30 p.m.** As many of you know, Dr. Sherman has been my neurologist since 2013. He now treats several of our support group members. All our members are invited to attend the meeting. Make a list of questions and be ready to ask them.
- **PLEASE NOTE: IF YOU DO NOT HAVE COMPUTER ACCESS, COME TO MY HOME OR JOIN WITH A FRIEND OR FAMILY MEMBER WHO HAS COMPUTER INTERNET ACCESS.**

Here is the link:

<https://pmdalliance.zoom.us/j/868280850>

Password: 154845

If using your smart phone, dial by your location

+1 346 248 7799 US (Houston)

+1 253 215 8782 US

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

+1 301 715 8592 US

+1 646 558 8656 US (New York)

Meeting ID: 868 280 850

PROCLAMATION READINGS for Parkinson's Awareness Month-April:

- Monday, April 3 at 1:00 p.m., City of Las Cruces, Council Chambers at City Hall, 700 N. Main Street
- Tuesday, April 4 at 9:00 a.m., Dona Ana County Commission Chambers, 845 N. Motel Blvd, Las Cruces

Members, if you have time, please attend one or both meetings to show support of our group and Parkinson's Awareness.

ANNOUNCEMENTS:

- It is with sadness that I report that George Miller passed away on March 7. We send our deepest condolences to Kaye Miller and family.
- **Visit our revamped website pdsgsnm.org.** Our new board member, Jennifer Villa, has taken over the care and maintenance of our website and our Facebook page. We now have a calendar of events, activities in two places, and updated information. We are so pleased to have Jennifer on board with us and appreciate her hard work.
- **"It's Just Parkinson's"** documentary is now available for public viewing.
<https://vimeo.com/ondemand/itsjustparkinsons> **(Ctrl Click)**
- **Movement Disorder Center** contact information:
Dawn Tuschoff, Unit Director
Clinic Phone – 505.272.0664
Office Phone – 505.272.7406
Email – dtuschoff@salud.unm.edu
Albuquerque, New Mexico
As soon as physician names are available, I will provide them.
- **Stress-Busting Program for Family Caregivers™**
A new 9-week program starts March 21. The program is for families caring for a loved one with a chronic illness. The ZOOM classes are on a Tuesday at 10 a.m. or 1 p.m. and there is no charge. Register by calling 830-377-1484. See attached pages.
- **Dr. Jill Marjama-Lyons, Movement Disorder Specialist, is accepting new patients!** The first appointment is in person and subsequent appointments can be via telehealth. Dr. Jill is affiliated with

Encompass Health Rehabilitation Hospital of Albuquerque. Her address is 7000 Jefferson St. NE, Albuquerque, NM 87109 and telephone is 505.797.3771.

- **PICKLEBALL for Parkinson's is back on the calendar.** Pickleball will normally take place at the multipurpose room at Meerscheidt Recreation Center every Thursday at 1:00 pm until further notice. **CHANGE OF LOCATION FOR MARCH 16 AND MARCH 23 TO APODACA PARK FOR TWO WEEKS. 12:45 p.m. – 2:15 p.m.** RSVP, if possible, to Diane Giever at dgiever@comcast.net or call at 724.388.6201 (cell). Watch your email for upcoming play dates or change of venue (Apodaca Park).
- Upcoming programs:
 - April 18, 2023 – Jo Bidwell, Executive Director, Southwest Parkinson Society. If you have questions about Parkinson's, Jo has the answers. Bring your questions to the meeting or send them to Sarah in advance. This is one speaker you do not want to miss!

RESOURCES:

Parkinson's & Movement Disorder Alliance
www.PMDAlliance.org

Parkinson's Disease Support Group of SNM
www.pdsgsnm.org

Parkinson Foundation
www.Parkinson.org

FREE MEDICAL EQUIPMENT

Jenny Clark of Sonoma Ranch has been collecting new and used medical equipment for our veterans and storing the equipment in her garage until the collection outgrew her space. Anyone can either donate or take medical equipment and supplies to the Masonic Lodge at 180 E. Boutz Road, Las Cruces. The phone number is 575.524.4651

Care Partners: A one-on-one discussion with Alaina Johnson on ZOOM any Tuesday evening. Call Alaina in the evening to schedule your appointment at 575.642.1009.

REMINDERS:

- **March 21, 2023 ZOOM with Dr. Scott Sherman 6:30 pm**
- **March 28, 2023** Newly Diagnosed Support Group
- **April 18, 2023** Parkinson's Support Group Meeting
- **April 25, 2023 at 10:00 a.m.** at Solstice Senior Living, **Newly Diagnosed Support Group**
- Rock Steady Boxing at Dona Ana Village Boxing Club. Workout days are Monday, Wednesday, and Friday at 11 a.m.
- Carol's Parkinson's exercise class (New Pathways for Parkinson's) is meeting Mondays and Wednesdays from 10:00 a.m. to 11:00 a.m. at Genesis, the Village at Northrise in The Hallmark building, second floor.
- Jigsaw puzzle exchange at each meeting

Support Group Contact: Sarah Stegall 575.496.2550 New Email: sarah.stegall.pdsgsnm@gmail.com

Wash your hands, drink water, exercise and stay well.