



# PARKINSON'S DISEASE SUPPORT GROUP OF SOUTHERN NEW MEXICO

**MEETING DATE: SEPTEMBER 19, 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 – 11:00 Speaker – Carol A. Witham, Medical Exercise Specialist, Brain Health Senior Fitness Coach and Personal Trainer has for 21 years been leading classes for people with Parkinson's. Joining her will be Mason, her Papillon. Carol will present our group with a “teaching” exam. It's “open book” or in our case, consult your table mate. The test questions are tidbits of important information that Carol passes on to us during her exercise class. We will have a competition with one side of the room against the other. Winners get a prize!
- 11:00 – 11:10 Break
- 11:10 – 11:45 Fun discussions with the group or Bingo!
- 11:40 - 11:45 Questions and Comments

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

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4<sup>th</sup> Tuesday of every month – **NEWLY DIAGNOSED PARKINSON'S SUPPORT GROUP**  
September 26 - 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 us, especially long timers, as they have experience and wisdom to share.

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## NOTES:

Because privacy is important to all of us, we do not distribute our email or telephone numbers to our members. If you would like to contact another member or care partner, contact Sarah Stegall to help you make the connection.

## ANNOUNCEMENTS:

Our fall symposium, **Learn. Live. Connect.** on September 7, 2023 has come and gone. It was a successful event with great speakers with important information and was well attended. Thank you to our board and our members for attending. Special thanks to First Presbyterian Church for the use of their meeting room and the bonus parking attendant, Mary Maley. Special thanks to Parkinson's and Movement Disorder Alliance staff Kelly Papesh and Philip Giles. They came in organized and ready to give the best symposium possible. Thank you to our speakers!

- Our fundraiser quilt, “Butterflies,” will be on display at our meetings along with raffle tickets for sale, There are 4 prizes this year! The 86”x 88” quilt, a pet portrait by Carol A. Witham, a watercolor painting by Diane Giever and a \$50 gift certificate for/from Rock Steady Boxing. Your donation is used for our local support groups.
- Check out our Facebook page. Jamie Jones has taken on the management of the content so you will find it more interesting. Jamie is also recommending speakers for our group. We are always open to speaker recommendations.
- Visit our website [pdsgsnm.org](http://pdsgsnm.org). Jennifer Villa updates our website almost daily. We now have a calendar of events, lists of activities, recaps of our support groups and upcoming events. Our group activities are also posted on the KRWG Community Calendar.
- “It’s Just Parkinson’s” documentary is now available for public viewing.  
<https://vimeo.com/ondemand/itsjustparkinsons> (Ctrl Click)
- Movement Disorder Center UPDATED contact information:  
Clinic Phone – 505.272.0664  
909 Yale Blvd. NE Albuquerque, New Mexico  
Doctors: Amanda Deligtisch, MD and Gerson Swarez, MD  
You will need a referral from your primary doctor,
- Dr. Jill Marjama-Lyons, Movement Disorder Specialist - 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: Pickleball will take place in the multipurpose room at Meerscheidt Recreation Center every Thursday at 1:00 pm. **SEE NOTE BELOW**. Direct any questions to Diane Giever at [dgiever@comcast.net](mailto:dgiever@comcast.net) or call at 724.388.6201 (cell). Watch your text messages for upcoming play dates or change of venue (to Apodaca Park). Arrive early (12:45) and bring water.  
**\*PLEASE NOTE: MEERSCHIEDT WILL BE CLOSED ON THURSDAY SEPTEMBER 28. WE WILL HOLD PICKLEBALL AT APODACA PARK THAT DAY. PLEASE DRESS ACCORDINGLY AND BRING SUNGLASSES, A HAT OR VISOR AND WATER.**

#### UPCOMING PROGRAMS:

- October 17 – Nicole Kuiper, Medtronic, Deep Brain Stimulation
- November 21 – Fundraiser Quilt and 3 other prize drawings
- December 19 – Holiday Celebration
- January 16, 2024 – Aaron L. Clark, Abbvie, speaking on Duopa to treat motor fluctuations

#### RESOURCES:

Parkinson’s & Movement Disorder Alliance

[www.PMDAlliance.org](http://www.PMDAlliance.org)

*Parkinson & Movement Disorder Alliance is an independent, national nonprofit dedicated to help people impacted by movement disorders to learn, live more fully, and spark meaningful connections around them.*

Parkinson's Disease Support Group of SNM  
[www.pdsgsnm.org](http://www.pdsgsnm.org)

Southwest Parkinson Society  
<https://www.swparkinson.org>

Jo Bidwell, Executive Director, is one of our favorite speakers and one the most knowable persons when it comes to Parkinson's. Located in Lubbock, Texas, Jo has put many miles on her autos driving across Texas and into New Mexico to start and support new support groups for years. Go to their website for current fundraisers and events, past editions of the Tulip Messenger, Caregiver's Corner, Ask Dr. Hendley and Talk with Jo. And for a good laugh, read the Funnies!

Parkinson Foundation  
[www.Parkinson.org](http://www.Parkinson.org)

We have everything you need to live better with Parkinson's. Support our mission to improve care and advance research toward a cure.

### 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 Partner Support:** 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:

- Jigsaw puzzle exchange at the third Tuesday support group meeting. There are 7 puzzles in my bag. If there is no interest, please tell me and I will donate them,
- September 19, 2023 Parkinson's Support Group Meeting – Holiday Inn Express
- September 26, 2023 Newly Diagnosed Support Group at 10:00 a.m. at Solstice Senior Living
- October 17, 2023 Parkinson's Support Group Meeting – Holiday Inn Express
- October 24, 2023 Newly Diagnosed Support Group at 10:00 a.m. at Solstice Senior Living
- 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 level.
- Pickleball for Parkinson's every Thursday at 1:00 p.m. at Meerscheidt Recreation Center, unless notified of a closure or change of venue.

Support Group Contact: Sarah Stegall 575.496.2550 New Email: [sarah.stegall.pdsgsnm@gmail.com](mailto:sarah.stegall.pdsgsnm@gmail.com)

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