



PARKINSON'S DISEASE SUPPORT GROUP OF SOUTHERN NEW MEXICO

MEETING DATE: NOVEMBER 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. Get acquainted with other members.

9:45 – 10:00 Welcome from Co-Leader Sarah Stegall and board and guest introductions.

10:00 – 11:00 Judy Harmon will explain the power of her crystal singing bowls and then we will listen to the beautiful music that comes out of the bowls. Judy will also give a little demo on drumming.

11:00 – 11:20 Break

11:20 – 11:45 Raffle Drawing for four great prizes. Last chance to buy tickets.

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

4th Tuesday of every month – NEWLY DIAGNOSED PARKINSON'S SUPPORT GROUP
November 28 - 10 a.m. – 11 a.m. Anyone interested in a small, casual support group
for the newly diagnosed (or long-timers) is invited to attend.
Solstice Senior Living, 151 N. Roadrunner Parkway, Las Cruces.

NOTE:

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

ANNOUNCEMENTS:

- Free Chair Qigong classes at the Munson Center led by Richard Havey at 1:30 every Wednesday afternoon.
- Care Partners – A message from Sharon Lewis of Stress-Busting Program: Being a family caregiver is stressful and can lead to total exhaustion and burnout. The Stress-Busting Program for Family Caregivers provides education and support for family caregivers of people with chronic illness. The program teaches

stress management strategies and ways to cope better. The next program starts January 2 at 10:00 a.m. or 1:00 p.m. For information and registration call Sharon Lewis at 830.377.1484. This 9-week course is on Zoom and is free.

- 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. 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 will take place at the multipurpose room at Meerscheidt Recreation Center every Thursday at 1:00 pm until further notice. Join the fun and get instruction from a Pro! Direct any questions to Diane Giever at 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. **CLOSED NOVEMBER 23 FOR THANKSGIVING.**
- UPCOMING PROGRAMS:
- December 19 – Holiday Celebration
 - January 16, 2024 – Aaron L. Clark, Abbie, speaking on Duopa to treat motor fluctuations.

RESOURCES:

Parkinson’s and Movement Disorder Alliance

www.PMDAlliance.org

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

Parkinson’s Disease Support Group of SNM (Las Cruces)

www.pdsgsnm.org

Southwest Parkinson Society

<https://www.swparkinson.org>

Jo Bidwell, Executive Director, is one of our favorite speakers and one the most knowledgeable 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

We have everything you need to live better with Parkinson's. Support our mission to improve care and advance research toward a cure. This group provides all kinds of reading material on Parkinson's, and it is free!

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.

- **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.
- November 21- Parkinson's Support Group Meeting at 9:00 a.m. at Holiday Inn Express
- November 28- Newly Diagnosed Support Group at 10:00 a.m. at Solstice Senior Living
- December 19 – Parkinson's Support Group Meeting at 9:00 a.m. at Holiday Inn Express
- December 25 – No meeting. It's Christmas Day!
- **Rock Steady Boxing has relocated to 1705 E. University Avenue in Las Cruces. Maximum Martial Arts is in the shopping center between JoAnn Fabric and Toucan's. The schedule has remained the same – Monday and Friday class at 11:00 a.m. and open gym on Wednesday 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. **NO CLASS ON WEDNESDAY, NOVEMBER 22.**
- Pickleball for Parkinson's every Thursday at 1:00 p.m.

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

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

HAPPY THANKSGIVING!

*I am thankful to have all of you in my life.
Sarah Stegall*