



PARKINSON'S DISEASE SUPPORT GROUP OF SOUTHERN NEW MEXICO

MEETING DATE: DECEMBER 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. Get acquainted with other members.
- 9:45 – 10:00 Welcome from Co-Leader Sarah Stegall and board and guest introductions.
- 10:00 – 11:00 Holiday fun, Christmas Cookie Exchange. Christmas Carols. Games. Prizes! See Attachment.
- 11:00 – 11:20 Break
- 11:20 – 11:45 Judging of the most delicious cookie or baked item and the most creative display. Select and pack your baked goods.

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

4th Tuesday of every month – NEWLY DIAGNOSED PARKINSON'S SUPPORT GROUP

NO DECEMBER MEETING

January 23 - 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 of our members. If you would like to contact another member or care partner, contact Sarah Stegall to help you make the connection.

ANNOUNCEMENTS:

- Quilt raffle ticket winners: The Butterfly Quilt-Enrique Longoria, the pet portrait by Carol A. Witham-Evelyn Hutchinson, the watercolor painting by Diane Giever-Dee Kristian and the \$50 gift certificate for Rock Steady Boxing-Jon Roberts, our top ticket salesman.
- You have another chance to win a pet portrait by Carol A. Witham. Evelyn has offered it to our group so we will raffle it off at the December meeting.

- 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. 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” a documentary, featuring John Cullen, 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.
- Dr. Scott Sherman, Neurologist, Movement Disorder Specialist, is located in Tucson, Arizona at 3838 N. Campbell Blvd. Building 2, 2nd floor, Clinic E. Phone number is 520.694.8888. It may help to get you in if you tell them you are a member of the Las Cruces Support Group.
- PICKLEBALL FOR PARKINSON'S takes 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 and email for upcoming play dates or change of venue (to Apodaca Park). Arrive early (12:45), bring safety glasses, and bring water.

We plan to put in a request for longer gym time (1:00 – 2:30) AND Organ Mountains Pickleball Club has offered to pay our gym rental for 2024! Of course, none of this would be possible without Diane Giever's love for the game and for the dedicated volunteers - Coach John Allevi, our very own

board member John Mylius and Jeff Anderson, President of the Organ Mountains Pickleball Club. A huge THANK YOU goes out to them.

MEERSCHIEDT IS CLOSED DECEMBER 15 – DECEMBER 31. WE WILL BE NOTIFIED OF THE REOPEN DATE IN JANUARY 2024.

UPCOMING PROGRAMS:

- January 16, 2024 – Aaron L. Clark, Abbvie, speaking on Duopa to treat motor fluctuations.
- February 20, 2024 – Dr. Judy Salamon, Salamon Speech Therapy
- March 9, 2024 – Parkinson's and Movement Disorder Alliance will be in El Paso for the Learn. Live. Connect. Program. Start now making your plan to attend. Details will be shared when available.

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.

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. Alaina is one of our board members and has been in the health field for many, many years. She will have answers for you.

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.

- January 16 - Parkinson's Support Group Meeting at 9:00 a.m. at Holiday Inn Express

- January 23 - Newly Diagnosed Support Group at 10:00 a.m. at Solstice Senior Living
 - February 20 – Parkinson’s Support Group Meeting at 9:00 a.m. at Holiday Inn Express
 - February 27 – Newly Diagnosed Support Group at 10:00 a.m. at Solstice Senior Living
- **Rock Steady Boxing has relocated to 1705 E. University Avenue in Las Cruces. Maximum Martial Arts** is in the shopping center to the west of JoAnn Fabric. The schedule has remained the same – Monday and Friday class at 11:00 a.m. and open gym on Wednesday at 11 a.m.
NO CLASS ON DECEMBER 25.
 - 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 DECEMBER 22 THROUGH JANUARY 1. RETURN JANUARY 2.

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

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

HAPPY HOLIDAYS!
MERRY CHRISTMAS! and HAPPY NEW YEAR!