



## PARKINSON'S DISEASE SUPPORT GROUP OF SOUTHERN NEW MEXICO

**MEETING DATE: JANUARY 16, 2024**

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 **Speaker: Aaron Clark, Account Executive, Neuroscience – Abbvie.** She is a born and raised Midwestern gal, but moved to Austin in 2022 with her husband and 2 year old son. Aaron writes: “Both my parents have/had autoimmune diseases, so I was thrilled to join the fight against Parkinson's disease! I love my job and it's because of the inspiration and encouragement I get to witness and give within the Parkinson's community. I spend my work time educating patients and caregivers on ways to think differently about managing, monitoring and working with their PD.” Aaron will discuss Duopa to treat motor fluctuations-what it is, who would benefit and how it is used.

11:00 – 11:20 Break

11:20 – 11:45 Questions for our speaker and group discussions.

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

### UPCOMING PROGRAMS:

- January 16, 2024 – Aaron L. Clark, Abbvie, speaking on Duopa to treat motor fluctuations.
- January 23, 2024 – Newly Diagnosed Support Group at 10:00 am at Solstice Senior Living.
- February 20, 2024 – Dr. Judy Salamon, Salamon Speech Therapy
- February 27, 2024 – Newly Diagnosed Support Group at 10:00 am at Solstice Senior Living
- 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.
- March 19, 2024 – Jo Bidwell, Executive Director, Southwest Parkinson Society, Lubbock, TX.
- March 26, 2024 – Newly Diagnosed Support Group at 10:00 am at Solstice Senior Living

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4<sup>th</sup> Tuesday of every month – NEWLY DIAGNOSED PARKINSON’S SUPPORT GROUP  
January 23 - 10 am – 11 am 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

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#### EXERCISE OPPORTUNITIES:

- **PICKLEBALL FOR PARKINSON'S** takes place at the multipurpose room at Meerscheidt Recreation Center every Thursday at 12:15 pm – 2:30 pm. Join the fun and get instruction from a Pro! 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 and email for upcoming play dates or change of venue (to Apodaca Park). Arrive early (12:00), bring safety glasses, and bring water.
- **NEW PATHWAYS FOR PARKINSON’S** exercise class for people with Parkinson's given by Carol A. Witham is meeting Mondays and Wednesdays from 10:00 am to 11:00 am at Genesis, the Village at Northrise in The Hallmark building, second level. To contact Carol, email [withamcarola@gmail.com](mailto:withamcarola@gmail.com).
- **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 am and open gym on Wednesday at 11 am.
- **CHAIR QIGONG** classes at the Munson Center led by Richard Havey at 1:30 every Wednesday afternoon. Classes are free!

#### RESOURCES:

- Facebook: Parkinson's Disease Support Group of Southern New Mexico
- Our website: [pdsgsnm.org](http://pdsgsnm.org)
- KRWG Community Calendar. <https://www.krwg.org/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). John Mylius is our board member, John Cullen's uncle. John Cullen has a new book titled “*Unbreakable Surviving Adversity.*” Printed by IngramSpark.
- 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, 2<sup>nd</sup> 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.
- 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.
- CAREPARTNER SUPPORT:  
A one-on-one discussion with Alaina Johnson on ZOOM at 6:30 pm any Tuesday evening. Call Alaina in the evening to schedule your appointment at (575) 642-1009. Alaina is one of our auxiliary resource members and has been in the health field for many, many years. She will have answers for you.

#### RESOURCES ONLINE:

- Parkinson's and Movement Disorder Alliance [www.PMDAlliance.org](http://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](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 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](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." This group provides all kinds of reading material on Parkinson's, and it is free!

#### 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.

**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.**

Support Group Contact: Sarah Stegall (575) 496-2550 Email: [sarah.stegall.pdsgsnm@gmail.com](mailto:sarah.stegall.pdsgsnm@gmail.com)

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