



PARKINSON'S DISEASE SUPPORT GROUP OF SOUTHERN NEW MEXICO

MEETING DATE: AUGUST 20, 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.

9:45 – 10:00 - Welcome! Introduce board members and guests

Carol to discuss her class

- Announcing new meeting format – Small gathering for new members after the break
- Ask of my board members
- Board opening for a secretary
- Introduce Speaker and new board member

10:00 – 11:00 Lynn Austin, board member, active community member and returning speaker will give us an update on his Legacy Files. Have you finished your Legacy Files? Or even started organizing your financial, medical or personal files? If you fall in the second category than this meeting is really for you. Even if you do have some type of organization, you will learn something new.

11:20 – 11:45 - Full Group

Up for discussion-Brain and Life Editor article Profiles in Courage. Editor in Chief, Orly Avitzur, MD, MBA, FAAN states “Living with a neurologic condition requires fortitude, imagination and bravery.” How many of you carry these attributes?

11:20 – 11:45 – Breakout Session

New people to the group can meet each other and share their story.

ANNOUNCEMENTS:

Our prayers and condolences go out to Sherry Thomas and family and friends for the loss of Sherry's husband, our friend, support group member and poet, Richard (Dick) Thomas. Dick sadly passed away at Mesilla Valley Hospice on July 21st.

WEST EL PASO SUPPORT GROUP

- PARKINSON'S WESTSIDE SUPPORT TEAM meets the first Wednesday of each month at the Queen of Peace Catholic Church, 1551 Belvidere, El Paso, Texas. The time is 3:00 pm in Room 107. Please note: Beginning September 4, 2024, the monthly meeting time will be 2:00 pm. Ken Posey leads the group with passion and includes a variety of speakers.
- Ken recently joined the Pickleball for Parkinson's in Las Cruces and would like to introduce El Paso folks with Parkinson's to the Pickleball game. Ken Posey's contact information is email kposey1@sbcglobal.net and telephone is 575.997.8828.

UPCOMING PROGRAMS:

- August 20 – Parkinson's Support Group at 9:00 to 11:45 at **Holiday Inn Express** Las Cruces North
- August 27 - Newly Diagnosed Support Group at 10:00 AM at Solstice Senior Living, 151 N. Roadrunner Parkway, Las Cruces.
- September 17 – Parkinson's Support Group at 9:00 to 11:45 at **Holiday Inn Express** Las Cruces North
- September 24 - Newly Diagnosed Support Group at 10:00 AM at Solstice Senior Living, 151 N. Roadrunner Parkway, Las Cruces.
- October 15 – Parkinson's Support Group at 9:00 to 11:45 at **Holiday Inn Express** Las Cruces North
- October 22 - Newly Diagnosed Support Group at 10:00 AM at Solstice Senior Living, 151 N. Roadrunner Parkway, Las Cruces.

EXERCISE OPPORTUNITIES:

- **PICKLEBALL FOR PARKINSON'S – Meeting at Apodaca Park, Courts 7 and 8, 8 AM to 10 AM every Thursday, August 22 – September 26. 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 changes of venue. Arrive early (7:45), bring safety glasses, a snack, a chair and water.**
- **NEW PATHWAYS FOR PARKINSON'S** exercise class for people with Parkinson's led by Carol A. Witham. Meets Mondays and Wednesdays from 10:00 AM to 11:00 AM at Genesis, the Village at Northrise, in The

Hallmark building, second level, 2882 N. Roadrunner Parkway. To contact Carol, email withamcarola@gmail.com.

- **ROCK STEADY BOXING located at 1705 E. University Avenue in Las Cruces. Maximum Martial Arts** is located to the west of JoAnn Fabric. The schedule is - Monday and Friday class at 11:00 AM and open gym on Wednesday at 11:00 AM.
 - **QI GONG EXERCISE CLASSES: Richard Havey** (retired dance professor and laughter yoga instructor) is offering the following **free** classes:
 - **SEATED QI GONG** classes at the Munson Senior Center at 1:30 PM every Wednesday afternoon. Located at 975 S. Mesquite Street.
 - **QI GONG** classes (both seated and standing) every Thursday, 10:15 to 11:00 at the Branigan Library in the Roadrunner Room upstairs. Same address as stated above. The link: <https://las-cruces.assabetinteractive.com/calendar/chair-qi-gong/>

RESOURCES:

- Movement Disorder Center
Clinic Phone – 505.272.0664
909 Yale Blvd. NE Albuquerque, New Mexico
Doctors: Amanda Deligtisch, MD, Gerson Swarez, MD, Dana Sugar, MD, Sarah Pirio-Richardson, MD and Melanie Stewart, NP.
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 505.651.2788.**
- 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.

RESOURCES ONLINE:

- Facebook: Parkinson's Disease Support Group of Southern New Mexico
- Our website: www.pdsgsnm.org
- KRWG Community Calendar: <https://www.krwg.org/community-calendar>

- Parkinson's and Movement Disorder Alliance www.PMDAlliance.org
PMD 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 of 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!
- “It's Just Parkinson's” a documentary, featuring John Cullen, is now available for public viewing. <https://vimeo.com/ondcmand/itsjustparkingons> (Ctrl Click). John Cullen is John Mylius's nephew. John Cullen has a new book titled “*Unbreakable Surviving Adversity*.” Printed by IngramSpark.

FREE MEDICAL EQUIPMENT

The Masons at the Masonic Lodge have a medical equipment exchange called H.E.L.P. (Handicapped Equipment Loan Program) to assist those in need of medical equipment such as wheelchairs and walkers. If you have equipment you are no longer using, or are in need of equipment call Jerry at 575.642.9999 or Bill at 575.644.8830 to check their inventory or for pick-up and delivery.

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 auxiliary resource members and has been in the health field for many, many years. She will have answers for you.

REMINDER:

Jigsaw puzzle exchange at the third Tuesday support group meeting.

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

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