



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

**MEETING DATE OCTOBER 15, 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 11:30

9:00 - 9:45 - Meet and greet. Set up equipment and set out snacks.

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

Updates on Carol Witham's exercise class, Pickleball and Rock Steady Boxing.

10:00 – 11:00 Speaker - **Dr. Carla Palmer, DP, DPT, PRTC, Physical Therapist from MiraSol** will speak on MiraSol's areas of specialty which include women's health, pelvic floor, and Temporomandibular dysfunctions (TMJ). Additionally, MiraSol therapists are skilled in orthopedics, geriatrics, and general sports injuries. Join us for a very interesting discussion for BOTH men and women on bladder health. Paper and pencils will be provided for written questions.

11:00 – 11:30 - Free time for questions, visiting with members or leaving early.

11:30 – 11:45 – Pack-up

### **ANNOUNCEMENTS:**

Dr. Jill, Albuquerque, has announced that she will be closing her office in June. For many of our members, that means finding a new movement disorder specialist.

### **UPCOMING PROGRAMS:**

- October 22 - Newly Diagnosed Support Group at 10:00 AM at **Solstice Senior Living**, 151 N. Roadrunner Parkway, Las Cruces. All persons with Parkinson's are invited.
- November 19 – Parkinson's Support Group, no speaker but we will have exciting topics to discuss. Be prepared to share the five things you are most thankful for with the group. Join us at 9:00 to 11:30 at **Holiday Inn Express** Las Cruces
- November 26 – Newly Diagnosed Support Group at 10:00 AM at **Solstice Senior Living**, 151 N. Roadrunner Parkway, Las Cruces. All persons with Parkinson's are invited.
- December 17- Parkinson's Support Group, no speaker but we will have fun things to do. Join us at 9:00 to 11:30 at **Holiday Inn Express** Las Cruces North.
- DECEMBER 17 WILL BE THE LAST MEETING OF 2024. Merry Christmas and Happy New Year!

See you January 21, 2025

## 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 2:00 pm in Room 107. Ken Posey leads the group with passion and includes a variety of speakers. Ken is searching for a new Meeting Coordination so please contact Ken if you are interested. [weimy65@gmail.com](mailto:weimy65@gmail.com) 575.997.8828

## EXERCISE OPPORTUNITIES:

- **PICKLEBALL FOR PARKINSON'S – Meeting at Apodaca Park, Courts 3 and 4, 8 AM to 10 AM every Thursday, for the month of October. 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 changes of venue. Arrive early (7:45 AM), and remember to bring your paddle, 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](mailto: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.
- **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.
- **LAUGHTER YOGA** classes at 10:15 to 11:00 on Wednesdays at Branigan Library in the Roadrunner Room upstairs. The address is 200 E. Picacho Avenue, Las Cruces.
- **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.

## 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 the **correct telephone number is 505.681.2788.**
- 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.

## RESOURCES ONLINE:

- Facebook: Parkinson’s Disease Support Group of Southern New Mexico  
Our website: [www.pdsgsnm.org](http://www.pdsgsnm.org)
- KRWG Community Calendar: <https://www.krwg.org/community-calendar>
- Parkinson’s and Movement Disorder Alliance [www.PMDAlliance.org](http://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](http://www.pdsgsnm.org)
- Southwest Parkinson Society <http://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!
- “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](mailto:sarah.stegall.pdsgsnm@gmail.com)

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