



PARKINSON'S DISEASE SUPPORT GROUP OF SOUTHERN NEW MEXICO

MEETING DATE NOVEMBER 19, 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. 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. Merranda Romero Marin is a Professor with Human Development and Family Science, NMSU, specializing in the treatment of Post-Traumatic Stress Disorder (PTSD), particularly within the context of the family system. Dr. Marin's topic is “Bridging the Gap: Empowering Communication, Independence, and Resilience for Parkinson's Caregiver's and Loved Ones.” With this interactive presentation, you will:

- Explore practical strategies to enhance communication, foster independence, and navigate the emotional complexities of living with Parkinson's;
- You will gain valuable insights into managing the challenges of ambiguous loss, maintaining meaningful connections, and supporting autonomy in your loved ones, and
- By participating in these activities with expert guidance and peer discussions, care partners and person's with Parkinson's will leave equipped with tools to strengthen your bond, improve your quality of life, and build resilience together.

Join us to take advantage of all that Dr. Marin has to offer. As always, please be prepared to ask questions.

11:00 – 11:20 - Restroom break.

11:20 – 11:45 – Continue with speaker, Dr. Marin and questions, visiting with members or leaving early.

11:45 – 11:55 – Pack-up.

ANNOUNCEMENTS:

Condolences to Jo Bidwell, Southwest Parkinson Society, and all others who had to say goodbye to her long time friend and assistant of 20 years plus, Lyn Williams, and the Society's treasurer, Margaret Bryant, who served on the board for 12 years. Both of these extraordinary women will be missed by the Parkinson's community.

John Cullen, a person with Parkinson's, and the creator of IJP (It's Just Parkinson's) gave an interview with radio host, Randy Harris, THINK AGAIN, KTAL-LP, 101.5 on Monday, November 11, 2024. Also joining John Cullen was his good friend and barber, Ivan Suarez, and his uncle (our board member) John Mylius. Listen to the interview by going to lccommunityradio.org (select Archives

tab). John Cullen is not only featured in his documentary “It's Just Parkinson's” but has authored a book titled “*Unbreakable Surviving Adversity*” printed by IngramSpark. “

Dr. Jill, Albuquerque, has announced that she will be closing her office in June 2025. For many of our members, that means finding a new movement disorder specialist.

UPCOMING PROGRAMS:

- November 19 – See speaker details and meeting agenda above.
- December 17- Parkinson’s Support Group, speaker Nicole Kuiper, MEDTRONIC, returns to discuss Deep Brain Stimulation (DBS) with us at 10:00 AM. Holiday meeting means holiday music! Dar Brown will regale us with Christmas songs and, weather permitting, a surprise visitor at **Holiday Inn Express** Las Cruces North.
- December 24 – Christmas Eve. No meeting.
- 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 Coordinator so please contact Ken if you are interested. weimy65@gmail.com 575.997.8828.

EXERCISE OPPORTUNITIES:

- **PICKLEBALL FOR PARKINSON'S** – Meeting at Apodaca Park, Courts 3 and 4, 12:30 PM to 2:30 PM Thursday, November 21 and December 5, 12 and 19. 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 **(12:15 PM)**, 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. **NO CLASS ON NOVEMBER 27, DECEMBER 25, DECEMBER 30, 2024 AND JANUARY 1, 2025**
- **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. **CHECK WITH MARLENE FOR CLOSURES**.
- **QI GONG EXERCISE CLASSES:** Richard Havey (retired dance professor and laughter yoga instructor) is offering the following free classes: CHECK THE LIBRARY SCHEDULE FOR CLASS CHANGES.
- **SEATED QI GONG** classes at the Munson Senior Center at 1:30 PM every Wednesday afternoon. Located at 975 S. Mesquite Street. **NO CLASS ON DECEMBER 25 OR JANUARY 1.**

- **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. **NO CLASS FOR DECEMBER 25 OR FOR THE MONTH OF JANUARY 2025.**
- **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. **NO CLASS ON NOVEMBER 28.**

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. 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 <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
“We have everything you need to live better with Parkinson's. Support our mission 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

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!