



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

***MEETING DATE: FEBRUARY 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. 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: Dr. Judy Salamon is a speech therapist with over 40 years' experience working with children and adults with speech challenges. She has a Master's degree in Communication Disorders and a Ph.D. in Special Education. Dr. Salamon is the owner of Salamon Speech Therapy, a speech therapy clinic here in Las Cruces, where both English and Spanish therapy is available. She provides speech therapy in her office at Lohman Atrium Suites, face-to-face sessions in homes or in the community, and in online therapy sessions depending on the needs of the client. Dr. Salamon's sister, Patti, was born with Down's Syndrome and inspired her to become a speech therapist; her goal is to provide the therapy she would want her sister to receive. She believes that progress toward therapy improvement is dependent, not only on the efforts of the client, but also on family and friends supporting the client. Because of this belief, Dr. Salamon provides services for both the client and the client's support team to increase the quality of life for all those involved.

11:00 – 11:20 Break

11:20 – 11:45 Richard Havey will have us laughing with his Laughter Yoga mini class.

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

### **UPCOMING PROGRAMS:**

- February 20 – Dr. Judy Salamon, Salamon Speech Therapy
- February 27 – Newly Diagnosed Support Group at 10:00 am at Solstice Senior Living, 151 N. Roadrunner Parkway, Las Cruces
- March 9 – Parkinson's and Movement Disorder Alliance has partnered with Parkinson's Westside Support Team to bring us the Learn. Live. Connect. program. The link to register is <https://events.blackthorn.io/2EmH006/4a22UU4Zjx> (Control Click to open) The event is free but you must register.

- March 19 - 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. Zoom classes 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 free.
- March 19 - Jo Bidwell, Executive Director, Southwest Parkinson Society, Lubbock, TX. Speaker at our regular support group.
- March 26 – Newly Diagnosed Support Group at 10:00 AM at Solstice Senior Living
- April – Parkinson's Awareness Month. Watch for special activities.

### **EXERCISE OPPORTUNITIES:**

- PICKLEBALL FOR PARKINSON'S takes place in 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, a snack, water, and a “let's have fun attitude.”
- NEW PATHWAYS FOR PARKINSON'S exercise class for people with Parkinson's lead 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 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 11:00 AM.
- NEW 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.
- SEATED LAUGHTER YOGA starts Wednesday, February 21, 10:15 to 11:00 and thereafter every other Wednesday. March 6, March 20, April 3, etc. This class is held at the Thomas Branigan Memorial Library at 200 E. Picacho Avenue, Roadrunner Room upstairs. An elevator is available. The link: <https://las-cruces.assabetinteractive.com/calendar/laughter-yoga/>
- 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:

### UPDATED More Doctors!

- 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 505.797.3771.
- 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 an appointment if you tell them that you are a member of the Las Cruces Support Group.

## RESOURCES ONLINE:

- Facebook: Parkinson's Disease Support Group of Southern New Mexico
- Parkinson's Disease Support Group of SNM - our website: <https://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.
- 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!

- “It's Just Parkinson's” a documentary, featuring John Cullen, is now available for public viewing.  
[https://www.youtube.com/channel/UCow9U\\_Ixwx0ZMx1E4qMUORQ](https://www.youtube.com/channel/UCow9U_Ixwx0ZMx1E4qMUORQ) 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.**