



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

**MEETING DATE: MARCH 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. 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: JO BIDWELL, Executive Director of Southwest Parkinson Society, will answer pre submitted questions by our members and any other questions you may have. I have told you before, this is a speaker you do not want to miss. Jo is one of the founders of our support group and has stuck with us for over 15 years. She is so very knowledgeable about Parkinson's.
- 11:00 – 11:20 Break
- 11:20 – 11:45 JO BIDWELL, Continued discussion. Ask questions. Get answers.

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

### UPCOMING PROGRAMS:

- 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, 151 N. Roadrunner Parkway, Las Cruces
- **April 12** – Southwest Parkinson Society presents their 41<sup>st</sup> annual Parkinson's symposium in Lubbock, Texas. See attached flyer. Symposium reservations must be received by April 5. Hawthorn Suites is offering a very low room rate of \$72 for symposium attendees. Deadline to register at Hawthorn is April 2.
- **April 16** – We are celebrating Parkinson's Awareness Month by **GOING ON A PICNIC!** Arbors at Vista Living (3731 Del Rey Blvd.) has invited our support group to join them for a picnic in their backyard! We will hold our regular meeting (9:30 to 11:45) at Arbors and enjoy street tacos and visit with each other and with the white pony with blue eyes, goat, ducks and rabbit. We would like our members to brag on themselves and share either their proudest achievement or happiest moment. It doesn't have to be a long speech—just a few sentences so we can get to know you better.
- April 23 – Newly Diagnosed Support Group at 10:00 AM at Solstice Senior Living, 151 N. Roadrunner Parkway, Las Cruces.

## 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:

- Movement Disorder Center **UPDATED** More Doctors!  
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 you are a member of the Las Cruces Support Group.

## 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 <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://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.*