



PARKINSON'S DISEASE SUPPORT GROUP OF SOUTHERN NEW MEXICO

MEETING DATE: SEPTEMBER 17, 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. Enjoy some delicious snacks, coffee, tea and water.

9:45 - 10:00 - Welcome! Introduction of board members and guests. Carol to give information about her exercise class tailored for people with Parkinson's.

10:00 – 11:00 - Speaker - **Clifford Kinnear, Jr., Natural Grocers**

Clifford graduated from New Mexico State University in Las Cruces, New Mexico with a Bachelor of Science in Human Nutrition and Dietetic Sciences. He went on to earn a Masters of Family and Consumer Sciences with an emphasis in dietetics through a combination program of graduate studies and internship experience in clinical and community nutrition and food service management. He has worked as a Centers for Disease Control trained lifestyle coach to provide nutrition and physical activity interventions promoting healthy weight management and metabolism support. He also has experience partnering with large organizations like Solera and the National Diabetes Prevention Program as a program coordinator overseeing marketing and outreach. Clifford's passion is to empower customers to take charge of nutrition and health by feeding curiosity! When not at work, he enjoys walking his dog, cooking, and hiking around Los Alamos.

11:00 – 11:30 - Free time for questions or visiting and connecting with other members.

ANNOUNCEMENTS:

UPCOMING PROGRAMS ~

- **SEPTEMBER 17 – PARKINSON'S SUPPORT GROUP** at 9:00 to 11:30, Speaker **Clifford Kinnear, Natural Grocers**, 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. All persons with Parkinson's and their care partners are encouraged to attend.
- **OCTOBER 15 - PARKINSON'S SUPPORT GROUP**, 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 at 9:00 to 11:30 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. All persons with Parkinson's and their care partners are encouraged to attend.
- **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 North
- **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.

EXERCISE OPPORTUNITIES:

PICKLEBALL FOR PARKINSON'S – Meeting at Apodaca Park, Courts 7 and 8, 8 AM to 10 AM every Thursday, September 19 – September 26. The group will meet at Meerscheidt Recreation Center starting October 3rd from 12:15 – 2:30. Join the fun and get instructions 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 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.
- **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 ~

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.

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.

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,

MORE MOVEMENT DISORDER SPECIALISTS

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. Address: 7000 Jefferson St. NE, Albuquerque, NM 87109, and the correct phone number is 505-681-2788.

Dr. Scott Sherman, Neurologist, Movement Disorder Specialist, is 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 NM**
 - 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:** 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.

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!