



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

***MEETING DATE: JANUARY 21, 2025***

***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 12:00

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 –Professor Mark Lusk-A graduate of New Mexico State University, professor Lusk earned his master's and doctorate at the University of Kentucky. He worked as a medical social worker in a psychiatric hospital, a regional medical center, a rehabilitation center and a hospice. His scholarship has focused on street children, forced migrants, refugees, trauma, resilience and human rights.

Dr. Lusk has been awarded a Senior Fulbright Fellowship twice – first at the Pontificia Universidad Católica del Perú in Lima and the second at Pontificia Universidade do Rio de Janeiro in Brazil. He has served as founding chair/director of two schools of social work, associate vice president for research and was associate provost at the University of Georgia. He is currently professor emeritus at the University of Texas at El Paso.

Contact information: [mwlusk@utep.edu](mailto:mwlusk@utep.edu) \* 915-929-4200

11:00 – 11:20 - Restroom break.

11:20 – 12:00 – Further questions for Dr. Lusk or group discussion.

12:00 – 12:10 – Pack-up.

### **ANNOUNCEMENTS:**

#### **Changes to our support group..**

### **UPCOMING PROGRAMS:**

- January 21, 2025 – Mark W. Lusk, Professor Emeritus, Department of Social Work, UTEP. Dr. Lusk specializes in medical/hospital social work and has experience with clients with Parkinson's. Dr. Lusk will give a presentation on depression and other Parkinson's related issues.
- January 28, 2025 - Newly Diagnosed Support Group, 10:00 am at Solstice Senior Living at 151 Roadrunner Pkwy.
- February 18, 2025 – Aaron Clark, Neuroscience ABBVIE, will preview the new system for administering Carbadopa/Levodopa.
- February 25, 2025 – Newly Diagnosed Support Group, 10:00 am at Solstice Senior Living at 151 Roadrunner Pkwy.

## 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](mailto:weimy65@gmail.com) 575.997.8828.

## EXERCISE OPPORTUNITIES:

- **PICKLEBALL FOR PARKINSON'S – Meeting at Meerscheidt Recreation Center at 12:30 PM to 2:30 PM on Thursdays, January 16 – March 27.** We now have access to the large gym spanning three courts. 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 **(12:15 PM)**, and remember to bring your paddle, safety glasses, a snack, 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: 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.
- **LAUGHTER YOGA** **NO CLASS 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.

## RESOURCES:

- The Nene and Jamie Koch Comprehensive Movement Disorder Center - UNM Health

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. Have your doctor fax the referral and then it is up to you to follow up and call to verify the referral has been received. Talk with the appointment scheduling department.**

- 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!

#### **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!*