



PARKINSON'S DISEASE SUPPORT GROUP OF SOUTHERN NEW MEXICO

MEETING DATE: March 18, 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! Introducing our new co-leader Ken Posey, board members and guests.

Updates on Carol Witham's exercise class, Pickleball, Line Dancing and Rock Steady Boxing.
Any birthdays, anniversaries or special events to be celebrated this month?

10:00 – 11:00 - Speaker – Jo Bidwell, Executive Director, Southwest Parkinson Society, Lubbock, Texas, will discuss “Anxiety.” As always, Jo is a speaker you don’t want to miss. Bring your Parkinson’s-related questions for Jo to address.

11:00 – 11:20 - Restroom break.

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

SYMPOSIUM

- **STRENGTH IN EVERY FOOTSTEP: MOVING FORWARD WITH PARKINSON’S DISEASE**
Presented by Southwest Parkinson Society ~ Friday, April 4, 2025 ~ 9am – 3:45pm ~ Lubbock, Texas
Flier attached.

UPCOMING PROGRAMS:

- March 18, 2025 – Stress-Busting Program for Family Caregivers. A new, free 9-week session begins March 18 at 12:30 on Zoom. Call Sharon Lewis at 830-377-1484 or email at slewis2@unm.edu for registration.
- March 25, 2025 – Newly Diagnosed Support Group, 10:00 am at Solstice Senior Living at 151 Roadrunner Pkwy. All are welcome.
- NEW! March 25 – LINE DANCING LESSONS for people with Parkinson's 1:00 - 2:00 pm at 6361 Weisner Road.
- April 15, 2025 – Parkinson’s Support Group Las Cruces, at Holiday Inn Express -Las Cruces North, Jon Campbell, Therapy Consultant, Boston Scientific, discussing Deep Brain Stimulation.
- April 22, 2025- Newly Diagnosed Support Group, 10:00 am at Solstice Senior Living at 151 Roadrunner Pkwy. All are welcome.
- May 20, 2025 - Parkinson’s Support Group Las Cruces, at Holiday Inn Express -Las Cruces North speaker Aaron Clark, Neuroscience ABBVIE, will preview the new system for administering Carbidopa/Levodopa. (Rescheduled from February.)
- May 27, 2025 - Newly Diagnosed Support Group, 10:00 am at Solstice Senior Living at 151 Roadrunner Parkway. All are welcome.

- **June 17, 2025 - Parkinson's Support Group Las Cruces**, at Holiday Inn Express-Las Cruces North speaker Dr. Mark Lusk.
- **June 24, 2025 – Newly Diagnosed Support Group**, 10:00 am at Solstice Senior Living at 151 Roadrunner Pkwy. All are welcome.

PLEASE HELP OUR SUPPORT GROUP - We need a secretary to record our monthly board meeting minutes as soon as possible. Diane has held this position at least seven years now and has provided us with accurate reporting and has done a great job. To make time for herself and her family, she resigned as secretary and treasurer of our group but elected to remain on the board. Unfortunately for her, we have not found a replacement and she is still acting secretary.

Let's give Diane the break she needs and find a replacement secretary. The secretary "attends" the monthly Zoom board meeting on the first Thursday of each month (unless it falls on a holiday) from 9:00 -10:30 am. An Agenda is distributed before each meeting so there is a ready format to follow. Skills needed: Typing, able to take notes, able to concentrate, willing to contribute to the future of our group by reliability and dedication.

WEST EL PASO SUPPORT GROUP

PARKINSON'S WESTSIDE SUPPORT TEAM meets Wednesday, March 19 at the Queen of Peace Catholic Church, 1551 Belvidere, El Paso, Texas. The time is 2:00 pm in Room 107. The speaker is Jo Bidwell discussing "Anxiety." For further information, contact one of the new leaders Lyle Horiuchi at 915.319.9104 or email swnexlyle@hotmail.com or Linda Gonzalez at 915.526.4224.

EXERCISE OPPORTUNITIES:

- **PICKLEBALL FOR PARKINSON'S – Meeting at Meerscheidt Recreation Center at 12:30 PM to 2:30 PM on Thursdays.** 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 or call at (724) 388-6201 (cell). Watch your text messages and email for upcoming play dates or changes of venue. Remember to wear your safety glasses and bring water.
- **NEW PATHWAYS FOR PARKINSON'S** exercise class for people with Parkinson's led by Carol A. Witham, certified Medical Exercise Specialist. The class 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 her at withamcarola@gmail.com.
- **ROCK STEADY BOXING** located at 1705 E. University Avenue in Las Cruces. **Maximum Martial Arts** is located next to the Dollar Tree. 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 BRANIGAN 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.
- **QI GONG** classes (both seated and standing) every Thursday, 10:15 to 11:00 at the Branigan Library in the Roadrunner Room upstairs. 200 E. Picacho Avenue, Las Cruces.

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 at 3838 N. Campbell Ave. Building 2, 2nd floor, Clinic E, Tucson, Arizona. The 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 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 and 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.

REMINDERS

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 Contacts:

Ken Posey 575.997.8828

Email: weimy65@gmail.com

Sarah Stegall 575.496.2550

Email: sarah.stegall.pdsgsnm@gmail.com

Wash your hands, drink water, exercise and stay well!