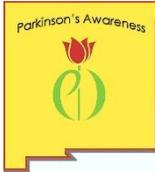


PARKINSON'S SUPPORT GROUP of NEW MEXICO



Holiday Inn Express-Las Cruces North – 2142 Telshor Court

~ Join us for our support group meeting on **MAY 20, 2025** ~

Social Time 9:00 to 9:45 - Meeting 9:45 to 11:45

9:00 - 9:45 - Meet and greet. Set up equipment and set out snacks.

9:45 – 10:00 – Welcome!

10:00 – 11:00 - Speaker Aaron Clark, ABBVIE. Aaron will discuss the Vyalev subcutaneous Carbidopa/Levodopa pump.

11:00 – 11:20 – Restroom break.

11:20 – 11:45 – Continuation of our program.

UPCOMING PROGRAMS:

- **NEW! MAY 13 and MAY 27 – LINE DANCING LESSONS** for people with Parkinson's
- **Time: 1:00 - 2:00 pm at 6361 Weisner Road.**
- **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 – 11:00 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 – 11:00 at Solstice Senior Living at 151 Roadrunner Pkwy. All are welcome
- **July 15, 2025 – Parkinson's Support Group Las Cruces** at Holiday Inn Express-Las Cruces North, no speaker BUT we will discuss **Jerry Hurtubise's book *Parkinsonian Democracy***, a legal fiction book advocating diet and exercise for Parkinson's.
- **July 22, 2025- Newly Diagnosed Support Group** 10:00 am – 11:00 am at Solstice Senior Living at 151 Roadrunner Pkwy. All are welcome.
- **August 19, 2025** - Parkinson's Support Group Las Cruces at Holiday Inn Express - Las Cruces North speaker Jo Bidwell from Southwest Parkinson Society. **JO BIDWELL RETURNS** to impart her knowledge on us.
- **August 26, 2025- Newly Diagnosed Support Group** 10:00 am – 11:00 am at Solstice Senior Living at 151 Roadrunner Pkwy. All are welcome.

ANNOUNCEMENTS:

DORA JASSO, M.A., CCC-SLP, CBIS, Outpatient Therapy Program Coordinator, Bilingual Speech-Language Pathologist, can be found at Memorial Medical Center.
Cell: 575.521.5270 and Fax: 866.278.5804

RICHARD HAVEY has added a new class to his Qi Gong schedule. **Beginning May 23**, a Qi Gong class will be offered at the Henry R. Benavidez Community Center at 1045 McClure Road at 1:00 pm.

WEST EL PASO SUPPORT GROUP (Meeting day changed to the third Wednesday)

PARKINSON'S WESTSIDE SUPPORT TEAM meets the THIRD 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. 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.

With the change of meeting day for El Paso to the third Wednesday, our two support groups will be able to share speakers who are available to spend the night. The speaker would present in Las Cruces on the third Tuesday and in El Paso on the third Wednesday.

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 at 11:00.
- **QI GONG EXERCISE CLASSES:** Richard Havey (retired dance professor and laughter yoga instructor) is offering the following **free** classes in Las Cruces:

1:30 Wednesday
Munson Senior Center
975 S. Mesquite Street

10:15 – 11:00 Thursday
Branigan Library,
Roadrunner Room (upstairs)
200 E. Picacho Avenue

1:00 Friday (5/23/2025)
Henry R. Benavidez
Community Center
1045 McClure Road

[CHECK THE CITY OF LAS CRUCES CALENDAR FOR HOLIDAY CLOSURE DATES.](#)

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 Support Group of New Mexico – Las Cruces
Our website: www.pdsgsnm.org
- KRWG Community Calendar: 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 Support Group of New Mexico (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!

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!