



PARKINSON'S SUPPORT GROUP of NEW MEXICO

MEETING DATE: June 17, 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 11:45

The Parkinson's Support Group of New Mexico is excited to invite you to our upcoming meeting next Tuesday, June 17th. We'll be meeting at the Holiday Inn Express located at 2142 Telshor Court in Las Cruces.

The meeting starts at 9:45 AM and ends at 11:45 AM. We'll have some social time from 9:00 AM to 9:45 AM, followed by the main meeting.

Since it's going to be a warm day, please remember to stay hydrated and take any safety precautions you need.

We'd love for anyone you know who has a Movement Disorder or has been diagnosed with Parkinson's to join us. Our goal is to create a welcoming and supportive environment where people with Parkinson's can share their experiences and learn from others.

Remember, everyone with Parkinson's is unique, so we encourage individualized support and understanding.

We can't wait to see you there! Refreshments will be provided.

Best regards,

Sarah Stegall and Ken Posey

*****Meeting Schedule:*****

9:00 - 9:45 AM: Meet and greet, equipment setup, and snack distribution.

9:45 - 10:00 AM: Welcome and introductions.

10:00 AM - 11:00 AM: Main meeting.

11:00 AM - 11:20 AM Restroom break.

11:20 AM – 11:45 AM Resume program or other discussions.

We'd also like to mention that regular exercise can be very helpful in managing Parkinson's symptoms. There are a few options available in the Las Cruces area, like Carol's exercise class, pickleball, line dancing, and rock steady boxing.

Are there any birthdays, anniversaries, or special events happening this month?

The program starts at 10:00 AM and ends at 11:00 AM. We'll have a speaker, Lisa Stinchcomb, who will talk about hallucinations and delusions in relation to Parkinson's disease. We'll take a short break from 11:00 AM to 11:20 AM, and then the program will resume at 11:20 AM and end at 11:45 AM.

Here are some upcoming programs you might be interested in:

- **June 17, 2025:** Parkinson's Support Group in Las Cruces. It's at the Holiday Inn Express - Las Cruces North. The speaker is Lisa Stinchcomb, and we'll be talking about hallucinations and delusions in relation to Parkinson's disease.*
- **June 24, 2025:** Newly Diagnosed Support Group. We'll meet at 10:00 AM at Solstice Senior Living, which is at 151 Roadrunner. Come on by!*
- **July 15th:** Parkinson's Support Group at the Holiday Inn Express on 2142 Telshor Blvd. Dr. Collin Lynch DOM will be there, and we'll be talking about how acupuncture and Chinese medicine can help with Parkinson's.*
- **July 22nd:** Newly Diagnosed Support Group at Solstice Senior Living on 151 Roadrunner Parkway. We're open to everyone!*

Upcoming speakers include:

- August 19: Jo Bidwell, Executive Director, Southwest Parkinson Society*
- September 16: Kelly Papesh (ABBVIE)*
- October 21: John Pfirman (Tobii Dynavox) Speech Generated Device for Parkinson's & Al*
- November 18: Chanea Brown-Vance (PharmD)*

****Exercise Opportunities:****

We've got some fun exercise options for you too!

- Pickleball: 12:30 PM to 2:30 PM on Thursdays at Meerscheidt Recreation Center. Join us for a fun and interactive session where you'll learn from a pro! For more info, reach out to Diane Giever at dgiever@comcast.net or call (724) 388-6201 (cell). Don't forget your safety glasses and bring water!

- New Pathways for Parkinson's Exercise Class: This class is for folks with Parkinson's and is led by Carol A. Witham, a certified Medical Exercise Specialist. It meets on Mondays and Wednesdays from 10:00 AM to 11:00 AM at Genesis, Village at Northrise, The Hallmark, located at 2882 N. Roadrunner Parkway, second level. For more information, contact Carol at withamcarola@gmail.com.

- Rock Steady Boxing: Located at 1705 E. University Avenue at Maximum Martial Arts in Las Cruces, Rock Steady Boxing offers boxing classes on Mondays and Fridays 11:00 AM to 12:00 PM and open gym on Wednesdays 11:00 AM to 12:00 PM.

- Richard Havey, retired dance professor and laughter yoga instructor, is offering FREE Qi Gong classes.

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

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

*1:00 Friday
Seated and Standing
Henry R. Benavidez
Community Center
1045 McClure Road*

CHECK THE CITY OF LAS CRUCES CALENDAR OF ACTIVITIES FOR HOLIDAY CLOSURE DATES.