

Parkinson's Support Group of New Mexico

Meeting Invite

Tuesday, August 19, 2025

Guest Speakers:

** Jo Bidwell - Director, Southwest Parkinson's Society*

** Jerry Burgos - Coach/Trainer, Rock Steady Boxing*

Venue: Holiday Inn Express-Las Cruces North

2142 Telshor Court

Meeting Schedule:

** 9:00 AM - 9:45 AM: Registration and Refreshments*

** 9:45 AM - 12:00 PM: Formal Meeting*

Meeting Highlights:

** 9:45 AM - 10:15 AM: Rock Steady Boxing Overview by Jerry Burgos*

** 10:15 AM - 11:15 AM: Parkinson's and Medications by Jo Bidwell*

Special Guests:

There will be a short overview of Rock Steady Boxing presented by coach/trainer *Jerry Burgos* of Rock Steady here in Las Cruces.!

Jo Bidwell, Director of the Southwest Parkinson's Society, will be our esteemed guest speaker. Ms. Bidwell will provide an informative presentation on Caregivers & How Medications Affect the Brain. Her extensive knowledge of the condition, engaging and informative demeanor, and ability to make complex concepts accessible to all have earned her our admiration.

Following the presentation, the group will take a brief restroom break from 11:20 AM to 11:45 AM. Subsequently, the program will resume with announcements.

Attendance:

Your presence is highly encouraged.

Thank you,

The Parkinson's Support Group of New Mexico

We will also be honoring Sarah Stegall, whose unwavering dedication to the Parkinson's Community and Support Group of New Mexico is truly commendable. Regrettably, she will be relocating out of state to spend quality time with her family and her husband, Richard. This relocation will enable them to utilize their fifth-wheel for cross-country travel. "Thank you Sarah, for all you've done!"

Upcoming events include:

- On **August 26th**, a Parkinson's Support Group of newly diagnosed individuals. The session will commence at 10:00 am at Solstice Senior Living, located at 151 Roadrunner Parkway. Everyone is welcome to attend.
 - On **August 28th**, line dancing will be held from 1:00 pm to 2:00 pm at the Borderland Gym, once again located at 6361 Weisner Drive. Instructor Erika Kelly will lead the dance session.
 - On Sept 16th -a Parkinson's Support Group will be held at the Holiday Inn Express - Express, situated at 2142 Telshor Court. Guest speaker will be Kelly Papes, PMD speaking on "Science of Exercise & Lifestyle with PD". Start time: 9:00am.
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Parkinson's Westside Support Group, based in El Paso, Texas, holds its monthly meetings on the third Wednesday of each month. The group convenes at the Queen of Peace Catholic Church, located at 1551 Belvidere, El Paso, Texas. The meetings take place in Room 106 at 2:00 pm.

For any inquiries, please reach out to ***Linda Gonzalez*** at 915.526.4224, ***Esther Labib-Kiyarash*** at (915) 504-4753, or ***Saul Navarrete*** at (915) 423-0415.

August 20th, 2025 El Paso Support Group - Speaker Jo Bidwell at the Queen of Peace Catholic Church, 1551 Belvidere, El Paso, Texas.

Exercise Opportunities:

Pickleball for Parkinson's

Meerscheidt Recreation Center 1600 East Hadley Avenue, Las Cruces, NM.

Every Thursday from 12:30pm until 2:30pm

Social Afterwards - Chilitos - 3850 Foothills Rd - Las Cruces

Pickleball Instruction and Practice – Free

Classes for Parkinson's

NEW PATHWAYS FOR PARKINSON'S: *Carol A. Witham*, a certified Medical Exercise Specialist, leads an exercise class tailored for individuals with Parkinson's. The class meets on Mondays and Wednesdays from 10:00 AM to 11:00 AM at Genesis, The Village at Northrise, situated in the Hallmark building's second level, 2882 N.

Roadrunner Parkway. For further details, please reach out to Carol at

withamcarola@gmail.com.

ROCK STEADY BOXING, is an boxing and exercise class is offered at Maximum Martial Arts, located on University Avenue in Las Cruces. **The studio** is conveniently located adjacent to the Dollar Tree. The class schedule includes Mondays and Fridays at 11:00 AM, as well as an open gym on Wednesdays at the same time. Coach/Trainer is Jerry Burgos.

Classes of Interest

- * **SEATED QI GONG CLASSES:** Held at the Munson Senior Center every Wednesday afternoon at 1:30 PM. The location is 975 S. Mesquite Street.
- * **Qi Gong Classe** Seated and standing Qi Gong classes are offered every Thursday from 10:15 to 11:00 AM at the Branigan Library's Roadrunner Room, located upstairs. The library is situated at 200 E. Picacho Avenue, Las Cruces.

Richard Havey, a retired dance professor and laughter yoga instructor, is generously offering complimentary Qi Gong classes. For further details, please visit the Branigan Library.

KRWG Community Calendar: <https://www.krwg.org/community-calendar>
We eagerly anticipate your presence at the meeting scheduled for August 19th at 9:00 am. This will be Sarah Stegall's final meeting, so please make an effort to attend and extend her well wishes.

Parkinson's Support Group of New Mexico
PO Box 194
2521 North Main Street. Unit 1
Las Cruces, New Mexico. 88001

*Privacy is of utmost importance to our members. We strictly refrain from sharing their email or phone numbers. If you wish to connect with another member or care partner, please contact **Ken Posey**. He will be more than happy to facilitate the necessary connections.*

Parkinson's Support Group Contacts:

- Sarah Stegall: (575) 496-2550, sarahstegall1@gmail.com
- Ken Posey: (575) 997-8828, weimy65@gmail.com
- Jennifer Villa: (575) 644-7148, jvilla@nmsu.edu

Our Website: Click to Open
www.pdsgsnm.org