



Albuquerque Eastside Parkinson's & Care Partners Support Groups August 2018 News Bulletin

First, we are grateful for the volunteers and our new facilitators, who give of their time and energy. It is the volunteers who are the heart of our support groups they collectively plan and help to maintain and improve the functioning of our support groups, such as the educational programs, group activities and logistics. We encourage you to volunteer and contribute to keep our groups fun and interactive as we go together through this journey. Remember when we come together we are seeking support on multiple levels and your participation helps us to keep our groups meaningful. Please ask questions and share your expectations, experiences and participate. This is your group!

WESTSIDE SUPPORT GROUPS meet the 2nd Thursday, 1:30-3:00 pm, Grace Outreach Church, [2900 Southern Blvd SE, Rio Rancho](#), NM. **Contact: Karen Wingrove, 505-205-1002 & Carol Smith, 221-4515**

ABQ EASTSIDE SUPPORT GROUPS meet the 2nd Saturday, 10:30-12, Presbyterian Healthplex, 6301 Forest Hills Dr. Individuals and couples are welcome. **Contacts for Eastside Meetings are:**

Elaine Murphy (505) 485-8676 abqsandia2@msn.com

Joan Gillis (603) 361-8860 joangnh@gmail.com

Lynda Tiefa (505) 275-7228 tiefafamily@hotmail.com

Gina Bryant (407) 493-3160 gbryant@cruiseshipcenters.com Care Partners Support Group

Kit Johnson (561) 350-9539 kit.johnson@bellsouth.net Parkinson's Support Group

Marilynn Dowd (757) 707-6033 marilynndowd3@yahoo.com

Martha Usnick (469) 304-6350 feusnick@centurylink.com

Kathy Manygoats (505) 228-7125 manygoats1812@outlook.com NM Parkinson's Coalition

PLEASE WELCOME TO ABQ EASTSIDE PARKINSONS AND CARE PARTNERS SUPPORT GROUPS TWO NEW GROUP FACILITATORS.

Kit Johnson, PhD. in Social Work is facilitating the Parkinson's Support Group and **Gina Bryant, LMSW**, Masters degree in Social Work will be facilitating the Care Partners Support Group.

COALITION EVENT: Saturday, October 27: "Learn to Live Well at the Victory Summit" sponsored by Davis Phinney and NM Parkinson's Coalition at Embassy Suites, 1000 Woodward Place NE, Albuquerque. Registration open at victorysummit@davisphinneyfoundation.org

Fundraiser Event at the Victory Summit. The Coalition is gathering donations for auction at this event. Contact: Coalition (219-5065) to donate auction item. Volunteers are also needed. Most importantly, come join the fun.

EDUCATION PROGRAM September 15th, Saturday 1:00-2:30pm. Janice E. Knoefel, MD, MPH, Geriatrician at the UNM Memory and Aging Center will present at the Highlands Senior Center, 131 Monroe St NE. Her topic is "Cognitive Impairment, Prevention, Diagnosis & Treatment", "What to do about it" once diagnosed.

We are fortunate to have Presbyterian Healthplex staff and managers for allowing the use of their facility for the Albuquerque Eastside Parkinson's and Care Partners Support Group meetings. Please thank them when you see them.