



## **Southwest Region: Support for PSP/CBD/MSA**

### **Peer Supporters**

If you are in search of one-on-one conversation about the journey you are on, please find the names and contact information of our peer supporters. Peer supporters are available to offer practical care tips, connect with local resources, and provide emotional support. Feel free to reach out to anyone on this or other regional lists, regardless of location.

### **Support Groups**

Support groups are safe and dedicated spaces to connect with and learn from individuals and families on similar journeys. CurePSP's network of regional support groups offers opportunities to meet others in your community impacted by PSP, CBD and MSA. You can also visit [www.psp.org/ineedsupport/online-support-groups](http://www.psp.org/ineedsupport/online-support-groups) for CurePSP's national support groups.

### **Arizona**

**Peer Supporter:** Ann Ludwig **City:** Tempe, AZ  
**Email:** [aludwig@asu.edu](mailto:aludwig@asu.edu) **Phone:** 602-318-0895  
**Experience:** Cared for a spouse with PSP

**Peer Supporter:** Mike Krukar **City:** Sedona, AZ  
**Email:** [krukarlife2012@gmail.com](mailto:krukarlife2012@gmail.com) **Phone:** 928-554-4329  
**Experience:** Person with PSP

### **Arizona Support Group for people with PSP/CBD and care partners**

**Location:** Meeting virtually each month:

<https://uso2web.zoom.us/meeting/register/tZwrde6hrD4sGNCNfKgyoqbiXkwhjjsC-Zo->

*In April, August and December, the group will also meet in-person at:*

Pyle Adult Recreation Center, 655 E Southern Ave, Tempe, AZ

**Meeting Time:** 2nd Saturday of the month at 1:30pm

**Facilitator:** Mike Castillo, [mcnphx1@aol.com](mailto:mcnphx1@aol.com) and Deborah Castillo, [castild@hughes.net](mailto:castild@hughes.net)

### **Tucson Community Discussion Group for PSP/CBD/MSA care partners**

**Location:** Meeting virtually on Zoom - contact organizer for link

**Meeting Time:** Every other Saturday at 2:00pm – contact Janell for more information

**Organizer:** Janell Merrill, [janellmerrill@gmail.com](mailto:janellmerrill@gmail.com)

Please note: this group is not a typical “support group” because there is no trained facilitator present

### **New Mexico**

**Peer Supporter:** Carolyn Rivera **City:** Albuquerque, NM  
**Email:** [carolynrivera@aol.com](mailto:carolynrivera@aol.com) **Phone:** 703-955-1114  
**Experience:** Cared for a parent with PSP

**Peer Supporter:** Roxi Padrid **City:** Corrales, NM  
**Email:** [roxipadrid@gmail.com](mailto:roxipadrid@gmail.com) **Phone:** 312-485-9342  
**Experience:** Cared for a parent with PSP

**Peer Supporter:** Christine Wester **City:** Albuquerque, NM  
**Email:** [cwabq@msn.com](mailto:cwabq@msn.com) **Phone:** 505-301-3242  
**Experience:** Cared for a parent with PSP

### **Albuquerque Support Group for people with PSP/CBD/MSA and care partners**

**Location:** Meeting virtually – contact facilitator for link  
**Meeting Time:** 1st Tuesday of each month from 6:30pm-8:00pm  
**Facilitator:** Roxi Padrid, [roxipadrid@gmail.com](mailto:roxipadrid@gmail.com), 312-485-9342

### **Texas**

**Peer Supporter:** Christine Corser **City:** San Antonio, TX  
**Email:** [cccorsers@hotmail.com](mailto:cccorsers@hotmail.com) **Phone:** 908-528-0770  
**Experience:** Cared for a parent with PSP

**Peer Supporter:** Karen Gibson **City:** Crowley, TX  
**Email:** [karenelizabethgibson@gmail.com](mailto:karenelizabethgibson@gmail.com) **Phone:** 817-313-8867  
**Experience:** Cared for a parent with PSP/CBD

**Peer Supporter:** Ileen McFarland **City:** Dallas, TX  
**Email:** [Ileen@TheMcFarlandBros.com](mailto:Ileen@TheMcFarlandBros.com) **Phone:** 410-271-1818  
**Experience:** Cared for a spouse with PSP

**Peer Supporter:** Colin Meyers **City:** Fort Worth, TX  
**Email:** [colinmeyers99@gmail.com](mailto:colinmeyers99@gmail.com) **Phone:** 682-220-7790  
**Experience:** Person with PSP

**Peer Supporter:** Julie Pope **City:** Cedar Hill, TX  
**Email:** [Juliepope626@yahoo.com](mailto:Juliepope626@yahoo.com) **Phone:** 972-523-3468  
**Experience:** Cared for a sibling with PSP

### **Austin/Central Support Group for people with PSP/CBD/MSA and care partners**

**Location:**  
<https://us02web.zoom.us/j/82184205391?pwd=cDRlRWxOSWEocXEzZENPT1RTMk5LUT09>  
**Meeting Time:** 3<sup>rd</sup> Saturday of the month from 10:30am - 12:30pm CT  
**Facilitator:** Judi Nudelman, [jnudelman51@gmail.com](mailto:jnudelman51@gmail.com), 512-964-1236

### **Dallas Support Group for people with PSP/CBD/MSA and care partners**

**Location:** Meeting virtually - contact facilitator for link

**Meeting Time:** 3rd Friday of the month from 12:30pm – 2:00pm CT

**Facilitator:** Ileen McFarland, [ileen@themcfarlandbros.com](mailto:ileen@themcfarlandbros.com), 410-271-1818 and Lisa A. Henderson, PT, DPT, LSVT [dersonlisa@ymail.com](mailto:dersonlisa@ymail.com) 432-638-5967

**Houston Support Network for people with PSP/CBD/MSA and care partners**

**Location/Meeting Time:** Contact facilitator to be added to **support group email chain**

**Facilitator:** Karen Kennemer, [kennemerkaren45@gmail.com](mailto:kennemerkaren45@gmail.com), 281-358-2282

**Houston Support Group for people with PSP/CBD/MSA and care partners**

**Location/Meeting Time:** Meeting virtually – contact facilitator for link

**Meeting Time:** 1st Thursday of the month from 10:00am – 11:00am CT

**Facilitator:** Celeste Harris, [harris@haps.org](mailto:harris@haps.org) 713-313-1706