

Community Survey Results: 2025

POP Santa Fe

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Outline

Overview

Responses

Gym Activities

Community Activities

Additional Requests for Information



Introduction

What a remarkable group of people responded to the first POP Santa Fe Community Survey!

Overall, we received 65 complete responses, providing ideas, suggestions, and talents that will be extremely useful for planning our 2026 offerings.

Capital Campaign and Gym Expansion

The survey was completed at a time when the Capital Campaign to expand the Gym was announced. The expansion will include space for hybrid (in-person + Zoom) community meetings.

If you haven't considered an end-of-year donation to the Capital Campaign, *please donate by visiting [POP Santa Fe](#).*



Methods

Emails and reminders were sent out to both the POP Santa Fe and the SFPDAG mailing lists. As a result, many emails may have been duplicates. So we can only guess at the number of distinct individual emails.

Sent to POP Santa Fe	≈ 143 emails
Sent to PD Action Group	≈ 136 emails
Completed	65
Incomplete or abandoned	10

From here on, we will only look at the completed surveys.



Top-Line

- ▶ Our respondents are active both physically and intellectually.
- ▶ There is a preference for in-person or hybrid (in-person + online) meetings.
- ▶ There is no shortage of ideas for meetings, topics, and activities.
- ▶ We can't do them all just yet.

But with the merger and the the build-out of the gym to include a community room, support for hybrid meetings, and with a few more hands to share the work, we can do many of them quite soon!



Looking into 2026

- ▶ PD Clubhouse, Indoor and Outdoor Pickleball, and all Gym Classes will continue as normal.
- ▶ There are several alternatives for Care Partner's support, including [PMDA's Care Partner Connect](#) call hosted by Karen St. Clair, so we will discontinue the Care Partners calls in the first half of 2026.
- ▶ We will decrease our use of Zoom until the new Community Room is available.
- ▶ The schedule for the in-person meetings at the Gym is under discussion, but for now we'll stick with the second Thursday of the month at 1:30pm.
- ▶ Occasional Zoom meetings with special topics or speakers will still be offered.
- ▶ Potlucks and other in-person gatherings will be organized.
- ▶ The newly-diagnosed support group also had a lot of interest.



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Where do you go for information?

Source	# Mentions
Michael J. Fox Foundation	20
POP	11
Parkinson's Foundation	8
Neurologist or other Newsletters	7
Davis Phinney	5

Other information resources included

- ▶ APDA
- ▶ SFPDAG
- ▶ Word of Mouth/Fellow PD patients
- ▶ PMDA



Where do you go for information? (cont.)

- ▶ Mayo Clinic
- ▶ Health Unlocked
- ▶ Parkinson's Voice Project
- ▶ Books/Research Papers
- ▶ Española Gloveworks
- ▶ Epoch Times
- ▶ Parkinsons Network of Mt. Diablo
- ▶ Web MD
- ▶ Google AI
- ▶ Clinical Trials. Gov
- ▶ UNM Movement Disorder Center and
- ▶ "None"



Connections to Parkinson's

I have Parkinson's	46
I am a Care Partner	9
Family or Friend	8
I work with a Parkinson's organization	3
Other	2
Decline to state	2

All of the folks who work with Parkinson's were affiliated with POP Santa Fe. The "Other" connection was someone who volunteers.

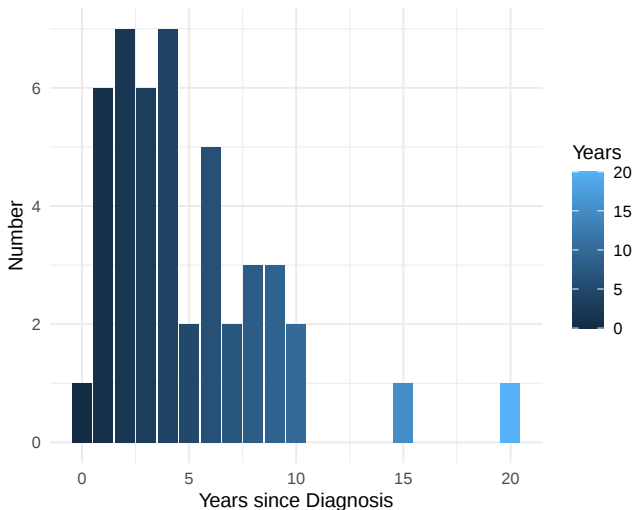


Age of Respondents

Age 50–59	1
Age 60–69	13
Age 70 and above	32



Years since Diagnosis



Demographic Characteristics

Young Onset	1
Young Onset Partner	0
Uses In-Home Care Services	2
Family or Friends help out In-Home	24
Veteran	8
Live alone	7



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Which Activities do you Participate In?

Activity	Regularly	Occasionally	Rarely	Never
Boxing	43	7	3	12
Movement 360	4	1	3	57
NIA	1	0	0	64
Pickleball	8	8	7	42
PD Clubhouse	9	24	6	26
Singing	1	7	9	48
Speech Therapy	7	18	9	31
Other	19	10	4	32



Other Physical Activities

The top activities mentioned included

Activity	Mentions
Walking	22
Local Gym - weights/trainer	12
Biking	10
Hiking	10
Social Events/PD Clubhouse	3
Golf	3
Exercise at home	3
PT/OT	3



Other Physical Activities (cont.)

- ▶ Mountain Running/Jogging
- ▶ Pilates
- ▶ Ping Pong
- ▶ Stretching
- ▶ Rock Climbing
- ▶ Tai Chi
- ▶ Quigong
- ▶ Yoga
- ▶ Gardening
- ▶ Fishing
- ▶ Drumming
- ▶ Membership on various boards/councils
- ▶ Home vibration plate
- ▶ Sculpture
- ▶ Swimming
- ▶ Equestrian Therapy
- ▶ Improv Therapy
- ▶ Block Therapy



Suggested Activities to be Offered

The leading topics included

Activity	Mentions
Stretching/Movement/Dance/ Meditation/balance	6
Ping Pong	5
Monthly Zoom chat/Support group with PD advice and help with PD	4



Suggested Activities (cont.)

- ▶ Pottery
- ▶ Outdoor activities/Guided sight seeing tours/grocery shopping guides/
- ▶ Lectures on current PD related research results
- ▶ PD Clubhouse expanded activities such as card games; chess; drumming
- ▶ Driving Service
- ▶ Zoom Yoga
- ▶ In Person for Caregivers
- ▶ Power Movement Classes
- ▶ More Intense workouts
- ▶ Partner with pro-bono experts estate planning/financial advice
- ▶ Carve out a space in new design for private meetings
- ▶ More Boxing
- ▶ Formula 1 professional race car driver warm up exercises for balance/mental alertness, cross hemisphere brain connectivity, improved hand /eye coordination



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Interest in New Groups

Activity: Level of Interest	None	Mild	Very
Neuro Choir	45	15	5
PD Cafe	18	36	11
Potlucks	12	39	14
Young-Onset Group	42	17	6
Newly-Diagnosed Support Group	26	29	10



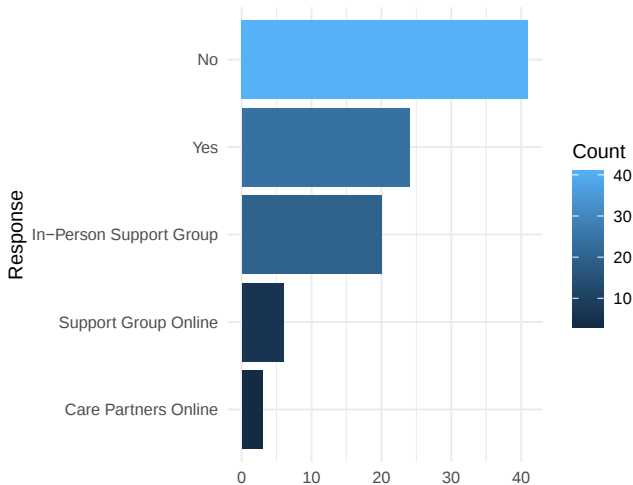
Meeting Attendance

Response	Count
No	41
Yes	24
In-Person Support Group	20
Support Group Online	6
Care Partners Online	3

Table: Attendance Responses



Attendance (cont.)



Meeting Place Preferences

Response	Count	Percentage
No strong preference	25	38.5%
In person	17	26.2%
Online	13	20.0%
Don't plan to attend	10	15.4%

Table: How do you prefer to meet



Suggested Meeting Topics

Topic	Mentions
In Person or Small Group Meetings on Latest updates on curing PD and what are the causes, plus other PD topics	7

Other suggested topics include:

- ▶ Sleep Issues and PD —Solutions and strategies
- ▶ Effect of blood type and dietary choices to improve overall immune system health
- ▶ Use of nicotine patches in treating the symptoms of PD
- ▶ Sarcopenia
- ▶ Vibration and PD
- ▶ Complimentary therapies



Suggested Meeting Topics (cont.)

- ▶ Optimizing medical visits
- ▶ Preventing medication errors
- ▶ Preventing hospital complications
- ▶ Healthcare professional education
- ▶ Medical trials & drug efficacy
- ▶ Availability and quality of medical resources in Santa Fe
- ▶ Volunteer training
- ▶ Destigmatizing PD
- ▶ How can caregivers better support other care givers?
Encourage caregivers to share effective and impactful services
- ▶ Coping skills; processing anger/depression/fear /embarrassment
- ▶ sharing some laughs
- ▶ Discussion on post PD life experiences



Favored Meeting Combinations

Response	Count	Percentage
Hybrid Group + Hybrid Care Partners	14	21.5%
In-Person Group + In-Person Care Partners	14	21.5%
In-Person Group + Online Care Partners	14	21.5%
In-Person Group + Online Group	12	18.5%
Online Group + Online Care Partners	7	10.8%
Hybrid Group + Online Care Partners	4	6.2%

Table: Which combination of meetings do you prefer?



Comfort Level using Zoom

Response	Count	Percentage
High	37	57.8%
Moderate	17	26.6%
Low	10	15.6%

Table: What is your comfort with Zoom?



Best Times to Meet

Cells with 11 or more responses are highlighted.

	<10am	10-12pm	12-2pm	2-4pm	4-6pm	>6pm
Sunday	5	13	8	8	2	4
Monday	8	16	13	13	9	8
Tuesday	7	11	9	11	8	8
Wednesday	9	11	11	14	10	8
Thursday	8	10	10	17	9	7
Friday	8	10	8	8	10	7
Saturday	9	8	8	8	3	3



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Several responses triggered the ability to request additional information. We offered such information about

- ▶ PDGENERation for PwP
- ▶ PERSEVERE for Care Partners
- ▶ Veterans Resources for Veterans
- ▶ Young-Onset Resources for Young-Onset PwP or Care Partners



PDGeneration Response

Response	Count	Percentage
Requested additional information	26	56.5%
Declined additional information	9	19.6%
Already enrolled	11	23.9%



PERSEVERE Response

Response	Count	Percentage
Requested additional information	5	55.6%
Declined additional information	3	33.3%
Already enrolled	1	11.1%



Veterans Response

Response	Count	Percentage
Requested additional information	5	62.5%
Declined additional information	3	37.5%



Young-Onset Response

Response	Count	Percentage
Declined additional information	1	100.0%

