

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

August 2011

Visit Our Website at:

www.fareshare.net/Parkinsons/

Volume 1, Issue 2

Recap of June's Meeting

It was nice to see several new attendees at our June meeting; and it was great to see the regulars that came.

Prior to beginning our breakout sessions, we discussed some of our new and exciting projects, including this newsletter, the website, and the tri-fold brochure.

This month's post-lunch activity consisted of breaking out into two groups: Parkinson patients and caregivers. Doris Guyer facilitated the patients and Art Guyer facilitated the caregiver group. Both groups had good participation and great discussions. Here are some of the topics:

Motorized Exercise Bicycles: Theracycle makes this equipment designed to guide users through a custom programmed exercise regimen. The motor assists the user to get a full-body workout. It is designed to improve strength, mobility and flexibility; increase energy, endurance and general well-being; reduce stress on joints during exercise; and improve muscle tone and cardiovascular fitness. The Company's website is: www.theracycle.com/.

Exercise Bands: Rubber exercise bands tone and strengthen the entire body with bands that vary in levels of resistance. These are lightweight and allow users to exercise anytime and anywhere. Dick's Sporting Goods sell these bands on line and in their stores.

See the reverse side (Page 2) for other topics and relevant information.

August Meeting Topic

Join us for our Parkinson's Support Group Meeting At Homewood at Williamsport

Thursday, August 4th

Presentation and Demonstration by

Candice Valencia, Senior Yoga and Exercise Physical Trainer

Lunch will be served at 1:30 PM
Followed by a meeting at 2:30 PM

Our meetings are held at the Hilltop Assisted Living Facility.

Please call for directions:

Kathy Lanham @ Homewood
301-582-1750

No reservation is needed.

Hope you like this Newsletter. We want to improve communications and support with this format. Let us know what you think.

Upcoming Events

Upcoming Meeting Topics

08-4: Candice Valencia, Senior Yoga
09-1: Dr. Zoltan Mari, DBS Neurologist
10-6: Open
11-3: Judy Barron, County Health Dept

Jul 28, 2011 (4:00 PM – 5:00 PM)
Deep Brain Stimulation Session – Medtronic & Antietam Neurology Center, Hagerstown, MD
RSVP: 301-797-1900

Sep 26, 2011 (12:30 PM – 5:00 PM)
Parkinson's Disease 201: "Managing Care" -- Johns Hopkins
Contact: 410-995-8795

Sep 30, 2011 (2:00 PM – 3:30 PM)
Dec 05, 2011 (6:00 PM – 7:30 PM)
Deep Brain Stimulation Information Sessions – NPF & Johns Hopkins
Contact: 410-995-8795

Nov 12, 2011 (8:00 AM – 4:00 PM)
Mid-Atlantic Parkinson's Symposium
Martinsburg Parkinson's Support Group & Johns Hopkins
Contact: 304-886-8594

Please let us know of any other events you would like to see publicized.

The Hagerstown Parkinson's Support Group Contacts:

Kathy Lanham @ Homewood:
301-582-1750

Group Facilitator, Art Guyer:
240-625-2722

The Hagerstown Parkinson's Support Group meets at and is supported in part by:

HOMWOOD
AT WILLIAMSPORT

16505 Virginia Avenue
Williamsport, MD 21795
301-582-1750

UNSUBSCRIBE: If you no longer wish to receive this newsletter, please email: aguver42@myactv.net

Or

Call: Kathy @ Homewood
301-582-1750

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Laser Assisted Walkers

U-Step Walking Stabilizer:

In-Step Mobility Products created the U-Step Walking Stabilizer to increase independence. The secret is in the patented U-shaped base; its ultra-stable foundation braces you in every direction.

The U-Step surrounds you and moves with you. You will feel as stable as you would feel holding onto another person's arm.

The innovative braking system is easy to use and puts you in complete control. It will not roll until you lightly squeeze either hand brake. When you release the hand brake, the unit will stop immediately. This is particularly helpful when standing up from a chair because the unit will not roll away from you.

The Laser Light option:

Many Parkinson's patients benefit from a visual cue for each step, avoiding freezing and increasing their stride length. The optional laser light projects a bright red line in front of the patient's feet.

The Height option:

The U-Step's handlebars adjust to 8 different height levels.

About \$775 with laser light.

LaserCane

The LaserCane projects a safe, obstacle-free visual cue, which can enable Parkinson's patients and others to break "freezing" episodes and increase stride length.

About \$189.00 + \$20.00 for a Triangular Base

<http://www.parkinsonshop.com>

Neupro (Rotigotine) Dopamine Agonist Patch

Michael S. Okun, M.D.,
National Medical Director of the National Parkinson's Foundation (NPF):

The Neupro (Rotigotine) dopamine agonist patch was approved by the US FDA in 2007, but was withdrawn from the U.S. market in April 2008.

The issue that precipitated removal from the market was a "crystallization" of the medication into what appeared to many as "snowflakes" on the surface of the patch. After scientific review, it was discovered that storage by refrigeration was a potential solution. The patch underwent review by the FDA, and they determined that to be re-approved for the US market, the drug would need to be completely reformulated. This reformulation process could take as long as a year or two (2012). In the meantime for those patients with Parkinson's disease, who continue to wait for the patch, please see your doctors to discuss alternative strategies with the many available medications that can be given by tablets.

This patch is currently available in Europe.

Caregivers

Senior Home Care, Elder Care, Senior Care, In-Home Care & Assisted Living

Visiting Angels is the nation's leading, nationally respected network of non-medical, private duty home care agencies providing senior care, elder care, personal care, respite care and companion care to help the elderly and adults continue to live in their homes across America.

<http://www.visitingangels.com>

SwallowAid

SwallowAid is an easy to use special formula in a CherryGel format designed to solve severe problems of dry mouth and swallowing unpleasant medications.

SwallowAid has been reviewed and released by the U.S. Federal Drug Administration. Dysphagia sufferers find relief. Approximately 150 doses; about \$9.

Also, available:

Pill Glide Spray, in various flavors. Spray the throat and take pills with water. About 100 uses at \$7.

Available on Amazon.

**Next Month Look for an Article on
"Protein and Levodopa"**

**Want to contribute a short relevant
article for the newsletter? Contact
Kathy Lanham or Art Guyer.**