

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

December 2011

Recap of November's Meeting

This was our last meeting of 2011.

Thanks to Kathy and Homewood for a nice "Holiday" lunch; and thanks to all of you who came out to hear Judy Barron from Washington County Department of Aging.

Some highlights from Judy's presentation and a photo are included on page 2 of this Newsletter.

During our meeting the subject of "Silver Sneakers" came up so I have included a short write-up on page 2 about that.

Have a nice Holiday!

NOTICE OF MEETING TIME AND LOCATION CHANGE

Beginning in March 2012, we will meet in the Community Center, Dining Room 1 at 1:00 PM

The Hagerstown Parkinson's Support Group Contacts:

Kathy Lanham @ Homewood:
301-582-1750

Group Facilitator, Art Guyer:
240-625-2722

Visit Our Website at:

www.fareshare.net/Parkinsons/

March Meeting Topic

Put this on your calendar!
Join us for our Parkinson's Support Group Meeting At Homewood at Williamsport

Thursday, March 1, 2012

Featuring

**Candice Valencia
Seniors Yoga and
Strength Training**

New Time and Place!

Our meetings are held at the
Community Center, Dining Room 1
At 1:00 PM
at Homewood at Williamsport.

Please call
Kathy Lanham @ Homewood
301-582-1750
for directions

Reservations are not needed.

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

Volume 1, Issue 6

Upcoming Events

Future Meeting Topics

2012

03-1: Candice Valencia, Senior Yoga

Educational Activities

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

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

Don't forget the Survey! A number of Surveys have been turned in and I'd like to get as many more as possible before the end of this month. This is your chance to contribute ideas for your support group.

I will summarize the results in the next Newsletter.

UNSUBSCRIBE: If you no longer wish to receive this newsletter, please email: aguyer42@myactv.net

Or

Call: Kathy @ Homewood
301-582-1750

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December 2011

Recap of November Meeting

(From Page 1)

Judy Barron gave a lively, interactive presentation and emphasized how important exercise is to everyone, especially those with Parkinson's Disease. She also reminded us that the medications list we take to the doctor's office should include all over-the-counter medications we take, including pain medications and vitamins and supplements. Judy also suggested we all get the flu, pneumonia, and shingle vaccinations.



Judy Barron Speaks to Group

Silver Sneakers

www.silversneakers.com

What is the "Silver Sneakers" Fitness Program?

Silver Sneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. It promotes greater independence and a healthier life.

Health plans around the country offer this program to people who are eligible for Medicare or to group retirees. Silver Sneakers provides a fitness center membership to any participating location across the country. This benefit includes:

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* access to conditioning classes, exercise equipment, pool, sauna and other available amenities;

* customized classes designed for older adults who want to improve their strength, flexibility, balance and endurance;

* health education seminars and other events that promote the benefits of a healthy lifestyle;

* a specially trained Program Advisor at the fitness center to introduce you to the program and help you get started;

* member-only access to online support that can help you lose weight, quit smoking or reduce your stress.

Local Fitness Facilities that support Silver Sneakers include the following; unfortunately, there are none in Hagerstown.

- Extreme Sportsplex Family Fitness
239 Monroe Street
Martinsburg, WV 25404
(304) 267-7500
www.teamextremesportsplex.com
- Results Therapy & Fitness
1600 Orchard Drive
Chambersburg, PA 17201
(717) 262-4650

Facilities are also located in McConnellsburg, PA; Charles Town, WV; Gettysburg, PA; Berkeley Springs, WV; and Shippensburg, PA.

Those with Internet access can take advantage of an on-line program at:

<https://silversneakers.myhealthways.com/>

On this secure site, you can

- Assess your health;
- Develop action plans and track your physical activities;
- Request advice from experts in nutrition, fitness and managing stress;
- Participate in discussion groups.

Parkinson's Disease & Your Health

Johns Hopkins Medicine

Symposium, November 11, 2011

Martinsburg, West Virginia

Doris and I and several other couples from our Support Group in Hagerstown attended this symposium last Saturday.

The Martinsburg Parkinson's Support Group hosted this symposium and did a fine job pulling together exhibitors, prizes, refreshments and the program in general.

Our friend, Becky Dunlop from JHU and Debi Corbin, Leader of the Berkeley County Parkinson's Group, kept the session moving along.

Dr. Camilo Toro from Frederick, MD, spoke on Genes and Parkinson's in a rather technical manner.

Dr. Linda Sigmund from Fairfax, VA, spoke about medical treatments of Parkinson's Disease.

Dr. Zoltan Mari, from JHU, spoke on recent advances and research related to Parkinson's Disease.

Ellen Talles presented thoughts on dancing with Parkinson's Disease and conducted two breakout sessions in the afternoon where attendees had an opportunity to enjoy and experience her methods.

Becky Dunlop conducted two breakout sessions in the afternoon on caregiving.

Overall, a lot of information was exchanged and a number of new contacts were made.

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