

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

March 2012

New This Year!

Directions/Parking

Two entrances to the Homewood grounds may be used to get to the Community Building where we will be meeting. The main entrance from Virginia Avenue (then left around the new building) is one option. Parking is available along the driveway around the new building, which is one-way traffic, and in the court where the Community Building is located (behind the new building). The second option is the first entrance from Governor Lane Boulevard (then right to the court that services the Community and Administrative Buildings). Parking is available along that driveway also. When appropriate, caregivers can drop off members in front of the Community Building in the court.

Lunch

Lunches will be served our members in the private dining room and will consist of a choice of beverages, a choice from two soups and two sandwiches, potato chips, and fruit. Occasionally, other items may be included in the lunch. For the November lunch, there will be a traditional "holiday meal" provided at the same price as the other lunches. **The cost of the lunches to be paid by each member will be \$6.50.** We will be responsible for collecting individual payments for lunch. Kathy will prepare menu selection cards for each meeting to be used by members to select their choices.

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

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

Thursday, March 1, 2012

Featured Speaker

Sharon Wilson
Marathon Runner and
Facilitator of The Greater Winchester
Parkinson Support Group
See their website at: www.walkrunmove.org

New Time and Place!

**Our meetings will be held at the
Community Center,
In Dining Room 1 At 1:00 PM**

Please call
Kathy Lanham @ Homewood
301-582-1750
If you need directions

Reservations are not required.

I want to thank Dave DeHaven for assisting me with our activities, including meeting with Homewood Staff to work out the details of our 2012 meeting logistics.

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 2, Issue 3

Upcoming Events

Future Meeting Speakers and Topics

Sharon Wilson, Marathon Runner
John E. Provo, Lecturer
Arita McCoy, RN, BSN
Candice Valencia, Senior Yoga
Dr. Liana Rosenthal, Johns Hopkins
Becky Dunlop, Johns Hopkins
Debora Bergstrom, Chemist and
Early Onset Leader

Educational Activities

SYMPOSIUM: March 17, 2012

The Parkinson Foundation of the National Capital Area will hold its next symposium on March 17, 2012 at the North Bethesda Marriott Hotel and Conference Center. Call 703-734-1017 for info or to register. The agenda and registration brochure is available from Art and on our website at:

<http://www.fareshare.net/Parkinsons/>

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

Contributed Article

On page 2 of this month's newsletter you will find an article by Becky Dunlop, RN from Johns Hopkins entitled "Medication Management Dilemma". Thanks, Becky, for this contribution.

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

Or

Call: Kathy @ Homewood
301-582-1750