

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2012

Volume 2, Issue 4

Highlights of the March Meeting

Our initial meeting for 2012 was a huge success. We had 25 members for lunch in our new location and under our lunch protocol.

Reverend Jeffrey Shull blessed our meeting, members, and food. Art and Doris brought a cake for dessert. Dick and Peggy Naugle volunteered to bring dessert for the April meeting. We will be looking for other volunteers for the remainder of the year. Call Art if you want to sign up now.

Based on results from the survey, Art suggested two possible social activities for the group:

Caregiver's Breakfast. A trial get together is planned for Tuesday, March 27th, 8:30 AM at the Railroad Junction Family Restaurant in Hagerstown. Caregivers should call Art by Friday, March 23rd if you plan to attend this breakfast.

Picnic for all Members. When weather is suitable, members would enjoy a covered dish picnic at some convenient location. We need to have a couple volunteers to plan and organize this event. Call Art.

Doris and Art attended the February 14th meeting of the Winchester Parkinson Support Group. It was a very good meeting, including a light lunch and then a breakout session similar to what our group does. The facilitator, **Sharon Wilson, was our speaker this month.** She made an inspiring presentation, comparing running ultramarathons to the Parkinson Journey, using photos of the JFK 50 Mile Run/Hikes in which she has participated. She is a huge proponent of exercise for those with Parkinson's Disease, as well as others. Thank you Sharon and Bob.

See their website at: www.walkrunmove.org/

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/

April Meeting

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

Thursday, April 5, 2012

Featured Speaker

John E. Provo, Lecturer

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

Lunch

Lunches will be served our members in the private dining room in the Community Center at a **cost of \$6.50 for each member.** Reservations are not required.

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

Upcoming Events

Future Meetings

April 5th, John E. Provo, Lecturer
May 3rd, Arita McCoy, RN, BSN, JHMC
June 7th, Candice Valencia, Senior Yoga
July 5th, Dr. Liana Rosenthal, JHMC
August 2nd, Becky Dunlop, JHMC
September 6th, Debora Bergstrom, Chemist and Early Onset Leader
October 4th, Breakout Sessions
November 1st, Dr. Linda Sigmund

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.

Homewood at Williamsport
Strawberry Fest:
May 5th, 9 AM to 3 PM.



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

Articles

On pages 2 – 4 you will find two articles; one on Parkinson Genetics and another on Tai Chi as a good exercise for persons with Parkinson's disease.

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

Or

Call: Kathy @ Homewood
301-582-1750