

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

May 2012

Volume 2, Issue 5

Highlights of the March Meeting

Thanks to those who attended our March meeting. Only 22 souls made it this month, but we had a good lunch and an excellent speaker. **Dick and Peggy Naugle** brought some great brownies for dessert. Three others have volunteered for dessert duty so far, but we will be looking for other volunteers for the remainder of the year. Call Art if you want to sign up now.

See Page 2 for additional subjects we covered at our meeting this month.

Please note the following, change.

To help those who prepare our lunches, we now will need to call or email Kathy Lanham each month for reservations for lunch. This only applies to those who come to eat lunch; not those who attend the meeting without eating. Contact information is provided at the bottom of this column.



Dave and Patsy DeHaven have found a personal kit designed to be useful getting better care in hospitals. It's a nice carrier and includes information you should have available when you are hospitalized. It is

free from the NPF and can be ordered by calling **1-800-473-4636** or visiting www.awareincare.org on the web.

The Hagerstown Parkinson's Support Group Contacts

Kathy Lanham @ Homewood:
Phone: 301-582-1750
E-mail: kdlanham@hmwd.org

Group Facilitator, Art Guyer:
Phone: 240-625-2722
E-mail: aguyer42@myactv.net

Visit Our Website at:
www.fareshare.net/Parkinsons/

May Meeting

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

Thursday, May 3, 2012

**BREAKOUT SESSIONS
CAREGIVERS AND PATIENTS
DISCUSSIONS AND
EXCHANGES**

Reservations Required.

New Time and Place!
Our lunches and follow-on meetings
are held at the Community Center,
In Dining Room 1 at 1:00 PM.
Cost for lunch per member: \$6.50

Please call
Kathy Lanham @ Homewood
301-582-1750
For reservations or if you need directions.

April is Parkinson's Disease Awareness
Month!

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



Upcoming Events

Future Meetings

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

Educational Activities

Operation Scam Jam.

This is a free consumer protection workshop arming individuals with information on how to outsmart scam artists, protect private information and safeguard personal finances. There will be one held at the Martinsburg Holiday Inn on Tuesday, April 24th, 8:30am to 2:00pm (sign in 8 to 8:30am), and lunch is provided.

RSVP 800-799-4638

Information per Karen Kelly.

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

Read about our March Speaker,
John Provo on Page 2.

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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Caregiver's Breakfast.

Four of our group's caregivers (Art Guyer, Dave DeHaven, Peg Hayzlett, and Mike Saterbak), met for breakfast on March 27th, at the Railroad Junction Family Restaurant in Hagerstown.

We had a good breakfast, lots of coffee, and great discussions, including some support group business.

Since Dave and I never like to miss a chance to go out for breakfast, we are planning a **second one for Monday, April 23rd, at 8:30 AM, at the same place.**

Caregivers should call Art by Friday, April 20th, if you plan to attend this breakfast.

Picnic for all Members.

We are planning to hold a covered dish picnic at some convenient location this summer. Peg Hayzlett volunteered to head up a small group of members to plan for this activity. Dave and Patsy DeHaven have volunteered to help, and Nancy Starliper and her daughter, Lorre Jones, are looking into the potential for using a church location.

If anyone has a suggestion for a location that would not cost us anything, please let Art know. We probably will buy fried chicken and have members bring a dish or dessert for the rest of the meal. Our intent is to have the picnic during the week, around mid-day and hope to be able to provide transportation if necessary.

If you would like to volunteer to help with this activity or if you have any other ideas, please contact Art.

Birthdays.

We intend to begin collecting birthdates (not years, just day and month) so we can celebrate a little at each meeting for those with birthdays that month.

To participate, contact Art who will keep a master schedule for the group.

Afternoon Drive.

If a Parkinsonian member would like to get out for a drive for a couple hours, perhaps it can be arranged. It might be for shopping, an ice cream cone, or just to get away a little. If you think this might be worthwhile pursuing, please contact Art.

Left-Handed Parkinson's Disease.

Debora Bergstrom is looking for anyone who is right-handed and has Parkinson's symptoms mostly on their LEFT side.

If you want to participate in a study of this "oddy," please contact Deb at:

Email: dfbergstrom@comcast.net

Or let Art know and he will forward your contact information to her.

Plant a Virtual Tulip.

The tulip serves as a unifying symbol for today's Parkinson's community. Throughout April, the Parkinson's Action Network (PAN) is offering a special opportunity to plant a virtual tulip in their Tulip Tribute Garden to honor, recognize, or remember a loved one who has been touched by Parkinson's disease.

To add your own, visit their website at:

<http://www.parkinsonsaction.org/tuliptributegarden/index.html>

Speaker John Provo.

Fellow member, John Provo, addressed our group at our April meeting about "Explaining Parkinson's Disease to Children." His well-developed and artful presentation covered:

- The importance of providing, a clear, simple, and compassionate explanation of PD to a child.
- The most important things a child must know regarding their parents or grandparents illness.
- The emotional considerations of the child.
- The importance of fostering a "family team approach" in dealing with the parent or grandparent's illness.

John has a website on which he has captured many of his thoughts about this subject in video. The URL is:

<http://www.jprovopublications.com/>

This link is also on our own website.

About John Provo:

John earned his BA and MBA from Frostburg University and has spent 25 years in the technology business. He and his wife, who teaches in Hagerstown, have 3 daughters and 4 grandchildren. His outside interests include photography and gardening. He was diagnosed with PD about 4 years ago.

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

