

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

June 2012

Volume 2, Issue 6

Highlights of the March Meeting

We appreciate the 20 people who came out to our May meeting. Reverend Jeff Shull offered the blessing for the group. **Mike and Marci Saterbak** brought chocolate cake, oatmeal cookies, and some great brownies for dessert. The DeHaven's and Karen Kelly have volunteered desserts for June and August. We will be looking for other volunteers for the remainder of the year. *Call Art if you want to sign up now.*

This month we had our "Breakout Sessions" facilitated by Doris and Art Guyer. As usual everyone seemed to enjoy these sessions and talked for over an hour.

Peg Hayzlett has made good progress with the picnic, with the help of Lorre Jones and her mother Nancy Starliper. She gave a good report and passed around a sign-up sheet. *See page 2 for more information.*



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 their website at www.awareincare.org.

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: aquyer42@myactv.net

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

June Meeting

MARK YOUR CALENDARS

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

Thursday, June 7, 2012

Candice Valencia, Professional Trainer
Specializing in
Yoga and Weight Training for Seniors

Reservations Required.

Our lunches and follow-on meetings are held at the Community Center Dining Room 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.

Caregivers' Breakfast, **May 21, 2012, 8:30 am**
Call Art Guyer for Information.

Members' Picnic, **June 25, 2012, 1:00 pm**
Call Peg Hayzlett (301-791-0836) for Info. See page 2 for more information on the Picnic.

Upcoming Events

Future Meetings

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

John Provo: "Living Each Day on Drugs and Hugs" (See page 2 for more information)

Senior and Caregiver Expo, Thursday, May 24th, (See page 2 for more information)

JHM PD101, An Introduction, June 4 and September 10 (410-955-8795)

JHM PD201, Managing Care, June 11 and October 12 (410-955-8795)

JHM Caregiver Conference, June 16 (See page 2 for more information)

JHM DBS Information Sessions, July 9 and November 5 (410-955-8795)

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

Reminder! If you use email and are not receiving this newsletter that way, please send an email to Art asking to be put on our email list. You get the newsletter sooner by email!

UNSUBSCRIBE: If you no longer wish to receive this newsletter, please email: aquyer42@myactv.net

Or

Call: Kathy @ Homewood
301-582-1750

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



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Caregiver's Breakfast.

Our caregivers will meet for breakfast on May 21st this month, at the Railroad Junction Family Restaurant in Hagerstown, at 8:30 AM.

This restaurant has a good breakfast, lots of coffee, and we provide conversation and fellowship. You are encouraged to participate in this if at all possible. Caregivers should call Art by Friday, May 18th, if you plan to attend this breakfast.

Picnic for all Members.

We are holding a covered dish picnic at the St. James Brethren Church this summer. Peg Hayzlett is heading 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, have arranged to use the church's pavilion. Doris and I checked out the pavilion and it is large and easily accessible from the parking lot.

We will buy fried chicken and members may bring a dish or dessert. The cost of the chicken will be divided among those attending. There are rumors of games and contests too!

We are also looking into transportation for this activity and will talk more about that next month. You can sign up at the June meeting or call Peg Hayzlett at 301-791-0836 for information or to sign up. Registration for the picnic will be cut off in mid-June so we can estimate how much chicken and supplies to purchase. There will be directions and a map for you next month.

Birthdays.

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

To participate, sign up at the next meeting or 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, 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.

Happy Memorial Day



John Provo Caregivers Information

"Living Each Day on Drugs and Hugs"

A weekly three part series started on May 5th, 2012, that will discuss ways a *Parkinson's patient can help care for their caregiver.*

This series of discussions will address ways Parkinson patients can "step up to the plate" and offer emotional support to their caregivers.

Visit his website for more information:

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

Senior and Caregiver Expo.

Put on by the *Coalition for Advanced care Resources, Education and Support for caregivers* (CARES)

FREE ADMISSION!!

Thursday, May 24th
9:00 am—2:00 pm

Clarion Hotel and Conference Center
901 Dual Highway
Hagerstown, MD

- Activities
- Information & Resources
- Door Prizes & Food

Lunch tickets must be purchased in Advance:

Early bird \$5, after May 10th tickets will be \$6. Call 301-791-3087.

<http://www.washingtoncountycares.org>