

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

August 2012

Highlights of the Picnic and the July Meeting

We had 21 people at our Picnic on June 25th, including two grandchildren. Everyone had a great time. Details and photos are on pages 3 and 4.

I'd like to thank those who attended our July lunch and meeting. Reverend Jeff Shull offered the blessing for the group. It was an **exciting meeting with about 35 people there, including at least 14 new people.** A number of the new attendees came from the Chambersburg area as a result of our putting a notice in the Public Opinion Newspaper there.

Dr. Liana Rosenthal, a neurologist from JHU was our speaker. More on page 2.

The Shaws brought dessert this month. We have volunteers for dessert duty for August (Karen Kelley) and September (the Masters), but still need volunteers for October and November to close out the year. Call Art if you want to show off your favorite dessert this year.

Picnic story and photos are on page 3 and 4.



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/

August Meeting

MARK YOUR CALENDARS

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

Thursday, August 2, 2012

Becky Dunlop
Nurse Coordinator, R.N., B.S.N.
The Johns Hopkins Hospital

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.

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



16505 Virginia Avenue
Williamsport, MD 21795
301-582-1750

Volume 2, Issue 8

Upcoming Events

Future Meetings

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

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

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

UMMC Parkinson's Seminar, October 16
Achieving Your Goals, BWI Westin

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

Caregivers' Breakfast, **July 17, 2012**,
8:30 am
Call Art Guyer for Information.

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

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Caregiver's Breakfast.

Our caregivers will meet for breakfast on July 17th 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, July 13th, if you plan to attend this breakfast. If transportation is a problem, let Art know when you call.

Birthdays.

We're 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, sign up at the next meeting or contact Art who will keep a master schedule for the group.



July Birthdays: Dick Masters, Mike Saterback, Ragan Shaw, and Nancy Starliper, and two new members, Linda Hult and Fred Craver

Yoga and Exercise

A. Candice Guyer, NSPA, Certified Personal Trainer, Yoga Fit Certified, spoke at our June Meeting. Her training schedule and related information is as follows:

Hagerstown Senior Center (301-671-2368)

Strength Training, Mon. 1:00, Fri. 11:30
Chair Yoga, Wed. 1:00, Fri. 1:00

The Hagerstown classes are free, but there is a charge for the following centers.

Frederick Senior Center (301-600-3525)

Strength Training, Mon. and Fri. 9:30; Tue. and Thu. 11:00; Wed. 9:00

Chair Yoga, Tue. and Thu. 12:15

Mod. Movement, Mon. and Wed. 11:00

Brunswick – Green Country Inn (301-834-8115)

Strength Training, Tue. and Thu. 9:00

Class descriptions:

Strength Training: A 1-hour class combining sitting and standing exercises using dumbbells..

Chair Yoga: A 1-hour class using a chair for standing and sitting Yoga Poses.

Moderate Movement: A 50-minute class for people with movement disorders such as strokes, arthritis, Parkinson's Disease, and MS. Consists of chair and balance exercises using all parts of the body and moving all the joints.

July Speaker, Dr. Liana Rosenthal



Dr. Rosenthal joined us from Johns Hopkins for lunch on July 5th.

Her undergraduate work was at Duke University after which she entered the Johns Hopkins System where she completed her MD, internship, and residency. Just recently she was named professor/instructor.

After lunch, Dr. Rosenthal conducted a question and answer period lasting an hour and 30 minutes. She stayed after the meeting was adjourned and continued to answer questions individually with some of our attendees.

Her contact information is:

The Johns Hopkins Outpatient Center
Room 5061
601 North Caroline Street
Baltimore, MD 21287

410-955-6626

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PICNIC!

Happy Members!



Standing (L to R): Lorre Jones, Chuck Hydorn, Mike Saterbak, Huck Hayzlett, Peg Hayzlett, Dave DeHaven, Patsy DeHaven, Art Guyer, Doris Guyer, Ragan Shaw

Sitting (L to R): Nancy Starliper, Janet Hydorn (Back Bench), Karen Kelley, Peggy Naugle, Dick Naugle (Back Bench), Marci Saterbak, Anita Masters, Ecile Shaw (Back Bench), Dick Masters

Not Pictured: Taylor Starliper (Nancy's Granddaughter) and Taylor Valencia, (Art and Doris' Grandson) who helped out where needed.

Photos by Taylor Valencia

Please Contact Art Guyer if You Would Like a Copy of this Photo.

The summer picnic, one of our newly organized social events, was a complete success thanks to the organizing committee made up of **Peg Hayzlett, Dave and Patsy DeHaven, Lorre Jones, and Nancy Starliper**. AND thanks to the members who brought some great dishes and desserts. Fried chicken was purchased at the Sharpsburg Pike AC&T.

Everyone had a great time and many were not ready to leave. The picnic provided an opportunity to get to know each other a little better, have a good lunch, tell some jokes, and enjoy some guessing games and door prizes. Members came from West Virginia, Pennsylvania, and Maryland. The pavilion at St James Brethren Church was an excellent site for the picnic. The group made a donation to the Church for the use of the pavilion.

There have been some suggestions of having another picnic in the early fall when the weather is milder.

See Page 4 for more photos.

Photos at the Picnic at St. James Brethren Church, June 25, 2012



Peg and Huck Hayzlett



Lorrie Jones and Nancy Starliper



Patsy and Dave DeHaven



Janet and Chuck Hydorn; Karen Kelley



Mike and Marci Saterbak



Dick and Anita Masters; Lorrie Jones



Chow Time



Chow Time



Game Time



Chow Time

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