

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

October 2012

September Meeting Highlights

Wow -- 40 people attended our September meeting, including 4 new individuals. Dick Naugle offered the blessing for the group.

The Masters and the Naugles brought two great fresh peach desserts. Thanks so much for those treats. The Cravers are on the schedule for October and the Hayzletts volunteered to bring dessert for November.

Our speaker was not able to come, so we did caregiver/patient break-out sessions facilitated by Art and Doris. As usual, everyone enjoyed these discussion sessions and there was a lot of participation.

Lutheran Home Care Services

In the Caregivers' Break-Out Session at our September meeting, one of our members, Miriam Timmons, described assistance she and Ed were getting through the Lutheran Home Care Organization. Here is some brief information about this organization.

Lutheran Home Care & Hospice, Inc. is a home care agency that can provide home health care, home health tele-monitoring, hospice and in-home support services throughout south central and northeastern Pennsylvania and northern Maryland. For more information visit their website at: www.lutheranhomecare.org/ or contact them to see what is available in your local area by calling 800-840-9081 or by email at info@lutheranhomecare.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: aguyer42@myactv.net

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

October Meeting

MARK YOUR CALENDARS

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

Thursday, October 4, 2012

Arita McCoy, RN, BSN
Johns Hopkins Medical

Speaking on Clinical Research and Current Happenings in Parkinson's

Lunch 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.

Top 10 Questions to Ask Your Doctor.
[See page 3.](#)

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



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Upcoming Events

Future Meetings

October 4, Arita McCoy, RN, BSN, JHMC
November 1, Dr. Linda Sigmund

Educational Activities

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)

Washington County Senior Center
Stepping on (Fall Prevention Program)
October 7 – November 20, 9:30 – 11:30 AM
October 24 – December 12, 1:00 – 3:00 PM
([See Page 2 for more Details](#))

Berkeley Co. Parkinson's Support Group
Oct. 24th – 6:30 PM (Hospice Criteria)
Nov. 28th – 6:30 PM (Speech Therapy)
(304-886-8594)

Caregivers' Breakfast, Tuesday,
September 18, 2012, 8:30 am
Call Art Guyer for Information.

Picnic, Monday,
September 24th, 1:00 pm
See Page 2 for Details.

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

Reminder! If you are not receiving this newsletter by email, send a note 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: aguyer42@myactv.net

Or

Call: Kathy @ Homewood
301-582-1750

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Caregiver's Breakfast.

In August, Dave DeHaven, Mike Saterbak, Ecile Shaw, and Art Guyer enjoyed the Caregivers' Breakfast together. This month, caregivers will meet for breakfast on **Tuesday, September 18th**, 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 at least 24 hours in advance, 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 is keeping a master schedule for the group.



September Birthday: Carol Minyard

**Don't miss the
PICNIC
On September 24th**

**Picnic for all Members and Families
September 24, 2012, 1:00 PM.**

There will be a covered dish picnic at the St. James Brethren Church, 17718 Lappans Road, St. James, MD, on September 24th at 1:00 PM.

As before, we will buy fried chicken and members may bring a dish or dessert. The cost of the chicken will be divided among those attending. We will also take up a voluntary collection for the church.

If you did not sign up at our September meeting, call Art to register for the Picnic. We need a fairly accurate count to get the right amount of chicken.

If you need transportation for this activity please call Kathy or Art.

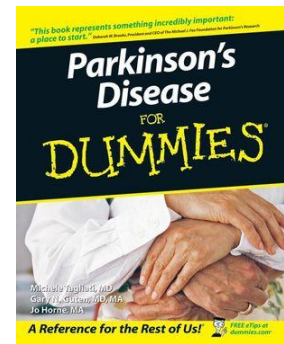
Driving Directions from Homewood to the St. James Brethren Church:

Take Governor Lane Boulevard 1.9 miles south. Turn left on MD-68 (Lappans Road) for 3.7 miles. Church will be on the left.

Driving Directions from Hagerstown (Downsville Pike and I-70) to the St. James Brethren Church:

From I-70 take Downsville Pike south for 2.6 miles. Turn left on MD-68 (Lappans Road) for 1.7 miles. Church is on the left.

Parkinson's Disease for Dummies



One of our new members, Pat Myers, recommends this book as an easy to understand reference for Parkinson's Disease. It's free from the Michael J. Fox Foundation. Thanks, Pat.

STEPPING ON Classes

A proven program designed to build confidence and reduce falls for seniors by about 31 percent. STEPPING ON focuses on how strength and balancing exercise, medication management, home safety, footwear, vision and mobility are important in preventing falls.

Classes meet once per week for 7 weeks; please plan to attend each of the 7 sessions.

Senior Center – Tuesdays
October 2nd – November 20th
9:30 – 11:30 AM

Robinwood Prof. Center – Wednesdays
October 24th – December 12th
1:00 – 3:00 PM

**Classes are FREE
Registration is Required
For Information or to Register
Please call: 240-313-3360**

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Top 10 Questions to Ask Your Doctor

Get answers to these questions so you can take better care of yourself.

Q: Why is this medication being prescribed/What symptoms signal a problem, and how should I respond?

You want to make sure you have a *complete* understanding of your medication regimen, including potential drug interactions and side effects. Important for both the patient and the caregiver.

Q: How will you monitor my Parkinson's treatment? Who will coordinate my care?

Find out who your main contact is, when you should return for your next visit, and how frequently your medication schedule will be evaluated and adjusted.

Q: What other professionals do you recommend I see?

Ask for a referral to a physical therapist, speech-language pathologist, occupational therapist and social worker. Ideally, you'll be assessed by these providers at least once.

Q: What types of exercise and wellness activities are most suitable for me?

It's a good idea to find out about local exercise classes and support groups geared toward people with movement disorders and seniors.

Q: What happens if I begin to feel depressed?

People with chronic health problems are most at risk for depression. If you think you may be depressed, ask your doctor to screen you. . Important for both the patient and the caregiver.

Q: Can you recommend a dermatologist?

People with Parkinson's have a higher risk of developing melanoma, a potentially lethal skin cancer, and should be screened once a year.

Q: What are the best ways to prevent or manage constipation?

Ask your doctor about strategies to relieve symptoms such as proper dietary fiber intake or changes in medication.

Q: What treatment options are available for sleep disturbances?

More than three-fourths of people with Parkinson's report sleep-related symptoms.

Q: What are the latest developments in Parkinson's treatment? Is there a clinical trial appropriate for me?

Clinical trials are research studies that give patients access to promising new medical treatments that aren't available yet to the public.

Q: What hospital should I go to in an emergency?

People living with Parkinson's have higher hospitalization rates. Discuss the "what if" scenarios with your doctor. Tell your doctor about [Aware in Care](#).

Contact the NPF Helpline, 1-800-4PD-INFO (1-800-473-4636), if you would like to discuss questions you should ask your doctor on your next visit.