

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2013

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

Volume 3, Issue 04

[Visit us on Facebook](#)

February Meeting Highlights

We had 46 attendees at our March meeting, including 2 new individuals. Thank you all for your support and for showing our speaker what a great group we are.

Dr. Liana Rosenthal, Neurologist at the Johns Hopkins Movement Disorder Center was our speaker this month. Once again she did an excellent job responding to questions from our members about medications and other treatments for Parkinson's Disease. She held court for 90 minutes before lunch and spent a lot of time with individual members during and after lunch. Dr. Rosenthal is the Principal Investigator for a Biomarkers for PD study. [See page 5](#) for information about that study and how you can participate.

I want to thank **Dick Naugle** for asking the blessing.

Dance for PD

We are hoping to soon bring an exercise program called "*Dance for PD*" from the Bowen McCauley Dance organization to Hagerstown. [See Page 6](#) for information about this important and fun program.

This publication supports:

The Hagerstown Parkinson's Support Group

Contact:

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

Address:

22215 Troy Lane
Hagerstown, MD 21742

MARK YOUR CALENDARS

Join us for our next
Parkinson Support Group Meeting
at the

Western Sizzlin Steakhouse
17567 York Road, Hagerstown, MD
(301) 791-7560

Thursday, April 4, 2013, 11:45 AM.

Our Speaker in April will be

Liz Porteus

Speech and Voice Therapist

See Page 2 for Passing Members



Exercise and Parkinson's Disease
[See Page 3](#)

Depression and Parkinson's Disease
[See Page 4](#)



17567 York Road Hagerstown, MD
(301) 791-7560

Stop by for lunch or dinner to support them!

Upcoming Events

Future Meetings

April 4, Liz Porteus, Speech and Voice
May 2, Jodi Ramsey, Hospice
June 6, Bailey Vernon, JHU Educator
July 11, Becky Dunlap, JHU RN, BSN
August 1, Meritus Pharmacist
Sept. 5, Dr. Samina Anwar, Neurologist
October 3, Bill Bugg, Author
Nov. 7, Steven Ryan, Physical Therapy
December 5, Break Out Sessions

Educational and Other Activities

Winchester Parkinson's Support Group:

April 19, 2013 – Dr. Linda Sigmund will be their guest speaker. Call 304-285-0496

Caregivers' Breakfast:

Monday, March 18, 2013, 8:30 AM at the Railroad Junction Family Restaurant. Call Art Guyer for information.

Totem Pole Playhouse Event:

If you want to join a few of us at the Totem Pole Playhouse to see "A Closer Walk with Patsy Cline," on Wednesday, June 19th, at 2:30 PM, contact the Box Office toll free at: 888-805-7056 to check for available tickets.

Continued on Page 2. Please let us know of any events you would like to see publicized.

Thanks to Paul Romsburg, his family, and staff of the *Western Sizzlin* for supporting our group. They have done a wonderful job in providing us a place to meet and a great lunch.

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

Or call him at: 240-625-2722

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2013

Caregiver's Breakfast.

In February, Dave DeHaven, Ecile Shaw, Shirley Smith, Barbara Harrell, Mike Saterbak and Art Guyer enjoyed the Caregivers' Breakfast together.

This month, caregivers will meet for breakfast on Monday, March 18th, at the Railroad Junction Family Restaurant in Hagerstown, at 8:30 AM.

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 or have questions



Homestyle Cooking
(240)-625-9022
808 Noland Drive
Hagerstown, Md
21740

Hours:
Monday-Saturday
6:00 am-8:00 pm
Sunday 7:00 am-3:00 pm

www.railroadjunctionfamilyrestaurant.com

Birthdays

So we can celebrate your birthday at our meetings, we're collecting birthdates (just day and month).

To participate, sign up at the next meeting or contact Art who is keeping a master schedule for the group.

March Birthdays:

Marvin Myers, Karen Kelley, Harold Burgesser, Glenda Austin

Senior Resources

For good senior resource information, look for the *Senior Compass* at your local grocery stores and on line at:

www.seniorcompassresourceguide.com

Passing Members

Janet L. Hydron



Janet passed away on February 20 at home in Falling Waters, WV. Our sympathy goes out to her husband, Chuck, and the rest of her family.

Donald Zilch

Don died on February 25 at the age of 80. His wife Pat and his family have our sympathy. The Zilches were some of the first members of this group.



Pat and Don Zilch at one of our meetings in 2011.

Need Transportation or Just a Break?

Remember, if you need transportation to our meetings or other events, please let us know.

If you would like a couple of hours of free time and we can take your spouse for a short day trip, we will be happy to try to work something out for you.

Give Art a call or send him an email.



In The Hospital?

If you or your spouse, or a member you know is not doing well and/or is in the hospital, please let us know. We like to visit our friends when possible.

Upcoming Events (Cont. from Page 1)

Summer Picnic:

Thursday, June 20, 2013, 12 Noon
Martin L Snook Memorial Park, Hagerstown, MD. Fried Chicken, Covered Dish, Dessert and Bingo. More Information to come!

Johns Hopkins Educational Seminars:

Parkinson's Disease 101: For newly diagnosed Parkinson's patients and family.
March 11, June 10, September 23
5:00 PM – 8:30 PM

Parkinson's Disease 201: For patients diagnosed for at least 5 years, and family.
April 22, October 28
5:00 PM – 8:30 PM

Deep Brain Stimulation: A session on the innovative technique to provide relief for people with Parkinson's Disease.
April 8, November 11
6:00 PM – 7:30 PM

Achieving Excellence in Parkinson's Care: Presented with NPF at the Sheraton Baltimore North Hotel, Towson, MD.
Saturday, May 18. 9:45 AM – 3:30 PM

For more information on these JHU events, contact **Bailey Vernon** at 410-616-2811 or bvernon1@jhmi.edu.



The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2013

Exercise Found to Alleviate Symptoms of Parkinson's Disease

By Bonnie Miller Rubin, Chicago Tribune Reporter

Dr. Dennis Keane, a physical medical and rehabilitation physician at Rush-Copley Medical Center in Aurora, IL, says exercise has been found to help alleviate symptoms of Parkinson's disease. He works with neurologists and other clinicians in the care of movement disorders to help patients regain, maintain or improve their function.

Q: How can exercise benefit those with Parkinson's disease?

A: There are two main roles of exercise, one being controlling the symptoms of the disease, and the second being slowing the disease progression and possibly even (preventing) the disease. There is evidence that exercise can help improve many of the symptoms, including gait speed, balance, tremors, flexibility and strength.

Q: How does exercise help with these symptoms?

A: One key mechanism is felt to be that our brains have neuroplasticity. That is, with activities such as exercise, we stimulate our brains to create new nerve pathways to take over the role of what we may have lost from a neurological disorder. This has been proven quite clearly in other conditions, such as with stroke recovery.

Q: There has been a flurry of research in recent years that shows exercise has a protective effect on those with Parkinson's. Can you explain?

A: Research is showing that this may happen in one of a couple of ways. First, exercise seems to provide a protection against toxins that cause nerve damage. Additionally, with exercise there seems to be an increase in neurochemicals that facilitate nerve growth and improve nerve strength and stability. This is exciting news, as it is believed that symptoms of Parkinson's disease do not manifest until one loses 40 to 60 percent of their nerve function. Perhaps with exercise, those at risk will not have symptoms until later in life or perhaps never at all.

Q: What recent study supports this premise?

A: There's one out of the University of Maryland, recently published in the Archives of Neurology, that is very positive. It followed 67 Parkinson's patients in three different exercise regimens: One group did high-intensity treadmill exercise (30 minutes at 70 to 80 percent of heart rate reserve), a second did lower-intensity treadmill (50 minutes at 40 to 50 percent of heart rate reserve) and the third did stretching and resistance exercises (such as leg press, three times a week for three months). All three types of physical exercise improved functioning. Even strengthening exercises improved walking abilities. It was encouraging to see that even lower-intensity aerobic exercise can significantly improve walking abilities. Previously, it was felt that higher-intensity aerobic exercises were needed to improve walking. In order to improve strength, one had to do resistive exercises.

Q: So, does it matter what you do?

A: Almost any kind of daily, sustained exercise can help boost strength and flexibility and improve daily functioning. And it's not just Parkinson's. Exercise can help prevent dementia, heart disease and strokes. Just simple walking can be beneficial.

Q: How do you get people with no interest in exercise, who never engaged in physical activity in their lives, to buy into this and get moving?

A: It's not easy to start. Exercise can be arduous, but once you start seeing the gains, even after a short period of time, it gets easier. One should always see a physician prior to starting an exercise program. You should join a Parkinson's group for exercise, alternate activities to keep things interesting, set reasonable goals with your physician or therapist, make it a routine part of your day and, lastly and most important, make it fun. Although the treadmill and weights can be helpful, one can get similar results with water exercise, dance, yoga and Tai chi. Exercise is as important as medication and has become an essential part of managing the disease.



The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2013

Depression is Biggest Hurdle for Parkinson's Patients

Janice Lloyd, USA TODAY

A new study shows depression is a bigger challenge than the physical obstacles that patients face.

November 28, 2012 - Depression takes a bigger toll on Parkinson's patients than the physical problems linked to the neurological disease and often goes undiagnosed, according to early from an international study.

"Nearly everyone thinks of the disease as a mobility disorder but the No. 1 problem turns out to be depression," says Joyce Oberdorf, president of the National Parkinson's Foundation. The advocacy group's long-term study is the largest ever undertaken on the degenerative disease, she says. It affects about 1 million people in the USA and 5 million worldwide, and is characterized by tremors, stiffness, slowness of movement, and speech difficulties.

Trying to pinpoint which treatments enable some Parkinson's patients to thrive while others decline led the foundation to launch the research three years ago. "Some patients stay active and can live at home rather than go to a nursing home" says physician Michael Okun, co-director of the Center for Movement Disorders and Neurorestoration at the University of Florida. "There's a wide disparity of treatments. We wanted to know what treatments were improving quality of life and to set guidelines for good outcomes."

The project involves 20 research centers and 5,557 patients. Each year, patients fill out a health survey and the information is entered into a database. The early findings on depression show the "magnitude of the problem" says physician Laura Marsh. Among the 61% who reported depression in the survey, 1192 (21%) had minor symptoms, 1248 (22%) had mild depression, and 1021 (18%) reported severe, major depressive disorders. "It's not because they're sad they have the disease, which they may very well be, but this depression is related to underlying changes in the brain and for many it will occur before diagnosis of Parkinson's," says Marsh, director of mental health care service at Michael E. DeBakey Veterans Affairs Medical Center in Houston.

"The more aggressively it is treated the better the disease outcome," she says. "There's a real problem with under-recognition and under-treatment."

Oberdorf says the database analysis is showing "divergence in outcomes. We're finding the jewels of treatment."

Patients who receive a combination of treatments for depression — medication and supportive therapy — do the best, according to Marsh. Another problem associated with not treating depression: Until it is addressed, she says, patients might not want to take part in exercise programs, an important therapy for the disease.

"The more exercise you get the more it helps with stiffness and it can also help prevent falls as the disease progresses," says Okun. "Exercise might actually modify the disease." Okun says therapies involving training on a treadmill and spinning on an exercise cycle also elevate mood.

"We're much more likely now to recommend to patients every day to break a sweat, get your heart rate up," he says.

The early findings about effective treatments are "just the tip of the iceberg," says Oberdorf. "We're committed to following this for a very long time."

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2013



JOHNS HOPKINS
MEDICINE



Approved October 4, 2012

Neurology and Neurosurgery

Do you or a loved one have Parkinson disease?

Participate in The MARK-PD study:

Biomarkers for Parkinson disease (PD) and PD-related cognitive impairment

Why?

- To improve diagnosis and treatment of Parkinson disease.
- To improve diagnosis and treatment of people with cognitive changes due to Parkinson disease.

Who?

- Adults over age 30:
 1. Diagnosed with Parkinson disease (PD), and
 2. Healthy volunteers without PD

When?

- Participation requires 2 visits per year for up to 5 years.

Cost to me?

- Study visits are free.
- Modest compensation for your time and travel, including parking and lunch, will be provided

If you are interested in participating, contact:

Liana Rosenthal, MD
(410) 616-2824
PDresearch@jhmi.edu

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2013

Dance for PD®

A Unique Dance Program for
People with Parkinson Disease and
Their Care-Partners

Presented by

Bowen McCauley Dance

Classes are **free** and
drop-ins are welcome!

WWWBMDCORG

From the BMDC Website:

In partnership with the **Parkinson Foundation of the National Capital Area**, Bowen McCauley Dance is the only dance company in the Metropolitan-DC area to provide Dance for PD-free weekly dance classes for people with Parkinson Disease and their care-partners. Besides the health benefits, dance takes the mind and spirit away from the thoughts of disease, disability and social isolation.

Dance for PD® originated with the Brooklyn (N.Y.) Parkinson Group and the Mark Morris Dance Group. At the invitation of MMDG and PFNCA, McCauley received training and certification in March 2008 to teach these fun and innovative classes.

When participating in the dance program, people with the disease report a decrease in physical symptoms and improved psychological and emotional benefits.

In a study of patients with Parkinson Disease, researchers from Washington University School of Medicine in St. Louis have found that those patients who participated in dance classes showed significant improvement in balance and mobility over those who participated in non-dance exercise programs.

The majority of this class is conducted while seated in a chair. If you can't stand for the class, you can remain seated for the entire session.

BMDC representatives are happy to provide us a demonstration class before discussing a full program with them. So we can give them an idea of how many participants we would have, I need to have a quick indication from you if you are interested.

If you did not sign up at our March meeting, please email or call me before March 17th. Peg Hayzlett has volunteered to help with this program.

For more information and videos go to this link: <http://www.bmdc.org/outreach/dance-for-pd>