

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

July 2013

Visit Our Website at:  
[www.fareshare.net/Parkinsons/](http://www.fareshare.net/Parkinsons/)

Volume 3, Issue 07

[Visit us on Facebook](#)

### This Month's Meeting

We had 44 attendees at our June meeting.

Our speaker was **Bailey Vernon** who gave a great presentation on "Living Well with Parkinson's Disease," focusing principally on nutrition. She emphasized the importance of fiber and water in our diets.

I want to thank **Dick Naugle** for his graduation story and for asking the blessing.

**Mike Saterbak** won the door prize drawing; it was a \$10 gift certificate to the Western Sizzlin Restaurant donated by Paul Romsburg and his family.

### Dance for PD



Twelve members showed up for the "Dance for PD" demo on May 31<sup>st</sup>. More photos and information are included on page 4.

### July Meeting

#### 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, July 11, 2013, 11:45 AM.

**PLEASE NOTE THE JULY MEETING DATE IS ON THE SECOND THURSDAY DUE TO THE JULY 4<sup>TH</sup> HOLIDAY.**

Our Speaker in July will be

**Becky Dunlop, RN, BSN**  
Johns Hopkins Hospital  
Parkinson Disease  
and Movement Disorder Center

#### Highlights

Care through Telemedicine (Page 3)  
"Dance for PD" (Page 4)  
Brain Exercises (Page 5)  
Summer Picnic Information (Page 6)

### Upcoming Events

#### Future Meetings

July 11, Becky Dunlop, 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

##### Caregivers' Breakfast:

Monday, June 17, 2013, 8:30 AM at the Railroad Junction Family Restaurant. Call Art Guyer for information.

##### Totem Pole Playhouse Event:

Totem Pole Playhouse, "A Closer Walk with Patsy Cline," Wednesday, June 19<sup>th</sup>, at 2:30 PM, call 888-805-7056 to check for available tickets.

##### Summer Picnic:

Thursday, June 20, 2013, at 12 PM in Pavilion #4 in the Martin L Snook Memorial Park, Hagerstown, MD. Fried Chicken, Covered Dish, Dessert and Bingo. See page 6 for more information and directions. Reservations needed by June 17<sup>th</sup>. Call Art at 240-625-2722.

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

#### This publication supports:

The Hagerstown Parkinson's Support Group

#### Contact:

Group Facilitator, Art Guyer:  
Phone: 240-625-2722  
E-mail: [aguyer42@myactv.net](mailto:aguyer42@myactv.net)

#### Address:

22215 Troy Lane  
Hagerstown, MD 21742

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



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

Stop by for lunch or dinner to support them!

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](mailto:aguyer42@myactv.net)

Or call him at: 240-625-2722

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### Caregiver's Breakfast.

In May, Dave DeHaven, Ecile Shaw, Peg Hayzlett, Barbara Harrell, Mike Saterbak and Art Guyer enjoyed the Caregivers' Breakfast together.

This month, caregivers will meet for breakfast on Monday, June 17th, at the Railroad Junction Family Restaurant in Hagerstown, at 8:30 AM. We will meet in the private room at the restaurant.

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](http://www.railroadjunctionfamilyrestaurant.com)

### Birthdays in June

Doris Guyer, Carl Rith, Richard Hult, Debbie Dieterich, Judith Minter, Jack Nazelrod, and Peggy Naugle celebrate birthdays this month.

So we can celebrate your birthday at our meetings, contact Art who is keeping a master schedule for the group.



### 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.

### 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.



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### Do You Need a Safety Gate?

By Art Guyer

We have been adding some safety items to our home lately, including grab bars in our walk-in shower and a custom-built, self-closing gate at the steps to our lower level. The steps are situated right next to the door to our garage so it has always been a potential issue when coming or leaving through that door. Here are some photos:



If you would like an estimate for these kinds of improvements, I highly recommend **Marty Jenkins** at "A Cut Above Carpentry" (301-824-7151).



### Upcoming Events (Cont. from Page 1)

#### Johns Hopkins Educational Seminars:

**Parkinson's Disease 101:** For newly diagnosed Parkinson's patients and family.  
September 23 5:00 PM – 8:30 PM

**Parkinson's Disease Community Symposium:** All day conference at the Farm & Home Center in Lancaster, PA  
October 26

**Parkinson's Disease 201:** For patients diagnosed for at least 5 years, and family.  
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.  
November 11 6:00 PM – 7:30 PM

For more information on these JHU events, contact **Bailey Vernon** at 410-616-2811 or [bvernon1@jhmi.edu](mailto:bvernon1@jhmi.edu).

### WCCOA Update on the Temporary Senior Center Move

Staff and volunteers at the Washington County Commission on Aging are preparing for a new chapter. The Center's growth and need to offer expanded programs and hours resulted in the need for a new temporary location while a permanent location is developed.

The Western Maryland Hospital Center offered a temporary home in a wing of its building on Pennsylvania Ave. It will be dedicated space for the Senior Center, and opened for extended hours. The walking paths and a fitness trail will be available for use and enjoyment of Senior participants.

The projected opening date is the first week in July.

By Susan J. MacDonald

# ***The Hagerstown Parkinson's Support Group***

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## **The National Parkinson Foundation and Johns Hopkins University Address Disparities in Care through Telemedicine**

Release date: 5/13/2013

MIAMI, FL (May 13, 2013) – The Patient-Centered Outcomes Research Institute (PCORI) has approved a research award of \$1.7 million to the National Parkinson Foundation (NPF) and Johns Hopkins University to deliver telemedicine care to people with Parkinson's disease in their homes.

Dr. E. Ray Dorsey, MD, Director, Johns Hopkins Parkinson's Disease and Movement Disorders Center is the lead investigator on the project, working with collaborators from across NPF's Center of Excellence network including Peter Schmidt, PhD, NPF's Vice President of Programs. The project will focus on delivering the benefits of neurologist care using telemedicine to people in rural, remote, and underserved areas. The project is based on an innovative care model combining technology, training, and team-based care to transform Parkinson's management.

"We are thrilled to have the opportunity to establish this model of care, which Dr. Ray Dorsey, Johns Hopkins University, and Dr. Kevin Biglan, University of Rochester, have developed in smaller projects in other settings," said Peter Schmidt, PhD, NPF's Vice President of Programs, and a co-investigator on the study. "We are expanding the vision in this project, which is designed to link remote neurologists with local providers who can address the needs for physical, occupational and speech therapy in a patients' own community. For the first time, we will build a 'virtual center of excellence' where the best and most appropriate providers, wherever they are, can link together and serve those in need."

"NPF believes that every patient deserves the best care," said Joyce Oberdorf, President and Chief Executive Officer of NPF. "This project is to advance the realization of that goal: with telemedicine we can bring expert care to every patient. Patients in rural or remote areas often fall through the cracks. We hope to change that." The project is part of a portfolio of patient-centered research that addresses PCORI's national research priorities and will provide patients with information that will help them make better informed decisions about their care.

"This project reflects PCORI's commitment to support patient-centered comparative effectiveness research, a new approach to health research that emphasizes the inclusion of patients and caregivers at all stages of the study process," said PCORI Executive Director Joe Selby, MD, MPH. "The research will provide patients and those who care for them better information about the healthcare decisions they face."

The National Parkinson Foundation and Johns Hopkins University project is one of 51 projects totaling more than \$88.6 million approved for funding by PCORI's Board of Governors on May 6. All were selected through a highly competitive review process in which scientists, patients, caregivers, and other stakeholders helped to evaluate more than 400 applications for funding. Proposals were evaluated on the basis of scientific merit, how well they engage patients and other stakeholders, their methodological rigor, and how well they fit within PCORI's national research priorities.

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### Dance for PD

Our "*Dance for PD*" demonstration was held on May 31<sup>st</sup>. Thanks go to Peg Hayzlett for spearheading this effort.

Bowen McCauley Dance is the only dance company in the Metropolitan-DC area to provide *Dance for PD* – a free weekly dance classes for people with Parkinson's 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. More information is available at: <http://www.bmdc.org/outreach/dance-for-pd>

A dozen members showed up for the demonstration at St. Mark's Church. As can see from the following photos, we all had a work out and a good time. We will explore the possibility of a full dance program as time and location permits. Additional photos are available at: <http://www.pbase.com/theptpoint/dance4pd>.



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### 7 Brain Exercises for a Buff Mind

Written by Shilo Urban and Expanded from an Article in the Massachusetts General Hospital's "Mind, Mood & Memory"

You take care of your body, but what about your brain? Our minds are such amazing--and often automatic--machines that we tend to take them for granted. But just like your body, your brain works better for longer when you "exercise" it regularly. Brain exercises can improve your memory, reasoning skills and mental processing speed. Plus, a regular regimen of brain training can help to stave off the mental decline that often accompanies old age. Learn how to exercise your brain and establish a regular mental fitness routine to keep your mind fit and nimble.

The best brain exercises are the ones that you will actually do, so figure out which mental workouts work for you so that you can have fun with fitness. Challenge, exercise and stimulate your mind on a daily basis for best results.

1. **Use your non-dominant hand.** Switch things up by using your non-dominant hand for daily activities such as tooth brushing, housecleaning, washing the dog or cooking. The challenge will help create new associations between different neural connections in your brain. You can also put your watch on the other wrist or for a real challenge, try to write and use a fork or spoon with your non-dominant hand.
2. **Break Your Habits / Change your routine.** Simply driving to work on a new route, walking the opposite direction around the grocery store that you normally do, or jogging a different path through the park, can wake up your brain and cause it to grow new associations. Indulge in the "new" and "different" whenever possible to keep your mind nimble. Travel to places you've never visited. Explore an unfamiliar shop or join a book club. Tell someone else about the details of your new experience.
3. **Seek Mental Challenges / Play games.** Crossword puzzles, brain-teasers and Sudoku are quick, easy and fun ways to challenge your brain – and there are multiple smart phone apps to help you play games on the go. When you find yourself waiting, instead of mindlessly scrolling through your social media feeds, play a quick mental game instead. Learn and tell new jokes or poems; add new words to your vocabulary. Do mental math.
4. **Embrace another point of view.** Are you a die-hard Democrat? Read an article espousing conservative thought. Sports fanatic? Peruse the business section for a while each day instead. We tend to surround ourselves with data that confirms our pre-existing beliefs; expose your brain to unfamiliar information to test your assumptions and grow mentally. Learn something new; take classes locally or on-line.
5. **Stop and listen.** Close your eyes and try to identify every single sound that you can hear, from the whir of the refrigerator and the birds outside to the neighbors talking, music playing or horns honking. This will help improve your audio capacity and still your mind from distraction.
6. **Test your memory.** When you are running to the grocery store for a few items, try to remember what they are without looking at your list. Use your mind instead of your GPS on short drives, and test your recollection of song lyrics, street addresses and facts before double-checking the information. Work out your memory to take it stronger.
7. **Meditate.** Even if you just sit down and calm your brain for five minutes a day, establishing a daily routine of meditation can help keep your mind in shape, along with reducing your stress levels. Start small and aim to increase the time you spend each day in small increments.
8. **Use your imagination.** Come up with innovative ways to remember information improves your memory and stimulates your brain. Create visual images to help remember names, shopping lists, or addresses. Use association to help remember new information.

### Parkinson's

"No matter how  
you feel, get up,  
dress up, show  
up, and never give  
up."

up.

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**Reservations needed by June 17<sup>th</sup>. Call Art at 240-625-2722 if you have not signed up for the picnic at the meetings.**

## **Summer Picnic**

**Date: Thursday, June 20, 2013**

**Time: 12 PM**

**Where: Martin L Snook Memorial Park, Pavilion #4  
Hagerstown, MD**

**Bring a covered dish or dessert and there will be fried chicken.**

**The cost of the chicken and the fee for rental of the pavilion will be prorated to those attending.**

**There will be free bingo for all! Everyone should bring one or more wrapped, inexpensive "prizes" for bingo winners. Prizes can be something you want to get rid of or you can pick up some items from a "dollar store."**

### **Directions:**

**For those using I-81, go East on I-70 at the I-81/70 Interchange**

**Eastbound on Interstate 70 (from I-81), take Exit 28, turn left on Downsville Pike; turn left at first traffic light. The park entrance is 100 yards past the light, on the left. Follow the park road to the end and the pavilion will be on the right.**

**Westbound on Interstate 70 (from Frederick), take Exit 28, the park entrance is 100 yards past the first stop light, on the left. Follow the park road to the end and the pavilion will be on the right.**

**For more information or to make reservations for the picnic, contact:**

**Art Guyer  
240-625-2722  
aguyer42@myactv.net**