

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

August 2013

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

Volume 3, Issue 08

[Visit us on Facebook](#)

This Month's Meeting

We had 51 attendees at our July meeting. Yes that's right 51! That number included 15 folks who had not previously been to one of our meetings. What a great show for our speaker.

Our speaker was **Becky Dunlop**, a registered nurse from Johns Hopkins Parkinson's and Movement Disorder group. She spoke on the need for good communication with your doctor and gave a very interactive presentation that solicited a lot of participation from the group. She also indicated Hopkins is still interested in continuing the telemedicine effort, but staff shortages are having an impact.

Once again, I want to thank **Dick Naugle** for his inspirational story and for asking the blessing.

One of our new attendees, **Kathy Ashway**, won the door prize drawing; it was a \$10 gift certificate to the Western Sizzlin Restaurant donated by Paul Romsburg and his family.

In other member news, Ecile Shaw is having knee surgery on July 22 (guess she will miss the Caregivers' Breakfast) and Ed and Marian Timmons need your thoughts because they are both having some medical problems right now.

August 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, August 1, 2013, 11:45 AM.

Our Speaker in August will be

Jennifer Reinke

A Retail Pharmacist from
Meritus Medical Center

Highlights

Heat Stress in the Elderly (Page 3)
PD: Tips for Caregivers (Page 4)
Summer Picnic Photos (Page 6)

Are you interested in a dance --
exercise program? If so, call Peg
Hayzlett at 301-791-0836.

Upcoming Events

Future Meetings

August 1, Jennifer Reinke, 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, July 22, 2013, 8:30 AM at the Railroad Junction Family Restaurant. Call Art Guyer for information.

Fall Picnic:

Saturday, September 28, 2013, at 12 PM in Pavilion #4 in the Martin L Snook Memorial Park, Hagerstown, MD. Fried Chicken, Covered Dish, Dessert and Bingo. Call Art at 240-625-2722 to sign up. More information and directions to come later.

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

Chambersburg Parkinson Support Group Now Forming
For more information call
Warren Leach at 717-264-2908 or
email at
SKIPL815@AOL.COM

This publication supports:

The Hagerstown Parkinson's Support Group

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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

Or call him at: 240-625-2722

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Caregiver's Breakfast.

In June, Dave DeHaven, Ecile Shaw, Peg Hayzlett, Mike Saterbak and Art Guyer enjoyed the Caregivers' Breakfast.

This month, caregivers will meet for breakfast on Monday, July 22nd, 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 if possible. It gives caregivers the opportunity to seek advice in a safe environment and it allows feedback for future meetings and activities.



Homestyle Cooking
(240)-625-9022
808 Noland Drive
Hagerstown, Md
21740
Hours:
Monday-Saturday
8:00 am-8:00 pm
Sunday 7:00 am-3:00 pm
www.railroadjunctionfamilyrestaurant.com

Birthdays in July

Ten members had birthdays this month: Linda Hult, Nancy Starliper, Judy Frantz, Fred Craver, Ragan Shaw, Dick Masters, Mike Saterbak, Barbara Harrell, Jon Pearson, and a new member Susan Hoelschen.

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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Friends

True friends walk in, even when the whole world walks out! They are willing to share their TIME with you, something no one can ever take back. The very moment a person shares time with you, they have already shared a part of life with you.

Friends are a very rare jewel, indeed. They make you smile, they support you when you are down or worried, they will always bring out the best in you, and they encourage you to succeed when you doubt yourself.

Cherish the time you have with your friends, and all the memories you share. Being friends with someone is not an opportunity, but a sweet responsibility.



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 8:45 AM – 4:00 PM

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.

Summer Picnic

What a great day we had. The weather was wonderful; the company was perfect; and the food was delicious. We had 27 members attend, 3 grandchildren, and a special guest – Jackie Fouche.



If you were not at our July meeting, you missed the picnic report given by Dave DeHaven, written by Patsy DeHaven in the form of a poem. Thanks Patsy!

More Photos on Page 6

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Heat Stress in the Elderly

Elderly people (that is, people aged 65 years and older) are more prone to heat stress than younger people for several reasons:

- Elderly people do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs and Symptoms of Heat Stroke; Warning signs vary but may include the following:

- An extremely high temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Signs and Symptoms of Heat Exhaustion; Warning signs vary but may include the following:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

What You Can Do to Protect Yourself

You can follow these prevention tips to protect yourself from heat-related stress:

- Drink cool, nonalcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)
- Rest.
- Take a cool shower, bath, or sponge bath.
- If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.)
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day.
- Do not engage in strenuous activities.

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Heat Stress in the Elderly (Continued)

What You Can Do to Help Protect Elderly Relatives and Neighbors

If you have elderly relatives or neighbors, you can help them protect themselves from heat-related stress:

- Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- Encourage them to increase their fluid intake by drinking cool, nonalcoholic beverages regardless of their activity level.
- Warning: If their doctor generally limits the amount of fluid they drink or they are on water pills, they will need to ask their doctor how much they should drink while the weather is hot.
- Take them to air-conditioned locations if they have transportation problems.

What You Can Do for Someone with Heat Stress

If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Do the following:

- Get the person to a shady area.
- Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101°–102°F
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the person alcohol to drink.
- Get medical assistance as soon as possible.



This article is from the US Centers for Disease Control and Prevention

Parkinson's Disease: Tips for Caregivers

By Sandra Ray, Staff Writer, Today's Caregiver, Caregiver.com

Parkinson's Disease – What Caregivers can Expect:

In Parkinson's disease, the body's ability to produce and utilize a neurotransmitter named dopamine is affected. This particular neurotransmitter affects the body's ability to control movement and coordination, as well as regulating mood. The result is that body movements become more stiff and regimented over time, responding less to the move "fluid nuances" of everyday movement that the body was once accustomed to. Many people with Parkinson's also face issues related to depression when the amount of dopamine in the brain decreases. Finally, dementia and hallucinations are also a possibility, although only about 20 percent of people with Parkinson's will also experience problems related to dementia. The onset for dementia symptoms and other cognitive or memory issues generally are noticed about 10 to 15 years after the first onset of Parkinson's.

The first noticeable symptom of Parkinson's is usually a slight tremor in the limbs. Over time, the patient will experience difficulty walking and may progress into a typical "Parkinson's Gait" – shuffling, head facing downward, and little or no swinging of the arms. Freezing in mid-stride is also a common feature. Other secondary symptoms related to Parkinson's include difficulty swallowing, small or cramped writing, loss of bowel control or constipation, dry skin and scalp, and even excess salivation.

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Parkinson's Disease: Tips for Caregivers (Continued)

Medication Management:

One of the issues caregivers can face is learning how to cope with the myriad of medications their loved ones may need to take to help manage the disease. Some of these medications may help manage symptoms related to movement, while there are also medications needed to help offset depression and mood issues. There could be other as well.

Depending on the situation, your loved one may be able to manage taking medication with little help from you. Dementia, of course, will require extra vigilance. Some of these ideas may help ease the medication worries:

- Keep medications in their original containers.
- Keep handy a list of medications that your loved one takes in case someone else needs to dispense medications for you.
- Take the list to each doctor appointment, especially if you are seeing a physician who isn't familiar with your situation.
- Consider using medication "minders" for time of day or days of the week to keep a good system in place.
- Keep other family members and friends informed about the medication schedule, especially if you are the sole caregiver.

Medications can be expensive, and if prescription insurance is an issue, consider applying to the patient assistance programs available through most of the pharmaceutical companies. Pharmaceutical companies are required to have patient assistance programs to help those who may not be able to afford chronic medications. These programs are often guided by income and whether or not you have access to prescription insurance. The physician will often have to sign paperwork and provide a valid prescription for the medication that is needed. To find out if your medications are covered by these programs, visit www.rxassist.org or www.needymeds.com. Both of these sites list medications by generic and brand name and provide links to forms that you'll need to fill out in order to qualify. Eligibility requirements vary according to the company, so read each one before you apply.

Lifestyle Changes:

Parkinson's disease may not require a dramatic change in your lifestyle overnight, but there will need to be some adjustments made, especially as the disease progresses. For example, physical therapy may be needed in order to adjust to some of the debilitating effects of the movement difficulties that will become more apparent over time. Medication can manage some of these effects, but eventually the medications will lose their effectiveness and physical adjustments will need to be made. Physical therapy can help provide coping mechanisms for the days when your body simply will not move as you want it to.

Finding the right exercise program is important. Many people find they are able to maintain a fairly active lifestyle, making minor accommodations in the beginning for Parkinson's. It is important, however, to consider limiting certain types of activities due to the disease and its progression. For example, if you and your loved one enjoy swimming, make sure you both go together. If an episode of freezing occurs in the pool, it could be dangerous. Instead of running on a regular basis, walking may become a more pleasurable alternative. There are many activities which require only minor adjustments in timing or scheduling that can keep your lifestyle active without feeling that you are missing too much of your previous activities. It is important to discuss exercise programs with your physician.

Diet is especially important. If your loved one is overweight, now is an excellent time to begin managing weight loss. Even though obesity itself is not a cause of Parkinson's disease, it can be a limiting factor in how much movement is possible as the disease progresses. Losing weight can help your body adjust quicker to movement-related issues and can help muscles adjust to the extra demands of the disease. Your physician can suggest dietary changes that will provide the maximum health benefit and one that can be easily adopted by others in the household if this is a requirement.

While dietary supplements like Vitamin E do virtually nothing to help with the disease management, changes in diet may be needed over time. If problems like swallowing do occur, changing the types of food in the diet may become critical. In addition, too much saliva can hinder swallowing, so limiting the foods that aggravate salivation may be helpful as well.

Caregivers can do much to help their loved ones keep the disease as manageable as possible. By helping with medication management, doctor's appointments, and keeping a consistent diet and exercise plan.

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Standing (L to R): Sandy Phillips, Don Phillips, Harry Davis, Dave DeHaven, Barbara Harrell, Charles Martin, Betty Martin, Jerry Harrell, Ecile Shaw, Ragan Shaw, Dick Naugle, Art Guyer, Jack Nazelrod, Peggy Naugle, Mike Saterbak (kneeling), Dee Nazelrod, Violet McConnell, Karen Kelley, Frank McConnell, Linda Embly, Anita Masters, Paul Embly

Sitting (L to R): Patsy DeHaven, Phyllis Davis, Marci Saterbak, Doris Guyer, Dick Masters

Not Pictured: Talia Valencia and Taylor Valencia, (Art and Doris' Grandkids) and Shelby DeHaven (Patsy and Dave DeHaven's Granddaughter) who helped out where needed. Also attending and not pictured was special guest, Jackie Fouche.

Please Contact Art Guyer if You Would Like a Copy of this Photo.
Photos by Talia and Taylor Valencia

