

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

September 2013

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

Volume 3, Issue 09

[Visit us on Facebook](#)

This Month's Meeting

We had 44 attendees at our August 1st meeting. Another great showing of support.

Our speaker was **Dr. Jennifer Reinke**, a retail pharmacist for Meritus Health Center. Her presentation included information on *generic versus brand name drugs*. She indicated brand name drug companies were required by the FDA to be within 3 – 5 % of the stated drug dosage, while generics only had to meet a 20% variance (+/-). She recognized that some patients could not take generics, but many could, resulting in lower costs to them. Dr. Reinke told us about 50% of generic drugs are actually made by the brand name company and are virtually the same medicine. She informed us there are a few new PD drugs in the testing stage that should be released by the end of 2015. Dr. Reinke is very much interested in helping educate the hospital staff about PD patients medical needs and promised to get back to us if we can help in that effort. She did a great job answering a number of pointed questions about hospital policy regarding drug administration.

Thanks goes to **Dick Naugle** for his "Black and White" poem and for asking the blessing.

Larry Keyes won the door prize drawing -- a \$10 gift certificate to the Western Sizzlin Restaurant donated by Paul Romsburg and his family.

September 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, September 5, 2013, 11:45 AM

**Our Speaker in September will be
Dr. Samina Anwar
A Local Neurologist**

Highlights

Treating Depression (Page 3)
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Our Fall Picnic Information (Page 6)

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

Upcoming Events

Future Meetings

Sept. 5, Dr. Samina Anwar, Neurologist
October 3, Bill Bugg, Author
Nov. 7, Steven Ryan, Physical Therapy
December 5, Break Out Sessions
January 2, William Day, Elder Care Attorney
Feb. 6, Dr. Padraic Keen, Pharmacist, Meritus

Educational and Other Activities

Caregivers' Breakfast:

Monday, August 19, 2013, 8:30 AM at the
Railroad Junction Family Restaurant. Call Art
Guyer (240-625-2722) for information.

Fall Picnic:

Saturday, September 28, 2013, at 12 PM in
Pavilion #4 in the Martin L Snook Memorial
Park, Hagerstown, MD. See Page 6 for more
information.

**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 him 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
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Or call him at: 240-625-2722

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Caregiver's Breakfast.

In July, Dave DeHaven, Peg Hayzlett, Mike Saterbak and Art Guyer met for the Caregivers' Breakfast. We began some preliminary thinking about a PD Seminar for Spring 2014 to be held in Hagerstown in conjunction with Johns Hopkins.

This month, caregivers will meet for breakfast on Monday, August 19th, at the Railroad Junction Family Restaurant, at 8:30 AM. The restaurant has moved to 301 S. Burhans Blvd E, still in Hagerstown.

You are encouraged to participate if possible. It gives caregivers the opportunity to seek support and advice in a safe environment and it allows feedback for future meetings and activities. Ask someone who attends what they think of the event! Call Art if wish to attend.

Birthdays in August

Happy Birthday to six members this month: Both Carol and Warren Leach, plus Charles Martin, Rodney Miller, Dick Naugle, and Bill Schumacher.

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?

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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"A true friend is someone who thinks you are a good egg even though he knows you are slightly cracked."

-- Bernard Meltzer --



ATTENTION!

Education Program for the Parkinson's Community

The Johns Hopkins Parkinson's Disease and Movement Disorders Center, in conjunction with the Hagerstown Parkinson's Support Group, is planning to hold an "Education Program for the Parkinson's Community" in our four-state area. It will be held in Hagerstown, MD, in April 2014 in support of Parkinson's Disease Awareness month.

More information will be coming up soon as we try to find a location and a specific date. We will need a number of volunteers to help us with this effort.

Call Art if you are ready to sign up to help!

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.

Yoga for Caregivers

Suzanne Y. Sigüenza is a Yoga instructor at Unity Woods Yoga Center in Bethesda, MD, and is teaching a "Yoga for Caregivers" workshop on August 25th. More information is available at:

<http://www.unitywoods.com/yoga-workshops/upcoming/workshop-yoga-for-caregivers-shoulder-opener-and-restoratives-benefit-for-caregiving-cafe/>

The objective is for caregivers to get a respite from their duties, and enjoy some restorative poses on a Sunday afternoon.

If you have any questions, you may contact her at Unity Woods Yoga Center by phone at 301-656-8992 ext. 300, or by email at suzanne@unitywoods.com.



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Medication Alone Insufficient in Treating Depression in Parkinson's Disease

The National Parkinson Foundation Reports Findings at the Movement Disorders Society Congress— MIAMI, June 25, 2013

New findings from the National Parkinson Foundation (NPF) Parkinson's Outcomes Project show that antidepressants alone do not improve depression in Parkinson's disease. Depression was most effectively treated at centers that refer their depressed patients to a mental health professional or social worker. These findings were presented last week during the 17th Annual International Congress of Parkinson's Disease and Movement Disorders in Sydney, Australia, June 16-20, 2013.

In the study, "Approach to Treatment of Depression in Parkinson's Disease," Peter Schmidt, Ph.D., and colleagues examined which approaches to depression care correlated with the lowest prevalence of depression among patients seen at NPF's Centers of Excellence. Patients were treated with antidepressant medications, counseling by a social worker, treatment by a mental health professional, or a combination.

"This work is part of the larger NPF mission: to determine what works best in the treatment and care of Parkinson's with an aim toward slowing the impact of the disease," said Peter Schmidt, Ph.D., lead author of the study and Vice President, Programs at NPF. "This particular study highlights the importance of team care, something NPF has long advocated at its Centers of Excellence. We found the best care is achieved when neurologists coordinate with other health professionals to aggressively fight Parkinson's. In fact, a 'depression team,' consisting of a social worker and a psychiatrist coordinating with the neurologist, yielded the best results."

The study, analyzing 2,423 patients at 10 NPF Centers of Excellence found 1,121 depressed patients (46%), but at the best center only 30% showed signs of depression. Centers prescribed antidepressant medications to between 29% and 63% of their depressed patients, but high-prescribing centers achieved no significant reduction in depression versus low-prescribing centers. Other treatments, however, did correlate with better outcomes.



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Friends Can Help

In addition to physical changes, those who have Parkinson's experience emotional changes, as well. Dealing with the challenges of Parkinson's disease requires much support from family and friends. As a friend or loved one, it's important to learn how to help someone with Parkinson's disease cope in the most effective way possible.



- Learn all that you can about Parkinson's, its symptoms and how it progresses.
- Offer to take your friend or loved one to her doctor's.
- Encourage the person dealing with Parkinson's to exercise.
- Join a person with Parkinson's disease on walks.
- Work with your loved one's occupational and physical therapists.
- Your loved one may find it difficult to do certain things such as opening a box of cereal or getting dressed. Modifications such as putting cereal in a pour-out container or using a dressing stick can help make life easier.
- Help your friend or loved one find a nutritionist that can form a diet plan to keep her body functioning at optimum levels. Go grocery shopping and stock up on healthy foods. Encourage your friend to drink lots of water.
- Remove rugs or other objects that may become accident hazards. Install rails along stairs inside your friend's home so he can move around safely.
- Give a person with Parkinson's a back massage to relieve tired muscles.
- Find a local support group and offer to take your friend or loved one to meetings. Support groups are a great way for people with Parkinson's disease to cope and figure out how to deal with common issues.
- Let a person with Parkinson's disease continue to do as much as she can independently.
- Recognize the symptoms of depression, which is common in people who have Parkinson's disease.
- Listen patiently as it may take someone with Parkinson's disease much effort to talk. Ask about what activities are important to her, and what type of symptoms she is experiencing.
- Ask for additional help or find a long-term care facility for your loved one when the need arises.

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Top Ways to Get Someone to Eat

A common nutritional problem that can affect care recipients in poor health is cachexia-anorexia and it especially involves those in advanced stages of certain disorders. Cachexia-anorexia is a syndrome in which progressive and involuntary weight loss occurs. The people with this disorder are "wasting-away" from the lack of vitamins and nutrients and as a caregiver; this can be a difficult and frustrating event to witness.

The syndrome can be attributed to a number of things including, cancer treatments, medications, and physiological problems or psychological problems like depression. It is also possible the person you are caring for has a loss of appetite simply from not feeling well. Today's Caregiver magazine has come up with a top list of ways to help your care recipient to eat. This list doesn't necessarily reflect the needs of care recipients on special need diets such as: diabetes or restricted salt intake.

- Water, Water, Water -- Make sure the person you are caring for has plenty of water to avoid dehydration, which can lead to appetite suppression.
- Instead of three large meals a day, which can look overwhelming to someone in poor health, serve six small meals a day.
- Serve soft foods such as pudding, ice cream or fruit smoothies because they can be tasty and easy to digest
- Don't serve bland or sour tasting foods.
- When possible, give the person you are caring for the decision-making power to decide what they would like to eat; it helps them to feel in control.
- Present appetizing looking meals by accenting the plate with a garnish (i.e. strawberry or melon). Also, make the dining experience pleasant for the person you are caring for by playing soft music or talking to them about the day's events while they are eating to take their minds off not feeling well.
- Try herbal appetite-enhancing teas or appetite stimulating medicines (i.e. corticosteroids or progestational agents).
- Keep a food diary about the person you are caring for and include: what food they have problems or complications digesting and their daily food menus and review it with their doctor or dietician for feedback. They may be experiencing digestive problems or irritable bowel syndrome due to their menu.
- Try and get them moving to work up an appetite. If overall exercise such as walking isn't possible, have them fold the laundry or peel vegetables.

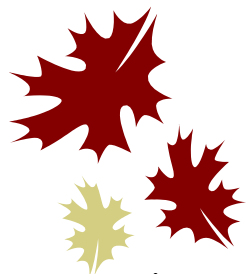


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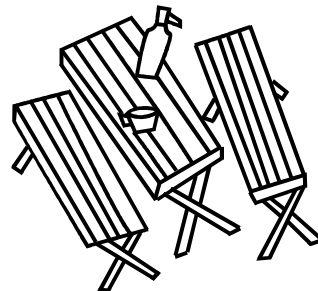
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You are Invited to The Fall Picnic



Date: Saturday, September 28, 2013
Time: 12 PM
Where: Martin L Snook Memorial Park
Hagerstown, MD
Pavilion #4

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 (approximately \$4.00).

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

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.

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.

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

Art Guyer
240-625-2722
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