

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

October 2013

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

[Visit us on Facebook](#)

Volume 3, Issue 10

This Month's Meeting

We had 55 attendees at our September meeting, including 5 new people. That is amazing considering the number of members who could not make this meeting. I want to really thank **Dave DeHaven** for taking over the facilitator responsibility for this session. I understand he did a fine job, as I was sure he would. I want to thank **Dick Naugle** for asking the blessing. And I appreciate **Mike Saterbak, Patsy DeHaven, and Connie Hipp** helping with the pre-meeting duties. It's nice to know you can rely on your friends to step in and help when needed.

Our speaker was **Dr. Samina Anwar**, a local neurologist. Her presentation covered PD diagnosis, medications and treatment and she did a fine job answering questions from the floor.

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

Doris and I want to thank all of you who offered prayers and good thoughts while she was having DBS surgery last week. She came home Sunday and is doing well. Please know that we received and read all of your messages and will thank you personally for them as the occasion permits. ... Art Guyer

October 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, October 3, 2013, 11:45 AM

Our Speaker in October will be
Bill Bugg, from Frederick, MD
Author of
"Soaring Above Adversity"
A book about the challenges a
caregiver faces.

Highlights

PD Community Symposium (Page 3)
10 Ways to Care for Yourself (Page 4)
Education Program for the
Parkinson's Community (Page 5)
Our Fall Picnic Information (Page 6)

Think Holiday Party for December

Upcoming Events

Future Meetings

October 3, Bill Bugg, Author
Nov. 7, Steven Ryan, Physical Therapy
December 5, Break Out Sessions
January 2, William Day, Attorney of Elder Law
February 6, Padraic Keen, Pharmacist, Meritus

Educational and Other Activities

Caregivers' Breakfast:

Monday, September 23, 2013, 8:30 AM at the
Railroad Junction Family Restaurant at their
new location. 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. [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 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 August we set a new record of seven caregivers at our breakfast. Dave De-Haven, Peg Hayzlett, Mike Saterbak, Barbara Harrell, Ecile Shaw, Susan Hoelschen and Art Guyer enjoyed the food and conversation at the new location.

This month, caregivers will meet for breakfast on Monday, September 23rd, at the new Railroad Junction Family Restaurant, at 8:30 AM. The restaurant is now located at 301 S. Burhans Blvd E, still in Hagerstown.

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.



Birthdays in September

Happy Birthday to five of our members this month: Jerry Ashway, Carol Cook, Evelyn Fuller, Carol Minyard, and Donna Sanders.

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.

Dancing Makes You Smarter

A 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of medicine.

% = Reduced Risk of Dementia

- 00% = Bicycling, swimming or playing golf
- 35% = Reading
- 47% = Doing crossword puzzles 4x a week
- 76% = Dancing frequently

Quoting Dr. Joseph Coyle, a Harvard medical School psychiatrist who wrote an accompanying commentary: "The cerebral cortex and hippo-campus, which are critical to these activities, are remarkably plastic, and they rewire themselves based upon their use."

- Reduces stress and depression.
- Increases energy and serotonin.
- Improves Flexibility, strength, balance and endurance.
- Strengthens bones and boosts cardiovascular health.
- Increases mental capacity by exercising our cognitive processes.
- Dynamic and rapid-fire decision making, creates new neural paths.

CELEBRATE LIFE THROUGH DANCE

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



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 Community Symposium: All day conference at the Farm & Home Center in Lancaster, PA. **See Page 3.** 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.

Parkinson's Community Symposium: All day conference in Hagerstown, MD (In the Planning Stage -- **See Page 5**) April 4, 2014 at Hospice of Wash. County

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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Parkinson's Community Symposium, Lancaster, PA, October 26, 2013

Symposium Agenda	Featured Speakers	Registration
<p>8:45 a.m. Registration Exhibitors and continental breakfast</p> <p>9:10 Welcome and Opening Remarks</p> <p>9:15 Exercise and Mobility Tips Heather Cianci, PT, MS, GCS</p> <p>10:15 Break</p> <p>10:30 Research Update Zoltan Mari, MD</p> <p>11:15 Cognition in Parkinson's Liana S. Rosenthal, MD</p> <p>12:00 p.m. Lunch</p> <p>12:45 Striving and Thriving with Parkinson's Karl Robb</p> <p>1:15 Recent Advances in the Medical Management of Parkinson's Thyagarajan Subramanian, MD</p> <p>1:50 Non-Motor Symptoms Xuemei Huang, MD, PhD</p> <p>2:30 Break</p> <p>2:45 Hospitalization Anthony May, MD</p> <p>3:15 Voice Health: Speech and Swallowing Celia Bassich, PhD, CCC-SLP</p> <p>4:00 Closing Remarks</p>	<p>Heather Cianci, PT, MS, GCS The Dan Aaron Parkinson's Rehabilitation Center GSP, Penn Therapy & Fitness at Pennsylvania Hospital</p> <p>Zoltan Mari, MD Assistant Professor of Neurology, Parkinson's Disease & Movement Disorder Center; Director, NPI Center of Excellence; Director, Deep Brain Stimulation Center; Director, Dystonia and Chemo-denervation Center; Director, Movement Disorder Fellowship Training Program; Johns Hopkins University</p> <p>Liana S. Rosenthal, MD Assistant Professor of Neurology, Parkinson's Disease & Movement Disorder Center; Director, Ataxia Center; Director, Clinical Core of the Morris K. Udall Center of Excellence for Parkinson's Disease Research; Johns Hopkins University</p> <p>Karl Robb Author of <i>A Soft Voice in a Noisy World: A Guide to Dealing and Healing with Parkinson's Disease</i></p> <p>Thyagarajan Subramanian, MD Professor of Neurology, Neural, and Behavioral Sciences; Director, Central PA APDA Movement Disorders Center, Penn State Hershey</p> <p>Xuemei Huang, MD, PhD Professor of Neurology, Neurosurgery, Pharmacology, Radiology, and Kinesiology; Vice Chair for Research, Department of Neurology; Director, Hershey Brain Analysis Research Laboratory for Neurodegenerative Disorders; Penn State Hershey</p> <p>Anthony May, MD Medical Director, The Parkinson's Disease & Movement Disorder Center; Wellspan Neurosciences</p> <p>Celia Bassich, PhD, CCC-SLP Clinical Associate Professor, Department of Audiology, Speech Language Pathology, and Deaf Studies; Towson University</p>	<p>Parkinson's Community Symposium Saturday, October 26, 2013</p> <p>— Early bird registration before October 1 \$25 for individual, \$20 for each additional person</p> <p>— Registration after October 1 \$35 for individual, \$25 for each additional person</p> <p>Registration fee includes breakfast and lunch.</p> <p>Name(s): _____</p> <p>Phone: _____</p> <p>Address: _____</p> <p>Email: _____</p> <p>Amount Enclosed: _____</p> <p>Lunch Preference: <input type="checkbox"/> Turkey <input type="checkbox"/> Ham <input type="checkbox"/> Roast Beef <input type="checkbox"/> Vegetarian</p> <p>Dietary Requests: _____</p> <p>Complete this form and mail a check payable to JHU PDMD Center: JHU PDMD Center 601 N. Caroline Street, Suite 5064 Baltimore, MD 21287</p> <p>For questions or fee waivers, please contact: Bailey Vernon at 410-616-2811 or bvernon1@jhmi.edu</p>

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Top Ten Ways to Care for Yourself (from www.caregiver.com)

1. Keep a diary. Start today. Describe your fears as well as your hopes, the reality of what each day is like, Don't be afraid to write about the losses, big or small.
2. Stick with your diary. Let yourself record the little victories, go back and review the earlier months and years. Notice the personal, physical, emotional goals and successes you and your loved one have achieved.
3. Create a simple communication network. Think of this as a designated communicator. Choose a friend or relative who will make all the calls and tell all the news when there are calls to make and news to tell, you might want to save the "big successes and wonderful news" sharing for yourself, but you will be worn out if you are constantly on the phone retelling the details of the last days or weeks over and over.
4. Let your friends help you. When someone asks "Can I do anything for you?" give him or her something to do. Let your friend run an errand or stay with your loved one while you take a break and get out on your own.
5. Visit with people you love. You may often have to ask your friends or family to come to your house or keep you company while waiting for your loved one's treatment to be over. You need to be a whole person who has friends and interests and can think about something besides the responsibilities of caregiving. You shouldn't have to reinvent your life when your caregiving responsibilities subside.
6. Stay involved in your loved one's personal life. Be careful that your loved one does not slip from the role of loved one, family member, friend into the role of patient. Don't let yourselves lose the relationship you had prior to the need for caregiving.
7. Talk about it! There are innumerable fears and anxieties associated with any illness or disease, which can and will tear a person apart. Talk to your friends and your loved one about your feelings. The worst thing you can do is build a wall around yourself to protect others.
8. Keep the romance alive. Couples facing caregiving situations are apt to forget to nurture the relationship that brought them together up till this point. These relationships need just as much, if not more attention, now that one of you is ill, than they did before.
9. Include your loved one in your changes. As time passes we all change in small and big ways. If you find a new friend, discover an interest in a new genre of books or music; find a new recipe or a great place to eat, share these as much as possible with your loved one. Introduce your new friends; have them visit, if your loved one cannot easily leave the house. Spend time reading the new books aloud, listen to the new music together.
10. Keep setting goals. Before you were a caregiver, you set personal goals. Your life did not end because you became a caregiver. When the caregiver duties subside, you should not "Return" to your life, you should continue with your life.



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Education Program for the Parkinson's Community -- Preliminary Information

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 on Friday, April 4, 2014, at the Hospice of Washington County Facility in Hagerstown, MD in support of Parkinson's Disease Awareness month.

Potential topics include:

- An Introduction to Parkinson's Disease
- Parkinson's Disease Management Plans
- An Overview of Parkinson's Medications and Treatments
- Benefits of Exercise and Physical Therapy
- Cognition in Parkinson's Disease
- Deep Brain Stimulation Basics
- Where to Find Support

Speakers will be prominent specialists in the topic field.

The program will be between 5 and 6 hours long, including an hour break for lunch. Lunch will be provided on site and is included in the required registration fee. Registration is \$10 per person for early registration (at least 3 weeks before the event) and \$15 per person after that date.

Volunteers:

Help will be needed before and/or on the day of the event for:

- Securing local support, advertising and exhibitors.
- Pamphlet/Flyer distribution
- Pre-registration
- Room Set Up and Tear Down
- Registration
- Lunch Distribution and Clean Up
- Transportation (if required)

Local Contact:

Art Guyer
Facilitator for the Hagerstown Parkinson's Support Group
240-625-2722 or aguyer42@myactv.net

Johns Hopkins Contact:

Bailey Vernon
410-616-2811 or bvernon1@jhmi.edu

Hospice of Washington County Contact:

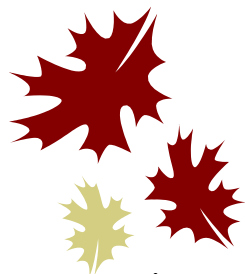
Jodi Ramsey
301-791-6360 or jramsey@hospiceofwc.org

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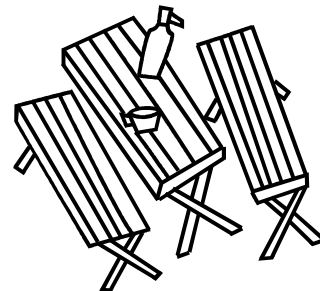
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You are Invited to The Fall Picnic

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
aguyer42@myactv.net