

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

November 2013

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

Volume 3, Issue 11

[Visit us on Facebook](#)

### This Month's Meeting

We had 42 attendees at our October meeting, including 1 new member.

Our speaker was Bill Bugg, author of "Soaring Above Adversity," a book about his experiences as a caregiver for his wife and what he learned from it. He discussed what he had to do for his wife and himself during the progression of her disease, spiritual recognition, positive attitude, maintaining good physical and mental health. Bill also discussed the need for having proper legal and financial documents in place.

Frank and Vi McConnell purchased one of Bill's books and donated it to our revolving library. Thank you folks; that was very generous.

I want to thank Ecile Shaw for asking the blessing.

Please keep Peggy and Dick Naugle in your thoughts as they go through some medical issues. Peg Hayzlett came through her pacemaker implant with flying colors and was at the picnic Saturday.

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

### November 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, November 7, 2013, 11:45 AM

### Upcoming Events

#### Future Meetings

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  
March 6, Hilary F. Lo, Commission on Aging  
April 3, TBD  
May 1, Kylie Osman, Speech Therapy  
June 5, Breakout Sessions  
July 3, Bailey Vernon, JHM Health Educator

Our Speaker in November will be  
Steven Ryan, Physical Therapist

#### Educational and Other Activities

##### Caregivers' Breakfast:

Monday, October 14, 2013, 8:30 AM at the Railroad Junction Family Restaurant. Call Art Guyer for information at their new location.

Tuesday, October 22, 2013, 12 Noon. The WCCOA 40<sup>th</sup> Anniversary Celebration at 140 West Franklin Street, Hagerstown, MD. Email [hlo@wccoaging.com](mailto:hlo@wccoaging.com) to RSVP.

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

#### Highlights

PD Community Symposium (Page 3)  
Signs of a Stroke (Page 4)  
Education Program for the  
Parkinson's Community (Page 5)  
Fall Picnic Report and Photos (Page 6)

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Like to play cards? Contact Dave DeHaven at 301-582-2815 for information.

Chambersburg Parkinson Support Group  
Next Meeting on October 15<sup>th</sup>, 2:00 PM  
For more information call  
Warren Leach at 717-264-2908 or email at  
[SKIPL815@AOL.COM](mailto: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](mailto:aguyer42@myactv.net)

Or call him at: 240-625-2722

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### Caregiver's Breakfast.

In September, Dave DeHaven, Mike Saterbak, Ecile Shaw, Barbara Harrell and Art Guyer enjoyed the Caregivers' Breakfast.

This month, caregivers will meet for breakfast on Monday, October 14th, at the new Railroad Junction Family Restaurant, at 8:30 AM. The restaurant has relocated to 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 October

Happy Birthday to 7 of our members this month: Mike Churchman, Marci Saterbak, David DeHaven, Patsy DeHaven, Violet McConnell, Miriam Timmons, and Norma Craver.

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.

### Should You Get a Second Opinion?

Michael J. Fox Foundation

Getting a second opinion is largely a matter of personal choice. But keep in mind that Parkinson's disease is often difficult to diagnose accurately, particularly when symptoms are mild. There is no simple diagnostic test, and approximately 25 percent of Parkinson's disease diagnoses are incorrect. Parkinson's disease starts out with such subtle symptoms that many physicians, who are untrained in it, fail to provide an accurate diagnosis. In fact, even the best neurologists can get it wrong.

We recommend that unless your doctor is particularly experienced in this area, you consult with a movement disorders specialist. A good neurologist will understand your desire for confirmation. If it is affordable (insurance doesn't always cover second opinions), and brings peace of mind, a second opinion can help you and your loved ones come to terms with your disease.

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### CELEBRATE LIFE THROUGH DANCE

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

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**Also, the Winchester group's dance program is back. Classes are on October 18, November 15, and December 13, from 1 – 2 PM. Weekly sessions will begin in the spring.**

**If you are interested call Kaleen Baker at 540-723-4047 or email her at [paulkaleen@comcast.net](mailto:paulkaleen@comcast.net).**

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

#### Johns Hopkins Educational Seminars:

##### 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@jhu.edu](mailto:bvernon1@jhu.edu).

### 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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**Holiday Party**  
at our December Meeting!

Everyone is to bring an inexpensive gift (under \$5).

More details to come



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

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

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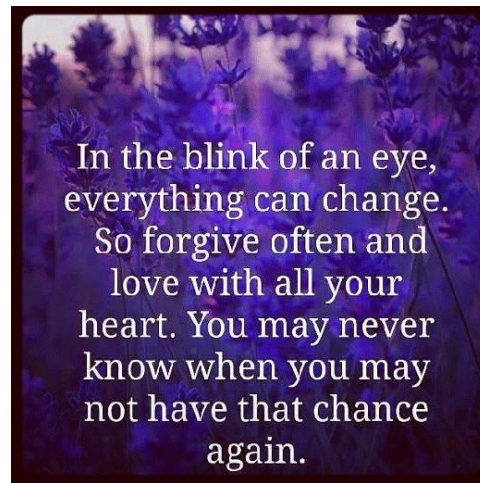
## November 2013

### Recognize the Signs of a Stroke

Doctors say "time is brain" when it comes to treating a stroke. The faster a person gets to the emergency room, the better the prognosis.

#### Memorize the acronym F.A.S.T

- F**= Face: is one side of the face drooping?
- A**= Arm: Can the person raise both or one arm?
- S**= Speech: Is speech slurred or confused?
- T**= Time: Time is critical. Call 9-1-1 immediately!



### Stroke Symptoms

If you have symptoms of a stroke, call 911 right away. General symptoms of a stroke include:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

Symptoms can vary depending on whether the stroke is caused by a blood clot (ischemic stroke) or bleeding (hemorrhagic stroke), where the stroke occurs in the brain, and how bad it is.

A stroke usually happens suddenly but may occur over hours. For example, you may have mild weakness at first. Over time, you may not be able to move the arm and leg on one side of your body.

If several smaller strokes occur over time, you may have a more gradual change in walking, balance, thinking, or behavior (multi-infarct dementia).

It is not always easy for people to recognize symptoms of a small stroke. They may mistakenly think the symptoms can be attributed to aging, or the symptoms may be confused with those of other conditions that cause similar symptoms.

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November is  
National Family Caregivers Month.  
Thanks to all of you who care.

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

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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 in Hagerstown, MD, on April 4, 2014, in support of Parkinson's Disease Awareness month. The Hospice of Washington County, Inc. in Hagerstown will provide the facility for this event.

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
- The Need for Speech Therapy
- Where to Find Support

The program will be about 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.

### **Other Information:**

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

- Securing local support, door prizes, advertising and exhibitors.
- Catering Research Information, including donuts for morning snacks.
- Pamphlet/Flyer Distribution
- Pre-registration (Name, Address, Phone Number, and Paid Status; Funds Handling) – Art Guyer
- Room Set Up and Tear Down
- Registration
- Lunch Distribution and Clean Up
- Transportation (if required)

**Please step up and volunteer for one or more of these tasks.**

**Local Contact:** Art Guyer, Facilitator for the Hagerstown Parkinson's Support Group, 240-625-2722

**JHU PDMD Center Contact:** Bailey Vernon, 410-616-2811

**Hospice of Washington County, Inc. Contact:** Jodi Ramsey, 301-791-6360

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## Our Fall Picnic Report

Another successful picnic was held on September 28, 2013. We had a total of 43 people attending, including some special guests, family members, and 4 members of the Cumberland PD Support Group. There was plenty of good food, prizes, games, and conversation. And of course, there were lots of good friends.

The day was cloudy and just a touch on the cool side, especially at bingo time. Mike Saterbak asked the blessing and Dave DeHaven was our bingo caller. Candice and Talia Valencia were the photographers and helping hands. Also attending and helping were Jackie Fouche and Derek Valencia.



Sitting (Left to Right): Patsy DeHaven, Dick Masters, Nancy Starliper, Marci Saterbak, Mike Saterbak (kneeling), Paul Hoelschen, Fred Craver.  
Standing (Left to Right): Karen Kelley, Dave DeHaven, Shirley McKinney, Ken McKinney, Anita Masters, Dot Schoch, Ray Schoch, Sandra Phillips, Peg Hayzlett, Don Phillips, Lorre Jones, Jack Nazelrod, Lu Mattern, Carl Rith, Jim Mattern, Gloria Rith, Curtis Fuller, Evelyn Fuller, Doris Guyer, Violet McConnell, Susan Hoelschen, Frank McConnell, John Hipp, Connie Hipp, Barb Harrell, Phyllis Davis, Norma Craver, Harry Davis, Jerry Harrell, Art Guyer



Other photos available at: [http://www.pbase.com/thePOINT/fall\\_pd\\_picnic](http://www.pbase.com/thePOINT/fall_pd_picnic)