

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

December 2013

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

[Visit us on Facebook](#)

Volume 3, Issue 12

This Month's Meeting

We had 48 attendees at our November meeting, including 3 new members. We hope that **Ron Sease, Kathy Lange, and Leona Watson** will return to future meetings. It was also good to see **Pat Donnelly** return.

Our speaker, **Steve Ryan**, owner of a local physical therapy practice gave an excellent presentation including a few demonstrations for neck mobility, posture, walking, and standing. These were quick and easy exercises to do at home. His contact information is:

Ryan Physical Therapy
1190 Mount Aetna Road
Hagerstown, Maryland 21740
301-797-4572

I want to thank **Peg Hayzlett** for her inspirational reading and **Dick Naugle** for his humorous piece and for asking the blessing.

Please keep **Karen Kelley, Carol Cook, and Warren Leach** in your thoughts as they go through some medical issues. **Dave DeHaven** had a knee replacement on October 15th and is doing well. **Cliff Smith** had heart surgery 3 weeks ago and is looking good and mending well. **Ed** and **Miriam Timmons** are also having some medical problems but hope to be at our December meeting.

December 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, December 5, 2013, 11:45 AM

Breakout Sessions
and Holiday Party
Everyone bring an inexpensive,
wrapped gift (under \$5) to share.

Newsletter Highlights

PD Community Symposium (Page 3)
UMD DBS Briefing, Frederick, MD (Page 4)
Hearing & Cognition Loss (Page 5)
Positive Attitude and Some Humor (Page 6)

November is National Family Caregivers Month — the time to celebrate and honor the dedicated people who give loving care to their family members.

Upcoming Events

Future Meetings

December 5, Breakout Sessions, Holiday Party
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

Educational and Other Activities

Caregivers' Breakfast:

Tuesday, November 19, 2013, 8:30 AM at the Railroad Junction Family Restaurant. Call Art Guyer for information.

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

Chambersburg Parkinson Support Group
Next Meeting on November 19th, 2:00 PM
For more information call
Warren Leach at 717-264-2908 or email at

SKIPL815@AOL.COM

Linda Hult won our monthly door prize drawing; a \$10 gift certificate to the Western Sizzlin Restaurant donated by Paul Romsburg and his family.

This publication supports:

The Hagerstown Parkinson's Support Group

Contact:

Group Facilitator, Art Guyer:
Phone: 240-625-2722
E-mail: 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

Or call him at: 240-625-2722

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Caregiver's Breakfast.

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

This month caregivers will meet for breakfast on **Tuesday, November 19**, at the new Railroad Junction Family Restaurant, at 8:30 AM. The restaurant has relocated to 301 S. Burhans Blvd E, 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 November

Happy Birthday to 9 of our members this month: Ed Timmons, Anita Masters, Ecile Shaw, Jeanne Easton, Jane Burrows, David Burrows, Sandra Phillips, Jim Mattern, and Jerry Harrell.

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.

Newly Diagnosed?

If you have been diagnosed with Parkinson's Disease recently, The National Parkinson Foundation has a special online service that may be useful to you. "First Connect - My Page" is a free service that allows you access to articles, videos and other resources that addresses your concerns. To receive periodic emails with feature articles and access other resources:

sign up at: <http://mypage.parkinson.org/>

Parkinson's Central Smartphone App

Parkinson's Central is a free, easy-to-use smartphone app that people with PD and their caregivers can use to access relevant information wherever and whenever they need it.

Parkinson's Central features:

- "Near Me" tool to find resources in your area
- How to get the most out of doctor visits
- Ins and outs of diagnosis and medication management
- Tips on how to live well with Parkinson's
- Information about insurance and finance
- Special caregiver content

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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.

Also, the Winchester group's dance program is back. Classes are on 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.

Upcoming Events (Cont. from Page 1)

Johns Hopkins Educational Seminars:

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 this JHU event, contact **Bailey Vernon** at 410-616-2811 or bvernon1@jhmi.edu.

DBS for PD & Essential Tremor: Briefing by MD PD & Movement Disorders Center to be held in Frederick, MD. See Page 4. Registration required (800-492-5538) November 22, 2013 11:30 AM – 1:00 PM

December 5 Webinar: Parkinson's Treatment: 10 Secrets to a Happier Life". Register @ <http://www.parkinson.org/webinars>

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 bring an inexpensive, wrapped gift (under \$5) to share. It should be suitable for a man or a woman.



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Parkinson's Community Symposium

Lancaster, PA,

Presented by Johns Hopkins Parkinson's Disease & Movement Disorder Center

Our friends at Johns Hopkins, in partnership with the Lancaster County Parkinson's Support Group, University of Pennsylvania PD & Movement Disorder Center, Dan Aaron Parkinson's Rehab Center at Pennsylvania Hospital, Penn State Hershey Medical Center, Towson University Wellness Program, and Wellspan Neuroscience PD & Movement Disorder Center conducted a great PD symposium on October 26th.

Featured speakers included Heather Cianci, PT, MS, GCS from Pennsylvania Hospital; Drs. Zoltan Mari and Liana Rosenthal from Johns Hopkins; Karl Robb, author of "A Soft Voice in a Noisy World;" Dr. Xuemei Huang from Hershey, Dr. Anthony May, from Wellspan Neurosciences; and Dr. Celia Bassich from Towson University.

Ms. Cianci emphasized the need for exercise and physical therapy including recent scientific results. She highlighted a number of exercise options including Tai Chi, Dancing, Nordic Walking, biking, and others. She also discussed tips and tricks for those with freezing and other gait issues.

Dr. Mari described the growing nature of PD over the world and the research and trails that are being conducted. Dr. Rosenthal discussed how it is necessary to separate normal aging changes with changes due to PD and other diseases.

Other presentations were also informative and entertaining. This symposium was held at the Farm and Home Center in Lancaster, PA, a large facility that held about 350 attendees, had a large lobby for registration and the continental breakfast spread, a sizeable room for a large number of exhibitors, and a quiet room where participants to go if the crowd and activity of the main area became bothersome. Lunch was served by way of boxed lunches.

Doris and Art Guyer, Mike and Marci Saterbak from our group; Ken and Shirley McKinney, Dot and Ray Schoch from the Cumberland PD Support group attended this seminar.

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Vitamin D Might Be Beneficial for Parkinson's Patients with Certain Genetic Makeups

Michaeljfox.org Foundation News

Posted by Nate Herpich, March 29, 2013

You've heard about the benefits of getting enough vitamin D because it's good for our bones and our immune system, and it fights depression. Vitamin D can even be used to treat certain diseases such as cancer. A new study suggests it might also help people with Parkinson's disease (PD) with certain genetic backgrounds.

The small scale clinical trial, conducted by researchers at the Jikei University School of Medicine in Tokyo, Japan, followed 114 people with Parkinson's. Participants were randomly assigned to take a vitamin D supplement or a placebo during a one-year period. Those people with particular gene versions called FokI TT and FokI CT benefited from the vitamin D supplement when compared with placebo. But those with another genotype called FokI CC did not.

"This is an interesting finding, in that it provides the latest example of the complexity of understanding what causes Parkinson's," says MJFF Associate Director of Research Programs Maurizio Facheris, MD, MSc. "A person's surroundings, including their exposure to vitamin D, could play a role in determining how a person's genetics might be related to PD."

These new results are very early stage: "We are just starting to recognize the potential benefit of vitamin D in slowing down the progression of Parkinson's disease, and we have no way of knowing the exact dosage one person should take with or without such genotypes," Lin Zhang, PhD, of the University of California, Davis, said.

Other studies have shown that people with PD have lower levels of vitamin D in their blood, but it's not clear if this is a cause, or effect, of the disease. Past studies have also suggested that there may be a link between higher levels of vitamin D and a lower risk of developing Parkinson's.

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From the Frederick, MD Post, Contributed to our group by Sandy Phillips.



UNIVERSITY of MARYLAND
MEDICAL CENTER

**FREE
HEALTH
SEMINAR**

MARYLAND PARKINSON'S DISEASE
AND MOVEMENT DISORDERS CENTER

Deep Brain Stimulation as a Treatment for Parkinson's Disease & Essential Tremor

FRIDAY, NOVEMBER 22, 2013
11:30 A.M. – 1:00 P.M.

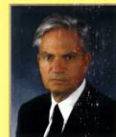
Please join us for lunch as we discuss Deep Brain Stimulation (DBS) as a treatment for Parkinson's Disease and Essential Tremor. Our goal is to empower patients with information so that they may confidently work with their physician team in making decisions about their care.

umm.edu/parkinsons

SPEAKERS:



**Paul S. Fishman,
MD, PhD**
"Medical & Surgical
Treatment of PD:
Pros & Cons"



Howard Eisenberg, MD
"What to Expect the
Day of Surgery"



**Sharon K. Powell,
RN, MPH**
"DBS at UMMC -
A Team Approach"

DUTCH'S DAUGHTER

581 Himes Avenue
Frederick, Maryland 21703

**Registration is required
and space is limited.**

To register, please call

1-800-492-5538

Lunch will be served

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When Cognition & Hearing Loss Collide

By Jennifer Bradley, Staff Writer, Caregiver.com

If you find a loved one asking repetitive questions, becoming more confused and forgetful, you may assume they have dementia, but the cause could be hearing loss.

While it's not "new" news, study results reported in the January 2013 Journal of the Medical Association Internal Medicine are confirming what many professionals have believed: that cognitive loss and hearing loss collide on a large scale.

The study, from the John Hopkins University School of Medicine, is the first of its kind and is viewing long-term brain function impacted by hearing loss. When the study began in 2001, the 1,984 participants (in the age range of 75 to 84) were in good health and had no cognitive impairment. Over a period of six years, hearing and brain cognition tests were administered. Study researchers determined that brain ability was in direct correlation to hearing loss. Those who did have hearing loss suffered more substantial cognitive impairment more than three years sooner than others with normal hearing levels.

When the study commenced, 1,162 of the participants had some degree of hearing loss. Sixty-six percent had mild cases, 33 percent moderate and only one percent severe. The standard cognitive tests (Modified Mini-Mental State Exam and Digit Symbol Substitution Test) given periodically over the course of the six-year study found that 609 people developed cognitive issues.

Hearing loss is considered one of the most undertreated conditions in older adults, and this study now shows why caregivers should be even more aware if a loved one is having hearing problems. Dr. Frank Lin headed the research. He is an otologist (A doctor that deals with the structure, function, and pathology of the ear.) and epidemiologist, and has spent much time documenting the connection between hearing problems, falls and dementia symptoms.

He found that cognitive diminishment was 41 percent greater in the seniors with hearing problems. Dr. Lin explains that research says the link of cognitive loss and hearing loss can be from social isolation and loneliness, which is a professional established risk for cognitive struggles in the elderly. When it's harder to hear and participate, the trend has shown declining invitations and social mingling.

He also reports that the brain may be forced to devote a large amount of energy to processing sound in loved ones with hearing loss. He says that hearing loss means that the inner ear is no longer as good at encoding signals with accuracy. "So the brain gets a very garbled message," he adds.

This is only at the expense of the energy needed for memory and thinking. Lin says that in some cases, common, unknown damage can be leading to both the hearing and cognitive losses.

Caregiving advocates are using this study to tell those who care for loved ones to pay attention, and ask for audiology tests to be a part of annual exams. Professionals say that many seniors put off addressing hearing loss for as long as 20 years, without realizing the more severe consequences they can have long term. Lin believes a fair estimate is that as many as 27 million Americans more than 50 years of age, and two-thirds of men and women older than 70, have some form of hearing loss. The bigger concern, he believes, is that only 15 percent of those who need hearing assistance devices actually use one.

Barbara Weinstein says that a limitation to Lin's study is the reliance on the Modified Mini-Mental State Exam, which uses an interviewer to ask questions. She is a professor and head of the audiology program at CUNY's Graduate Center.

Research that Weinstein has done reveals that seniors with hearing loss may not understand verbally asked questions and answer incorrectly. Lin is addressing this through hopefully another research project to follow a group of seniors and test whether the interventions for hearing loss, such as hearing aids, will help prevent the onset or slow cognitive decline.

(Continued on Page 6.)

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Until those numbers become available, experts agree that the first step in preventing this collision of hearing and cognitive loss is recognizing it before any situation worsens.

HOW TO RECOGNIZE HEARING LOSS IN A LOVED ONE

- If a loved one is asking others to repeat what they've said, and says people are always mumbling or not speaking clearly. Pay attention if other family members recognize the loved one is not hearing well.
- If a loved one cups their hand behind an ear when listening.
- If the television or radio volume is louder than usual.
- If a loved one says they are experiencing ringing or buzzing in one or both ears, or is dizzy often.
- If a loved one is leaning forward or turning their head to be able to listen to a conversation.
- If a loved one is beginning to avoid certain situations because they have a hard time hearing.

Ten Ways to Maintain a Positive Attitude

By Helen Hunter, ACSW, LSW, GCM

1. Learn healthy ways to manage your stress
2. Think of challenges as opportunities to shine
3. Look for the best in others and yourself
4. Eat right and get plenty of rest
5. Exercise for 30 minutes or more on most days of the week
6. Focus on the joys in life and remember to laugh
7. Do something nice for someone
8. Make time each day to relax
9. Surround yourself with upbeat people
10. Take pride in your work and your achievements



If Your Body Was a car!

If your body was a car, this is the time I would be thinking about trading it in for a newer model.



I've got bumps and dents and scratches in my finish and my paint job is getting a little dull. But that's not the worst of it.

My headlights are out of focus, And it's especially hard to see things up close.

My traction is not as graceful as it once was.

I slip and slide and skid and bump into things even in the best of weather.

My whitewalls are stained with varicose veins.

It takes me hours to reach my maximum speed. My fuel rate burns inefficiently.

But here's the worst of it.

Almost every time I sneeze, cough or sputter,
Either My Radiator Leaks or My Exhaust Backfires!