

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2014

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

Volume 4, Issue 4

[Visit us on Facebook](#)

This Month's Meeting

April Meeting

Upcoming Events

We had 48 attendees at the March meeting, including 2 new members from Waynesboro, PA, and 2 new persons who came with members.

Our speaker was Hilary Lo, Community Educator at Washington County Commission on Aging, Inc. She has been in this position for about 2 years. From 2006 to 2011 she was a Program Manager for the COA. Hilary made a great presentation that highlighted the services WCCOA can provide. They have programs and services for seniors, adults with disabilities, and caregivers.

The WCCOA office is located at 140 West Franklin Street in Hagerstown and can be reached Monday through Friday, 8:30 AM until 4:30 PM, at 301-790-0275. Their website is www.wccoaging.org. One of their invocations is a website where you can get help finding benefit programs for which you may be eligible: <http://benefits.wccoaging.org/>.

I want to thank **Ecile Shaw** for asking the blessing. As usual, she did a great job.

Marci Saterbak won the \$10 gift certificate to the Western Sizzlin Restaurant donated by **Paul Romsburg** and his family.

Container Gardening for Caregivers:
Taught by Master Gardeners
March 22, 2014, 9 AM to Noon
Frederick, MD
Register at:
<http://www.eventbrite.com/e/2014-master-gardener-spring-seminar-mar-22nd-tickets-10601073095>

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, April 3, 2014, 11:45 AM

Dr. Stephen Grill, Neurologist
Parkinson's & Movement Disorders
Center of Maryland

Highlights

[Pill Organizers \(Page 3\)](#)
[Fitness and Nutrition Tips \(Page 4\)](#)
[Parkinson's Disease Specialists \(Page 5\)](#)
[Managing PD Symposium \(Page 6\)](#)

If you plan to attend our "Managing Parkinson's Disease: A Community Symposium" you should get your registration in as soon as possible. We are currently 65% full and the registration fee increases from \$10 to \$15 on March 15, 2014. The event is presented in conjunction with Johns Hopkins and Hospice of Washington County. [See Page 6 for details.](#)

Future Meetings

April 3, Dr. Stephen Grill, Neurologist
May 1, Kylie Osman, Speech Therapy
June 5, Breakout Sessions
July 3, Bailey Vernon, JHM Health Educator
August 7, Becky Dunlop, JHM Nurse Coord.
September 4, Dr. Paul Dash, JH Neurologist
October 2, Doug DeHaven, Fire Marshall
November 6, Stephen Ryan, Physical Therapist
December 4, Breakout Sessions

Educational and Other Activities

Caregivers' Breakfast:

Third Monday of every month, 8:30 AM at the Railroad Junction Family Restaurant. March's breakfast is the 17th.
Call Art Guyer for information.

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

Other Local Support Group Contacts

Berkeley County Parkinson's Support Group
Debi Corbin, Facilitator, 304-886-8594
danicasgma@aol.com

Winchester Area Parkinson's Support Group
Sharon Wilson, Facilitator, 304-258-0496
sharonjfk50@frontier.com
<http://www.walkrunmove.org/>

Cumberland Parkinson's Support Group
Shirley McKinney, Facilitator, 301-729-1427
sjmckinney@atlantfcbb.net

Chambersburg Parkinson's Support Group
Warren Leach, 717-264-2908
SKIPL815@AOL.COM **NOTE THAT THIS GROUP WILL NOT MEET UNTIL MAY 2014.**

The Hagerstown Parkinson's Support Group

Group Facilitator:
Art Guyer
22215 Troy Lane
Hagerstown, MD 21742
240-625-2722
aguyer42@myactv.net

The Hagerstown Parkinson's Support Group
is supported in part by:



17567 York Road Hagerstown, MD
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.

UNSUBSCRIBE: If you no longer wish to receive this newsletter, please contact the Group Facilitator, Art Guyer.

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Caregiver's Breakfast.

Our Caregivers' Breakfasts are on the 3rd Monday of every month. In February, **Mike Saterbak, Ecile Shaw, Barbara Harrell, Peg Hayzlett, Dave DeHaven, and Art Guyer** enjoyed the Caregivers' Breakfast and discussed some of the aspects of our upcoming April 4th seminar.

This month, caregivers will meet for breakfast on March 17, at the Railroad Junction Family Restaurant, at 8:30 AM. The restaurant is located at 301 S. Burhans Blvd E, 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 March

Happy Birthday to 2 of our members who have March birthdays: **Harold Burgesser and Glenda Austin.**

So we can celebrate your birthday at our meetings, contact Art who keeps a master schedule for the group. No years, just month and day!

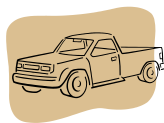


Need Transportation or Just a Break?

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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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.

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**Put this on your Calendar!
Our Picnics are scheduled for:
June 20th and September 12th.**

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The Berkeley County Parkinson's Support Group is having a seminar on April 12 entitled "Brain Storm" and focused on interactive neurological treatment for Parkinson's Disease. Drs. Selznick and Fowler will be the featured speakers. Free Registration. For more information call Debi Corbin at 304-886-8594 or email her at danicasgma@aol.com.



Upcoming Events (Cont. from Page 1)

Berkeley County Parkinson's Support Group Seminar

Free registration. Contact Facilitator Debi Corbin at 304-886-8594 for details.
April 12, 2014 9:00 AM – 2:00 PM

Johns Hopkins Educational Seminars (Registration is required for all):

Managing Parkinson's Disease: A Community Symposium: All day seminar at Hospice of Washington County, Hagerstown, MD. [See Page 6 for Details.](#)
April 4, 2014 9:00 AM – 4:00 PM

Managing Parkinson's disease: A Community Forum: A 2 hour seminar presented by the Maryland Association for Parkinson's Support, Inc. at Howard County Community College in Columbia, MD. Advanced registration is not required. To learn more, contact Deb Bergstrom at 301-712-5381.
March 15, 2014 9:45 AM to 12 Noon.

An Educational Series for Individuals Newly Diagnosed with Parkinson's

A 3-session educational opportunity for newly diagnosed Parkinson's patients and their families. To be held at Lutherville, MD. Registration is required and the cost is \$20 per person. Contact Bailey Vernon at 410-616-2811 or bvernon1@jhmi.edu.
Monday, June 16, 2014
Monday, June 23, 2014
Monday, June 30, 2014

Deep Brain Stimulation Information

Session: A session on the innovative technique to provide relief for people with Parkinson's Disease. To Register call 410-616-2811.
Monday, April 7, 2014 6:00 PM - 8:00 PM
Monday, Sept. 8, 2014 6:00 PM - 8:00 PM

For more information on these JHU events, contact **Bailey Vernon** at 410-616-2811 or bvernon1@jhmi.edu.

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Pill Organizers

By Jennifer Bradley, Staff Writer

AARP

The AARP says that 78 percent of caregivers performing medical or nursing tasks also are managing multiple medications for a loved one. Thirty-one percent of the care population takes one to five medications; 46 percent, five to nine; and 18 percent, 10 or more medications. It's no big secret to caregivers that organization is key when keeping track of medications, their doses, refills, timing, etc. It can be a job in itself. In fact, a 2011 study by Northwestern University's Feinberg School of Medicine found that 60 percent of caregivers made errors when sorting medications into pill boxes.

Weekly organizers are the most common, but monthly ones are available. These all can be bought in a variety of sizes, colors, labeling methods, etc. For those with minor memory issues, a morning/evening organizer may provide enough direction. A loved one with more advanced memory impairment might find help in other options, such as a prescription bottle that tracks and tells caregivers if the day's doses have been removed.

Electronic pill organizers are becoming more popular, and help by issuing an actual alarm when it's time to take the medication, as well as have a service place a phone call to the caregiver if a dosage is missed. This is a good option for busy caregivers who can pre-load the pills, but have some reassurance that the following steps are completed. This is also a help to someone with vision loss, who may not be able to see traditional pill box markings or times on a clock.

Another innovative device on the market is a vibrating pill reminder that has large compartments which fit all a loved one's medications. Programmable alarms help them stay on track, and can be set for either audio or vibrating options. Severe memory-impaired loved ones truly need one-on-one human interaction for medication administration, though some aging service organizations offer reminder phone calls to those with memory concerns.

Blister packs also are available in different shapes and sizes and have a list of pros and cons. While they are a nice option for someone with a steady medication regimen, for a loved one that is changing meds often, it can become a costly and time-consuming endeavor. The most practical use is a one-week supply in a single card that is organized into morning, noon, evening, and bedtime doses. Pharmacies traditionally will dispense four cards at a time, for a month's worth of pills organized neatly into pop-out compartments.

Blister packs can also be purchased privately, for refilling directly by a caregiver. The bonus to this is that caregivers can add over-the-counter medications such as aspirin — a service the pharmacy would charge extra to do. All this said, a caregiver should have a solid relationship with their loved one's pharmacist. Some pharmacies routinely will sort the pills, while others offer education on the best way to get started. Caregivers also should keep updated lists of all a loved one's medicines, and have a copy with themselves and the person they are caring for.

Pill organizers can be found anywhere and in many configurations. Before making any purchase, a caregiver must consider their and their loved one's lifestyle, limitations and abilities.



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Top 10 Fitness and Nutrition Tips for Older Adults By Peggy Buchanan

Today's adults are living longer, healthier lives due in part to better fitness and nutrition programs. With the number of Americans 65+ expected to reach 20 percent of the U.S. population by 2050, exercise and diet are more important than ever. These tips can help older adults enhance overall wellness into their later years.

1. **Fight afternoon fatigue** – Fatigue is a common problem among older adults, especially after lunch. Having a glass of water and a high-antioxidant food like a prune can revitalize the body and stimulate the mind.
2. **Exercise from the neck up** – Keeping the brain active and fit is imperative to the health of older adults. Not only does it stave off memory-loss illnesses like Alzheimer's and dementia, but it also fosters executive function. Try word games and recall exercises. For example, find five red objects during a walk in the neighborhood and recall them when back home.
3. **Pole walk** – Walking poles allow for more balanced mobility than walkers or canes. Walking with poles engages the muscles of the upper torso, which increases upper-body strength and cardiovascular endurance. Consult a physician before making the switch to poles.
4. **Dine in duos** – Those who share meals with others eat less than those who eat alone. This is an easy weight-loss tactic and one that fosters social interaction and engagement. While this is easy for those aging in community, older adults aging at home can plan to have meals with family or friends at least several times a week.
5. **Break routine** – Routine limits brain stimulation. Introduce new foods or new ways of eating the same food. For example, replace canned peaches with freshly sliced ones. Also, try taking a different route to the grocery store or shopping center.
6. **Sole Support** – As people age, the fat pads on the bottom of their feet compress, creating fatigue and pain. Consider wearing supportive shoes or inserting foot pads for better stability and comfort, wearing socks that have extra padding, and using a wicking agent to keep feet dry and comfortable.
7. **Fats: Out with the bad, in with the good** – Older adults with an increased genetic risk for dementia can reduce the risk by increasing the amount of Omega-3 fatty acids in their diet. These fatty acids, found in fish, nuts, olive oil and green leafy vegetables, can reduce brain inflammation, a possible cause of Alzheimer's disease.
8. **Decrease salt and increase your salsa** – High blood pressure, which can lead to strokes and a significant decline in cognitive function, often increases with age. As adults get older, the sense of taste also fades, leading to a desire for more salt on food to enhance flavor. Decreasing salt intake by putting down the shaker – and increasing exercise habits by shaking to a salsa beat – will enhance cardio and cognitive health.
9. **Balancing act** – In addition to exercises that build strength and improve flexibility and cardiovascular endurance, make sure to add balance activities to the daily routine. Good balance requires maintaining a center of gravity over the base of support. Tai chi, yoga, walking on challenging surfaces and water exercises all enhance overall balance.
10. **Dance like there's no tomorrow** – Older adults getting regular physical exercise are 60 percent less likely to get dementia. Exercise increases oxygen to the brain and releases a protein that strengthens cells and neurons. Dance involves all of the above plus the cerebral activity present in learning and memory.

About Peggy Buchanan

Peggy is the coordinator of vitality/wellness programming for Front Porch and serves as the director of fitness, aquatics and physical therapy at Front Porch's [Vista del Monte](#) retirement community in Santa Barbara, California.

Did You Know?

Intense exercise can improve efficiency of your brain cells using dopamine by modifying areas of the brain where dopamine signals are received: the substantia nigra and basal ganglia.



WHATEVER IT TAKES
to Beat Parkinson's

Get moving today!

www.parkinson.org/whateverittakes

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When to See a Parkinson's Disease Specialist

By Lisa M. Shulman, MD, University of Maryland Parkinson's Disease and Movement Disorders Center



The conventional wisdom is that care from a specialist should be reserved for special situations, and that routine care for Parkinson's disease (PD) should be provided mainly by general neurologists and primary care physicians. Also, conventional wisdom says that care from specialists is more costly than care from non-specialists.

In my experience as a PD specialist, neither of these statements is accurate. I believe that input from specialists in PD will make a positive difference in all stages of the disease, from the onset of symptoms to the advanced stages of the disease. Furthermore, specialty care in neurology is rarely more costly than primary care, and often is more economical. Here is why: Starting with the onset of symptoms, a movement disorders specialist can provide the earliest and most accurate information about the diagnosis of PD. In fact, studies that compare the diagnosis of PD to the gold standard of post-mortem diagnosis (direct evaluation of the brain on autopsy) show that

diagnostic accuracy for PD is greatest among movement disorder specialists and much lower for primary care physicians with general neurologists found between these two extremes. Confusion about the diagnosis often results in unnecessary tests, poor choice of medications, and unnecessary consultations with multiple physicians – all delaying proper management of symptoms and substantially adding to health care costs.

Greater experience with the management of PD results in better choices of treatment at all stages of the disease. Anti-parkinsonian medications are not easy to administer, and the best results (fewer symptoms and side effects) will be achieved by the most experience physicians.

Most importantly, greater relief of symptoms goes hand-in-hand with delaying disability. It may not be feasible for you to see the Parkinson's disease specialist routinely, but an annual visit will give you confidence that you are receiving the optimum quality of care.

From PDBuzz, the Newsletter for the Maryland Parkinson's Disease and Movement Disorders Center, Spring/Summer 2012

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Parkinson's Disease

If you or someone you know has Parkinson's disease (PD) you are not alone. In the United States, 50,000-60,000 new cases of PD are diagnosed each year, adding to the one million people who currently have PD. The Center for Disease control rated complications from Parkinson's disease as the 14th leading cause of death in the United States. Worldwide, it is estimated that four to six million people suffer from the condition. There is hope, however, as scientists work towards a cure and make progress in identifying the best treatment options for patients.

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Managing Parkinson's Disease

An educational program for the community

Agenda

- 9:00 a.m. Registration
- 9:30 a.m. Opening Remarks
Art Guyer, Hagerstown Support Group Leader
- 9:45 a.m. Introduction to Parkinson's Disease
Becky Dunlop, RN, BSN, Johns Hopkins
- 10:45 a.m. Break
- 11:00 a.m. Parkinson's Disease Treatment Overview
Liana S. Rosenthal, MD, Johns Hopkins
- 12:00 p.m. Lunch
- 1:00 p.m. Parkinson's Community Support
Art Guyer, Hagerstown Support Group Leader
- 1:15 p.m. Speech and Swallowing
Danielle Walters, MS, CCC/SLP, Better Speech and Swallow
- 2:00 p.m. Break
- 2:15 p.m. Exercise and Physical Therapy
Stephen Ryan, PT, DPT, Ryan Physical Therapy
- 3:00 p.m. Your Parkinson's Disease Management Plan
Bailey Vernon, MPH, Johns Hopkins
- 3:45 p.m. Concluding Remarks
- 4:00 p.m. Program Concludes

Friday, April 4, 2014

9:00 a.m. – 4:00 p.m.

Hospice of

Washington County

747 Northern Avenue,
Hagerstown, MD 21742

Presented by:

Hagerstown Parkinson's Support Group

*Johns Hopkins Parkinson's Disease and
Movement Disorders Center*



Register by mailing this form to Art Guyer at 22215 Troy Lane, Hagerstown, MD 21742, calling 240-625-2722, or emailing aguyer42@myactv.net. Registration fee includes lunch. Checks should be made payable to JH PDMD Center.

— Early Bird Registration before March 14, 2014 —
\$10 for an individual

— Registration after March 14, 2014 —
\$15 for an individual

Name(s): _____

Address: _____

Phone: _____ Email: _____

Amount Enclosed: _____ Check No. _____