

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

May 2014

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

Volume 4, Issue 5

[Visit us on Facebook](#)

This Month's Meeting

We had 51 attendees at the April meeting, including 2 or 3 new members.

Our speaker was Dr. Stephen Grill, MD, PhD, the co-founder of the Parkinson's and Movement Disorders Center of Maryland, a freestanding clinic affiliated with Johns Hopkins University.

Dr. Grill gave excellent presentations on PD medications and on the Hazards of Falling PD patients.

His clinic's contact information is:

Parkinsons & Movement Disorders Center of MD
8180 Lark Brown Road, Suite 101
Elkridge, MD 21075
(443) 755-0030
sgrill@pdmcenter.com

We gave away a \$10 gift certificate to the Western Sizzlin Restaurant, a coffee mug, and 2 bottles of sauce, donated by Paul Romsburg and his family.

I want to thank Ecile Shaw for asking the blessing. She did a great job.

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Home Caregivers

There is a continuing need for professional caregivers in the home.

We would like to create a list of home caregivers who have done a good job for you. These can be agency or individual caregivers that you would personally recommend.

Please call or email Art with names and contact information if you know of a good home caregiver.

May 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, May 1, 2014, 11:45 AM

Kylie Osman, Speech Therapist

Highlights

[Lasers for Brain Diseases \(Page 3\)](#)
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[Managing PD Report and Photos \(Page 6\)](#)



LIFE IS LIKE
riding a bicycle
TO KEEP YOUR
BALANCE
you must keep
MOVING

Upcoming Events

Future Meetings

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. April's breakfast is the 21st. 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
simckinney@atlanticbb.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 March, we cancelled the breakfast meeting due to bad weather.

This month, caregivers will meet for breakfast on April 21, 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 April

Happy Birthday to 7 of our members who have April birthdays: **Mike Gagarine, Frank McConnell, Lu Mattern, Shirley Smith, Gracie Churchman, Peg Hayzlett, and Betty Martin.**

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!



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Medical Alert Systems: If you have one, please contact me. I want to gather some information on those in use in our area.

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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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.



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Be certain to check out the report and photos from our Managing Parkinson's Disease Seminar held on April 4th, 2014. [See Page 6.](#)



Upcoming Events (Cont. from Page 1)

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

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, 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.

Put this on your Calendar!

PICNICS ARE SCHEDULED FOR:

June 20th
and
September 12th



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Lasers Might Lead To Cure For Brain Diseases Such As Alzheimer's And Parkinson's

Date: November 3, 2013
Source: Chalmers University of Technology

Researchers at Chalmers University of Technology in Sweden, together with researchers at the Polish Wroclaw University of Technology, have made a discovery that may lead to the curing of diseases such as Alzheimer's, Parkinson's and Creutzfeldt-Jakob disease (the so called mad cow disease) through photo therapy.

The researchers discovered, as they show in the journal Nature Photonics, that it is possible to distinguish aggregations of the proteins, believed to cause the diseases, from the well-functioning proteins in the body by using multi-photon laser technique.

"Nobody has talked about using only light to treat these diseases until now. This is a totally new approach and we believe this might become a breakthrough in the research of diseases such as Alzheimer's, Parkinson's and Creutzfeldt-Jakob disease. We have found a totally new way of discovering these structures using just laser light," says Piotr Hanczyc at Chalmers University of Technology.

If the protein aggregates are removed, the disease is in principle cured. The problem until now has been to detect and remove the aggregates.

The researchers now harbor high hopes that photo acoustic therapy, which is already used for tomography, may be used to remove the malfunctioning proteins. Today amyloid protein aggregates are treated with chemicals, both for detection as well as removal. These chemicals are highly toxic and harmful for those treated.

With multi photon laser the chemical treatment would be unnecessary. Nor would surgery be necessary for removing of aggregates. Due to this discovery it might, thus, be possible to remove the harmful protein without touching the surrounding tissue.

Worrying is like a rocking chair.
It gives you something to do, but it doesn't get you anywhere.



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For Parkinson's Awareness, Tony and Angela Robb have gifted a free, online, interactive calendar to the extended Parkinson's community. This shared, single space will make it easy for anyone to view at a glance upcoming Parkinson-related events, regardless of sponsorship or location. You may access this resource at www.pdcalendar.info.

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Physical & Occupational Therapy for Parkinson Disease: *The Science and Practice of LSVT BIG™*

Symposium at the Shenandoah University - Brandt Student Center
1460 University Drive, Winchester, VA 22601
Sunday, June 1, 2014, 12:30 – 2:30 PM

You are invited to attend a two-hour interactive symposium on movement disorders and physical and occupational treatment for people with Parkinson disease (PD).

This symposium is FREE so it is a wonderful opportunity for people with PD, family members and friends, and other healthcare professionals who want to learn more about movement and PD to attend.

The symposium will include a 1-hour lecture presented by world experts in physical/occupational therapy for people with Parkinson Disease. This lecture will be followed by an interactive session where participants with PD are invited to interact with physical or occupational therapists practicing Parkinson-specific movement exercises (LSVT BIG). Please wear comfortable clothing to the event.

RSVP to LSVT Global at:
Toll Free: 1-888-438-5788
Direct: 1-520-867-8838
Email: info@LSVTGlobal.com
Visit the LSVT website at <http://www.lsvtglobal.com> for more information

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Potential Parkinson's Therapy Secures \$23 Million for Testing from NIH

March 31, 2014 -- Results of a study funded by The Michael J. Fox Foundation for Parkinson's Research (MJFF) have enabled researchers to secure a \$23 million grant from the National Institutes of Health (NIH), continuing a repurposed drug approved for hypertension to Phase III testing for slowing Parkinson's progression. The trial investigating the compound isradipine (is-RED-a-peen) will be the most advanced, current study into a disease-modifying therapy for Parkinson's, an unmet need.

Isradipine is a calcium channel blocker prescribed to treat high blood pressure. Epidemiological data from population-scale studies note a lower incidence of Parkinson's disease (PD) among people who take this drug. Furthering PD researchers' interest, laboratory tests have shown that blocking calcium channels protects dopamine neurons, degeneration of which is one of the hallmarks of Parkinson's disease.

When recruitment for this study begins later this year, it will be the most advanced, current trial of a disease-modifying therapy for Parkinson's disease.

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Parkinson Foundation of the National Capital Area Medical Advisory Board

(All Movement Specialists)

Dr. Stephen Grill, Chairman

Parkinson's and Movement Disorder Centers of Maryland
8180 Lark Brown Rd., Suite 101
Elkridge MD 21075

Dr. Stephen Reich

Professor of Neurology and Co-Director
Maryland Parkinson's Disease and Movement Disorder
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Dr. Christopher G. Kalhorn

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Dr. Codrin Lungu

Chief, NIH Parkinson Clinic
Assistant Clinical Director
NIH Neurological Disorder and Stroke,
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Dr. Lisa M. Shulman

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Baltimore MD 21291

Dr. Zachary T. Levine

Washington Brain and Spine Institute
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Bethesda MD 20814

Dr. Linda S. Sigmund

(Former) Director, Movement Disorder Center
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Fairfax VA 22031

Dr. Zoltan Mari

The Johns Hopkins Hospital, Department of Neurology
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Baltimore MD 21298

Dr. Randy Stephenson

The Neurology Center of Fairfax
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Fairfax VA 22031

Dr. Fernando L. Pagan

Associate Professor of Neurology, Georgetown University
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Parkinson's Disease Center
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Washington DC 20007

Dr. Howard D. Weiss

Director, Parkinson's Disease and Movement Disorder
Programs
LifeBridge Health Brain and Spine Institute
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Baltimore MD 21215

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Managing Parkinson's Disease:

An Educational Program for the Community

Presented by:

Johns Hopkins PDMD Center and the
Hagerstown Parkinson's Support Group
At the Hospice of Washington County

April 4, 2014



Lunch Spread



Attendees at Lunch Break



Bailey Vernon



Becky Dunlop



Peg Hayzlett



Dr. Liana Rosenthal



Ecile Shaw: And the Winner is



Danielle Walters



Dr. Stephen Ryan & Clift Smith

The seminar went off as planned and seemed to be a big success. The speakers were excellent, the food was good, and 1 out of every 3 attendees won a door prize. About 100 people attended, including the speakers and sponsors. Thanks to all who made this a great event.