Hagerstown, MD and the Four-State Area

Monthly Newsletter

May 2014

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@pdmdcenter.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.

Home Caregivers

There is a continuing need for professsional 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.

The Hagerstown Parkinson's Support Group

Group Facilitator: Art Guyer 22215 Troy Lane Hagerstown, MD 21742 240-625-2722 aguyer42@myactv.net Visit Our Website at: www.fareshare.net/Parkinsons/

Visit us on Facebook

May Meeting

MARK YOUR CALENDARS

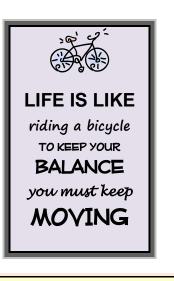
Join us for our next Parkinson Support Group Meeting at the Western Sizzlin Steakhouse 17567 York Road, Hagerstown, MD

(301) 791-7560

Thursday, May 1, 2014, 11:45 AM

Kylie Osman, Speech Therapist

Highlights Lasers for Brain Diseases (Page 3) LSVT Thinking Big Symposium (Page 4) PFNCA Medical Advisory Board (Page 5) Managing PD Report and Photos (Page 6)



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!

Volume 4, Issue 5

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 <u>danicasgma@aol.com</u>

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

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

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



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!



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.





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.

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 danicasqma@aol.com.

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)

May 2014

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!



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.

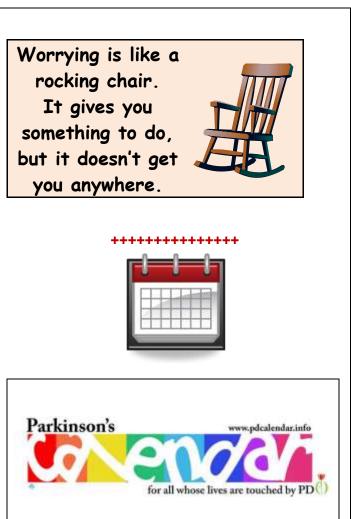
The researchers discovered, as they show in the journal Nature Photonics, that it is possible to distinguish aggregations of the proteins, believed to cause the diseases, from the well-functioning proteins in the body by using multi-photon laser technique.

"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.



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 <u>www.pdcalendar.info</u>.

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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 <u>http://www.lsvtglobal.com</u> for more information



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. Christopher G. Kalhorn

Georgetown University Hospital, Neurology Department 3800 Reservoir Rd. NW, 7th Floor Washington DC 20007

Dr. Codrin Lungu

Chief, NIH Parkinson Clinic Assistant Clinical Director NIH Neurological Disorder and Stroke, NIH BLDG. 10, Rm. 7D37, MSC 1428 10 Center Dr., Bethesda, MD 20892

Dr. Zachary T. Levine

Washington Brain and Spine Institute 4927 Auburun Ave., T-50 Bethesda MD 20814

Dr. Zoltan Mari

The Johns Hopkins Hospital, Department of Neurology Meyer Bldg, Room 6-119 600 N. Wolfe St. Baltimore MD 21298

Dr. Fernando L. Pagan

Associate Professor of Neurology, Georgetown University Hospital Parkinson's Disease Center 3800 Reservoir Rd. NW, 7th Floor Washington DC 20007

Dr. Stephen Reich

Professor of Neurology and Co-Director Maryland Parkinson's Disease and Movement Disorder Center University of Maryland, Department of Neurology 22 S. Green St. Baltimore MD 21201

Dr. Joseph Savitt

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

Dr. Lisa M. Shulman

Professor of Neurology and Co-Director Maryland Parkinson's Disease and Movement Disorder Center University of Maryland, Department of Neurology 22 S. Greene St. Baltimore MD 21291

Dr. Linda S. Sigmund

(Former) Director, Movement Disorder Center The Neurology Center of Fairfax 3020 Hamaker Ct., #400 Fairfax VA 22031

Dr. Randy Stephenson

The Neurology Center of Fairfax 3020 Hamaker Ct., #400 Fairfax VA 22031

Dr. Howard D. Weiss Director, Parkinson's Disease and Movement Disorder Programs

LifeBridge Health Brain and Spine Institute Morton Mower, MD, Medical Office Building 2411 W. Belvedere Avenue, Suite 202 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



Peg Hayzlett

Becky Dunlop









Dr. Liana Rosenthal



Ecile Shaw: And the Winner is

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.