

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

November 2014

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

[Visit us on Facebook](#)

Volume 4, Issue 11

This Month's Meeting

We had 47 attendees at the October 2nd meeting, including a new member.

We had an excellent presentation on fire prevention and fire safety by the Hagerstown Fire Marshall, Doug DeHaven. Doug told us that the US has the highest rate of death, injury, and property loss in the world. He indicated the majority of the trouble spots are in the kitchen and heating sources. Doug emphasized the need for emergency plans and drills in the home, and the benefits of up-to-date smoke detectors. He added that detectors should be on every level, outside and inside the bedrooms, and must be replaced every 10 years to be effective. Battery detectors should be tested annually.

I want to thank **Ecile Shaw** for asking the blessing.

Dick Naugle



We are all mourning the passing of Dick Naugle. Dick died on September 28, 2014. He was born in 1943 and had been married to Peggy for 52 years. They had three daughters. We will miss his wonderful smile, humorous stories and lovely prayers. Please continue to keep Peggy and the family in your thoughts and prayers.

Flowers and a sympathy card were sent by our group and a number of us attended the viewing.

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 6, 2014, 11:45 AM

Our November Speaker is
Dr. Stephen Ryan
Hagerstown Physical Therapist

Highlights

[Totem Pole Playhouse 2015 \(Page 3\)](#)
[Fall Picnic Photos \(Page 4\)](#)
[Outreach Activities \(Page 5\)](#)
[Poem by Local Writer \(Page 6\)](#)
[Detailed Event Listing \(Pages 7 & 8\)](#)

Attend a Support Group Meeting



[Check out the new Parkinson's Events Calendar On-Line.](#)

Upcoming Events

Future Meetings

November 6, Stephen Ryan, Physical Therapist
December 4, Breakout Sessions

2015

January 8, Dr. Kelly Mills, Neurologist, Hopkins
Parkinson's and Movement Disorder Center
February 5, Irene Plessinger, Dietician
March 5, Stephanie Mahan, LSVT/BIG
April 2, Arita McCoy, RN, Johns Hopkins
May 7, Lori Markland, Assistive Technology

Caregivers' Breakfast

Third Monday of every month, 8:30 AM at the
Railroad Junction Family Restaurant.
September's breakfast is on the 15th. Call Art
Guyer for information.

A detailed listing of upcoming events is
included on [pages 7 and 8](#).

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
Cheryl Reames, 540-662-4632 or
cwreames@gmail.com
<http://www.walkrunmove.org/>
[Winchester Facebook Page](#)

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

Chambersburg Parkinson's Support Group
Kathy Smith, 717-377-8320
kathy.smith@embarqmail.com

Frederick Parkinson's Support Group
John Kraft and Janet Silvious, Facilitators
301-845-6514
janet@fifpdsg.org
www.fifpdsg.org

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 September, **Ecile Shaw, Barbara Harrell, Peg Hayzlett, Dave DeHaven, and Art Guyer** enjoyed the Caregivers' Breakfast.

This month, caregivers will meet for breakfast on October 20th, 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. If you need transportation, let us know and we will take care of it.



Birthdays in October

Happy Birthday to 11 of our members who have October birthdays: **Marci Saterbak, Chuck Graser, Dave and Patsy DeHaven, Maurice Kaiser, Vi McConnell, Miriam Timmons, Norma Craver, Altha Chandler, Sylvia Shives, and Ron Sease.**

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?

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. **Barb Harrell has volunteered as the Sunshine Committee of One** and will be responsible for sending out cards as appropriate. Call her at 301-797-7845 or contact Art if you know someone in need.

Cards

Our card group played again this month. We had 4 players gather at the Phillip's home on September 18th. Contact **Dave DeHaven** at 301-582-2815 if you would like to play in the next game on October 10th.

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Have you gotten your flu shot yet?



The Centers for Disease Control and Prevention recommend everyone six months or older should be immunized against the flu annually. Medicare, Medicaid and many private insurance providers cover costs associated with the shot. Check with your doctor or pharmacy today.

Fall Picnic

Our September 12th picnic was another great success, with 49 attendees. The weather was wonderful and the food and bingo fine.

[See Page 5 for Photos.](#)

PD Group Bowling

On Thursday, September 18th we met again for duckpin bowling. It was at Southside Bowls on Virginia Avenue in Hagerstown. The alleys were set up for those who have difficulty moving, lifting or even walking.

There were **about 12** members who showed up to participate in the duckpin fun. We divided up into 3 groups and had a great time.

We will be doing this again on October 23rd at 1:15 PM so join us for the fun and the exercise! Call **Dave DeHaven** at 301-582-2815 for more information and directions.



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FEEDBACK!

We want your feedback! What can we do to improve the activities of the Support Group? How can we provide better support to our members? Look at the Totem Pole Theater options on page 3 and give us your thoughts. If we are doing something you would like to see changed, the only way to get it done is tell us. Do you have any ideas for speakers in 2016? Tell me or anyone on the board what you are thinking. Next month there will be a form printed in the newsletter for you to fill out and return with your ideas.

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It's Time to Think About the Totem Pole Playhouse for 2015

Here are the tentative plays coming up next year; which ones would you like to attend?
Let me know!

TOTEM POLE PLAYHOUSE
www.totempoleplayhouse.org

*Totem Pole Playhouse
proudly presents the 2015 Season*



**THE NERD**
By Larry Shue
May 29 –
June 14, 2015
One of the funniest plays ever written!
The action centers on the hilarious dilemma of a young architect who is visited by a man he's never met but who saved his life in Vietnam—the visitor turning out to be an incredibly inept, hopelessly stupid “nerd” who outstays his welcome with a vengeance.
“...the audience almost never stops laughing—handkerchiefs wiping away tears of merriment...”
—Variety.”

**One Slight Hitch -**
By Lewis Black
July 17 –
August 2, 2015
Its Courtney's wedding day, and her mom, Della, is making sure everything is perfect. The groom is perfect, the dress is perfect, and the decorations (assuming they arrive) will be perfect. Then, like in any good farce the doorbell rings. And all hell breaks loose. So much for perfect.
“If sustained laughter is the best measure of a comedy, ONE SLIGHT HITCH makes the grade.” —Asbury Park Press.

**The Will Rogers Follies, etc.**
June 19 –
July 12, 2015
Book by Peter Stone
Music Composed and Arranged by Cy Coleman
Lyrics by Betty Comden and Adolph Green
Will Rogers is famous for saying “I never met a man I didn't like,” and anyone who has ever seen or performed in WILL ROGERS FOLLIES will agree that there has never been a man-or woman-who did not like it.

**GREASE**
August 7 –
August 30, 2015
By Jim Jacobs and Warren Casey
It's 1959 and Rydell High is filled with rebellious, thrill-loving students. Sandy Drumbowski enters as the new girl in school. She and leader of the Burger Palace Boys gang, Danny Zuko, have had a brief love affair the summer before. The students at Rydell High have much to stress about through song and dance.

— All shows subject to availability —
Book your group TODAY!
717-352-2164 OR 888-805-7056 (toll-free) • www.TotemPolePlayhouse.org

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Fall Picnic



**Attendees at the Hagerstown Parkinson's Support Group Fall Picnic
September 12, 2014 (Left to Right) (Rows from Front to Back)**

Seated: Peggy Naugle, Patsy DeHaven, Doris Guyer, Marci Saterbak

1st Sandy Phillips, Don Phillips, Ragan Shaw, Louise Hess, Ecile Shaw, Pat Donnelly, Betty Martin, Peg Hayzlett, Barb Harrell, Connie Hipp

2nd Shirley McKinney, Lu Mattern, Karen Kelley, Fred Craver, Norma Craver, Charles Martin, Judy Frantz, Cheryl Reames, Mike Saterbak, John Hipp

3rd Ken McKinney, Jim Mattern, Betty Stauffer, Glenda Austin, Waverly Reames, Art Guyer

4th Phyllis Fehlauer, Phyllis Davis, Dave DeHaven, Dot Schoch, Jay Stouffer, Dick Naugle, Linda Embly, Linda McSweyn

5th Ken Fehlauer, Harry Davis, Jerry Harrell, Ray Schoch, Kelly Smith, Kathy Smith, Paul Embly, Hugh McSweyn, Steve Demory, Charlotte Demory, Janet Smith

Photo by Doug DeHaven



Dick Naugle, Rest in Peace



Bingo players hard at work.



Ken Fehlauer, The Old Guys

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Outreach Activities

Hagerstown Coffee Talk

Dave DeHaven and Art Guyer attended last month's meeting of the *Hagerstown Coffee Talk*, a group open to all business professionals who are in the Senior Services Industry. The members meet to network and to learn innovative ways to service Washington County seniors. At the September meeting, held at the Broadmore Senior Living Center, we had the opportunity to introduce ourselves to the group and explain what we did for the Parkinson community and a little about your support group. The attendees were extremely attentive and interested in the role we play in supporting persons with Parkinson's Disease. We made at least three contacts at this first meeting with whom we may be able to help or be helped in the future. We hope to attend most of their meetings in the following months.

Four-State Parkinson's Support Groups

On September 20, 2014, Art Guyer facilitated a first time ever meeting with the leadership of the 6 "local" support groups in western Maryland and near-by Virginia, West Virginia, and Pennsylvania. Facilitators or leaders of these groups came together for the first time to talk about what they do in their groups, describe issues they have, and discuss an alliance that will benefit all of the groups and their members. It was held at the Western Sizzlin' Restaurant from 11:00 AM until 3:00 PM. The four hours went by quickly and the discussion was lively and continuous. Rona Rosenbaum, President of the newly formed Maryland Association for Parkinson Support (MAPS), and Todd Hebb from the MAPS board, joined us to lend support to the initiative and to brief us on the current status of their organization.

It was a successful and productive meeting and the group agreed to meet again in January 2015 and May 2015 to continue the effort.



(L-R) Todd Hebb
Cheryl Reames
Waverly Reames
Ken McKinney
Shirley McKinney
Bill Ashforth
Rona Rosenbaum
Art Guyer
Kathy Smith
Janet Silvious
Steve Silvious
Kelly Smith

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Give A Smile Away Today

By Ken McKinney

*Give a smile away today.
You will know it when you see the need.
Someone out there really needs that smile,
It could change their day, indeed.*

*A kind word or gentle touch,
Especially, when there's pain or strife,
Won't only make someone's day,
A little kindness may change a life.*

*With a smile on your face,
And an encouraging word,
Even to a passing stranger,
May make a brand new friend,
Even keep them out of danger.*

*Try to give a smile away today,
Remember friend, it's free.
If it doesn't come with ease, just say,
Dear Lord, "Please smile through me".*



Ken Mckinney is from the Cumberland, MD area. Ken and his wife, Shirley, are leaders of the Cumberland Parkinson's Support Group. He is a musician and a writer. See previous page for a photo of Ken.

This is printed here with the express permission of the author. Thanks for your contribution.



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Reminders of upcoming events as of Saturday, October 04, 2014

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View our local Parkinson's Support Groups Calendar at: <https://www.localendar.com/public/HPSG>

- Friday, October 10, 2014: HPSG Cards at the Kaiser's at 1:00 PM. Call Dave DeHaven at 301-582-2815 for information or directions.
 - Sunday, October 12, 2014: Partners in Parkinson's Seminar in Washington, DC. Time is 7:45 AM to 3:45 PM. Information and registration is available on this website: <https://www.partnersinparkinsons.org>.
 - Tuesday, October 14, 2014 (2nd Tuesday): Winchester PD Support Group Monthly Meeting at the Family Life Center, Winchester Church of God, 2080 N. Frederick Pike, Route 522 North, Winchester, VA at 11:00 AM. Contact Cheryl Reames for more information at 540-662-4632 or cwreames@gmail.com.
 - Wednesday, October 15, 2014 (3rd Wednesday): "Friends in Frederick" PD Support Group monthly meeting at 1:00 PM. Held at Mount Pleasant Ruritan Club in Walkersville, MD. Contact Janet Silvious at 301-845-6514 or jsilvious@yahoo.com.
 - Friday, October 17, 24, 31, and November 7, 14 & 21, 2014 Greater Winchester Parkinson's Dance: Shenandoah Conservatory Arts Academy Building from 1:00 PM to 2:00 PM. Contact Cheryl Reames for more information at 540-662-4632 or cwreames@gmail.com.
 - Saturday, October 18, 2014: Johns Hopkins "Pacing 4 Parkinson's" at the Baltimore Running Festival. Call 410-616-2811.
 - Monday, October 20, 2014 (3rd Monday): Caregivers' Breakfast at the Railroad Junction Family Restaurant, 301 Burhans Blvd, Hagerstown, MD, at 8:30 AM. Call Art at 240-625-2722 for information or directions.
 - Tuesday, October 21, 2014 (3rd Tuesday): Chambersburg PD Support Group Monthly Meeting at Menno Haven in Chambersburg, PA at 2:00 PM. Contact Kathy Smith at 717-377-8320 or kathy.smith@embargo.com for information or directions.
 - Wednesday, October 22, 2014 (4th Wednesday): Berkeley County Parkinson's Support Group monthly meeting at 6:30 PM at the Otterbein United Methodist Church of Martinsburg WV. Contact Debi Corbin at 304-886-8594 for more information.
 - Thursday, October 23, 2014: HPSG Bowling at Southside Bowl, 17325 Virginia Ave, Hagerstown, MD, at 1:15 PM. Call Dave DeHaven at 301-582-2815 for information or directions.
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- Thursday, November 6, 2014 (1st Thursday): Monthly HSPG Meeting at the Western Sizzlin' Restaurant in Hagerstown, MD, at 11:45 AM. Dr. Stephen Ryan, Physical Therapist, is the featured speaker. Call Art at 240-625-2722 for information or directions.
 - Friday, November 7, 2014 (1st Friday): Cumberland PD Support Group Monthly Meeting at Grace Memorial Community Church, Cumberland, MD at 4:00 PM. Contact Shirley McKinney for more information and directions at 301-729-1427 or simckinney@atlanticbb.net.
 - Friday, November 7, 2014: Support Group Leaders Dinner and Meeting: BWI Airport Marriott, in Baltimore, MD, 4 – 7 PM. Call Bailey Vernon at 410-616-2811 for information.
 - Saturday, November 8, 2014: Johns Hopkins Movement Disorders Symposium, BWI Airport Marriott, in Baltimore, MD. [View the Brochure](#). Call Bailey Vernon at 410-616-2811 for information.

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 - Friday, November 21, 2014: HPSG Cards at TBD at 1:00 PM. Call Dave DeHaven at 301-582-2815 for information or directions.
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- Thursday, December 4, 2014 (1st Thursday): Monthly HSPG Meeting at the Western Sizzlin' Restaurant in Hagerstown, MD, at 11:45 AM. Holiday gift exchange and breakout sessions. Call Art at 240-625-2722 for information or directions.
 - Friday, December 5, 2014 (1st Friday): Cumberland PD Support Group Monthly Meeting at Grace Memorial Community Church, Cumberland, MD at 4:00 PM. Contact Shirley McKinney for more information and directions at 301-729-1427 or simckinney@atlanticbb.net.
 - Tuesday, December 9, 2014 (2nd Tuesday): Winchester PD Support Group Monthly Meeting at the Family Life Center, Winchester Church of God, 2080 N. Frederick Pike, Route 522 North, Winchester, VA at 11:00 AM. Contact Cheryl Reames for more information at 540-662-4632 or cwreames@gmail.com.
 - Monday, December 15, 2014 (3rd Monday): Caregivers' Breakfast at the Railroad Junction Family Restaurant, 301 Burhans Blvd, Hagerstown, MD, at 8:30 AM. Call Art at 240-625-2722 for information or directions.
 - Tuesday, December 16, 2014 (3rd Tuesday): Chambersburg PD Support Group Monthly Meeting at Menno Haven in Chambersburg, PA at 2:00 PM. Contact Kathy Smith at 717-377-8320 or kathy.smith@embarqmail.com for information or directions.
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