

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

December 2014

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

[Visit us on Facebook](#)

Volume 4, Issue 12

This Month's Meeting

We had 46 attendees at the November 6 meeting, including 3 new members.

Dr. Stephen Ryan, local physical Therapist, was our speaker this month. His presentation was 'Parkinson's Disease: A Practical Approach to Evaluation and Treatment by the Physical Therapist.' It was principally directed to Gait and Balance Deficits and Transfer Difficulties. He covered a number of movement enhancement strategies. He suggested that research has indicated it is important to begin physical therapy early in the PD diagnosis and not at the point issues are happening.

Dr. Ryan's contact information is:

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

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

I want to thank Mike Saterbak for asking the blessing.

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

Do You Shop at Amazon?

Sign in at www.smile.amazon.com and scroll down to the bottom of the page; under "Get to Know Us," click on "About AmazonSmile and follow the directions. Now Amazon will contribute a percentage of your purchases to the Maryland Association for Parkinson's Support."

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 4, 2014, 11:45 AM

In December we will Exchange
Gifts Costing \$5 - \$10
and have Breakout Sessions.

Highlights

[Totem Pole Playhouse 2015 \(Page 3\)](#)
[Donation to Hospice \(Page 4\)](#)
[Questionnaire \(Page 5\)](#)
[Donation to Pacing4Parkinson's \(Page 6\)](#)
[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

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
June 4, Breakout Sessions
July 9, Candice Valencia, Senior Exercises
August 6, Becky Dunlop, JHU
Sept. 3, Richard Lewellen, Music Therapist
October 1, Dr. Joseph Savitt, Neurologist
Nov. 5, Amanda Distefano, WCHD, Falls
December 3, Breakout Sessions

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
Warren Leach, Facilitator, 717-264-2908
skipl815@aol.com

Frederick Parkinson's Support Group
John Kraft and Janet Silvius, 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.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

December 2014

Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3rd Monday of every month. In October, **Karen Considine**, a new member, **Ecile Shaw**, **Barbara Harrell**, **Peg Hayzlett**, **Dave DeHaven**, and **Art Guyer** enjoyed the Caregivers' Breakfast. It was very nice to be able to chat with Karen.

This month, caregivers will meet for breakfast on November 17th, 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 November

Happy Birthday to 10 of our members who have November birthdays: **Ed Timmons**, **Anita Masters**, **Ecile Shaw**, **Jeanne Easton**, **Jane Burrows**, **Sandy Phillips**, **Jim Mattern**, **Jerry Harrell**, **David Burrows**, and **Barbara Bittorf**.

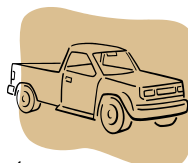
So we can celebrate your birthday at our meetings, contact Art who keeps a master schedule for the group. No years, just month and day!



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.

The following members need you to keep them in your thoughts and prayers: **Kelly Smith**, **Betty Gladhill**, **Huge McSweyn**, **Sandy Phillips**, and **Linda Harper**.

+++++

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.

Cards

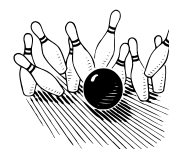
Our card group played again on October 10th. We had 4 players gather at the Kaiser's home -- **Connie** and **Paul Kaiser**, **Peg Hayzlett**, and **Art Guyer** enjoyed playing pinochle this month. Contact **Dave DeHaven** at 301-582-2815 if you would like to play in the next game scheduled for November 14 at the home of **Harry** and **Phyllis Davis**. We really need some more players, men and women.

PD Group Bowling

On Thursday, October 23rd we met again for duckpin bowling 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 16** 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 November 13 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.



+++++

FEEDBACK!

We want your feedback! What can we do to improve the activities of the Support Group? Please fill out and return the form on page 6!

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter


December 2014


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, Delia, 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

32 717-352-2164 • 1-888-805-7056

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

December 2014



Left to Right: Art and Doris Guyer; Cheryl Brown, Development Director, HWC; and David DeHaven

Hagerstown Parkinson's Support Group Donates to Doey's House

On October 3, members from the Hagerstown Parkinson's Support Group made a donation to Hospice of Washington County for the Doey's House building campaign.

The local Parkinson's Support Group held an educational symposium earlier this year and the group wanted to give back and show their appreciation for the use of the conference space at Hospice's 747 Northern Avenue, main office. "We were very appreciative of the use of the space and for the technical support," said Art Guyer, the Group Facilitator. "Over 100 people attended the education symposium." Funds were raised through sponsorships and participant registrations.

For more information on how you can become involved in supporting Doey's House, please call the Development Office at 301-791-6360. Donations and in-kind services are always welcome.

Hospice Contact: Cheryl Brown, 301-791-6360 (o), 301-582-8636 (c)

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

December 2014

Questionnaire

Help Improve Your Support Group: Complete this Form and Return it to a Board Member or Art Guyer

Approximately how many meetings did you attend in 2014? _____

What can we do differently to increase your participation? _____

What can we do to provide better support to our members? _____

Please list any suggestions for speakers or topics we can address in 2016? _____

Would you like to volunteer to help us keep our group going? Preferences? _____

Any other comments you would like to make? _____

Movement Disorder Symposium



Dave and Patsy DeHaven and Doris and Art Guyer attended the Movement Disorder Symposium at the BWI Marriott in Baltimore on November 8th.

This educational symposium was put on by Johns Hopkins and the University of Maryland. It was an excellent event that included Dr. Codrin Lungu speaking on the foundations of brain pathology, Dr. Sonja Schultz describing the genetics of movement disorders, Dr. Mark Hallett discussing Neuroplasticity, panel discussions on patient advocacy and patient perspective, and a variety of lunch and breakout discussions, some of which featured Drs. Shawn Smyth, Zoltan Mari, Stephen Grill, Joseph Savitt, Jason Brandt, Gregory Pontone, and William Anderson.

The **DeHaven's** and **Guyer's** also attended the Leadership Networking Meeting held on Friday evening, November 7.

Support group leaders from Winchester, Cheryl and Waverly Reames, and from Frederick, Janet and Stephen Silvius, also attended the networking meeting and the symposium.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

December 2014



Holiday Meeting

At our December meeting we will exchange inexpensive gifts. Everyone should bring a gift costing from \$5 to \$10 for under the Christmas tree.



I've reached the age were my train of thought often leaves the station without me.

+++++

Hagerstown Parkinson's Support Group Contributes to "Pacing for Parkinson's"

The Hagerstown Parkinson's Support Group contributed \$200 to "Pacing for Parkinson's" for two of their favorite runners – Becky Dunlop and Bailey Vernon from Johns Hopkins.



Pacing for Parkinson's is a charity team participating in the Baltimore Running Festival that aims to raise awareness and funds for Parkinson's disease. This year's run was on October 18th. The funds raised will support the Johns Hopkins Parkinson's Disease and Movement Disorders Center efforts to improve patient care, advance research, and expand outreach and education programs. This year the team has raised approximately \$120,000.

Photo taken by Cheryl Reames at the PD Support Group Leaders Networking Meeting in Baltimore on November 7, 2014.

(L to R, Standing: Art Guyer, Bailey Vernon, Becky Dunlop, Dave DeHaven; Sitting: Doris Guyer, Patsy DeHaven)

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

December 2014

Reminders of upcoming events as of Monday, November 10, 2014

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

- Tuesday, November 11, 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.
- Thursday, November 13, 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.
- Friday, November 14, 2014: HPSG Cards at the Davis' home at 1:00 PM. Call Dave DeHaven at 301-582-2815 for information or directions.
- Monday, November 17, 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, November 18, 2014 (3rd Tuesday): Chambersburg PD Support Group Monthly Meeting at Menno Haven in Chambersburg, PA at 2:00 PM. Contact Warren Leach at 717-264-2908 for information.
- Wednesday, November 19, 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 Silvius at 301-845-6514 or jsilvius@yahoo.com.
- Wednesday, November 19, 2014 : 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, 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 sjmckinney@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.
- Wednesday, December 17, 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 Silvius at 301-845-6514 or jsilvius@yahoo.com.
- Thursday, December 18, 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.
- Friday, December 19, 2014: HPSG Cards at TBD at 1:00 PM. Call Dave DeHaven at 301-582-2815 for information or directions.
- Wednesday, December TBD, 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.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

December 2014

2015

- Thursday, January 8, 2015 (1st Thursday): Monthly HSPG Meeting at the Western Sizzlin' Restaurant in Hagerstown, MD, at 11:45 AM. Speaker: Dr. Kelly Mills, neurologist from Johns Hopkins. Call Art at 240-625-2722 for information or directions.
 - Friday, January 9, 2015 (1st Friday): Cumberland PD Support Group Monthly Meeting at Grace Memorial Community Church, Cumberland, MD at 4:00 PM. Becky Dunlap is the featured speaker. Contact Shirley McKinney for more information and directions at 301-729-1427 or sjmckinney@atlanticbb.net.
 - Tuesday, January 13, 2015 (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.
 - Thursday, January 15, 2015: 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.
 - Friday, January 16, 2015: HPSG Cards at TBD at 1:00 PM. Call Dave DeHaven at 301-582-2815 for information or directions.
 - Monday, January 19, 2015 (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.
 - Wednesday, January 21, 2015 (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 Silvius at 301-845-6514 or jsilvius@yahoo.com.
 - Wednesday, January 28, 2015 (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, February 5, 2015 (1st Thursday): Monthly HSPG Meeting at the Western Sizzlin' Restaurant in Hagerstown, MD, at 11:45 AM. Speaker: Irene Plessinger, dietician. Call Art at 240-625-2722 for information or directions.
 - Friday, February 6 2015 (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 sjmckinney@atlanticbb.net.
 - Tuesday, February 10, 2015 (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, February 16, 2015 (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.
 - Wednesday, February 18, 2015 (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 Silvius at 301-845-6514 or jsilvius@yahoo.com.
 - Thursday, February 19, 2015: 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.
 - Friday, February 20, 2015: HPSG Cards at TBD at 1:00 PM. Call Dave DeHaven at 301-582-2815 for information or directions.