

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

March 2015

Visit Our Website at:  
[www.fareshare.net/Parkinsons/](http://www.fareshare.net/Parkinsons/)

Volume 5, Issue 3

[Visit us on Facebook](#)

### This Month's Meeting

We had **55 attendees** at our **February 5th** meeting, including **7new members**. Once again it was a great turnout given the cold weather.

**Irene Plessinger** a dietician and nutritionist from Meritus was our featured speaker. She gave an excellent presentation on how food and Parkinson's interacts and some very good examples of what your plate should look like. Basically half of it should be fruits and vegetables, protein should be about the size of a small fist, and the rest be carbs from healthy grains. Mrs. Plessinger answered a great many questions following the presentation and stayed with the group through lunch and the discussions after lunch.

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

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

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### Need Information on Home Care?

If you need home care or will need it sometime in the near future, you should attend the seminar on February 19<sup>th</sup>.

You can get a free lunch at Always Ron's and learn everything you need to know about getting home care.

Registration closed on February 12<sup>th</sup>. For more details and contact information, see the flyer on [page 3](#).

### Registration required!

### March 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, March 5, 2015, 11:45 AM**

In March our speaker will be  
**Stephanie Mahan** a certified  
**LSVT/BIG physical therapist.**

### Newsletter Highlights

Home Care Seminar Flyer ([Page 3](#))

Questionnaire Responses ([Page 4](#))

Nutritional Concerns ([Page 5](#))

Heads Up, Caregivers! ([Page 6](#))

Detailed Event Listing ([Pages 7 & 8](#))

### Future Meetings

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

**Picnics: June 19 and September 18, 2015**  
More info to come!

### 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, Facilitator, 540-662-4632  
winchesterparkinson@gmail.com  
Facebook.com/winchesterPDSupport

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 Silvious, Facilitators  
301-845-6514  
janet@fifpdsg.org  
www.fifpdsg.org

Frederick Parkinson's Disease Early Onset or Newly Diagnosed Community Support Group  
Deb Bergstrom, Facilitator, 301-712-5381 or  
dfbergstrom@comcast.net

Central PA PD Support Group - West Shore  
(Mechanicsburg, PA)  
Dan Yother, 304-676-2053,  
oldred714@verizon.net

Gettysburg Parkinson's Disease Support Group  
Paula Chaplin, 717-337-4407,  
pchaplin@wellspring.org

### Attend a Support Group Meeting



[Parkinson's Events Calendar On-Line.](#)

[Four-State Alliance for Parkinson's Support](#)

The Hagerstown Parkinson's Support Group

Group Facilitator:

Art Guyer

22215 Troy Lane

Hagerstown, MD 21742

240-625-2722

[4Parkinsons@gmail.com](mailto:4Parkinsons@gmail.com)

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 3<sup>rd</sup> Monday of every month. In January, **Barbara Harrell, Dave DeHaven, Mike Saterbak, Ecile Shaw, Norma Craver, Peg Hayzlett and Art Guyer** enjoyed the Caregivers' Breakfast.

This month, caregivers will meet for breakfast on **February 16th**, 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.

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### New Support Group

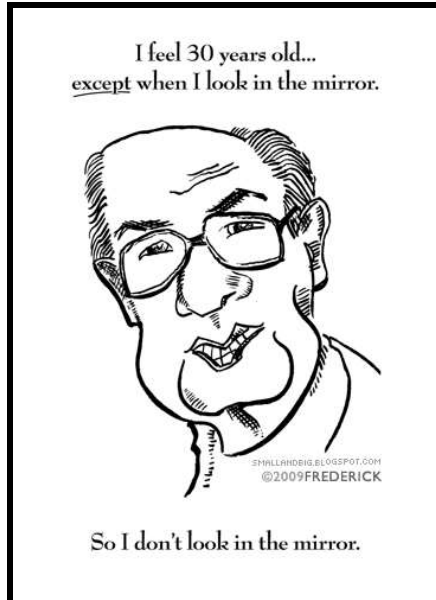
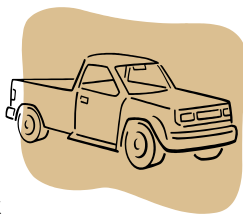
A new group, the Frederick Parkinson's Disease Early Onset or Newly Diagnosed Community Support Group has started up. In February they will meet on Saturday, the 14<sup>th</sup> from 2:30-4:30 at the C. Burr Artz Library. For more information, contact **Deb Bergstrom**, Facilitator, 301-712-5381 or [dfbergstrom@comcast.net](mailto:dfbergstrom@comcast.net).

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### 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.



### A Look In The Mirror

By Ken McKinney

I looked in the mirror,  
And what did I see?  
There was an old geezer,  
Looking back at me.

I had seen him before,  
This time wasn't the same,  
He had a much older face,  
But still the same name.

Time hasn't been kind,  
To this old face of mine,  
It looked much better,  
When it was in its' prime.

Time marches on,  
As my time grows near,  
Oh well,.... that's life,  
At least I'm still here.



### Cards

Contact **Dave DeHaven** at 301-582-2815 if you would like to play in the next card game. We really need some more players, men and women.

### PD Group Bowling

To get better lane assignments, we have changed our bowling days to the third Friday of every month. On **Friday, February 20<sup>th</sup>** we will meet for duckpin bowling at Southside Bowls on Virginia Avenue in Hagerstown. The alleys will be set up for those who have difficulty moving, lifting or even walking. We had a great turnout last month.

Join us for the fun and the exercise! Call **Dave DeHaven** at 301-582-2815 for more information and directions.

### Birthdays in February

Happy Birthday to our members who have February birthdays: **David Shaffer, Jay Stouffer, Doris Fearnow, Jamie Fleming, and James Trumpower.**

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!

### 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 is our Sunshine Committee of One** and is responsible for sending out cards as appropriate. Call her at 301-797-7845 or contact Art if you know someone in need.



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## Accessible

### Home Health Care

*"We Guarantee Compassionate Care"*

## Everything you wanted to Know about Home Care.



Please join us for lunch and an informative seminar designed to help you make knowledgeable choices in selecting home care. You will learn about home care agencies and how to decide if home care is the right option for you. This is a no-cost seminar to provide information to the community about home care options.

#### Highlights:

- What should you expect from the agency you select?
- What are minimum hours of service?
- Can I choose my caregivers?
- Are there any hidden costs?
- What levels of care are available?
- How do agencies operate?
- Service costs / Insurance coverage?

Join us at Always Ron's located at:  
29 North Burhans Blvd, Hagerstown, MD

Lunch will be served!

**Free, but reservations are required by February 12, 2015.**

Sponsored by:  
Accessible Home Health Care

Community Partner:  
Hagerstown Parkinson's Support Group

For reservations, contact Art Guyer, Facilitator for the Hagerstown Parkinson's Support Group

Email [4Parkinsons@gmail.com](mailto:4Parkinsons@gmail.com) or phone 240-625-2722  
Closing Date: February 12, 2015

#### Provide:

Name \_\_\_\_\_  
Email \_\_\_\_\_  
Phone \_\_\_\_\_  
Number in Party \_\_\_\_\_



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## Questionnaire Responses (2) December 2014

While we only got two member responses to the questionnaire we have been publishing, there are some very good comments and suggestions. Here is a consolidation/summary of the remarks. I must say we did get a lot of verbal responses indicating we were doing a good job and nothing needed to change; we appreciate those good words too.

### 1. What can we do differently to increase your participation?

A: Nothing, really. I intend to continue attending most monthly meetings when possible.

### 2. What can we do to provide better support to our members?

A: I would like to see some mechanism, maybe a bulletin board on the website, where members could link up and request help/support or volunteer their services to other members.

### 3. Please list any suggestions for speakers or topics we can address in 2016.

A: Death with dignity, including physician-assisted suicide; mindfulness/meditation for stress/anxiety reduction, but also for controlling symptoms; sleep disorders. I also very much like the breakout sessions and other opportunities for sharing personal experiences.

A: Perhaps having a local fundraiser to support Parkinson's research.

### 4. Would you like to volunteer to help us keep our group going? Preferences?

A: Yes, but maybe we should talk sometime in a separate meeting of interested members about different ways people can contribute.

A: I would, however time is critical. If time could work out, I will volunteer.

### 5. Any other comments you would like to make?

A: You and the board members do a great job and provide a real service to the Parkinson's community. The format seems to work well for most people. We need to find some way--formally delegated roles and responsibilities--to take some of the burden off your shoulders.

## Followup:

Now that we have some very good suggestions, we need some volunteers to get together to discuss ways in proceed.

Those interested in meeting to discuss these items should contact me by the end of the month. I will arrange a time and place to have this meeting.

If you are happy with our support group, now is the time to step up and contribute.

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## Common Nutritional Concerns for People with Parkinson's Disease

### 1. Bone thinning

- Studies have shown that people with PD are at increased risk for bone thinning. As PD advances it can increase the likelihood of falls. For those with PD, it is especially important to eat meals that provide the bone-strengthening nutrients including: calcium, magnesium, vitamins D and K.
- Regular exposure to sunlight is also important, as it increases vitamin D in the body and serves as a bone-strengthening agent.
- Walking and other weight-bearing exercises can also help in keeping bones strong and less likely to fracture or break.

### 2. Dehydration

- PD medications can raise the risk for dehydration leading to: confusion, weakness, balance problems, respiratory failure, kidney problems and death. Drink plenty of fluids throughout the day to avoid dehydration.

### 3. Bowel impaction

- PD can slow the movement of the colon, thus causing constipation. Therefore, you must get enough fiber in your diet. If the constipation does not get resolved it can lead to bowel impaction where a mass of dry, hard feces becomes impossible to pass normally.
- When bowel impaction occurs it may require hospitalization and even surgery.
- In the United States alone, dehydration is responsible for 1.8 million days of hospital care each year (about ten days per patient) and costs more than \$1 billion annually?

### 4. Unplanned weight loss

- People with PD often lose weight without meaning to, due to nausea, loss of appetite, depression and slowed movement.
- Unplanned weight loss along with malnutrition can lead to a weakened immune system, muscle wasting, loss of vital nutrients and risk for other diseases and possibly even death over an extended period of time.

### 5. Medication side effects

- While medications play an important role in managing the symptoms of PD they may also have unwanted side effects.
- Taking more than one medication may increase the level of unwanted side effects.
- Common side effects include: nausea; appetite loss, often followed by weight loss; edema (fluid retention); compulsive eating and weight gain.
- Talk to your doctor if you are experiencing anything unusual.

### 6. Protein-levodopa interaction

- One of the more important medications used to treat PD is levodopa.
- However, levodopa must compete for absorption from the small intestine with proteins in food, and it may be necessary to take care with the timing of meals and medications.



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## Heads Up, Caregivers!

### Tools for Caregivers

- **Keep it upbeat.** Be optimistic, keep it fun and don't dwell in the negative.
- **Care.** You can't always give, but you should always strive to care.
- **Time.** Take time for yourself. Get enough rest.
- **Time out.** Take a time out when you become frustrated or angry. Resist the temptation to say something you will regret. Keep your dialogue positive and constructive.
- **Calendar.** Aid with planning and scheduling. Post the calendar in an obvious place.
- **Advocate.** Study, research, and ask questions. Knowledge is power.
- **Communicate.** Keep the communication lines open with your loved one and the full medical/support team.
- **Ride share.** Caregivers must assist in organizing rides whenever feasible.
- **Enable.** Continue to encourage self-reliance and independence.
- **Exercise.** You both need it every day – whether together or apart.



**Are you interested in participating in a Dancing for PD Exercise Program? This can be done in a chair or standing. Hugh McSweyn (717-401-0692) and Peg Hayzlett (301-791-0836) are trying to put together a small group of people for this activity. Please contact either of them if you might like to get involved.**

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### Reminders of upcoming events as of Friday, February 06, 2015

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

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#### 2015

- Tuesday, February 10, 2015 (2<sup>nd</sup> 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](mailto:cwreames@gmail.com).
- Saturday, February 14, 2015: Frederick Early Onset and Recent Diagnosed PD Support Group at 2:30 PM in Frederick at the C. Burr Artz Library. Contact: Deb Bergstrom at 301-712-5381 for directions and information.
- Monday, February 16, 2015 (3<sup>rd</sup> 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 (3<sup>rd</sup> Wednesday): "Friends in Frederick" PD Support Group monthly meeting at 1:00 PM. Held at Mount Pleasant Ruritan Club in Walkersville, MD. Speaker will be pharmacist Don Cilla. Contact Janet Silvius at 301-845-6514 or [jsilvius@yahoo.com](mailto:jsilvius@yahoo.com).
- Friday, February 20, 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.

- TBD: HPSG Cards at TBD at 1:00 PM. Call Dave DeHaven at 301-582-2815 for information or directions.

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- Thursday, March 5, 2015 (1<sup>st</sup> Thursday): Monthly HSPG Meeting at the Western Sizzlin' Restaurant in Hagerstown, MD, at 11:45 AM. Speaker: Stephanie Mahan, PT, LSVT/BIG Clinician. Call Art at 240-625-2722 for information or directions.
- Friday, March 6 2015 (1<sup>st</sup> 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](mailto:simckinney@atlanticbb.net). Dr. Matthew Allaway, from Urology Associates in Cumberland will speak.
- Tuesday, March 10, 2015 (2<sup>nd</sup> 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](mailto:cwreames@gmail.com).
- Monday, March 16, 2015 (3<sup>rd</sup> 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, March 18, 2015 (3<sup>rd</sup> Wednesday): "Friends in Frederick" PD Support Group monthly meeting at 1:00 PM. Held at Mount Pleasant Ruritan Club in Walkersville, MD. Speaker will be from Frederick Memorial Hospital Home Health. Contact Janet Silvius at 301-845-6514 or [jsilvius@yahoo.com](mailto:jsilvius@yahoo.com).
- Thursday, March 19, 2015: HPSG Cards at TBD at 1:00 PM. Call Dave DeHaven at 301-582-2815 for information or directions.
- Friday, March 20, 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.
- Wednesday, March 25, 2015 (4<sup>th</sup> 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.

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- Thursday, April 2, 2015 (1<sup>st</sup> Thursday): Monthly HSPG Meeting at the Western Sizzlin' Restaurant in Hagerstown, MD, at 11:45 AM. Speaker: Arita McCoy, RN from Johns Hopkins will speak. Call Art at 240-625-2722 for information or directions.
- Friday, April 3, 2015 (1<sup>st</sup> 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](mailto:simckinney@atlanticbb.net). Dr. Murtaza Amir, MD will speak about Healthy Living.
- Tuesday, April 14, 2015 (2<sup>nd</sup> 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](mailto:cwreames@gmail.com).
- Monday, April 20, 2015 (3<sup>rd</sup> 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, April 15, 2015 (3<sup>rd</sup> 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](mailto:jsilvious@yahoo.com).
- Thursday, April 16, 2015: HPSG Cards at TBD at 1:00 PM. Call Dave DeHaven at 301-582-2815 for information or directions.
- Friday, April 17, 2015 (3<sup>rd</sup> Friday): 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.
- Wednesday, April 22, 2015 (4<sup>th</sup> 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.
- Friday, May 1, 2015 (1<sup>st</sup> 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](mailto:simckinney@atlanticbb.net). Becky Dunlop, Johns Hopkins, will speak.
- Thursday, May 7, 2015 (1<sup>st</sup> Thursday): Monthly HSPG Meeting at the Western Sizzlin' Restaurant in Hagerstown, MD, at 11:45 AM. Speaker: Lori Markland, Assistive Technology. Call Art at 240-625-2722 for information or directions.
- Friday, May 8, 2015 - Within Our Reach - University of Maryland Annual Parkinson's Disease Symposium: Contact Michelle Cines at 410-328-0157 for more details.
- Tuesday, May 12, 2015 (2<sup>nd</sup> 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](mailto:cwreames@gmail.com).
- Friday, May 15, 2015 (3<sup>rd</sup> Friday): 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.
- Monday, May 18, 2015 (3<sup>rd</sup> 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, May 20, 2015 (3<sup>rd</sup> 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](mailto:jsilvious@yahoo.com).
- Thursday, May 21, 2015: HPSG Cards at TBD at 1:00 PM. Call Dave DeHaven at 301-582-2815 for information or directions.
- Wednesday, May 27, 2015 (4<sup>th</sup> 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.