

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2015

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

Volume 5, Issue 4

[Visit us on Facebook](#)

This Month's Meeting

Well, I guess it had to happen sometime! Due to the snow storm we had to cancel our March 5, 2015, meeting. However Stephanie Mahan has agreed to address our group on June 4th, so I will adjust the speaker list slightly.

April 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, April 2, 2015, 11:45 AM

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.](#)



+++++

Survey Follow-up:

Now that we have some very good feedback and suggestions as a result of our survey, we need some volunteers to get together to discuss ways in proceed. Those interested in meeting to discuss these items should contact me within the next 3 weeks. I will arrange a time and place to have a meeting either in late March or early April.

If you are **happy** with our support group, now is the time to step up and contribute. If you are **not happy**, this is your chance to make a difference.

In April our speaker will be Arita McCoy, a coordinating nurse from Johns Hopkins Parkinson's and Movement Disorders Center.

Newsletter Highlights

Tips for Making Life Easier ([Page 3](#))
New Drug Approved by FDA ([Page 4](#))
Other Support Group Activities ([Page 5](#))
Heads Up, Caregivers! ([Page 6](#))
Detailed Event Listing ([Pages 7 & 8](#))

Future Meetings

April 2, Arita McCoy, RN, Johns Hopkins
May 7, Lori Markland, Assistive Technology
June 4, Stephanie Mahan, LSVT/BIG
July 9, Breakout Sessions
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

Picnic Dates: June 19 & September 18

The Hagerstown Parkinson's Support Group

Group Facilitator:
Art Guyer
22215 Troy Lane
Hagerstown, MD 21742
240-625-2722
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.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2015

Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3rd Monday of every month. In February, **Mike Saterbak, Ecile Shaw, Peg Hayzlett and Art Guyer** enjoyed the Caregivers' Breakfast.

This month caregivers will meet for breakfast on **March 16th**, at the **Hagerstown Family Diner** at 8:30 AM. This restaurant is located at 431 Dual Highway (Rt 40 South) attached to the Best Western Grand Venice Hotel. Call Art if you need more information or directions.

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.

+++++

New Support Group

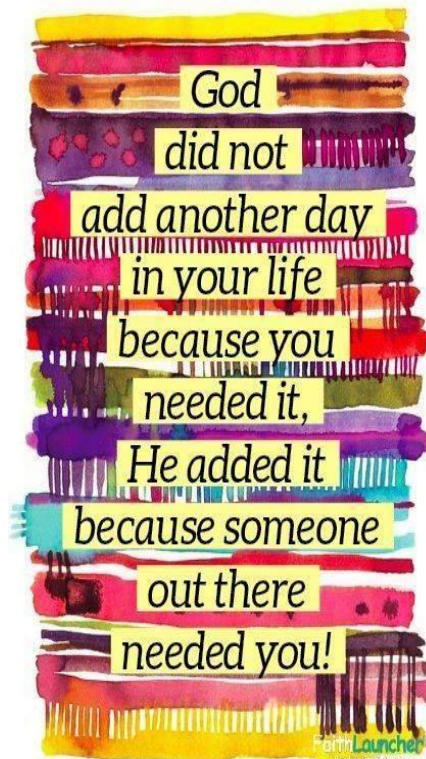
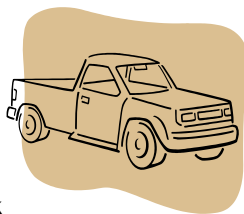
A new group, the Frederick Parkinson's Disease Early Onset or Newly Diagnosed Community Support Group has started up. They will meet on Saturdays. For more information, contact **Deb Bergstrom**, Facilitator, by phone at 301-712-5381 or email her at dfbergstrom@comcast.net.

+++++

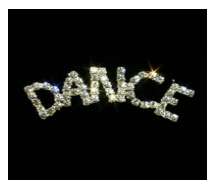
Need Transportation?

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.



+++++



Are you interested in participating in a Dancing for Parkinson's

Disease 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.

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, March 20th** 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 March

Happy Birthday to our members who have March birthdays: **Carolyn Kilonksy, Karen Kelley, Larry Miley, Harold Burgesser, and Glenda Austin.**

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.



The Hagerstown Parkinson's Support Group

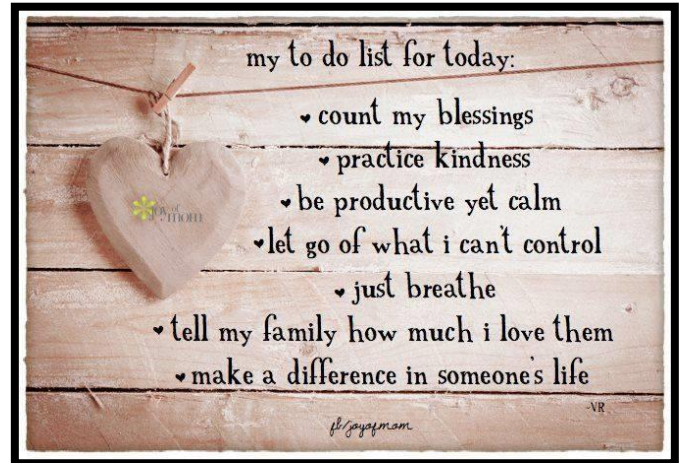
Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2015

Tips for Making Life Easier Based on the Book by Shelley Peterman Schwarz (2002)

Learn about your illness. Don't be afraid to read about PD or talk to others who have it. Remember that no two cases are exactly alike and no one can predict exactly how the disease will progress or affect you. Likewise, not two people respond exactly the same to treatments and medications. Gathering information about your illness will also empower you to make informed decisions about your medical care and the treatment options open to you. Attending support group meetings and social functions is an excellent way to do this.



"Whether you think you can, or you think you can't--you're right."

— Henry Ford



8 Steps to a Healthy Brain

- 1. Exercise.** 30 minutes of exercise three times a week can actually help slow the progression of PD, helping maintain balance, mobility and daily living activities.
- 2. Eat healthy.** Proper eating habits are critical for people with Parkinson's. Healthy eating can help keep your bones strong, which decreases the likelihood of a fracture if you fall, and can also help prevent constipation, a common ailment accompanying PD.
- 3. Give Your Brain a Workout.** A lifestyle that includes stimulating mental activity is clearly correlated with healthy brain aging. The brain is a learning machine, built to acquire new skills and seek new experiences. Try a [word search](#) or [word scramble](#).
- 4. Stay Social.** Maintaining social ties has been consistently correlated with healthy brain aging.
- 5. Manage Stress.** Overproducing stress hormones can damage the brain's memory center. If you find yourself facing chronic stress, try stress-reducing tactics like meditation, relaxation therapy or engaging in positive social interaction.
- 6. Get Enough Sleep.** Your body needs sleep to restore and repair itself and over 75% of people with PD experience sleep-related symptoms. Talk to your doctor about how to practice good "sleep hygiene" if you experience problems.
- 7. Track Medications and Supplements.** Make sure your doctor knows about all the medications or herbal supplements you're taking. Some common medications can negatively impact your brain, so if you notice a sudden change in mental status, talk to your doctor about it.
- 8. Avoid Illicit Drugs and Excessive Alcohol Consumption.** These can interact negatively with prescription drugs, causing sleep problems, cognitive impairment and dementia.

*The [Dana Alliance for Brain Initiatives](#)

Impax Pharmaceuticals Announce FDA Approval of RYTARY™ (Carbidopa and Levodopa) Extended-Release Capsules for the Treatment of Parkinson's disease

January 8, 2015

Impax Pharmaceuticals, Inc. announced the U.S. Food and Drug Administration (FDA) approved RYTARY, an extended-release oral capsule formulation of carbidopa-levodopa, for the treatment of Parkinson's disease, and similar diseases. RYTARY is not for use in patients using nonselective monoamine oxidase inhibitors (MAO) inhibitors.

"The FDA approval of RYTARY (pronounced rye-TAR-ee) is an important new development for the treatment of Parkinson's disease and provides an extended-release carbidopa-levodopa product that treats Parkinson's disease," said Fred Wilkinson, president and CEO, Impax Laboratories. "RYTARY is designed to address one of the most significant unmet needs for patients living with Parkinson's disease, which is to reduce the amount of time during the day when their symptoms are not adequately controlled."

RYTARY contains immediate release and extended-release beads, with a specific amount of carbidopa and levodopa in a 1:4 ratio, and provides both initial and extended levodopa plasma concentrations after a single dose. RYTARY may be swallowed whole or, for patients who have trouble swallowing, the capsule may be opened and the beads sprinkled on applesauce and consumed immediately.

The RYTARY clinical program studied patients with early (levodopa-naive) to advanced Parkinson's disease in the U.S. and in Europe. In APEX-PD (Study 1), a trial that enrolled and randomized 381 levodopa-naive patients, the study met its primary efficacy endpoint of mean change from baseline in the sum of Unified Parkinson's Disease Rating Scale (UPDRS) Part II (activities of daily living) score and UPDRS Part III (motor skills) score for RYTARY versus placebo at Week 30 (or early termination).

The most common adverse reactions with RYTARY in the APEX-PD trial (in at least 5% of patients and more frequently than in placebo) were nausea, dizziness, headache, insomnia, abnormal dreams, dry mouth, dyskinesia, anxiety, constipation, vomiting, and orthostatic hypotension.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2015



Friends in Frederick Parkinson's Disease Support Group

www.fifpdsg.org

The "Friends In Frederick" Parkinson's Disease Support Group is going to a Frederick Keys baseball game for Parkinson Awareness Month and you are invited to attend the game with them.

- Game date: Saturday, April 25, 2015
- Game time: 2 pm
- General Admission ticket cost: \$7

This is a \$2 savings per ticket if purchased by the group in advance.

Reservations must be made by Sunday April 5, 2015.

Contact Janet Silvious, leader of the Frederick Group, at:

Phone: 301-831-5609

Email: jsilvious@yahoo.com

The Stadium is handicap friendly, including wheelchairs.

If you want to tour the seating in the stadium, you can see it during the week.

The Group plans to do a press release afterwards that talks about the event and contains information about Parkinson's Disease and local support groups.



Danc'n for Parkinson's: *The Cumberland PD Support Group is holding a special Fundraiser-Dance at the Cresaptown Eagles on Saturday, May 23 from 7:00 to 9:00PM. It will be open to the public and there will be no admission charge. Music will be provided by Summer Wind, Shirley and Ken McKinney's own Band. Come and enjoy an evening of fun with friends. There will be a "Chinese Auction" and several fun ways to donate a couple of bucks.*

The Eagle's Ladies Auxiliary is providing the facility fee. Call 301-729-1427 for more information.

Winchester Parkinson's Support Group

The Winchester group is currently promoting a number of entertaining and beneficial activities for persons with Parkinson's Disease:

- Vocal Choir
- Dance for Parkinson's
- Billiards
- Ping Pong

Contact: Cheryl Reames, Facilitator, 540-662-4632 or winchesterparkinson@gmail.com

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2015

Heads Up, Caregivers!



Parkinson's Disease Caregiver Training

When: Friday April 24, 2015 from 10:30 AM to 3:30 PM EDT

Where: Howard County Library, Miller Branch , 9421 Frederick Road, Ellicott City, MD

Contact: Bailey Vernon

Johns Hopkins Parkinson's Disease and Movement Disorders Center

410-616-2811

bvernon1@jhmi.edu

The *Johns Hopkins Parkinson's Disease Movement Disorders Center* presents a program of "Caregiver Training for Parkinson's Disease and Related Movement Disorders." This program is a special opportunity for those who care for someone with Parkinson's disease or a related movement disorder to learn from expert presenters and connect with other care partners. All family members and friends are invited to attend. Registration is required and the fee is \$15 which includes lunch.

Agenda

- 10:30 Registration
- 10:45 Caring for the Caregiver, *Kathy Schey, MAgS*
- 11:30 The Caregiver Experience, *Panel facilitated by Becky Dunlop, RN, MS*
- 12:30 Lunch
- 1:30 Navigating Health Care Needs in Parkinson's Disease, *Arita McCoy, RN, BS*
- 2:15 Practical Pointers for Caregivers, *Janice Sallitt, PT, DPT, NCS*
- 2:55 Comfort Care - Advanced Planning, *Debbie Shpritz, PhD, RN*
- 3:30 Program Concludes

More information and registration can be found at: <http://tinyurl.com/PDCaregiver2015>

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2015

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

+++++

- Tuesday, March 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, March 16, 2015 (3rd Monday): Caregivers' Breakfast at **the Hagerstown Family Diner, 431 Dual Highway**, Hagerstown, MD, at 8:30 AM. Call Art at 240-625-2722 for information or directions.
- Friday, March 13, 2015: Newly Diagnosed Forum at JH Green Spring Station, Lutherville, MD from 9 AM to 12 Noon. Contact – Bailey Vernon, 410-616-2811 or bvernon1@jhmi.edu.
- Wednesday, March 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. Speaker will be from Frederick Memorial Hospital Home Health. Contact Janet Silvious at 301-845-6514 or jsilvious@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 (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.
- Friday, March 27, 2015: Keeping the Brain Active, presented by Susan Dwyer of the Alzheimer's Association at the Washington County Senior Center located at 1500 Pennsylvania Avenue in Hagerstown, MD. RSVP by March 24th to 301-671-2368.
- Saturday, March 28, 2015: PFNCA Symposium, Fairview Park Marriott, Falls Church, VA from 8 AM to 4 PM. www.parkinsonfoundation.org.

+++++

- Wednesday, April 1, 2015: DBS Info Session at JH Green Spring Station, Lutherville, MD from 9 AM to 12 Noon. Contact – Bailey Vernon, 410-616-2811 or bvernon1@jhmi.edu.
- Thursday, April 2, 2015 (1st 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 (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. Dr. Murtaza Amir, MD will speak about Healthy Living.
- Saturday April 11, 2015: Health & Wellness Expo at the Valley Mall from 10 AM to 6 PM. Come find our table.
- Tuesday, April 14, 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.
- Wednesday, April 15, 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 Silvious at 301-845-6514 or 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.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2015

- Friday, April 17, 2015 (3rd 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, April 20, 2015 (3rd Monday): HPSG Caregivers' Breakfast at **the Hagerstown Family Diner, 431 Dual Highway**, Hagerstown, MD, at 8:30 AM. Call Art at 240-625-2722 for information or directions.
- Wednesday, April 22, 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.
- Friday, April 24, 2015: PD Caregiver Training the Howard County Library, Miller Branch, 9421 Frederick Road, Ellicott City, MD at 10:30 AM – 3:30 PM. Contact – Bailey Vernon, 410-616-2811 or bvernon1@jhmi.edu.
- Saturday, April 25, 2015: Friends in Frederick PD Support Group goes to a Keys Baseball Game. Game time is 2 PM; general admission is \$7 when purchased in advance by April 5th. Contact Janet Silvius at 301-831-5609 or jsilvius@yahoo.com. You are invited!
- Friday, May 1, 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. Becky Dunlop, Johns Hopkins, will speak.
- Thursday, May 7, 2015 (1st 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: At the BWI Marriott in Baltimore, MD from 8AM – 2:45 PM. Contact Michelle Cines at 410-328-0157 or mcines@som.umaryland.edu for more details.
- Tuesday, May 12, 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, May 14, 2015: Senior & Caregiver Expo and Dinner at Hager Hall Conference Center, 901 Dual Highway from Noon until evening. Call 301-791-3087 for more information.
- Friday, May 15, 2015 (3rd 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 (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, May 20, 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, May 21, 2015: HPSG Cards at TBD at 1:00 PM. Call Dave DeHaven at 301-582-2815 for information or directions.
- Saturday, May 23, 2015, Four-State Alliance for Parkinson's Support Leadership Meeting: Alliance leaders will meet at the Western Sizzlin' Restaurant in Hagerstown from 11:00 AM to 3:00 PM.
- Saturday, May 23, 2015, Dancin' for Parkinson's: The Cumberland PD Support Group is holding a Dance/Auction as a fundraiser at the Cresaptown Eagles Club from 7:00 to 9:00 PM. Free Admission. Contact Shirley McKinney for more information and directions at 301-729-1427 or sjmckinney@atlanticbb.net.
- Wednesday, May 27, 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.