

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

July 2015

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

Volume 5, Issue 7

[Visit us on Facebook](#)

This Month's Meeting

We had **64 attendees** at our **June 4th** meeting, including **7 new attendees**. It was a great crowd. We hope all of the new attendees return often.

Our featured speakers for June were Stephanie Mahan and Patrice Vossler, both employed by the Valley Health System in Winchester. Both of these speakers are certified in the LSVT/BIG exercise program for Parkinson's Disease. They presented a good slide show outlining the principles and features of LSVT/LOUD and LSVT/BIG. They stayed with the group for lunch and answered many questions during their visit.

One of concepts of LSVT is intense and frequent repetitions. Both LOUD (voice) and BIG (exercise) require 4 weeks, 4 days a week for a total of 16 1-hour sessions. In addition the full set of voice and physical exercises have to be done at home each class day and two times on the days there are no classes.

+++++

In addition to the therapists from Winchester, Bailey Vernon, from the Johns Hopkins Parkinson's Disease and Movement Disorders Center, paid us a visit sharing some new Caregivers' materials recently published.

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

Once more I would like to thank **Ecile Shaw** for asking the blessing and a very nice prayer.

June Meeting

MARK YOUR CALENDARS

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

Thursday, July 9, 2015, 11:45 AM
(THE SECOND THURSDAY!)

In July we will be holding
breakout sessions, segregated
between Patients and Caregivers.

Newsletter Highlights

Tips for Making Life Easier ([Page 3](#))
The Picnic Flyer! ([Page 4](#))
Lower your Blood Pressure ([Page 5](#))
Heads Up, Caregivers! ([Page 6](#))
Detailed Event Listing ([Pages 7 & 8](#))

Future Meetings

June 19, Picnic at Snook Memorial Park

July 9, Breakout Sessions

August 6, Becky Dunlop, RN, JHU

Sept. 3, Richard Lewellen, Music Therapist

Sept. 18, Picnic at Snook Memorial Park

October 1, Dr. Joseph Savitt, Neurologist

Nov. 5, Amanda Distefano, WCHD, Falls

December 3, Breakout Sessions

2016

Jan. 7, David Kukor, Accessible Home Care

Feb. 4, Cathy Hanson, Alzheimer's Association

Mar. 3, Michelle Cines, RN, Univ. of MD Med. Ctr

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

Friends in Frederick Parkinson's Support Group
Contact Janet Silvious, 301-831-5609,
janet@fifpdsg.org or John Kraft, 301-845-6514,
john@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@wellspan.org

Attend a Support Group Meeting



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

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

July 2015

Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3rd Monday of every month. In May, **Dave DeHaven, Mike Saterbak, Ecile Shaw, Peg Hayzlett, Barb Harrell, Art Guyer and Danny Springer** enjoyed the Caregivers' Breakfast.

This month, caregivers will meet for breakfast on **June 15 18th**, at the **Hagerstown Family Diner** at 8:30 AM. This restaurant is located at 431 Dual Highway near the Best Western Grand Venice Hotel. Call Art if you need more information or directions.

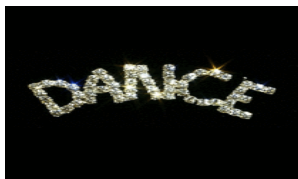
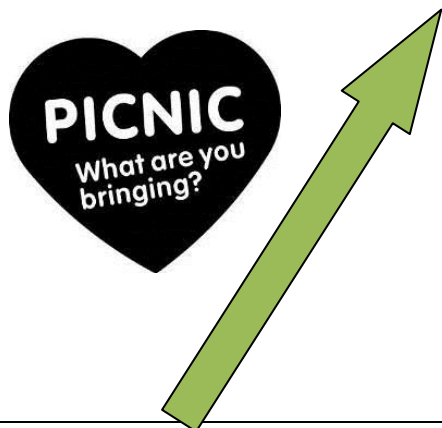
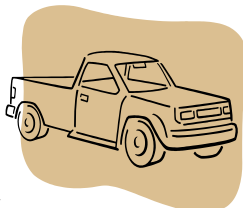
You are encouraged to participate if possible. It gives caregivers the opportunity to seek advice in a safe environment and it allows feedback for future meetings and activities. If you need transportation, let us know and we will take care of it.

+++++

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.



Dancing for PD

Hugh McSweyn from our Support Group is interested in conducting a Dancing for PD exercise program using a DVD he has purchased.

If you are interested, you can contact Hugh at 717-401-0692 or by email at hugh.mcsweyn@comcast.net.

+++++

2015 Picnics

Our picnics this year are scheduled for **June 19 and September 18** at the Martin L. Snook Memorial Park, Pavilion #4 in Hagerstown, MD.

We will get the fried chicken, drinks, utensils, and paper products; you bring a covered dish or dessert to share with the group. And for free bingo, everyone should bring one or more wrapped, inexpensive "prizes" for the winners.

[More information is on Page 4.](#)

Contact Art to register.



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

Bowling has been put on hold due to other activities and the limited openings available at the bowling alley.

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

Birthdays in June

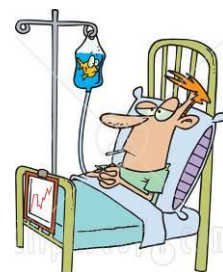
Happy Birthday to our members who have June birthdays: **Hugh McSweyn, Doris Guyer, Robert Anderson, Debbie Dieterich, Carl Rith, Barbara Downey, Judith Minter, Jack Nazelrod, Joanna Miley, Virginia Doarnberger, Bob Shives, Richard Hult, Peggy Naugle and Pam DeGrange.**

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 Barb 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

July 2015

Parkinson's Disease: Tips for Making Life Easier

Based on the Book by Shelley Peterman Schwarz (2002)

Keep your sense of humor! Having trouble walking, being unable to talk as loudly as you want, or giving up driving are not particularly funny. However, try to put a humorous spin on everyday observations and situations. For example, if you use a wheelchair, you might look at it this way: You always have a place to sit and a pair of shoes lasts you 20 years. Remember, laughter is a great stress reducer.

+++++



This and That Thoughts on my Mind by Art Guyer

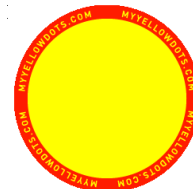
Doris and I have been attending the Washington County Health Department's class directed at fall prevention – "Stepping On." The 5th session was particularly good because a couple of subjects came up that I wanted to share with all of you.

Maryland Poison Center: One of the subjects of this class is "medication" -- all aspects of it including what to do when someone overdoses or takes the wrong pills. The Maryland Poison Center can be reached at 1-800-222-1222 24-hours a day. This number works wherever you are in the United States and will connect you with a local center. It's free, fast, and you get expert help at any time from nurses, pharmacists, doctors and other poison experts. Put this number in your phone and post it wherever you think there may be chance of needing it. Their website at www.mdpoison.com also provides a lot of information.



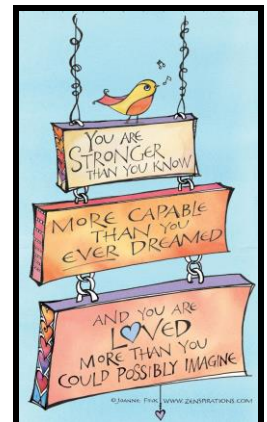
Medication Management: Keeping track of what, when, and how much medication is prescribed can be a real issue for some. If you have computer access, there is a "Medication Form" on our website at: <http://www.fareshare.net/Parkinsons/>. Near the bottom of the page are two links, one is a PDF file and the other is a Word DOC. These forms have a comprehensive list of contraindicated drugs for persons taking PD medications. Another good site to use is www.MyMedSchedule.com. This free service enables you to input medications, doses, timing, etc. and then print out several different formats including a small version for your wallet. Once you save your work, you can always go back and change it as needed.

The Yellow Dot Program: At the Seniors and Caregivers EXPO in May, the Washington County Sheriff's Department was promoting their version of this program. It consists of a yellow dot, or in their case a gold star decal to place on the driver's side, rear window, bottom corner, as well as a special envelop and a form to be completed with your medical information and placed in the glove box. In the event of an accident, first responders will see the decal and know to check in the glovebox for critical information if passengers in the car are not able to respond.



REMEMBER – NEXT MONTH'S MEETING IS ON THE SECOND THURSDAY, JULY 9TH.

Take care..... Art



Enough Said

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

July 2015

Picnics 2015

Martin L. Snook Memorial Park, Pavilion #4, Hagerstown, MD

Date: **Friday, June 19, 2015**

Time: 12 PM Noon

Date: **Friday, September 18, 2015**

Time: 12 PM Noon

Bring a covered dish or dessert and there will be fried chicken. We will provide drinks, eating utensils, and paper plates, cups, and napkins. The cost of the chicken and the fee for rental of the pavilion will be prorated to those attending. Historically, this has been about \$4 a person.

There will be free bingo for all! Everyone should bring one or more wrapped, inexpensive "prizes" for bingo winners. Prizes can be something you want to get rid of or you can pick up some items from a "dollar store." You can count on some guessing games and other fun opportunities including some special entertainment at the September picnic.

Directions:

For those using I-81, go East on I-70 at the I-81/70 Interchange

Eastbound on Interstate 70 (from I-81), take Exit 28, turn left on Downsville Pike; turn left at first traffic light. The park entrance is 100 yards past the light, on the left. Follow the park road to the end and the pavilion will be on the right.

Westbound on Interstate 70 (from Frederick), take Exit 28, the park entrance is 100 yards past the first stop light, on the left. Follow the park road to the end and the pavilion will be on the right.

For more information or to make reservations for the picnic, sign up at one of our meetings or contact:

Art Guyer
240-625-2722
4Parkinsons@gmail.com



The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

July 2015

How to Lower Your Blood Pressure with Your Plate

From the Rite Aid Website

Post Date: May 2015

Did you know that simply by eating more of some foods and less of others, you can lower your blood pressure? As an added bonus, following these tips can also help with weight management and reduce your risk of heart disease, stroke, and other diseases.

Eat more of these:

Vegetables and fruit: Eat different kinds of fruits and vegetables in a variety of colors.

Potassium-rich foods: Good sources include broccoli, peas, lima beans, tomatoes, potatoes (especially their skins), sweet potatoes, winter squash, citrus fruits, cantaloupe, bananas, kiwi, prunes, dried apricots, milk, yogurt, and nuts. Talk to your doctor before increasing your potassium intake, especially if you have kidney disease.

High-fiber foods: Fiber is found in beans, grains, vegetables, and fruits. Try split peas, lentils, whole-grain cereals, oats, bran, brown rice, and a variety of fruits and vegetables, which may all help to lower blood pressure. If a high-fiber diet is new to you, increase the amount of high-fiber foods you eat a little at a time to avoid stomach distress.

Foods high in magnesium: Good sources include dark green or leafy vegetables, bananas, dried apricots, avocados, almonds, cashews, peas, beans, soy products (soy flour and tofu), brown rice, and millet.

Calcium-rich foods: Good sources include low-fat or fat-free milk, buttermilk, cheese, and yogurt; dark green leafy vegetables such as broccoli, collard greens, kale, mustard greens, turnip greens, bok choy, and Chinese cabbage; and salmon and canned sardines with bones. Calcium is often added to orange juice, soy milk, tofu, cereals, and breads.



Eat less of these:

Foods high in sodium: Eating too much sodium can raise blood pressure. Limit daily sodium intake to 2,300 mg per day or to 1,500 mg per day if you are 51 years of age or older, African American, or you have high blood pressure, diabetes, or kidney disease. Look for sodium content on nutrition labels: a 5% daily value (DV) or less of sodium per serving is considered low sodium.

Saturated fats and trans fats: Foods high in saturated fat include hard cheeses, whole milk, cream, ice cream, butter, and fatty meats. Instead, choose lean protein foods: tofu, fish, skinless chicken, very lean meat, and fat-free or 1% fat dairy products. Avoid fried foods, processed or packaged foods, or commercially prepared baked goods (cookies, doughnuts, crackers), which can be high in saturated and trans fats. Avoid foods with the words "hydrogenated" or "partially hydrogenated" on food labels; this means the food contains a high amount of saturated or trans fats.



The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

July 2015

Heads Up, Caregivers!

The **National Parkinson Foundation** has a wealth of information on its website. I found this and thought I would share it with you:

Caregiver Stress Inventory

Complete this self-assessment page to evaluate the level of stress and isolation in your current caregiving situation, and identify simple steps to begin taking better care of you.

The most stressful thing about caring for someone with a chronic illness like PD is:

The single most irritating thing is:

The most rewarding thing is:

Answer the following questions "yes" or "no":

1. Do you get six hours of uninterrupted sleep most nights?
2. Have you set aside a period of time alone every day?
3. Is there someone you could/would phone if a problem arose any time day or night?
4. Is there someone in your circle of family or friends who would give or loan you money in case of financial hardship?
5. Does at least one other person fully understand the day-to-day trials you experience?
6. Do you take regular planned breaks and mini-holidays away from caregiving responsibilities?

Your Caregiving Action Plan:

Two steps I will take in the next month to simplify my schedule or add joy to my life:

1. _____
2. _____

The **National Parkinson Foundation** has also recently announced a new on-line resource for Caregivers called **CareMAP**. Check out the website at: <http://caremap.parkinson.org/>. The purpose of this site is to provide practical suggestions for coping with the complex problems that arise as a result of advancing Parkinson's disease. MAP stands for **Managing Advanced Parkinson's**.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

July 2015

Reminders of upcoming events as of Friday, June 05, 2015

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

REGULAR EVENTS:

Event	Date, Time, Location	Contact for Information
Hagerstown Parkinson's Support Group Meeting	1st Thursday @ 11:45 AM Western Sizzlin Restaurant, Hagerstown , MD	Art Guyer, 240-625-2722 4Parkinsons@gmail.com
Cumberland PD Support Group Meeting	1st Friday @ 4:00 PM Grace Memorial Church, Cumberland , MD	Shirley McKinney, 301-729-1427 sjmckinney@atlanticbb.net
Winchester PD Support Group Monthly Meeting	2nd Tuesday @ 11:00 AM Winchester Church of God, Winchester, VA	Cheryl Reames, 540-662-4632 cwreames@gmail.com
Central PA PD Support Group Meeting	2nd Wednesday @ 1:30 PM Health South Rehab Hospital, Mechanicsburg, PA	Dan Yother, 304-676-2053 oldred714@verizon.net
Hagerstown Parkinson's Support Group – Caregivers' Breakfast	3rd Monday @ 8:30 AM Hagerstown Family Diner, Hagerstown, MD	Art Guyer, 240-625-2722 4Parkinsons@gmail.com
Frederick PD Support Group Monthly Meeting	3rd Wednesday @ 1:00 PM Mount Pleasant Ruritan Club, Walkersville , MD	Janet Silvious, 301-831-5609 janet@fifpdsg.org
Gettysburg PD Support Group Meeting	3rd Wednesday @ 1:00 PM WellSpan Adams Health Center, Gettysburg, PA	Paula Chaplin, 717-337-4407 pchaplin@wellspan.org
Hagerstown Parkinson's Support Group -- Cards	3rd Thursday @ 1:00 PM Location Varies	Dave DeHaven, 301-582-2815 hagdehaven@aol.com
Hagerstown Coffee Talk Networking Leaders	3rd Thursday @ 8:15 AM Location Varies	K.C. Ryerson, 301-257-7745 kryerson@nbseniorliving.com
Hagerstown Parkinson's Support Group -- Bowling	3rd Friday @ 1:00 PM (Check First) Southside Bowls, Hagerstown, MD	Dave DeHaven, 301-582-2815 hagdehaven@aol.com
Frederick County Parkinson's Early Onset or Newly Diagnosed Community Support Group	3rd Saturday Time and Location Varies	Deb Bergstrom, 301-712-5381 dfbergstrom@comcast.net
Berkeley County Parkinson's Support Group	4th Wednesday @ 6:30 PM Otterbein United Methodist Church, Martinsburg, WV	Debi Corbin, 304-886-8594 danicasgma@aol.com
Memory Café	4th Thursday @ Noon Always Ron's Restaurant, Hagerstown, MD	David Kukor, 301-639-3166 dkukor@ahcglobal.com

OTHER EVENTS:

- Saturday, June 6, 2015: PD Patient Symposium, 8:30 – 12 Noon. Hershey Medical Center Conference Center. Register at 717-531-6995 or 1-800-243-1455.
- Wednesday, June 10, 2015: Totem Pole – The Nerd. Show time 2:00 PM. Call Art at 240-625-2722 for information or directions.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

July 2015

- Tuesday, June 16, 2015, 5:30 PM, Free Asset Protection & Medicaid Seminar. Includes complimentary dinner buffet at the Homewood Suites by Hilton. Reservations are required – call Michael G. Day's office at 301-739-6820.
- Friday, June 19, 2015: HPSG Summer Picnic, from Noon to 3:00 PM, at the Martin L. Snook Memorial Park, Pavilion #4, Hagerstown, MD. Call Art at 240-625-2722 or email 4Parkinsons@gmail.com for information or directions and to register.
- Friday, June 26, 2015: Johns Hopkins Newly Diagnosed Forum at Green Spring Station, Lutherville, MD from 9:00 AM to Noon. For more information and registration visit:

<http://events.r20.constantcontact.com/register/event?oeidk=a07ea6iow7lb3c4a236&llr=7gsxstqab>

Or contact Bailey Vernon at 410-616-2811.

- Friday, June 26, 2015, 1:30 – 2:30 PM, Personal Safety Presentation: Speaker is DFC Carly Hose from the Sheriff's Department. Held at the Washington County Senior Center. Call 301-671-2368 for registration and information.

+++++

- Wednesday, July 1, 2015: Totem Pole – Shenandoah. Show time 2:00 PM. Call Art at 240-625-2722 for information or directions.
- Wednesday, July 22, 2015: Totem Pole – Lincoln. Show time 2:00 PM. Call Art at 240-625-2722 for information or directions.

+++++

- Wednesday, August 12, 2015: Totem Pole – Grease. Show time 2:00 PM. Call Art at 240-625-2722 for information or directions.

Wednesday, August 19, 2015: Totem Pole – Lovesick Blues. Show time 2:00 PM. Call Art at 240-625-2722 for information or directions.

+++++

- Friday, September 18, 2015: HPSG Summer Picnic, from Noon to 3:00 PM, at the Martin L. Snook Memorial Park, Pavilion #4, Hagerstown, MD. Call Art at 240-625-2722 or email 4Parkinsons@gmail.com for information or directions and to register.
- Saturday, September 26, 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.

+++++

- Friday, October 23, 2015: Johns Hopkins Newly Diagnosed Forum at Green Spring Station, Lutherville, MD from 9:00 AM to Noon. Contact Bailey Vernon at 410-616-2811.

+++++

- Wednesday, November 4, 2015: Johns Hopkins Deep Brain Stimulation Information Sessions at Green Spring Station, Lutherville, MD from 6:00 PM to 8:00 PM. Contact Bailey Vernon at 410-616-2811.

+++++