

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

August 2015

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

Volume 5, Issue 8

[Visit us on Facebook](#)

This Month's Meeting

We had another great crowd with **53 folks** at our **July 9th** meeting, including a number of new attendees and special guests. In addition to some family guests, **Josephine Kalaw and Christine Nganga**, non-agency caregivers attended our meeting and contributed to the caregivers breakout group. We appreciated their participation. These two women come highly recommended if any of you need some in-home assistance. Contact me if you are interested.

Our attendees broke up into two groups: persons with Parkinson's and Caregivers. Each group discussed a number of current issues and problems they were having or subjects in which they were interested.

The parkinsonians discussed the importance of staying active and doing some form of physical exercise. Stress and restlessness were also discussed, and how those things tend to increase PD symptoms. The group also discussed some of the common problem, such as sleeplessness, joint pain, drooling, and posture.

Caregivers discussed in-home care, symptom identification, progression, and the need to take care of themselves.

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

Ecile Shaw provided 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, August 6, 2015, 11:45 AM

Our guest in August is Becky Dunlop, RN, and Associate Director of the Johns Hopkins Parkinson's Disease and Movement Disorder Center

BRING LOTS OF QUESTIONS!

Newsletter Highlights

Tips for Making Life Easier ([Page 3](#))

Photos from the Picnic ([Page 4](#))

Heads Up, Caregivers! ([Page 5](#))

Brain Stimulating Helmet Coming ([Page 6](#))

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

Fall Picnic Flyer ([Page 9](#))

Future Meetings

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
Apr. 7, Dr. Laxman Bahroo, Georgetown UMC

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
winchesterparkinsons@gmail.com
[Facebook.com/winchesterPDsupport](https://www.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 Silvius, 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.

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Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3rd Monday of every month. In June, **Dave DeHaven, Mike Saterbak, Ecile Shaw, Peg Hayzlett, Barb Harrell, Art Guyer and Carol Gaines** enjoyed breakfast and discussions together.

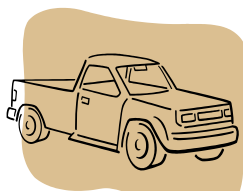
This month, caregivers will meet for breakfast on July 20, at the **Hagerstown Family Diner** at 8:30 AM. This restaurant is located at 431 Dual Highway near the Best Western Grand Venice Hotel. Call Art if you need more information or directions.

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.

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Need Transportation?

Remember, if you need transportation to our meetings or other events, please let us know.

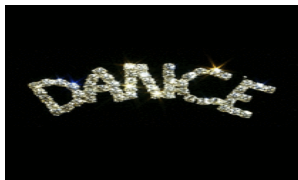


If you would like a couple of hours of free time and we can take your spouse for a short day trip, we will be happy to

try to work something out for you. Give Art a call or send him an email.



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.

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2015 Picnics

Our June 19th picnic was a big success; we had 35 attendees, good weather, great food, and lots of fun and bingo. See [page 4](#) for photos. Waverly Reames won the PD Bear and will be responsible for refilling it for our next picnic.

Our fall picnic this year is scheduled for Noon on **September 18** at the Martin L. Snook Memorial Park, Pavilion #4 in Hagerstown, MD. See [page 9](#) for details.

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 July

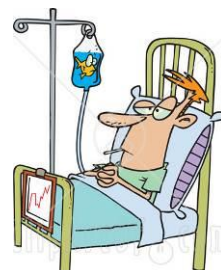
Happy Birthday to our members who have July birthdays: **Loretta Frame, Bob DeGrange, Linda Hult, Pat Kaiser, Judy Frantz, Fred Craver, Larry Glenn, Ragan Shaw, Ruby Wilhide, Mike Saterbak, Joyce Singhas, Barbara Harrell, Jon Pearson, Kathy Lange**

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.



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Parkinson's Disease: Tips for Making Life Easier

Based on the Book by Shelley Peterman Schwarz (2002)

Surround yourself with caring, loving and nurturing family members, friends, neighbors, and co-workers. Give yourself permission to eliminate people and activities that drain your energy. Be honest with your family and friends if you're having a bad day. Explain that you may feel terrible in the morning but fine in the afternoon. Don't expect people to know what you are feeling unless you tell them.

And remember, your fellow support group members are caring loving friends, very close to family. You will benefit from the association, but they will too.

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This and That Thoughts on my Mind by Art Guyer

WCPS

**Washington County
Public Schools**

WCPS Senior Citizen "Gold Card" Admission

This card is for persons age 60 and older, and entitles the bearer to free admission to WCPS regular season athletic events and other school sponsored activities (excluding events that include meals). The senior citizen "Gold Card" does not entitle free admission to regional and state playoff events.

You may obtain a gold card application and card at any of Washington County Public Schools or the WCPS Center for Education Services, 10435 Downsville Pike, Hagerstown. Applications are also available on line:

http://www.wcps.k12.md.us/depts_programs/public_information/documents/gold_card.pdf.

For more information about the WCPS Gold Card, please call the Public Information Office at 301-766-2846.

Take care..... Art

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June Picnic 2015



Pictured in the photo: (Left to Right) Betty Stauffer, Betty Martin, Frank McConnell, Jim Mattern, Lu Mattern, Vi McConnell, Jay Stouffer, Ecile Shaw, Mike Saterbak, Marci Saterbak, Charles Martin, Pat Donnelly, Patsy DeHaven, Dave DeHaven, Austin Gladhill, Doris Guyer, Chet Fabijanski, Rose Fabijanski, Betty Gladhill, Phyllis Davis, Connie Hipp, Harry Davis, Carol Gaines, John Hipp, Art Guyer, Cheryl Reames, Linda Embly, Waverly Reames, Ragan Shaw, Paul Embly, Warren Leach, Carol Leach. Not Pictured: Jackie Fouche, Barbara and Jerry Harrell.



Bingo players hard at work!



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Heads Up, Caregivers!

The National Parkinson Foundation has 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.

10 Ways to Love Your Brain

Break a sweat. Engage in regular cardio exercise that elevates your heart rate and increases blood flow to the brain and body.

Hit the books. Formal education in any stage of life will help reduce your risk of cognitive decline and dementia.

Butt out. Evidence shows that smoking increases risk of cognitive decline. Quitting can reduce that risk to levels comparable to those who have not smoked.

Follow your heart. Evidence shows that risk factors for cardiovascular disease and stroke - obesity, high blood pressure and diabetes - negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

Heads up. Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike and take steps to prevent falls.

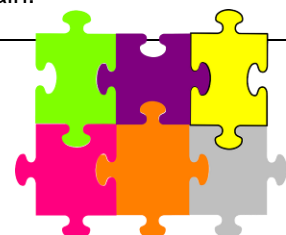
Fuel up right. Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.

Catch some Zzzs. Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

Take care of your mental health. Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns.

Buddy up. Staying socially engaged may support brain health. Pursue social activities that are meaningful to you.

Stump yourself. Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.



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BRAIN-STIMULATING HELMET MAY HELP PARKINSON'S PATIENTS

A NON-INVASIVE ALTERNATIVE TO BRAIN SURGERY COULD BE AS EFFECTIVE

By Levi Sharpe Posted on Popular Science on June 17, 2015

Researchers from Johns Hopkins University are developing a way to achieve the same effect as Deep Brain Stimulation without surgery. The device, dubbed the STIMband, uses external electrodes to deliver a low-level current to the motor cortex of the brain, and is based on the research of Yousef Salimpour, a postdoctoral research associate at Johns Hopkins.

Salimpour has been studying a noninvasive brain stimulation therapy called transcranial direct current stimulation. In the therapy two spongy electrodes are put on the skull and a small, sometimes imperceptible current is sent through them to a target region of the brain. Since Parkinson's causes some asymmetry to the brain, the current can be used to excite or inhibit the nerves on the affected side.

The idea of the STIMband is to create a user-friendly device that patients can take home and give themselves the treatment for 20 minutes a day. In deep brain stimulation, the patient must get an MRI so the doctor knows where precisely to put the implant in the brain. However, the STIMband does not need to be as precise and can still hit the target regions of the brain just from measuring "landmarks" on the patient's head, said Salimpour. The device also allows the flexibility to target parts of the brain based on disease symptoms, he said.



One of the creators of the STIMband demonstrates how the device would fit on a Parkinson's patient.

Since the STIMband is just a prototype, there will need to be more testing to further verify its efficacy and to rule out any placebo effect. There will also need to be major funding and FDA approval before it could become a household medical device, said Salimpour. But there have been no side effects using this noninvasive therapy in the short term, he said, and for those with Parkinson's it might be very helpful to use in conjunction with medication, since one modality would not interfere with the other.

Johns Hopkins graduate students invented the headband-shaped device to deliver noninvasive brain stimulation to help tamp down the symptoms. The students' prototype, developed during a yearlong biomedical engineering master's degree program is viewed as a promising first step toward helping Parkinson's patients safely relieve their own symptoms at home or elsewhere without going to a hospital or doctor's office.



From left, the team members are Ian Graham, Melody Tan, Erin Reisfeld, Shruthi Rajan and David Blumenstyk.

PHOTOS BY WILL KIRK/JOHNS HOPKINS UNIVERSITY

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Reminders of upcoming events as of Friday, July 10, 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 winchesterparkinsons@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 (Closed July and August) Mount Pleasant Ruritan Club, Walkersville , MD	Janet Silvius, 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:

- Thursday, July 16, 2015, 1:30 – 3:00 PM: Washington County Senior Center Presentation by Dr. Erin D. Michos, Johns Hopkins University School of Medicine on Vitamin D Deficiency, Cardiovascular Disease, and Falls. RSVP by July 15th by calling 301-671-2368 or by stopping by the Center.
- Wednesday, July 22, 2015: Totem Pole – Lincoln. Show time 2:00 PM. Call Art at 240-625-2722 for information or directions.

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- 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.

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- 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.

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- 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.

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- 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.

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- Thursday, December 3, 2015 at 11:45 AM. Our regular monthly meeting will include breakout sessions and gift exchanges.

Remember! Our December meeting is on the 3rd and will feature small gift exchanges. Each person should bring a wrapped present that cost about \$5.00. Put this fun event on your calendar now. If someone would like to orchestrate one or more holiday games, contact me.



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Fall Picnic 2015

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

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.

Thanks to Dean and Carol Cook, we will be having entertainment by *Act Two*, a duo comprised of *Ben and Connie Smith* who sing and "play" a variety of music with a county flavor. Come out and enjoy this rare opportunity



Ben and Connie Smith, Act Two

There will also be free bingo for all, as usual! 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



Ben and Connie Smith, Act Two

store." You can count on some guessing games too.

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

