

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

October 2015

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

Volume 5, Issue 10

[Visit us on Facebook](#)

This Month's Meeting

We had **64 people** at our September 3rd meeting, including 9 new. Great turnout!

Our speaker was Richard Lewellen, a certified music therapist from Winchester. Richard described the efforts he and the Winchester PD Support group undertook to establish a chorus and how he got involved in the project. The research project he undertook in Winchester resulted in a number of positive results, including louder speaking and feeling better about yourself. We sang a couple songs and participated in some of the voice exercises he uses. He was an excellent speaker and addressed the subject with great enthusiasm and knowledge. Richard has offered to help form a chorus in the Hagerstown area if the group is interested. More about that later!

Thanks to **Ecile Shaw** for saying our prayer before lunch and to **Mike Saterbak** for reading a letter we received from Miriam Timmons. **Chuck Bihun** won the \$10 gift certificate to the Western Sizzlin' Restaurant donated to the group by Paul Romsburg and his family.

Special Event in Winchester!

On Tuesday, November 10, 2015, the Winchester Support Group Meeting will feature Nan Little, author of *"If I Can Climb Mt. Kilimanjaro, Why Can't I Brush My Teeth?"* - a new Parkinson's book. Meetings are held at 11:00 AM at the Family Life Center, Winchester Church of God, 2080 N. Frederick Pike, Route 522 North, Winchester, VA. The meeting is open to everyone.

October Meeting

MARK YOUR CALENDARS

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

Thursday, October 1, 2015, 11:45 AM

Our Speaker in October is
Dr. Joseph Savitt, Neurologist,
Parkinson's & Movement Disorders
Center of MD

Newsletter Highlights

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

Heads Up, Caregivers! ([Page 4](#))

Fall Picnic Flyer ([Page 5](#))

PD Can Impact Relationships ([Page 6](#))

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

Future Meetings

Sep 18, Picnic at Snook Memorial Park

Oct 1, Dr. Joseph Savitt, Neurologist
Nov 5, Amanda Distefano, WCHD, Falls
Dec 3, Patients & Caregivers 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
May 5, Attorney Michael G. Day, Elder Care
Jun 2, Patients & Caregivers Breakout Sessions
Jul 7, Candice Valencia, Trainer and Senior Yoga
Aug 4, Becky Dunlop, RN, BSN, Johns Hopkins
Sep. 1, TBD
Oct. 6, Dr. Kelly Mills, Neurologist from JHU
Nov. 3, Bailey Vernon, Johns Hopkins

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
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.

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Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3rd Monday of every month. In August, **Dave DeHaven, Ecile Shaw, Linda Embly, Barbara Harrell, Art Guyer and Carol Gaines** enjoyed breakfast and discussions together.

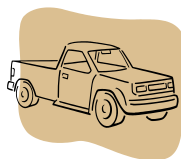
This month, our caregivers will meet for breakfast on Monday, September 21, at the **Hagerstown Family Diner** at 8:30 AM. This restaurant is located at 431 Dual Highway near the Best Western Grand Venice Hotel. Call Art if you need more information or directions.

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.

Respite Care is important for caregivers. You need a break every now and then. Respite care is substitute care given so the regular caregiver can take a break and get some relief from the burden of caregiving. Respite care can be for a weekend or a day or even for an hour, on a regular basis or just one time.

Sometimes respite care is given by family or friends, who want to relieve the regular caregiver of his/her burden. Or, it can be provided by paid caregivers.



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 Picnic



Our fall picnic is scheduled for Noon on **September 18** at the Martin L. Snook Memorial Park, Pavilion #4 in Hagerstown, MD. See [page 5](#) 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 have not scheduled a game for September due to other activities going on.

PD Group Bowling

Bowling starts up this month. We will bowl at Southside Bowls, 17325 Virginia Ave., Hagerstown, MD. Again this year, the lanes will be charging only \$2 per line including shoes.

Call **Dave DeHaven** at 301-582-2815 for more information and directions.

Birthdays in September

Happy Birthday to our members who have September birthdays. We sang happy birthday to you at our September meeting.

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, 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 be terrible in the morning but fine in the afternoon. Don't expect people to know what you are feeling unless you tell them. And **Tell people about your illness.**

At any age, it can be difficult to share your feelings with your friends. And it can be especially difficult if you're diagnosed with PD when you're young. Your friends may not know what PD is and may not know what to say or what to do. So tell them. Also tell your hair stylist, dentist, and salespeople (as appropriate) that you may shake, lose your balance, move slowly, or have difficulties speaking because of PD. Ask for their help when you need it. People feel good when they can do something for someone else. You might also want to keep a few informational brochures in your purse or wallet because you never know who might be interested in learning more about Parkinson's disease. Keep some support group literature or business cards available to share with someone who needs support also.

I did not trip
The floor looked sad,
So I thought
It needed A Hug!!



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This and That Thoughts on my Mind by Art Guyer

Wow. Another great crowd at our September meeting. A total of 64 folks attended and enjoyed the wonderful presentation by Richard Lewellen. That gives us an average of 58 attendees a month for this year. Much of this is due to the promotions we have been doing in the newspapers, radio, and TV, but another large part of it is due to our members bringing in others who can use the support our group can provide. The socialization and educational aspects of our meetings and other events seem to be working well for you.

But speaking of participation, Dave and I keep wondering how we can get better participation in some of our other activities. We don't think of them as "other" but consider them as part of the overall support this group can provide. So, keep in mind when we are having our picnics, bowling, card games, theater trips, Caregivers' Breakfasts, etc., try to make time to include them in your life.

Having said that, there is still an opportunity of do some "Dancing for PD" by video if anyone is interested. Hugh McSweyn is the owner of that effort and his contact information is at 717-401-0692 or by email at hugh.mcsweyn@comcast.net.

As a result of the presentation we had at our last meeting, I'd like to see how many people might be interested in participating in a **Parkinson's Disease Chorus** here in Hagerstown. Richard Lewellen has offered to help us with that effort if we have enough interest. I know a number of you are looking for LSVT therapists in the area and want to find ways to improve your speaking – this is a fun way of doing that, I think. Please email me or give me a call if you would be willing to participate in this new effort.

Take care..... Art



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Heads Up, Caregivers!

Communicating With Your Loved One (From WebMD.com)

Parkinson's disease can make verbal communication very difficult for your loved one. That can get in the way of your ability to care for his or her needs. Here are some ways that can help you better understand your loved one.

- Talk to your loved one face-to-face. Look at him or her as he or she is speaking.
- In the case of advanced disease, ask questions that your loved one can answer "yes" or "no."
- Repeat the part of the sentence that you understood. (For example, "You want me to go upstairs and get the what?")
- Ask your loved one to repeat what he or she has said, or ask him or her to speak slower or spell out the words that you did not understand.

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Totem Pole Playhouse

Join fellow members for a trip to Gettysburg on **December 16th** at 2:00 PM to see the famous Charles Dickens' play, "A Christmas Carol." As subscribers we can get top tickets for \$28 each. Please let me know by September 13th if you want to join us. We will try to arrange car pools and have dinner afterwards someplace in the Gettysburg area.

Here are the folks who saw "Lovesick Blues" at the Totem Pole:

CAL Friday, August 21, 2015 The Herald-Mail A13

Parkinson's support group



Submitted photo

Show and a meal

Members of the Hagerstown Parkinson's Support Group attended "Lovesick Blues" at the Totem Pole Playhouse in Fayetteville, Pa., on Aug. 19. After the show they had dinner at the Chambersburg (Pa.) Family Diner. Standing, from left, Mike Saterbak, Dave DeHaven, Art Guyer, Jerry Harrell, Ragan Shaw and Fred Craver. Sitting, from left, Marci Saterbak, Patsy DeHaven, Peg Hayzlett, Doris Guyer, Ecile Shaw, Barbara Harrell and Norma Craver. The group meets on the first Thursday of every month. For more information, call Art Guyer at 240-625-2722.

TOTEM POLE
PLAYHOUSE

presents
Charles Dickens'
A Christmas Carol
Adapted by Carl Schurr and Wil Love
at Gettysburg College's Majestic Theater

• 2015 DATES •
December 11, 12, 18, 19
at 8:00 p.m.
December 9, 10, 12, 13,
16, 17, 19, 20
at 2:00 p.m.
.....
Call The Majestic Theater
box office for tickets
at 717-337-8200
Tickets range \$30 - \$36
with a \$10 discount for
Totem Pole Playhouse
season subscribers.

"Totem Pole's production is an uplifting show that puts a new face on this
old tale by Charles Dickens." — David Dunkle, PennLive

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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



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Parkinson's Disease Can Impact Relationships

Posted by Nancy Ryerson, August 14, 2015

Parkinson's disease can have an impact on relationships, including friendships. Friends may feel hurt if you reach out less often, unaware that apathy and fatigue are common Parkinson's symptoms. If your symptoms are unpredictable, you may also feel less inclined to make firm plans in advance. But while the disease may change how you spend time with your friends, it doesn't have to herald the end of socializing.

- **Help friends understand that you're the same person**, but might have new limitations now. Sharing information about the disease with friends can foster better understanding, too.
- **Maintain your communication skills.** Parkinson's disease can affect your voice volume and clarity. Speech therapy can help.
- **Don't be afraid to accept invitations, but investigate the venue** ahead of time if that makes you feel more secure. You may want to check and see if a destination is handicap accessible, for example. If you feel uncomfortable eating in a restaurant, suggest a more casual venue or an outdoor picnic.
- **Meet other people with Parkinson's disease.** Support groups can be great places to make new friends who understand your daily life. Groups can also share resources for people with Parkinson's in your community. Volunteering for a cause you care about is another great way to connect with friends.
- **Exercise with friends.** Many people find that they're more likely to stick with an exercise routine if it's tied to a social engagement.



You don't need a lot of
money to lead a rich life.
Good friends and a
loving family are worth
their weight in gold.

PictureQuotes.com

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Reminders of upcoming events as of Friday, September 04, 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	1 st Thursday @ 11:45 AM Western Sizzlin Restaurant, Hagerstown , MD	Art Guyer, 240-625-2722 4Parkinsons@gmail.com
Cumberland PD Support Group Meeting	1 st Friday @ 4:00 PM Grace Memorial Church, Cumberland , MD	Shirley McKinney, 301-729-1427 sjmckinney@atlanticbb.net
Winchester PD Support Group Monthly Meeting	2 nd Tuesday @ 11:00 AM Winchester Church of God, Winchester, VA	Cheryl Reames, 540-662-4632 cwreames@gmail.com
Central PA PD Support Group Meeting	2 nd 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	3 rd Monday @ 8:30 AM Hagerstown Family Diner, Hagerstown, MD	Art Guyer, 240-625-2722 4Parkinsons@gmail.com
Chambersburg PD Support Group Meeting	3 rd Tuesday @ 2:00 PM Menno Haven, Chambersburg, PA	Warren Leach, 717-264-2908 SkipL815@aol.com
Frederick PD Support Group Monthly Meeting	3 rd Wednesday @ 1:00 PM Mount Pleasant Ruritan Club, Walkersville , MD	Janet Silvius, 301-831-5609 janet@fifpdsg.org
Gettysburg PD Support Group Meeting	3 rd Wednesday @ 1:00 PM WellSpan Adams Health Center, Gettysburg, PA	Paula Chaplin, 717-337-4407 pchaplin@wellspan.org
Frederick County Parkinson's Early Onset or Newly Diagnosed Community Support Group	3 rd Saturday Time and Location Varies	Deb Bergstrom, 301-712-5381 dfbergstrom@comcast.net
Berkeley County Parkinson's Support Group	4 th Wednesday @ 6:30 PM Otterbein United Methodist Church, Martinsburg, WV	Debi Corbin, 304-886-8594 danicasgma@aol.com

OTHER EVENTS:

- Wednesday, September 9, 2015: Rock Steady Boxing Open House at the Winchester Youth Development Center. Contact Cheryl Reames at 540-662-4632 for more information.
- Thursday, September 10, 2015, 1:00 PM: **BACK BY POPULAR DEMAND! Bowling** restarts this month at Southside Bowls, 17325 Virginia Ave., Hagerstown, MD. \$2 per line including shoes. Contact Dave DeHaven, 301-582-2815 or by email at hagdehaven@aol.com.
- Friday, September 18, 2015: HPSG Fall Picnic, from Noon to 4:00 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.
- Thursday, September 24th, 5:30 PM to 6:30 PM: Alzheimer's Association is presenting a session on "Healthy Habits for a Healthier You." It is at Somerford, 10116 Sharpsburg Pike, Hagerstown, MD. To RSVP, call Sheri Evans at 301-791-9221. Respite Care is available.
- 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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- October 14, 2015, 1:30 PM: Central PA Parkinson's Support Group Meeting in Mechanicsburg, PA. Bob Lindsay will be the speaker.
- **NEW! Parkinson's Disease Community Educational Series**
3rd Wednesday of EVERY month (October 2015 – December 2016), 7:00 p.m. – 9:00 p.m.
St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD 21093
October 21: Research Update (Panel) [Register](#)
November 18: Management of Non-Motor Symptoms (Dr. Howard Weiss) [Register](#)
December 16: Fall Prevention (Dr. Stephen Grill) [Register](#)
Contact Bailey Vernon at 410-616-2811.
- 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.
- Thursday October 29, 2015, 10:00 a.m. – 2:00 p.m.: Support Group Leader Networking Meeting, St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD 21093

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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.
- Tuesday, November 10, 2015, 11:00 AM: Winchester Parkinson's Support Group Meeting. The speaker is Nan Little, author of "If I Can Climb Mt. Kilimanjaro, Why Can't I Brush My Teeth?"

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- Thursday, December 3, 2015 at 11:45 AM. Our regular monthly meeting will include breakout sessions and gift exchanges.
- Wednesday, December 16, 2015, at 2:00 PM: Totem Pole Playhouse Presents "A Christmas Carol" at Gettysburg College's Majestic Theater. Call Art at 240-625-2722 or email 4Parkinsons@gmail.com for information and discounted tickets.

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2016

- Saturday, March 19, 2016 at 8:00 AM – 4:00 PM. 2016 PFNCA Symposium at the Fairview Park Marriott in Falls Church, VA. Registration opens in January 2016. Call 703-734-1017 for more information.

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.

