

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

January 2016

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

Volume 6, Issue 1

[Visit us on Facebook](#)

### This Month's Meeting

We had **63 people** at our December meeting, including 6 new individuals and 4 members of Art and Doris Guyer's family.

The attendees broke into groups by caregivers and persons with Parkinson's. Both groups had good discussions and as usual Art had to call time so we could continue with the rest of the meeting and lunch. **One of the topics that came up was the value of seeing Movement Disorder Specialists. I have included a list of specialists I keep on [Page 5](#) of this newsletter.**

At that point in the meeting, Dean Cook took over the chair and, to Art and Doris Guyer's surprise brought in 4 of their family members to be part of a presentation to Art for facilitating the support group. Photos and more information are included on [pages 9 and 10](#) of this newsletter.

Doris and I want to thank Dean and Carol Cook, Jon Pearson and Pat Gaffney, Dave and Patsy DeHaven, and all of you who contributed to the effort. The kindness and gratitude you all have shown brought both of us to tears during the presentation. Having our family there meant so very much to them and Doris and me as well.

**Rose Fabijanski** won the \$10 gift certificate to the Western Sizzlin' Restaurant donated to the group by Paul Romsburg and his family. Following all of that excitement gifts were exchanged and everyone enjoyed lunch.

Thank you all for the generous gratuity you left for the staff; it added up to \$100.

Thanks to **Ecile Shaw** for delivering a moving and timely prayer.

### January Meeting

#### MARK YOUR CALENDARS

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

**Thursday, January 7, 2016, 11:45 AM**

**Our speaker for January 7, 2016, will be David Kukor, from Accessible Home Health Care, discussing what to look for when seeking home health care**

#### Newsletter Highlights

Tips for Making Life Easier ([Page 3](#))  
Heads Up, Caregivers! ([Page 4](#))  
Tax-Deductible Donations ([Page 4](#))  
Movement Disorder Specialists ([Page 5](#))  
Support Group Leaders Retiring ([Page 6](#))  
Detailed Event Listing ([Pages 7 & 8](#))  
Photos from December Meeting ([Pages 9 & 10](#))

### Future Meetings

Jan 7, David Kukor, Home Health 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, Shelley Steiner, Hospice of Wash. County  
Oct 6, Dr. Kelly Mills, Neurologist from JHU  
Nov 3, Bailey Vernon, Johns Hopkins  
Dec 1 Patients & Caregivers Breakout Sessions

### 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](mailto: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  
John Kraft, 301-845-6514, john@fifpdsg.org  
[www.fifpdsg.org](http://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.](#)

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 November, **Dave DeHaven, Ecile Shaw, Mike Saterbak, Art Guyer, Gloria Rith, and Carol Gaines** enjoyed breakfast and discussions together.

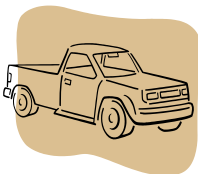
This month, our caregivers will meet for breakfast on **Monday, December 21, at the Hagerstown Family Diner** at 8:30 AM. This restaurant is located at 431 Dual Highway near the Best Western Grand Venice Hotel. Contact Art if you need information or directions.

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](mailto:hugh.mcsweyn@comcast.net).

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### MAPS Ambassador

The Maryland Association for Parkinson Support (MAPS) is setting up points of contact in each area so they can create visibility for MAPS in the community and to keep the Parkinson's Disease community abreast of any new activities or events planned. MAPS wants to get information in front of the medical community also so they will start using MAPS as a resource. This is not limited to Maryland. If you are interested in finding out more about this or you would like to volunteer, contact Ellen Talles by phone at 410-878-7164 or by email at: [EllenTalles@Comcast.net](mailto:EllenTalles@Comcast.net).

**Dean Cook** has taken the initial training and has already begun to spread the word about MAPS and the Hagerstown Parkinson's Support Group. He has already begun to contact individuals and organizations to make them aware of MAPS and the support group. He will be reporting out on his efforts at the January meeting and will give us a rundown of his responsibilities and efforts to date in this role.



### Cards

Contact **Dave DeHaven** at 301-582-2815 if you would like to play in the next card game. We have not yet scheduled a time and place for this month.

### PD Group Bowling

Our bowling group is growing slowly and we are having fun. Come out and join us. You do not have to be a good bowler to get in the game. In fact, newbies are welcome.

We bowl at Southside Bowl, 17325 Virginia Avenue, Hagerstown, MD. Again this year, the lanes will be charging only \$2 per line including shoes. We will not bowl in December due to the holiday activities, but we are scheduled for **January 14<sup>th</sup> at 1:00 PM.**

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

### Birthdays in December

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

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)

**Consider attending a local PD support group**, no matter what your age. I know, it sounds a bit self-serving, but listen to the rest of the story. And remember, you may be able to convince someone new with PD to attend using this rationale.

Support group members understand your struggles because they face or have faced the same challenges. To find a Parkinson's disease support group in your community, check with national organizations such as the American Parkinson's Disease Association, National Parkinson's Foundation, Parkinson's Disease Foundation, Michael J. Fox Foundation for Parkinson's Research, or your local newspapers. Google searches will always help if you can access the web or know someone who can help you.

If you are reluctant to attend a PD support group because you will see others with advanced cases and you don't think you can handle that, talk on the phone with others who have PD. Or start a smaller group for lunch or coffee. Being with others who have PD may alleviate fears rather than worsen them. It is encouraging to see people with PD still driving, working, and caring for their families.

Get out of the house and take advantage of all of the social activities associated with your local support group.



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### Totem Pole Playhouse

Speaking of activities, we will be making a trip to Gettysburg on **December 16<sup>th</sup>** at 2:00 PM to see the famous Charles Dickens' play, "A Christmas Carol." As a Totem Pole Playhouse subscriber I may still be able to get top tickets for \$28 each, a \$10 discount.

Please let me know if you want to join us. We will try to arrange car pools and have dinner afterwards someplace in the Gettysburg area.

*Doris and I want to wish you all the very best holidays ever. From Thanksgiving to New Years, time moves so quickly and we are all so busy. Please take the time to enjoy your friends and family.*

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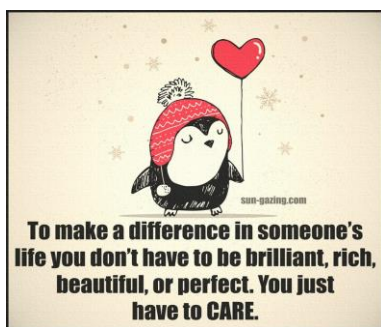
## Monthly Newsletter

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### Heads Up, Caregivers:

We all know someone who takes care of a friend or loved one. The AARP suggest brightening their lives by doing a random act of kindness for them. Some of the things they suggested are:

1. Give a low-maintenance plant.
2. Pick up their mail.
3. Shovel snow for them.
4. Do their grocery shopping
5. Gas up the car.
6. Do a load of laundry.
7. Do some holiday shopping for them.
8. Send flowers
9. Stop by with a board game to play.
10. Take them out for coffee or breakfast.
11. Water his flowers and plants.
12. Return library books.
13. Mow the lawn or weed the beds.
14. Wash the car.
15. Cook and deliver a favorite meal.
16. Replace buttons or other sewing tasks.
17. Help compose correspondence.
18. Bring and watch a favorite movie.



### ANOTHER HEADS UP!

Dean and Carol Cook have suggested we have a Support Group YARD SALE in the spring of 2016.

So start setting aside items you are willing to donate. More information will follow in the upcoming months.

### MAKE TAX-DEDUCTIBLE DONATIONS TO THE HAGERSTOWN PARKINSON'S SUPPORT GROUP

You can now make tax-deductible donations of any size to our support group through the Maryland Association for Parkinson's Support, Inc. (MAPS), a non-profit organization that can receive charitable contributions for Parkinson's support groups, issue tax-deductible receipts to donors, and administer the funds to the designated group.

To contribute, make your check payable to MAPS. On the memo line write Hagerstown PD Support. You must write that to assure the money goes into the account that MAPS has set up for our support group.

Mail your donation to:

MAPS Treasurer  
P. O. Box 450  
Brooklandville, MD 21022

If you have any questions or concerns about this, contact Art Guyer at 240-625-2722 or [4Parkinsons@gmail.com](mailto:4Parkinsons@gmail.com).



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## Movement Disorder Specialists

### Johns Hopkins University Medicine

#### The Parkinson's Disease and Movement Disorders Center

- Mari, Zoltan, MD (410-502-0133)
- Rosenthal, Liana Isa Shapiro, MD (410-616-2824)
- Kelly Mills, MD (410-614-1307)
- Alexander Pantelyat, MD (410-614-1307)

[www.hopkinsmedicine.org/neurology\\_neurosurgery/specialty\\_areas/movement\\_disorders/](http://www.hopkinsmedicine.org/neurology_neurosurgery/specialty_areas/movement_disorders/)

### University of Maryland Medical Center

#### The Maryland Parkinson's Disease and Movement Disorders Center

##### *Department of Neurology:*

- Stephen G. Reich, M.D., Co-Director, MPDMD Center (410-328-5858)
- Lisa M. Shulman, M.D., Co-Director, MPDMD Center (410-328-5858)
- Paul S. Fishman, M.D., Professor of Neurology, Pharmacology and Neurobiology (410-328-5858)

[www.umm.edu/parkinsons/](http://www.umm.edu/parkinsons/)

### Parkinson's & Movement Disorders Center of Maryland

- Stephen Grill, M.D., Ph.D.
- Joseph Savitt, M.D., Ph.D.
- Shawn Smyth, M.D.

8180 Lark Brown Road, #101  
Elkridge, MD 21075  
(443-755-0030)

[www.pdmdcenter.com/index\\_frame.html](http://www.pdmdcenter.com/index_frame.html)

### Georgetown University Hospital, Washington, DC

#### Movement Disorders and Parkinson's

- Fernando Pagan MD, Neurology (202-295-0540)

[http://www.georgetownuniversityhospital.org/body\\_dept.cfm?id=1236](http://www.georgetownuniversityhospital.org/body_dept.cfm?id=1236)

### Winchester Neurological Consultants

- Dr. Mariecken Fowler

125 Medical Circle  
Winchester, VA 22601  
(540) 667-1828

### Penn State Milton S. Hershey Medical Center, 30 Hope Drive, Building B, Suite 1300, Hershey, PA 17033

#### Movement Disorder Center,

- Xuemei Huang, MD, PhD, Neurology - (717) 531-3828
- Thyagarajan Subramanian, MD, Neurology - (717) 531-3828

<http://www.pennstatehershey.org/neurology>

#### Other:

- Anthony May, MD, with Wellspan Neurosciences, York, PA - (717) 851-5503

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### Support Group Leaders Retiring

Posted November 23, 2015, by Art Guyer, Facilitator for the Hagerstown Parkinson's Support Group



Shirley and Ken McKinney, November 2015

Ken and Shirley McKinney are retiring and moving to Pennsylvania. Their son recently retired and bought 66 acres in Littlestown, PA, near Hanover.

The property has two houses, two large ponds, a barn, and many deer. And Ken and Shirley are going to move there in 2016.

*"It was challenging but we had fun and met some wonderful people."*

Ken and Shirley grew up in Allegany County and both graduated from Allegany High School in 1955. They were married in 1958 and lived in that

area, with the exception of a few years, ever since then. Shirley was a surgical nurse and Ken was a science teacher and supervisor of media at the Board of Education. For many years until November 2015 they were volunteers at the Western Maryland Regional Medical Center in Cumberland, Maryland.

About 4 years ago they formed the Cumberland Parkinson's Disease Support group. The area had been without one for about 10 years. It has been a passion of Shirley's since she retired from nursing and was diagnosed with Parkinson's. The Cumberland group has about 50 members with about 26 coming to the monthly meetings. They have supported the Four-State Alliance for Parkinson's Support and enjoyed coming to the Hagerstown Parkinson's Support Group's picnics. A number of individuals have stepped forward to help with the Cumberland support group when the McKinneys leave: Rosie Thomas, Pam Dolly, Toby Feddis, Gemma Schade and Dot Schoch. The new facilitators will serve as a committee until they divide the responsibilities.

Local doctors and the hospital are directing new people to the support group so their numbers are growing gradually. Grace Memorial Community Church considers the group an outreach of the church and has agreed to allow the support group to continue meeting there on a monthly basis.

Hopefully, Ken and Shirley will continue their passion to help others dealing with Parkinson's Disease, perhaps with the Gettysburg Parkinson's Support Group.



The property where Ken and Shirley McKinney are going to live.

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### Reminders of upcoming events as of Saturday, December 05, 2015

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

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#### REGULAR EVENTS:

Event	Date, Time, Location	Contact for Information
Hagerstown Parkinson's Support Group Meeting	1 <sup>st</sup> Thursday @ 11:45 AM Western Sizzlin Restaurant, Hagerstown , MD	Art Guyer, 240-625-2722 4Parkinsons@gmail.com
Cumberland PD Support Group Meeting	1 <sup>st</sup> Friday @ 4:00 PM Grace Memorial Church, Cumberland , MD	Shirley McKinney, 301-729-1427 sjmckinney@atlanticbb.net
Winchester PD Support Group Monthly Meeting	2 <sup>nd</sup> Tuesday @ 11:00 AM Winchester Church of God, Winchester, VA	Cheryl Reames, 540-662-4632 winchesterparkinsons@gmail.com
Central PA PD Support Group Meeting	2 <sup>nd</sup> 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 <sup>rd</sup> Monday @ 8:30 AM Hagerstown Family Diner, Hagerstown, MD	Art Guyer, 240-625-2722 4Parkinsons@gmail.com
Frederick PD Support Group Monthly Meeting	3 <sup>rd</sup> Wednesday @ 1:00 PM Mount Pleasant Ruritan Club, Walkersville , MD	Janet Silvious, 301-831-5609 janet@fifpdsg.org
Gettysburg PD Support Group Meeting	3 <sup>rd</sup> 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 <sup>rd</sup> Saturday Time and Location Varies	Deb Bergstrom, 301-712-5381 dfbergstrom@comcast.net
Berkeley County Parkinson's Support Group	4 <sup>th</sup> Wednesday @ 6:30 PM Otterbein United Methodist Church, Martinsburg, WV	Debi Corbin, 304-886-8594 danicasgma@aol.com

#### OTHER EVENTS:

- **NO BOWLING IN DECEMBER**
- Parkinson's Cards. TO BE DETERMINED. For information, directions or carpooling, contact Dave DeHaven at 301-582-2815 or by email at [hagdehaven@aol.com](mailto:hagdehaven@aol.com).
- 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](mailto:4Parkinsons@gmail.com) for information and discounted tickets.
- Wednesday, December 16, 2015, 7:00 – 9:00 PM, Johns Hopkins PD Community Education Series  
Subject: Fall Prevention (Dr. Stephen Grill, MD, PHD)  
St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD  
Contact Bailey Vernon at 410-616-2811. [Register](#)
- Thursday, December 17, 2015, 12 Noon – 1:00 PM Memory Café: Free lunch and meeting at Hurricane Tap Room (Always Ron's), 29 N. Burhans Blvd, Hagerstown. Contact David Kukor for information and reservations at 301-639-3166 or [dkukor@ahcglobal.com](mailto:dkukor@ahcglobal.com).

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- Monday, December 21, 2015, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD. Contact Art Guyer for information at [4Parkinsons@gmail.com](mailto:4Parkinsons@gmail.com) or 240-625-2722.

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**2016**

- Thursday, January 7, 2016, 2016 at 11:45 AM. Our regular monthly meeting will feature David Kukor, from Accessible Home Health Care, speaking on how to evaluate and select home care services. Contact Art Guyer for information at [4Parkinsons@gmail.com](mailto:4Parkinsons@gmail.com) or 240-625-2722.
- Thursday, January 14, 2016, 1:00 PM – 4:00 PM: Parkinson Bowling. Duckpins at the Southside Bowls at 17325 Virginia Avenue in Hagerstown, MD. For directions or carpooling, contact Dave DeHaven at 301-582-2815 or by email at [hagdehaven@aol.com](mailto:hagdehaven@aol.com).
- Monday, January 18, 2016, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD. Contact Art Guyer for information at [4Parkinsons@gmail.com](mailto:4Parkinsons@gmail.com) or 240-625-2722.
- Wednesday, January 20, 2016, 7:00 – 9:00 PM, Johns Hopkins PD Community Education Series  
 Subject: Sexuality (Dr. Shawn Smith, MD)  
 St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD  
 Contact Bailey Vernon at 410-616-2811. [Register](#)
- Thursday, January 21, 2016, Noon – 1:00 PM Memory Café: Free lunch and meeting at Always Ron's, 29 N. Burhans Blvd, Hagerstown. Contact David Kukor for information and reservations at 301-639-3166 or [dkukor@ahcglobal.com](mailto:dkukor@ahcglobal.com).

**FUTURE "SAVE THE DATE" ITEMS**

- 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.
- Friday, April 1, 2016. University of Maryland PD and Movement Disorder Center Symposium (Details to Come). For information call 410-328-0157.

-----Cut Out and Save-----

**Hagerstown Parkinson's Support Group  
 2016 Speaker Schedule**

Date	Speaker
January 7	David Kukor, Accessible Home Care
February 4	Cathy Hanson, Alzheimer's Association
March 3	Michelle Cines, RN, University of Maryland Medical Center
April 7	Dr. Laxman Bahroo, Neurologist, Georgetown University Medical Center
May 5	Attorney Michael G. Day, Elder Care
June 2	Patients & Caregivers Breakout Sessions
July 7	Candice Valencia, Personal Trainer, Senior Yoga and Strength Training
August 4	Becky Dunlop, RN, BSN, Johns Hopkins Movement Disorder Center
September 1	Shelley Steiner, Hospice of Washington County
October 6	Dr. Kelly Mills, Neurologist, Johns Hopkins Movement Disorder Center
November 3	Bailey Vernon, Community Educator JH Movement Disorder Center
December 1	Patients & Caregivers Breakout Sessions



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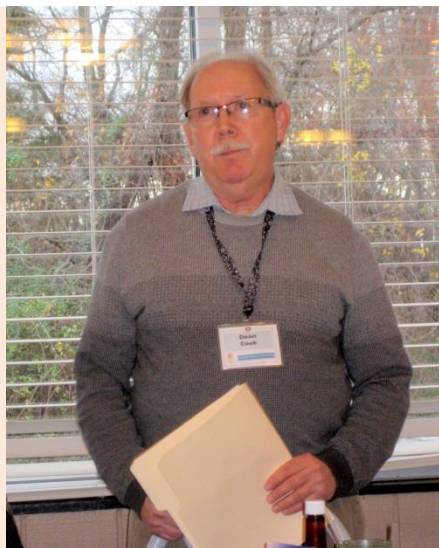
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### Snapshots!



December 3, 2015  
Hagerstown Parkinson's Support  
Group Meeting



Dean Cook Making the Presentation

Art and Doris were completely surprised by the presentation and doubly surprised when their family walked in to witness the event.

Presentation of Certificate of Honor to Art Guyer From the Members of the Hagerstown Parkinson's Support Group



The plaque is shown on the following page.



Art & Doris's Family

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**The Certificate of Honor  
Bestowed by the Members of the Hagerstown Parkinson's Support Group  
To Art Guyer on December 3, 2015**



Part of Dean Cook's Presentation Address:

"I'm not overstating when I say there is not a person in this room whose life hasn't been improved by Art Guyer. As Parkinson's folks, when we wake up in the morning we don't know what kind of day we're going to have. But one thing we do know: On the 1<sup>st</sup> Thursday of every month, we have a better day because of what goes on in this room."

In addition to the plaque, members of the support group presented Art and Doris with \$185 in gift cards and cash.