

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

February 2016

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

Volume 6, Issue 2

[Visit us on Facebook](#)

This Month's Meeting

February Meeting

Local Support Group Contacts

We had **64 people** at our January meeting, including 10 new individuals.

Our speaker this month was David Kukor along with his wife, Carmen, from Accessible Home Health Care. He discussed what to look for when seeking home health care.

The Kukors provided copies of a "Bill of Rights for Home Health Care Patients" and a "Home Care Services Checklist" that can be used to help evaluate home care providers. David explained that there are basically three levels of service that can be provided by home care companies. These include companion services, health care assistance services, and skilled nursing and medical services. Costs increase with the level of care and are influenced by the number of hours service is provided.

Carmen and David gave away three lovely micro-fiber throws as door prizes. The winners were **Frank McConnell, John Hipp, and Ruby Wilhide**. That was very generous of our speakers. Here is their contact information:

Accessible Home Health Care

1185 Mt. Aetna Rd, Suite 300
Hagerstown, MD 21740
855-302-9324
www.accessiblefrederick.com

Rick Huxta won the \$10 gift certificate to the Western Sizzlin' Restaurant by Paul Romsburg and his family.

Thanks to **Mike Saterbak** for delivering our prayer.

MARK YOUR CALENDARS

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

Thursday, February 4, 2016, 11:45 AM

**Our speaker for February 4, 2016,
will be Cathy Hanson, Program
Coordinator for the Alzheimer's
Association**

Newsletter Highlights

Tips for Making Life Easier ([Page 3](#))
Heads Up, Caregivers! ([Page 4](#))
Aspirin and Parkinson's Disease ([Page 5](#))
Essential Oils & Physical Therapy ([Page 6](#))
Detailed Event Listing ([Pages 7 & 8](#))

Future Meetings

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

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, ja-net@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 December, **Dave DeHaven, Ecile Shaw, Mike Saterbak, Art Guyer, Gloria Rith, Frank McConnell, Barb Harrell, and Carol Gaines** met for breakfast. In addition, Anne DeGrange and Betina Beard joined the group to discuss essential oils and the possibility of meeting with some of our members

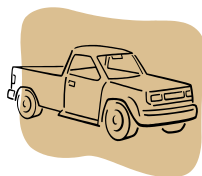
This month the breakfast is scheduled for **Monday, January 18th at 8:30 AM** at the **Hagerstown Family Diner**. This restaurant is located at 431 Dual Highway near the Best Western Grand Venice Hotel. Contact Art if you need information or directions.

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.

Take a break!

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.

MAPS Ambassador

The Maryland Association for Parkinson Support (MAPS) is setting up points of contact in each area to 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 at 410-878-7164 or by email at:

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. At our January meeting, Dean gave a brief rundown of his responsibilities and efforts to date in this role. He reported initially beginning by making a presentation to his Homeowners Association resulting in a tremendous number of informational flyers going out to the Veterans Hospital in Martinsburg, WV. Subsequently he wrote an article for the quarterly community newsletter outlining the MAPS mission and providing his contact information. That was probably read by a couple of hundred people.

Dean and Art Guyer met In November to discuss, among other things, a strategy to enhance the effort by possibly getting members of the Hagerstown Parkinson's Support Group to contact businesses, offices, schools, churches, civic groups, HOAs, etc. in other geographical areas.

He hopes to expand his outreach in the Martinsburg area early in 2016.

Dean will be attending the meeting of the Four State Alliance on January 23, 2016 to discuss the MAPS program and give a basic synopsis of what has been accomplished.

Cards

Contact **Dave DeHaven** at 301-582-2815 if you would like to play in the next card game. We are scheduled to play on **January 28th at 1:30 PM** at **Patsy and Dave DeHaven's home**.

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 are scheduled to bowl on **January 14th at 1:00 PM**.

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

Birthdays in January

Happy Birthday to our members who have birthdays this month. We announced your names and 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)

Understand that it is common to have fluctuations in your mobility and energy levels during the day. Often these fluctuations coincide with when you take your medications, with the most fatigue and the least mobility coming as the medication wears off.



Be willing to change the way you do things. Remain flexible. Compromise. Accept the help that is offered and accept that there is more than one way to wash the dishes, put on clothes, or get from here to there. Practice patience – with yourself and others.



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This and That Thoughts on my Mind by Art Guyer

- **Name Tag Lanyards:** The Red Lanyards given to members who have a high attendance record over the last year or two and/or who provide recurring and specific support to the group and the activities we undertake seemed to be a big success. They will be "awarded" in January of each year and should be seen as an indication that one is really supporting the "Support Group."
- **The travelling theater group** saw a great show on December 16, 2015, at Gettysburg College's Majestic Theater. The Totem Pole Playhouse production of Charles Dickens' play, "A Christmas Carol," was a big hit and had high reviews. We all thoroughly enjoyed the play and got to meet the actors after the show in the theater lobby. We also got to meet three new people from Boonsboro who are interested in getting involved with our support group. That made the trip extra special. Most of us met for dinner afterwards to extend the pleasant day we had shared.
- **Speaking of the Totem Pole Playhouse,** we will be soon circulating information on their 2016 plays we plan to attend. Stay tuned for more information.

Take care..... Art

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

You can make tax-deductible donations 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 donations to: MAPS Treasurer, Box 450, Brooklandville, MD 21022

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Heads Up, Caregivers:

As a caregiver, it is often up to you to choose the proper foods for you and your loved one to eat. Here is an article from **WebMD Health Services** that emphasizes "Super Foods for Optimal Health:"

Do your immune system a favor and pack more fruits and vegetables on your plate. They're loaded with nutrients, called antioxidants that are good for you. Add more fruits and vegetables of any kind to your diet. It'll help your health. Some foods are higher in antioxidants than others, though.

The three major antioxidant vitamins are beta-carotene, vitamin C, and vitamin E. You'll find them in colorful fruits and vegetables, especially those with purple, blue, red, orange, and yellow hues.

Beta-carotene and other carotenoids: apricots, asparagus, beets, broccoli, cantaloupe, carrots, corn, green peppers, kale, mangoes, turnip and collard greens, nectarines, peaches, pink grapefruit, pumpkin, squash, spinach, sweet potato, tangerines, tomatoes, and watermelon

Vitamin C: berries, broccoli, Brussels sprouts, cantaloupe, cauliflower, grapefruit, honeydew, kale, kiwi, mango, nectarine, orange, papaya, snow peas, sweet potato, strawberries, tomatoes, and red, green, or yellow peppers

Vitamin E: broccoli (boiled), avocado, chard, mustard and turnip greens, mangoes, nuts, papaya, pumpkin, red peppers, spinach (boiled), and sunflower seeds

These foods are also rich in antioxidants: Prunes, Apples, Raisins, Plums, Red grapes, Alfalfa sprouts, Onions, Eggplant, and Beans.

Other antioxidants that can help keep you healthy include:

Zinc: oysters, red meat, poultry, beans, nuts, seafood, whole grains, some fortified cereals (check the ingredients to see if zinc has been added), and dairy products

Selenium: Brazil nuts, tuna, beef, poultry, fortified breads, and other grain products

Cooking tip: To get the biggest benefits of antioxidants, eat these foods raw or lightly steamed. Don't overcook or boil them.

Foods or Supplements?

Foods have many different nutrients in them, and they work together. Supplements don't have that same mix. If you can't get enough fruits and vegetables in your diet, you may want to consider taking a multivitamin with minerals.

But chances are you can get what you need from your diet. If you want to check that you're on track, ask your doctor or a dietitian.

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Aspirin Targets a Pathway to Cell Death in Parkinson's Disease

Parkinson Disease Foundation - December 21, 2015

A new laboratory study finds that salicylic acid, the substance that gives aspirin its medicinal effects, blocks a molecular process that leads to brain cell death in Parkinson's disease (PD) and other neurodegenerative diseases.

Like many medicines, the active ingredient in aspirin was originally derived from plants. Daniel F. Klessig, Ph.D., a plant biologist at Cornell University was studying this substance and its role in plants when he noticed it binds to an enzyme called GAPDH (glyceraldehyde 3-phosphate dehydrogenase), which when activated can cause cell death. He knew that humans have the enzyme too, and that a PD drug called selegiline (Deprenyl®) is also able to bind to it.

He and his colleagues wondered whether salicylic acid might also bind to GAPDH in humans, and whether it might have similar effects on PD as Deprenyl.

They used a laboratory technique called high-throughput screening, which can quickly assess whether a substance interacts with hundreds of other chemicals. First they used the technique to see whether salicylic acid binded to any proteins in human cells. They not only tested regular (plant-derived) salicylic acid, they also looked at synthetic forms and forms derived from the Chinese medicinal herb licorice. Lastly, they investigated whether any of the substances — regular salicylic acid, synthetic forms or forms derived from licorice — could prevent cell death by testing them in human cells (cells treated with a toxin called MNNG which activates the GAPDH enzyme leading to cell death).

Results

- Salicylic acid (the active ingredient in aspirin) and other forms of it attach to and block the human enzyme GAPDH.
- When human cells were given salicylic acid and then treated with the toxin that activates GAPDH, the salicylic acid prevented cell death.
- Synthetic forms of salicylic acid and forms derived from medicinal Chinese licorice were three to 30 times more effective in suppressing cell death than salicylic acid itself.

What Does It Mean?

There are conflicting epidemiological studies about a potential protective role of nonsteroidal anti-inflammatory drugs, like aspirin, in PD. The new study provides insight into the molecular basis of how the active ingredient in aspirin — salicylic acid — might provide a benefit in PD.

Scientists see the enzyme GAPDH as a major suspect in the underlying pathways that cause PD and other neurodegenerative diseases. Knowing that salicylic acid binds to GAPDH opens the door to developing PD drugs based on salicylic acid. However, much remains to be learned about the role GAPDH has in PD.

For example, experiments would need to be performed in animal models of PD to demonstrate whether blocking GAPDH is even relevant to PD. At this point, there is no evidence that taking aspirin will have any anti-PD effects. In fact, aspirin can have many undesirable side effects. Consult your physician before taking aspirin to relieve pain or for any purpose.



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Here are some opportunities in which you should take advantage.

Essential Oils

On Wednesday, February 10, 2016, at 11:30 AM at the Western Sizzlin' Restaurant there will be a presentation on the benefits of Essential Oils by reps of doTERRA Wellness (www.doterra.com). Essential oils are the natural aromatic compounds found in plant parts. These fragrant oils may lift the mood, calm the senses, and elicit powerful emotional responses. Throughout history they also have been used for their medicinal and therapeutic benefits.



If you are interested in this subject at all, this will be a great opportunity to hear from the experts and ask any questions you may have. Note it is in addition to our regular meeting on the 4th. **Please RSVP by Friday, February 5th** if you are going to attend.

NMS Rehabilitation Offer

On Tuesday, January Dave DeHaven, Carol Gaines and Art Guyer met with physical therapy representatives at NMS Healthcare of Hagerstown in response to their offer to provide support group members free physical therapy screening assessments. The assessments will not include any treatment, but will include the following kinds of services:

1. Determination of the general health of the patient.
2. General examination based on the chief complaint of the patient.
3. Disclosure of defects that may limit the patient's performance.
4. Evaluation of probable consequences of the defects in the patient's performance.
5. Education regarding the benefits of therapy on the defects.
6. Opportunity to counsel and answer health questions related to the defect.
7. Discussion of patient's goals from therapy.
8. Discussion of a treatment plan after the start of therapy to address the goals of the patient.

We are planning to arrange a briefing in February on the subject at the NMS facility on Marsh Pike if we have some interest. They are agreeable to do that and even perform some basic assessments for individuals after the briefing.

Please contact Art by phone or email if you are interested in sitting in on the briefing at NMS. Later this month I will set up a date and time for the meeting. If you are not already getting therapy, this is a great opportunity to find out if it would be worth your while to do so. The assessment is free. NMS takes most insurance if you decide to begin treatment.



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Reminders of upcoming events as of Friday, January 08, 2016

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 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 winchesterparkinsons@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
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:

2016

- 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.
- Saturday, January 16th, at 12 Noon our friend Dave DeHaven is going to take a "polar plunge" in the Greenbrier State Park Lake to benefit the Humane Society of Washington County. If you would like to make a donation and come out and see him get wet and cold, please join us and bring your cameras.
- 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 or 240-625-2722.

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- Wednesday, January 20, 2016, 7:00 – 9:00 PM, Johns Hopkins PD Community Education Series
Subject: Sexuality (Dr. Shawn Smith, MD) at the St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD
Contact Bailey Vernon at 410-616-2811. [Register](#)
 - Thursday, January 28, 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.
 - Thursday, January 28, 2016, 1:30 PM Parkinson's Cards. Join us for cards at Dave DeHaven's House. For information, directions or carpooling, contact Dave DeHaven at 301-582-2815 or by email at haqdehaven@aol.com.
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- Thursday, February 4, 2016, 2016 at 11:45 AM. Our regular monthly meeting will feature Cathy Hanson from the Alzheimer's Association. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
 - Wednesday, February 10, 2016, 11:30 AM, Essential Oils Presentation: Educational session on the use and value of essential oils. RSVP to Art Guyer by February 5, 2016. [See Page 6 for more details](#).
 - Monday, February 15, 2016, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.

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