

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

March 2016

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

Volume 6, Issue 3

[Visit us on Facebook](#)

This Month's Meeting

March Meeting

Local Support Group Contacts

We had **45 people** at our February meeting, not too bad considering we have a large number on our "sick and injured" list.

Our Featured Speaker was Cathy Hanson, a Maryland licensed social worker and Program Coordinator for the Greater Maryland Chapter of the Alzheimer's Association. Cathy is responsible for managing programs, caregiver and professional education, advocacy events, and social engagement opportunities for Western Maryland families living with Alzheimer's disease.

Cathy did an excellent job of explaining the various types of dementia, some of the symptoms, and treatment for those symptoms. She answered a lot of questions from the group and then stayed through lunch to talk to others on a one-to-one basis. If you have any questions on the subject, please get in touch with Cathy.

Here is her contact information:

Cathy Hanson, LGSW, MSW
Alzheimer's Association
Greater Maryland Chapter

301.696.0315, ext. 103
chanson@alz.org

Vi McConnell won the \$10 gift certificate to the Western Sizzlin' Restaurant which was contributed by Paul Romsburg and his family.

Thanks to **Peg Hayzlett** 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, March 3, 2016, 11:45 AM

Our speaker for March 3, 2016, will be Michele Cines from the University of Maryland Medical Center. She will be our first speaker from UMMC so let's give her a big Hagerstown welcome.

Newsletter Highlights

- Tips for Making Life Easier ([Page 3](#))
- Heads Up, Caregivers! ([Page 4](#))
- Dyskinesia in Parkinson's Disease ([Page 5](#))
- Essential Oils & Physical Therapy ([Page 6](#))
- Cumberland Support Group ([Page 7](#))
- Outstanding Member Awards ([Page 8](#))
- Detailed Event Listing ([Pages 9 & 10](#))

Future Meetings

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

Winchester Area Parkinson's Support Group
Cheryl Reames, Facilitator, 540-662-4632
winchesterparkinsons@gmail.com
Facebook.com/winchesterPDsupport

Cumberland Parkinson's Support Group
Shirley McKinney, Facilitator, 301-729-1427
sjmckinney@atlanticbb.net

Friends in Frederick Parkinson's Support Group
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@wellspring.org

Former members of the Chambersburg and Martinsburg support groups are welcome to attend the Hagerstown meetings and events.

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 January, **Dave DeHaven, Ecile Shaw, Cliff Pereschuk, Art Guyer, Frank McConnell, Linda Embly, Peg Hayzlett and Carol Gaines** met for breakfast. The 8 of us had some good conversations.

This month the breakfast is scheduled for **Monday, February 15th 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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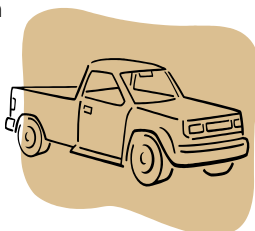
Need Transportation?

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:

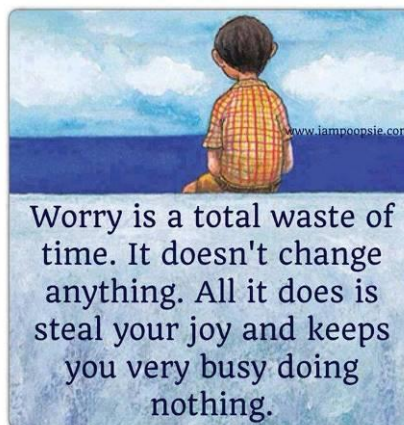
EllenTalles@Comcast.net

Dean Cook has taken the initial training and has already begun to spread the word about MAPS and the Hagerstown Parkinson's Support Group.

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

Dean hopes to expand his outreach in the Martinsburg area early in 2016. He will give the group a briefing at our March meeting.

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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 Tuesday, February 16th at 1:00 PM at Dave's house.**

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. Newbies are welcome.

We bowl at Southside Bowl, 17325 Virginia Avenue, Hagerstown. Again this year, the lanes will be charging only \$2 per line including shoes. We are scheduled to bowl on Thursday, **February 18th at 1:00 PM.**

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

Birthdays in February

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. Were you there?

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)

Ask your doctor to prescribe evaluations by a physical therapist (PT) and/or an occupational therapist (OT). An OT will help you discover new ways of doing simple, everyday tasks like dressing, eating and cooking. He or she can show you how to simplify your work and daily activities and to conserve your energy. A PT will help you with balance, mobility and home accessibility. Ask for a home evaluation and ask the OT and PT to make suggestions for making your home and daily activities safer, more accessible and easier to manage. If you are interested in PT or OT, see the NMS Rehabilitation Offer on [page 6](#).

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This and That Thoughts on my Mind by Art Guyer

Doris and I also decided to recognize special individuals in the Hagerstown Parkinson's Support Group for their dedication, contributions, compassion and support. Our intent is to honor two members each year who have met those criteria. To make it a complete surprise this year Doris and I made the determinations ourselves. Next year we will look for input from the group.

*This year's awards were presented to **Connie Hipp and David DeHaven** for their dedication and service to the group over the past several years. Award plaques were presented to Connie and Dave at our February 4th meeting. See [page 8](#) for photos and the full story.*

Please be certain to congratulate these two outstanding members and remember there will be 2 more members honored next year.

Take care..... Art

Hagerstown Parkinson's Support Group Yard Sale

Spring is just around the corner and we're moving forward to have our first ever Hagerstown Parkinson's Support Group Yard Sale, tentatively scheduled for April 30th, weather permitting. The proceeds will be used to support our own group. We plan to make this a Parkinson's Awareness Event also.

Several members have told us they are putting aside items to contribute. Please talk to your neighbors and friends and family members and see if they have items to donate. If it is something they want to get rid of immediately, we can arrange for pick-up and storage. If anyone knows of a secure storage place, either a vacant garage or shed, in the Hagerstown area that we could use for a couple of months to store items, that would be greatly appreciated. The owners of the Western Sizzlin' Restaurant have graciously offered us part of their parking lot and grassy shaded area for the event. Signs are being prepared.

If you want to be part of the Yard Sale Committee, contact Dean or Carol Cook at 304-267-7819 or at home2wv@yahoo.com.

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Heads Up, Caregivers:

Caring in Parkinson's

Parkinson's Disease Foundation

Parkinson's disease does not just affect the person living with it – it affects the entire family and an extended community of friends and loved ones.

If you are the care partner, child, parent, grandparent or loved one to a person with Parkinson's, you are familiar with the challenges that come with living with the disease. Your responsibilities may include helping a loved one with daily activities, managing medications and making financial decisions.

As a care partner it may be difficult to let others help or to take time for yourself. Remember that it is as important for you, as it is for the person with Parkinson's, to care for yourself and to begin understanding the disease. Taking care of yourself can benefit both you and your partner. Benefits include revitalized energy, renewed interest in creative endeavors, new subjects to talk about and the realization that you and your partner are not alone.

How can you get started?

- Find a support group: For many people, support groups play an important role in the emotional well-being. Some groups are targeted towards care partners. They can provide a comfortable environment for asking questions, sharing experiences and advice, and creating friendships. But after you find one, you have to participate in the meetings and other activities sponsored by the group.
- Take Time for Yourself: For those who have family in the area, friends and family are often willing to help, but are unaware of your needs. With their help you can find time to yourself. Consider making a list of things that others can do that may help you, if even for two to three hours. It may be difficult to get used to asking for help or even hiring help. But remember that since caregiving is a role you are in and undoubtedly wish to do well, you will need to care for yourself in order to offer the most you can. And don't forget your friends in your support group, they are always willing to help out in some way.

The challenge for individuals with Parkinson's disease is to remain as independent as possible. For some people, this means doing everything themselves, even if it takes longer. For others, varying amounts of assistance are needed.

The need for assistance often fluctuates throughout the day and may depend on how well the medications are working at a specific time. In the "on" medication state, some people are fully functional and mobile, but in the "off" state, they may require assistance for daily activities such as dressing, eating and walking.

It is important for caregivers to recognize the variable and sometimes unpredictable nature of Parkinson's disease disability. By staying alert and offering help when it is needed, family members can find the right balance between protecting the person with Parkinson's and encouraging independence.

Of course, some people insist on attempting things they should not, such as climbing ladders despite balance impairment, or carrying heavy bags of groceries. Handling these situations requires judgment and tact, and it is important to reach agreement among the family members about setting reasonable limits. Some people who no longer wish to perform tasks of daily living may actually be suffering from depression and apathy. It is important that this problem be recognized as separate from the physical challenges of Parkinson's disease. If depression is present, it should be discussed with the treating neurologist, since medication or therapy may be necessary.



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Brain "Talk" Helps Researchers Discover Circuit Underlying Dyskinesia in Parkinson's

Parkinson's Disease Foundation, September 3, 2015

Researchers report the discovery of changes in the brain that happen in Parkinson's disease (PD) further downstream of where dopamine sends its message. They noted super-sensitivity in neurons that could explain dyskinesia – the involuntary movements that often come with dopamine therapies. The study, which was supported in part by the Parkinson's Disease Foundation, points to potential targets for new PD medications.

When PD develops, there are many changes in the brain. For example, we know that the dopamine neurons lost in PD, along with other brain cells that control the body's movement "talk" to each other using chemical transmitters as their "language." In this conversation, intermediary cells called medium spiny neurons (MSNs) listen in to dopamine and translate it using GABA (gamma aminobutyric acid).

Much PD research has focused on brain changes in the dopamine part of the conversation, pointing to those changes as responsible for the symptoms of PD. The same thinking led to research initially pointing to dopamine drugs (e.g., Sinemet) as the main culprit behind dyskinesia. Since then, research has suggested there is more at play to dyskinesia, such as changes further downstream of where the dopamine message is delivered in the brain, but disproving the original theory has been difficult.

Researchers wanted to better understand the entire brain circuitry, including the under-explored GABA part of the conversation and the role of MSNs that are the target of the dopamine message in the conversation. They studied the brains of mice with Parkinsonian symptoms, and used a variety of techniques to monitor communication in the brain. The results from this are:

- Normally, MSN cells listen for a dopamine message and then "speak" that message to other neurons using GABA as their language. They are able to regulate their own volume by not releasing too much GABA if they don't have to.
- In PD, when dopamine levels drop in the brain, two things happen: first, the dopamine-side of the conversation falls silent and second, as a result, MSN neurons, now deprived of stimulation by the dopamine message, become less active and release less GABA.
- MSNs, because they are missing their usual message from dopamine, then become super sensitive to the dopamine message, tuning up their readiness to react to small traces of dopamine.
- Because of this sensitivity, in PD mice treated with dopamine-replacing drugs like Sinemet®, the MSNs are activated again, but they now "speak" too loudly, releasing too much GABA. □
- This resulting release of too much GABA can lead to behaviors like dyskinesia.
- In PD, to help MSNs "speak" normally again (and potentially ease dyskinesia) the researchers identified two chemical receptors that might be targets for potential PD therapies – not based on dopamine – GABAB receptors and cannabinoid receptor 1.

To date, research has implicated the dopamine part of brain circuitry in PD symptoms. For a time, blame was placed on dopamine replacement drugs (Sinemet) as the sole cause of dyskinesia. Even though several studies showed that dyskinesia might result from changes in brain circuitry, it remained a mystery why or how this happened.

Researchers have found that in PD, abnormal changes in the brain circuit involving GABA cause long lasting "sensitivity" in the brain.

This should ease concerns of many people with PD about taking Sinemet for their disease. Clinicians have been also recognizing that there is little basis for "saving" Sinemet for use later in the course of PD, since people with more advanced PD are still likely to develop dyskinesia quickly once exposed to Sinemet.

Overall the results point toward a better understanding of dyskinesia and possible alternative therapies to treat it. After all, dyskinesia is a very common symptom for people with Parkinson's, but there are currently only two ways of treating them and neither is ideal. The first is to reduce a person's dosage of Sinemet (which in turn, worsens his or her symptoms) and the second option is to undergo deep brain stimulation surgery (not the right option for everyone). What is most exciting about this PDF-supported basic science discovery is that the improved insight into brain circuitry has opened the door to alternative treatments — potential ways of controlling dyskinesia without altering the amount of Sinemet people take.

While further research is needed (this early research was conducted in animals), the discovery offers hope of controlling, if not preventing, dyskinesia without affecting a person's ability to move properly.

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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 representatives 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. **Please RSVP** ASAP if you are going to attend.



NMS Rehabilitation Offer: NMS Healthcare of Hagerstown has offered to provide support group members free physical therapy screening assessments. The assessments will not include 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 have arranged for a briefing in February 10th at 2:00 PM on the subject at the NMS facility, 14014 Marsh Pike, Hagerstown, MD. They may perform some basic assessments for individuals after the briefing.

Please **contact Art by phone or email** ASAP if you are interested in sitting in on the briefing at NMS. 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. They cannot accept insurance from Pennsylvania, however.



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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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New Leadership Board for the Cumberland Parkinson's Support Group, January 2016



Standing (From left to right) Lynne Barns Dale - Public Relations Liaison, Gemma Schade - Financial Secretary, Ellen Winebrenner, Dot Schoch - Refreshments, Toby Feddis -Co-facilitator, Arlie Winnebrenner - Greeter, Pam Dolly - Co-facilitator, Rosie Thomas - Publications, Marshall Caton - Chaplain. Seated (From left to right) Ray Schoch- Greeter and Attendance. Shirley McKinney - Outgoing Facilitator. Not pictured, Janet Smith - Refreshments, Ken McKinney- Outgoing Co-facilitator.

During the January meeting of the Cumberland Parkinson's Support Group, new leaders were installed. Four years ago Shirley and Ken McKinney started this group and they have facilitated it since that time. The McKinneys will be moving to Littlestown, PA in the coming months. The Parkinson's Support group meets on the first Friday of each month at Grace memorial Community Church at 1005 Bishop Walsh Road, from 4:00 to 6:00 PM.

Thank you Ken and Shirley for a job well done and good luck on the farm in Pennsylvania. And Ken, good luck on your back surgery on February 10th.

For information, call Toby Feddis 301-729-5569 or Pam Dolly 304-738-2196.

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Outstanding Member Awards for 2015

One of my goals for 2016 is to get more people involved in our activities and in support of the group. To facilitate that goal we plan to recognize members who already get involved in our events and who support the group in general. The Red Lanyards is one minor way we hope to do that.

We also decided to do something to recognize special individuals in the Hagerstown Parkinson's Support Group for their dedication and support. Our intent is to honor two members each year who have met those criteria. To make it a complete surprise this year Doris and I made the determinations ourselves. Next year we will look for input from the group.

The first recipient is **Connie Hipp**:

This award recognizes individuals in the Hagerstown Parkinson's Support Group for their dedication, contributions, compassion, and support. Mrs. Hipp has exceeded all expectations and consistently seeks ways to support the group. As an outstanding member, she regularly provides valued operational assistance.

She is always here and always prompt. She provides front end and back end help at our meetings that many of you may not even notice. She just does it! It is a pleasure to recognize her for help and counsel. And you should see her bowl.

The second award goes to **Dave DeHaven** who is always there when needed.

This award recognizes individuals in the Hagerstown Parkinson's Support Group for their dedication, contributions, compassion, and support. Mr. DeHaven has exceeded all expectations and consistently seeks ways to better the group. He is a valued member and a real asset to the Facilitator and the group.

When I was offered the opportunity to lead this support group, Dave was one of the first to step up and volunteer to help. He has been instrumental in starting some of the activities that have been added to our agenda since April 2011. That includes: the picnics, bingo, cards, and bowling. We would not be where we are today if it were not for Dave.



On the left, Art Guyer presenting the first Outstanding Member Award to Connie Hipp.



On the right, Art Guyer presenting an Outstanding Member Award to Dave DeHaven.

There are any number of others of you who would have gotten similar awards today if we had not decided to limit it to just two a year. So next year two different individuals will be honored and I will look for nominations from the group.

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Reminders of upcoming events as of Friday, February 05, 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 Silvious, 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@wellspring.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 |
| | | |

OTHER EVENTS:

- Wednesday, February 10, 2016, 11:30 AM, Essential Oils Briefing. Location: Western Sizzlin' Restaurant. **Please RSVP to Art Guyer ASAP if you are going to attend.**
- Wednesday, February 10, 2016, 2:00 PM, NMS Physical Therapy Free Assessments Briefing. Location: The NMS facility, 14014 Marsh Pike, Hagerstown, MD. **Please RSVP to Art Guyer ASAP if you are going to attend.**
- 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.
- Tuesday, February 16, 2016, 1:00 PM, Parkinson's Cards: To be played at the DeHavens' Home. For information, directions or carpooling, contact Dave DeHaven at 301-582-2815 or by email at hagdehaven@aol.com.
- Wednesday, February 17, 2016, 7:00 – 9:00 PM, Johns Hopkins PD Community Education Series
Subject: Pharmacological Management (Dr. Alexander Pantelyat, MD)
St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD
Contact Bailey Vernon at 410-616-2811. [Register](#)

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- Thursday, February 18, 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.
- Thursday, February 25, 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, March 3, 2016, 2016 at 11:45 AM. Our regular monthly meeting will feature Michele Cines from the University of Maryland Medical Center. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Thursday, March TBD, 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.
- Wednesday, March 16, 2016, 7:00 – 9:00 PM, Johns Hopkins PD Community Education Series
Subject: Exercise & Physical Therapy (Anneliese Massey, MPT)
St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD
Contact Bailey Vernon at 410-616-2811. [Register](#)
- Friday, March 18, 2016, 9:00 AM – 12 Noon, Johns Hopkins PD Newly Diagnosed Forum
St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD
Contact Bailey Vernon at 410-616-2811 or bvernon1@jhmi.edu
- 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.
- Monday, March 21, 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.

Thursday, March 24, 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.

FUTURE "SAVE THE DATE" ITEMS

- Friday, April 1, 2016, University of Maryland PD and Movement Disorder Center Symposium (Details to Come). For information call 410-328-0157.
- Wednesday, April 6, 2016, 6:00 PM – 8:30 PM, Johns Hopkins PD Surgical Treatment: DBS and Duopa
St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD
Contact Bailey Vernon at 410-616-2811 or bvernon1@jhmi.edu
- Wednesday, April 20, 2016, 7:00 – 9:00 PM, Johns Hopkins PD Community Education Series
Subject: Voice Health (Dr. Celia Bassich, PHD, CCC-SLP)
St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD
Contact Bailey Vernon at 410-616-2811. [Register](#)
- Wednesday, May 18, 2016, 7:00 – 9:00 PM, Johns Hopkins PD Community Education Series
Subject: Vision (Dan Gold, DO)
St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD
Contact Bailey Vernon at 410-616-2811. [Register](#)
- Wednesday, June 15, 2016, 7:00 – 9:00 PM, Johns Hopkins PD Community Education Series
Subject: Depression and Anxiety (Dr. Greg Pontone, MD)
St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD
Contact Bailey Vernon at 410-616-2811. [Register](#)