

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

April 2016

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

Volume 6, Issue 4

[Visit us on Facebook](#)

### This Month's Meeting

### April Meeting

### Local Support Group Contacts

We had **58 people** at our March meeting, including 2 new individuals.

Our speaker was Michelle Cines, BSN, MS, from the University of Maryland School of Medicine. She joined the UM, Movement Disorders Center in 2007 as a Research Nurse Coordinator. She completed a master's degree in Clinical Research Management at the UM in 2010. Michelle has over 25 years of clinical coordination experience in many different disciplines. In addition to coordinating studies for Neurology, Ms. Cines is the Information and Referral Specialist for the APDA. She also co-chairs the annual Parkinson's Disease Symposium for the University of Maryland which will be held this year at the BWI Marriott on April 1st. Michelle made an excellent presentation describing some of the trials UM is conducting, and she briefed us on some of the new medicines becoming available.

**John Hipp** won the \$10 gift certificate to the Western Sizzlin' Restaurant donated to the group by Paul Romsburg and his family.

Thanks to **Ecile Shaw** for delivering our prayer.



April is Parkinson's Awareness Month

### MARK YOUR CALENDARS

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

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

**Our speaker for April is  
Dr. Laxman Bahroo, Neurologist  
from the  
Georgetown University Hospital**

#### Newsletter Highlights

Tips for Making Life Easier ([Page 3](#))  
Heads Up, Caregivers! ([Page 3](#))  
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Detailed Event Listing ([Pages 7 & 8](#))

### Future Meetings

Apr 7, Dr. Laxman Bahroo, Georgetown UMC  
May 5, Attorney Michael G. Day, Elder Care  
Jun 2, Patients & Caregivers Breakout Sessions  
Jun 17, Picnic in the Park  
Jul 7, Candice Valencia, Trainer and Senior Yoga  
Aug 4, Becky Dunlop, RN, BSN, Johns Hopkins  
Sep 1, Shelley Steiner, Hospice of Wash. County  
Sep 17, Picnic in the Park  
Oct 6, Dr. Kelly Mills, Neurologist from JHU  
Nov 3, TBD  
Dec 1 Patients & Caregivers Breakout Sessions

Winchester Area Parkinson's Support Group  
Cheryl Reames, Facilitator, 540-662-4632  
[winchesterparkinsons@gmail.com](mailto:winchesterparkinsons@gmail.com)  
Facebook.com/winchesterPDsupport

Cumberland Parkinson's Support Group  
Tobby Feddis, 301-729-5569  
Pam Dolly, 304-738-2196

Friends in Frederick Parkinson's Support Group  
Janet Silvious, 301-831-5609,  
[janet@fifpdsg.org](mailto:janet@fifpdsg.org) or  
John Kraft, 301-845-6514, [john@fifpdsg.org](mailto: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  
[bergstromdf@gmail.com](mailto:bergstromdf@gmail.com)

Central PA PD Support Group - West Shore  
(Mechanicsburg, PA)  
Dan Yother, 304-676-2053,  
[oldred714@verizon.net](mailto:oldred714@verizon.net)

Gettysburg Parkinson's Disease Support Group  
Paula Chaplin, 717-337-4407, [pchaplin@wellspan.org](mailto:pchaplin@wellspan.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](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 February, **Dave DeHaven, Ecile Shaw, Art Guyer, Mike Saterbak, Gloria Rith, and Carol Gaines** met for breakfast.

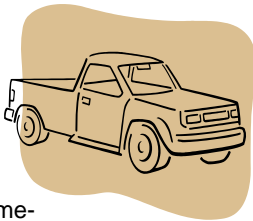
This month the breakfast is scheduled for **Monday, March 21st at 8:30 AM** at the **Hagerstown Family Diner**. This restaurant is located at 431 Dual Highway near the Best Western Grand Venice Hotel. Contact Art if you need information or directions.

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.

### 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.

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**YARD SALE: SEE [PAGE 8](#) NOW!**

### 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](mailto:EllenTalles@Comcast.net)

**Dean Cook** is our area's Ambassador. At our March meeting, Dean gave a brief rundown of his responsibilities and efforts to date in this role. He reported he initially began 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 has also given a PD presentation at the Berkeley Senior Services Center in Martinsburg.

Dean and Art Guyer have discussed 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. So, we are looking for volunteers to help distribute materials.



### Cards

Our February game was cancelled due to bad weather. Contact **Dave DeHaven** at 301-582-2815 if you would like to play in the next card game. **We are scheduled to play on March 22 at 1:00 PM at Harry and Phyllis Davis' home at Homewood.**

### 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 **March 17<sup>th</sup> at 1:00 PM.**

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

### Birthdays in March

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)

**Try out mobility equipment before you buy it!** That includes canes, walkers, and all types of wheel chairs. Check out the size, weight, and ease of operation. If someone will be pushing your wheelchair, explain to that person about "courtesies of the road," including speed, cornering, handling leg rests, backing into elevators, and going up and down curbs, etc. If you are considering purchasing a scooter or wheelchair, find one that is easy to transport. Some chairs are lightweight and disassemble easily. Others come with trunk lifts that pick up the chair and put it into the vehicle with minimal physical effort. Certain car companies offer ramps where the wheelchair user simply drives up the ramp and stays in the chair without transferring. If you need this kind of equipment, consider contacting Jay Stauffer (301-739-9221) at the Maugansville Ruritan Club. They have a large inventory of equipment like this and make it available at no charge.

### This and That .... Thoughts on my Mind by Art Guyer -- Totem Pole Playhouse 2016 Season

If you want to attend one of these shows, contact me for discounted tickets.

**Lovesick Blues** May 17 – 22 (Guyer and DeHaven Not Attending)

**Six Dance Lessons in Six Weeks** May 27 - June 12 (Guyer and DeHaven Attending June 8 at 2:00 PM)

**Forever Plaid** June 17 - July 3 (Guyer and DeHaven Attending June 29 at 2:00 PM)

**One Slight Hitch** July 8 - 24 (Guyer and DeHaven Attending July 20 at 2:00 PM)

**Funny Thing Happened on the Way to the Forum** July 29 - August 14 (Guyer and DeHaven Attending August 10 at 2:00 PM)

**A Christmas Carol** December 8 - December 18, 2016.

More information on line at: <http://totempoleplayhouse.org/> or by phone at 717-352-2164

*Take care..... Art*

## Heads Up, Caregivers:

### Basic Concepts for People who Help People with Parkinson's Disease

Based on the Book by Shelley Peterman Schwarz (2002)

**Be encouraging.** Whether it's getting the person with PD to exercise, eat, dress, or do any other activity, have a positive, patient, and encouraging attitude. Allow the person with PD to do as much for themselves as possible. Squelch the tendency to jump up and do a task because you can do it faster and more easily than the person with PD. Also encourage the person to eat as much as possible independently before offering your assistance.

You should expect the person with PD to participate in daily activities as much as he or she can, such as setting the table, folding laundry, and putting groceries away. Give verbal cues when necessary: "Walk with me to the bedroom." Talk the person with PD through activities, like dressing and bathing. "Let's put on your shirt. Help me button your shirt. Let's tuck in your shirt and button your pants." Be patient and encouraging minimizing the stress of the situation.

Encourage the person with PD to attend a support group meeting with you. If that's not possible, try to arrange a one-on-one get together with another person with PD. If speech problems are not a factor, these "meetings" can be over the phone. For yourself, you might want to consider finding a caregivers' support group or attend one of the local support group's caregiver activities (Like our monthly breakfast!)

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### Dehydration and Parkinson's

Neurology Now and [www.parkinsondisease.info](http://www.parkinsondisease.info)

Drink plenty of water! People with Parkinson's disease tend to be chronically dehydrated, in part because the disease affects brain cells that signal thirst. Medication for the disease can intensify the effect. Carry a water bottle and sip from it the entire day.

As we grow older, we lose sensitivity to the insufficient water intake sensation. Without this sensitivity, we are not aware of the ratio of the amount of water held inside all the cells to the volume of water held outside the cells of the body. If we have long durations of dehydration, cells lose the ability to function properly and die. Chronic dehydration can and often leads to degeneration and disease. The dry mouth is the very last sign of dehydration. The body can suffer from dehydration even when the mouth may be fairly moist; the mouth can seem to be obviously dry and yet thirst may not be acknowledged by your senses.

We must drink large enough amounts of water-based fluids during each day. In addition to the water we drink we gain additional fluids from the food we eat like vegetables and fruit. The human body needs between 50 and 75 ounces of water from all sources each and every day to maintain a basic fluid balance.

Unfortunately, because of gradually and failing thirst sensations, our body becomes chronically and increasingly dehydrated from an early adult age. Those with degenerative diseases like Parkinson's have gone many years without proper intake of water. Many times when we feel hungry our bodies are actually crying for water.

Long periods of dehydration affect the brain which is more than 80% water. After long periods without sufficient water, the body goes into a form of drought management affecting the efficiency of the nervous system.

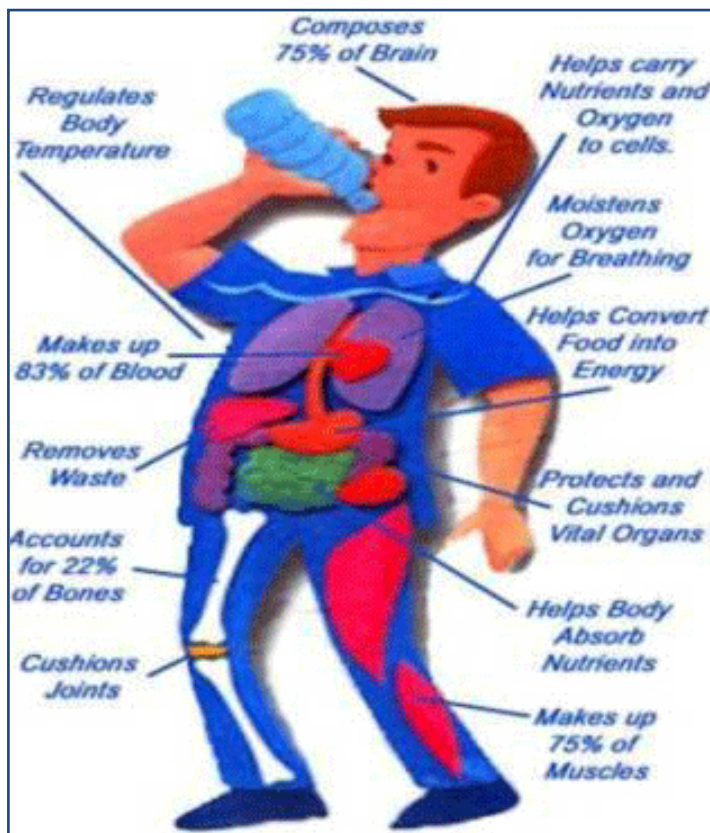
People disregard pain as a form of dehydration. Pain can be actual thirst signals that people ignore and treat it with medication instead of drinking water. Some of these signs are chronic pains which can be easily explained as injuries or infection, but pain should be first "treated" by drinking water for dehydration of the body, before any complicated procedures are considered.

Other chronic pain includes: dyspeptic pain (indigestion, upper abdominal pain or belching) rheumatoid arthritis pain, angina pain (heart pain after walking), migraines, hangover like headaches and lower back pain. All of these can be from the lack of sufficient water due to long periods of dehydration.

Overcoming the problem of dehydration is not just a matter of now starting to drink lots of water to catch up for the time you've lost. The body won't use the additional water you give it right away, and if there is a chronic condition or degenerative disease involved, it may need more than just the gradual increase of water for the individual cells of body to start absorbing its newfound stores of water. This is where starting on an alkaline type diet can be a dramatic help for the cells of the body in starting to absorb water in order to cleanse the system (detox). Adding fresh organic vegetables and fruits will accelerate the cleansing process, and if you drink fruit juice it should be diluted with water.

The best way to get started with the hydration system is to start with one 12-ounce glass of water and one digestive enzyme capsule taken before food at breakfast, lunch, and dinner. A similar amount of water should be drunk 2-½ hours after each meal with one digestive enzyme capsule. This is the very minimum amount of water your body needs. For the sake of not shortchanging your body, two more glasses of water should be taken around the heaviest meal particularly if you are exerting yourself through exercise or when you are out on a hot day.

Rehydration is an additional factor that can help you reduce the side effects of your PD. It is the most successful way to reduce or eliminate pain in conjunction with Parkinson's disease.



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## Would You Like to Try Yoga for Seniors?

Here are Two Opportunities!

Go to the Class Most Convenient to You!

### Join Travis Hensley for Chair Yoga

At Berkeley Senior Services  
217 North High Street  
Martinsburg, WV

Every Monday from 1:00 to 2:00 PM

For further information call Dianne Waldron at  
304-263-8873 Ext. 117

### Join Candice Valencia for Gentle Yoga

At the Washington County Senior Center  
535 East Franklin Street  
Hagerstown, MD

Every Monday and Wednesday from 2:15 to 3:15 PM

For further information call Kathy Fisher at  
301-790-0275 Ext. 243

These classes are great for anyone no matter what your physical condition, your age, your abilities, or your disabilities. The exercises are done in a chair so you never have to get on the floor. Based on the concept of self-worth, yoga develops a feeling of individuality. It helps relieve stress and is a calming force. Learn relaxation and breathing techniques.

At the Frederick Senior Center  
1440 Taney Avenue  
Frederick, MD

Every Tuesday and Thursday from 12:15 to 1:15 PM

For further information call Linda McGinnes  
301-600-3525

There are no residency requirements at these centers. As long as you meet the age requirements and register the day you show up, everyone is welcome.

Travis comes to our meetings. If you see him there please feel free to discuss these classes with him.

Candice will be our speaker on July 7<sup>th</sup> and you will have an opportunity to discuss this and strength training with her at that time.

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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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### Massage Therapy: Is It for You?

National Parkinson Foundation

Benefits of massage are recognized by many people with Parkinson's disease. No longer found only in exotic spas and upscale health clubs, massage is available in a variety of settings! **Specific benefits may include:** reduction in rigidity and tremor, improvement in sleep, increase in daily stamina, reduction in anxiety, and/or increased feeling of relaxation.

**How do you find a massage therapist?** In finding a massage therapist, it is important to find someone trained by an accredited school of massage therapy. Tell your medical team, family, or friends you are considering getting a massage. They may be able to provide you with a referral. You can also find a massage therapist by calling toll free: 1-888-843-2682 or by searching for one on the American Massage Therapy Association website: <http://www.amtamassage.org/findamassage/index.html>

**What type of massage therapy is best for you?** There are several different types of massage. Before your appointment, speak with the massage therapist about the different types of massage he or she offers. What are the most common types of massage therapy offered?

**The most common massages are called chair, Swedish, deep tissue, and sports:**

- **Chair massages** are usually available in open spaces like the mall or a grocery store. Clients sit facing forward in a specially-designed chair. Clients remain fully clothed and no oils are used. The therapist massages the upper body. Chair massages usually last 15-30 minutes.
- The **Swedish massage** is a full body massage (usually the back, legs, arms, and neck) and was developed by a Swedish physiologist. Because the therapist may use oil, lotion, or powder to reduce friction, the client usually lies semi-clothed or nude under a sheet. The therapist is careful to only expose the part of the body being massaged. It is a great "beginner massage."
- **Deep tissue** is another common massage technique. The pressure is firmer and more intense than the pressure used in the Swedish massage technique.
- A **sports massage** usually focuses on one problem area. It is often helpful for people with chronic pain and/or a limited range of motion.

**What to expect during a massage:**

- Your massage therapist will ask you a few questions. They will want to know about your personal health and what benefits you hope to receive from your massage.
- Depending on the type of massage and/or the part of the body being massaged, you may be asked to remove certain clothing. Your therapist will give you privacy and provide a robe or a towel to cover yourself. If removing your clothing is not comfortable for you, consider a chair massage.
- You will be asked to lie down. Communicate any special needs or concerns you have in getting on or off the massage table. Let the massage therapist know if you experience balance instability, freezing, slowness of movement, or orthostatic hypotension (low blood pressure).
- Music, nature sounds or other relaxing sounds may be played in the background. Ask the massage therapist to adjust the music volume, temperature of the room, lighting, etc. if you feel the environment is distracting or uncomfortable.
- Oils or lotions may be used on your skin. Communicate any allergies or concerns to your therapist.
- Massage should not be painful. You may experience momentary discomfort in a particular spot in a muscle that feels like a knot. But if it becomes painful, speak up. Let your massage therapist know if you experience pain or are uncomfortable during your session.
- After the massage, do not get off the table too quickly. If you feel light headed or dizzy, communicate this to your massage therapist. It is very important to drink extra water after your massage.

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### Reminders of upcoming events as of Friday, March 04, 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 <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	Tobby Feddis, 301-729-5569 Pam Dolly, 304-738-2196
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 bergstromdf@gmail.com

#### OTHER EVENTS:

- Saturday, March 5, 2016, 1:00 PM – 5:00 PM, Linda and Paul Embly 50<sup>th</sup> Wedding Anniversary Celebration: An Open House event at the Smithsburg Fire Hall, 22 North Main Street, Smithsburg, MD. No gifts. No RSVP.
- Tuesday, March 15, 2016, 2:00 PM, Washington County Senior Center Grand Opening, 535 East Franklin Street, Hagerstown, MD; additional information available by calling 301-790-0275, Ext. 246
- 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: Phone 410-955-8795 Email [rdunlop@jhmi.edu](mailto:rdunlop@jhmi.edu) [Register](#)
- Thursday, March 17, 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).
- 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: Phone 410-955-8795 Email [rdunlop@jhmi.edu](mailto:rdunlop@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. Call 703-734-1017 for more information.

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- 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](mailto:4Parkinsons@gmail.com) or 240-625-2722.
- Thursday, March 24, 2016, Noon – 1:00 PM Memory Café: Free lunch and meeting at Hurricane Taphouse, 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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- Friday, April 1, 2016, University of Maryland PD and Movement Disorder Center Symposium. 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: Phone 410-955-8795 Email [rdunlop@jhmi.edu](mailto:rdunlop@jhmi.edu)
- Thursday, April 7, 2016, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker is Dr. Laxman Bahroo, Neurologist at Georgetown University Hospital.
- Monday, April 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, 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: Phone 410-955-8795 Email [rdunlop@jhmi.edu](mailto:rdunlop@jhmi.edu). [Register](#)
- Thursday, April 28, 2016, Noon – 1:00 PM Memory Café: Free lunch and meeting at Hurricane Taphouse, 29 N. Burhans Blvd, Hagerstown. Contact David Kukor for information and reservations at 301-639-3166 or [dkukor@ahcglobal.com](mailto:dkukor@ahcglobal.com).

## Hagerstown Parkinson's Support Group Yard Sale April 30, 2016

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 30<sup>th</sup>, 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](mailto:home2wv@yahoo.com).

**THIS YEAR PICNICS ARE ON JUNE 17 AND SEPTEMBER 16, NOON UNTIL 3 PM**  
**BRING A DISH AND ENJOY THE SOCIAL HIGH POINTS OF THE YEAR**