

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

July 2016

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

[Visit us on Facebook](#)

Volume 6, Issue 7

### This Month's Meeting

We had **51 people** at our June meeting, including 5 new members. It was a great turnout for our bi-annual break-out meeting. We broke out into two groups – one with caregivers and one with the persons with Parkinson's Disease. **Dean Cook** facilitated the PD group and **Art Guyer** led the caregivers. Both groups had good discussions and it was difficult bringing it to a stop about 1:00 PM. We will do this again in December and next year we are scheduling 3 sessions.

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

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

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### Don't Forget the Picnics

June 17 and September 16

See [Page 5](#) for Full Details

Come Out and Enjoy the Day



### MARK YOUR CALENDARS

Join us for our next  
Parkinson Support Group Meeting  
at the

**Western Sizzlin Steakhouse**  
17567 York Road, Hagerstown, MD

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

**Our speaker will be  
Candice Valencia  
Instructor for Gentle Yoga and  
Senior Strength Training**

#### Newsletter Highlights

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

Heads Up, Caregivers! ([Page 3](#))

Foods for Sensitive Stomachs ([Page 4](#))

Picnic Flyer ([Page 5](#))

Washington County Ride Assist Program ([Page 6](#))

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

### Future Meetings

#### 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 16, Picnic in the Park

Oct 6, Dr. Kelly Mills, Neurologist from JHU  
Nov 3, TBD  
Dec 1 Patients & Caregivers Breakout Sessions  
December Meeting will be Christmas Party Too

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  
Toby Feddis, 301-729-5569,  
[lansgranny2007@yahoo.com](mailto:lansgranny2007@yahoo.com)  
Pam Dolly, 304-738-2196,  
[pameladolly89@gmail.com](mailto:pameladolly89@gmail.com)

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,  
[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)

Cross Keys Parkinson's Support Group  
(New Oxford, PA)  
Daune Wynn, 717-495-5671  
[wynn574@crosskeysvillage.net](mailto:wynn574@crosskeysvillage.net)

**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.

# The Hagerstown Parkinson's Support Group

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### Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3<sup>rd</sup> Monday of every month. In May, **Peg Hayzlett, Ecile Shaw, Art Guyer, Mike Saterbak, Carol Gaines, and Barbara Harrell** met for breakfast.

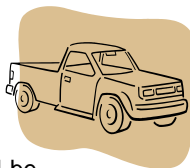
This month the breakfast is scheduled for **Monday, June 20th at 8:30 AM** at the **Hagerstown Family Diner**. This restaurant is located at 431 Dual Highway near the Best Western Grand Venice Hotel. Contact Art if you need information or directions.

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.

### ATTENTION:

If you no longer drive or have limited your driving and would be interested in getting a ride to one of our activities from another member, send me a note or call me and I will post a list. I am hoping there will be other members happy to help out and offer transportation. Also, see Page 6 of Local Transit info.

### MAPS Ambassador

The Maryland Association for Parkinson Support (MAPS) has set up points of contact (Ambassadors) 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.

**Dean Cook** is our area's Ambassador.

We would like to enhance Dean's 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.**

You can **contact Dean** for information or volunteer to help at 304-268-1623 or by email at [home2wv@yahoo.com](mailto:home2wv@yahoo.com).

### Picnic Time Again

**Where:** Martin L. Snook Memorial Park, Pavilion #4, Hagerstown, MD

**Dates:** Friday, June 17, 2016  
Friday, September 16, 2016

**Time:** 12 Noon

### RSVP REQUESTED

Bring a covered dish or dessert and there will be fried chicken. We will provide drinks, eating utensils, and paper plates, cups, and napkins.

The cost of the chicken and the fee for rental of the pavilion will be prorated to those attending. Historically, this has been about \$4 a person.

There will also be free bingo for all, as usual! Everyone should bring one or more wrapped, inexpensive "prizes" for bingo winners. Prizes can be something you want to get rid of or you can pick up some items from a "dollar store."

**[See the Picnic Flyer on page 5.](#)**

### Cards

Contact **Dave DeHaven** at 301-582-2815 if you would like to play in the next card game. **We are not scheduled to play cards in June.**

### PD Group Bowling

Our bowling group is growing slowly and we are having fun. We had a good turnout in April, but Doris and I could not make it. 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 **June 16th at 1:00 PM.**

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

### Birthdays in June

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)

**Making Your Home Safe and Accessible:** You can make many simple and inexpensive modifications to your home to make it more accessible. Lighting and light switches, for example:

- Replace traditional light switches with rocker-panel switches that require less fine motor control. They can be turned on or off by pressing with an arm, elbow, or palm of the hand. Rocker panel switches are available with built-in illumination, so you don't have to grope in a dark room to locate the switch.
- Purchase touch-sensitive lamps if manipulating the small turn-screw on most lamps is difficult. Converter kits are available that easily transforms a traditional lamp into a touch-sensitive one.
- Install motion detector light switches in the basement, garage, and utility room. They are useful in areas where you often find your arms full. The light turns on when you enter and turns off shortly after you leave the room. In some locations, photosensitive night-lights are a good option too.

**This and That .... Thoughts on my Mind by Art Guyer:**

**Thinking about the picnic and what I need to bring. Hope you make this fun event. Take care..... Art**

### Heads Up, Caregivers: Coping Tips for Caregivers of Those with Parkinson's Disease

As a caregiver of someone with Parkinson's disease, you have a lot to do:

- You help maintain the quality of life for your loved one.
- You educate yourself about symptoms, treatments, and the progression of the disease.
- You keep track of appointments with the doctor, medication schedules, and exercise.
- You offer the love and support necessary to meet the challenges of Parkinson's disease.

You are a caregiver. The role you have taken on is not an easy one. The following tips offer some guidance on how you can help your loved one.

- Take time for yourself. Make sure you have time to relax. If necessary, enlist the help of other family members or even hire someone to assist you in providing care.
- Learn as much as you can about your loved one's disease. That way you'll understand what changes to expect in your loved one's behavior or symptoms and how you can best help when those changes occur.
- Let your loved one participate. Don't try to do everything for your loved one. Allow him or her the time to complete daily activities on his or her own, such as dressing.
- Consult your loved one about his or her family affairs. Although it's not easy to discuss these topics, you should be informed of your loved one's wishes regarding a living will, durable power of attorney, and do-not-resuscitate (DNR) order.
- Set realistic goals for yourself and your loved one. Don't attempt to do everything. By setting attainable goals, you are setting everyone up for success rather than disappointment.
- Do not put your life on hold. Continue to meet with friends, participate in hobbies or groups, and maintain a schedule as normal as possible. You will not only feel more energized, you will be less likely to feel resentful.
- Have someone you can talk to. You are there to listen to and support your loved one, but you also need a support person. Talk openly and honestly with a friend or family member. **If that's not possible, join a support group. Understanding that you are not alone and that someone else is in a similar situation helps you to feel nurtured.**

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### 10 Best Foods for a Sensitive Stomach

Having a stomach that is sensitive to mainstream foods doesn't have to keep you down. There are plenty of options out there to satisfy hunger pangs without sacrificing flavor, taste, and variety. Here are ten of the best foods for a sensitive stomach:

1. **Yogurt.** A lot of dairy products can cause havoc in a person's stomach, especially one that is particularly sensitive. However, yogurt is not one of them. Yogurt contains all of the "good" bacteria that help keep a person healthy – just make sure the yogurt you're buying actually has this good bacterium in it. Keep an eye out for "live and active cultures" or "pro-biotics" next time you're at the grocery store.

2. **Bananas.** Ever notice the types of food that are handed out before marathons? More often than not, bananas are one of them. This is because they are very easily digestible and gentle on a person's stomach. As an added bonus they're also a great source of energy.



3. **Whole Grains.** Did you know that the average person needs about 20 to 30 grams of fiber a day in their diet? Yet most only probably consume around 12g of the needed amount. Wheat bread, oats, and brown rice are just a few examples of whole grains that can pack a fiber punch and aide in digestion.

4. **Ginger.** Ginger is a spice that has been used to help calm upset stomachs, feelings of nausea, bouts of vomiting, gas, and motion sickness for centuries. Add it to your tea for soothing relief to your sensitive stomach concerns.

5. **Sourdough.** Sourdough bread can provide a much-needed break for a stomach that is sensitive. Sourdough bread is fermented, which makes it more easily digestible. It can be a great substitute for those with gluten allergies who can't risk a meal with wheat bread.

6. **Greens.** Keep an eye out for foods that boost rich amounts of magnesium. Magnesium helps cut down hydrochloric acid secretion and this helps keep your stomach sensitivity in check. Foods such as spinach, nuts and seeds, soy beans, and avocados have magnesium.

7. **Pineapple/Papaya.** Both pineapple and papaya can encourage a person's natural digestion. They are also great in relieving symptoms of constipation because they both have enzymes which break down proteins easily.



8. **Applesauce.** Applesauce works a lot like bananas in that they contain a fair amount of pectin. Pectin can help ease the stomach, and since applesauce is already cooked down, it will be easier to digest than a regular apple.

9. **Lean Meats.** When meats are heavy in fat they can really mess up a person's natural digestion and cause an upset stomach. Leaner meats and lean fish that are steamed will be far gentler on the stomach.

10. **Scrambled Eggs.** Scrambled eggs are a common go-to for those suffering from an upset stomach for a reason. They are light while being consumed and gentle on the stomach during digestion. Be sure not to over-season scrambled eggs if you are experiencing stomach issues, this will only further exacerbate the issue.



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## Summer and Fall Picnics 2016

Martin L. Snook Memorial Park, Pavilion #4, Hagerstown, MD

Date: **Friday, June 17, 2016**

Time: 12 PM Noon

Date: **Friday, September 16, 2016**

Time: 12 PM Noon

### RSVP REQUESTED

Bring a covered dish or dessert and there will be fried chicken. We will provide drinks, eating utensils, and paper plates, cups, and napkins. The cost of the chicken and the fee for rental of the pavilion will be prorated to those attending. Historically, this has been about \$4 a person.



There will also be free bingo for all, as usual! Everyone should bring one or more wrapped, inexpensive "prizes" for bingo winners. Prizes can be something you want to get rid of or you can pick up some items from a "dollar store." You can count on some guessing games too.

### Directions:

For those using I-81, go East on I-70 at the I-81/70 Interchange.

**Eastbound on Interstate 70 (from I-81)**, take Exit 28, turn left on Downsville Pike; turn left at first traffic light. The park entrance is 100 yards past the light, on the left. Follow the park road to the end and the pavilion will be on the right.

**Westbound on Interstate 70 (from Frederick)**, take Exit 28, the park entrance is 100 yards past the first stop light, on the left. Follow the park road to the end and the pavilion will be on the right.

For more information or to make reservations for the picnic, sign up at one of our meetings or contact:

Art Guyer  
240-625-2722  
4Parkinsons@gmail.com





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### Washington County Transit

## RIDE ASSIST PROGRAM

240-313-2750

[transit@washco-md.net](mailto:transit@washco-md.net)

<http://www.washco-md.net/transit/index.shtm>



The Ride Assist Program is a transportation service developed to assist and supplement the elderly and individuals with disabilities in meeting their transportation needs.

Anyone age 60 or over or individuals with disabilities are eligible for the program. They must have an application on file.

You may call the WCT office to have an application mailed to you, or stop by 1000 West Washington Street, Hagerstown, MD and apply in person. If the applicant is under age 60, you must have your application certified by a healthcare professional acknowledging your disability. Then simply mail, fax, email a scanned copy, or drop off the application at the WCT office. You will be notified by mail of your eligibility.

Vouchers may be purchased at the WCT office or by mail. Business/personal checks, money orders or credit cards are accepted. Once you get approved send a check for \$30.00 to get \$80.00 worth of vouchers. Vouchers expire at the end of 1 year.

To schedule a ride, call any of the registered providers to schedule your trip. After your trip, show the driver your RAPP ID card and pay for your trip with the vouchers. Vouchers come in a variety of denominations. Tipping your driver is encouraged, but Ride Assist vouchers cannot be used for this purpose.

Our friend **Judy Frantz** provided the following list of taxi companies that take vouchers:

Bonnies Transportation	240-527-5377
Easy Transport	240-578-0641
Grab A Ride LLC	240-513-4340
Miller Transportation	301-797-8040
R.I. Rine LLC	301-524-7824
CaC-Community Action Council	301-797-4161 Ext: 107 (wheelchairs only)

The Washington County Transit Department (WCT) also runs eight, fixed urban bus routes that originate in Hagerstown and offer service to Funkstown, Halfway, Long Meadow, Maugansville, Robinwood, Smithsburg and Williamsport. Complementary Paratransit Service for individuals with disabilities who cannot access fixed-route service, along with Job Access in cooperation with the Washington County Department of Social Services, are also provided by the transit system. The urbanized fixed-route service carries the majority of the County's ridership. Total ridership averages over 400,000 passenger trips annually.

### ATTENTION:

If you no longer drive or have limited your driving and would be interested in getting a ride to one of our activities from another member, send me a note or call me and I will post a list. I am hoping there will be other members happy to help out and offer transportation.

I know a few of you already provide this service and I greatly appreciate your stepping up to help other members. That is what a support group is about!

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### Reminders of upcoming events as of Friday, June 03, 2016

#### 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	Toby Feddis, 301-729-5569, lansgranny2007@yahoo.com Pam Dolly, 304-738-2196, pameladolly89@gmail.com
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 Silvius, 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
Cross Keys Parkinson's Support Group	3 <sup>rd</sup> Thursday @ 2:15 PM Cross Keys Village, New Oxford, PA	Daune Wynn, 717-495-5671 wynn574@crosskeysvillage.net

#### OTHER EVENTS:

- Saturday, June 4, 2016, National Parkinson Foundation Moving Day, Washington, DC. Contributions can be given to Art Guyer at [4Parkinsons@gmail.com](mailto:4Parkinsons@gmail.com) or 240-625-2722. They will be divided among the two area teams.
- Tuesday, June 14, 2016, 11:00 AM – 2:00 PM, Winchester PD Support Group Meeting. An Inova Movement Disorder Specialist will be speaking on Memory and Cognition. They hold a pot luck lunch at the Family Life Center, Winchester Church of God 2080 N. Frederick Pike, Route 522 North, Winchester, VA. Contact Cheryl Reames, 540-662-4632.
- 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: Phone 410-955-8795 Email [rdunlop@jhmi.edu](mailto:rdunlop@jhmi.edu). [Register](#)
- Thursday, June 16, 2016, 1:00 – 3:00 PM, Bowling. Southside Bowls, Virginia Avenue. For directions or information, contact Dave DeHaven at 301-582-2815 or by email at [hagdehaven@aol.com](mailto:hagdehaven@aol.com).
- Friday, June 17, 2016, Noon – 3:00 PM, HPSG Picnic. Bring a dish and a Bingo Prize. For directions or information, contact Dave DeHaven at 301-582-2815 or by email at [hagdehaven@aol.com](mailto:hagdehaven@aol.com).

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- Monday, June 20, 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, June 23, 2016, Noon – 1:00 PM Memory Café: Free lunch and meeting at Ledo Pizza Restaurant located at 1423 Dual Highway, Hagerstown. Contact David Kukor for information and reservations at 301-639-3166 or [dkukor@ahcglobal.com](mailto:dkukor@ahcglobal.com).
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- Thursday, July 7, 2016, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker is Candice Valencia, Personal Trainer and Senior Yoga Instructor
- Friday, July 15, 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).
- Monday, July 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, July 20, 2016, 7:00 – 9:00 PM, Johns Hopkins PD Community Education Series  
Subject: Advanced Treatments & Surgical Therapies (Dr. Kelly Mills, MD)  
St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD  
Contact: Phone 410-955-8795 Email [rdunlop@jhmi.edu](mailto:rdunlop@jhmi.edu). [Register](#).
- Thursday, July 28, 2016, Noon – 1:00 PM Memory Café: Free lunch and meeting at Ledo Pizza Restaurant located at 1423 Dual Highway, Hagerstown. Contact David Kukor for information and reservations at 301-639-3166 or [dkukor@ahcglobal.com](mailto:dkukor@ahcglobal.com).
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- Thursday, August 4, 2016, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker is Becky Dunlop, RN, BSN, Johns Hopkins Parkinson and Movement Disorder Center, Baltimore, MD.
- Monday, August 15, 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, August 17, 2016, 7:00 – 9:00 PM, Johns Hopkins PD Community Education Series  
Subject: Genetics (Valina Dawson, PHD and Weiyu Mu, SCM, CGC)  
St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD  
Contact: Phone 410-955-8795 Email [rdunlop@jhmi.edu](mailto:rdunlop@jhmi.edu). [Register](#).
- Thursday, August 25, 2016, Noon – 1:00 PM Memory Café: Free lunch and meeting at Ledo Pizza Restaurant located at 1423 Dual Highway, Hagerstown. Contact David Kukor for information and reservations at 301-639-3166 or [dkukor@ahcglobal.com](mailto:dkukor@ahcglobal.com).

### 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