

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

September 2016

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

Volume 6, Issue 9

[Visit us on Facebook](#)

This Month's Meeting

September Meeting

Local Support Group Contacts

There were 66 people at our August meeting, including 4 new members. It was a great turnout.

Our speaker was **Becky Dunlap** RN, MS, Instructor of Neurology, Associate Director, Johns Hopkins Parkinson's Disease and Movement Disorders Center. Once again Becky did a great job answering a multitude of questions. Thanks for another job well done, Becky.

Betty Martin won the \$10 gift certificate donated to the group by the owners of the Western Sizzlin' Restaurant.

Thanks goes out to **Ecile Shaw** for delivering the prayer before lunch. And thanks to **Dave DeHaven** and others who helped make the meeting a success. Good job all.

Doris and I again want to thank everyone for their kind thoughts, prayers, and messages by card, email, phone and visits. You guys are great and we appreciate the continuing support we are getting from all of you. This truly is a family group.



Doris was released from Coffman's Nursing Home on Wednesday, August 10th and will continue rehab therapy at home for a while. Her leg is healing well but she still has balance issues to deal with. The Coffman's staff was great and our experience there was very good.

..... *Art and Doris*

MARK YOUR CALENDARS

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

Thursday, September 1, 2016, 11:45 AM

**Our speaker will be
Shelly Steiner, from
Hospice of Washington County
who will be discussing the
LifeCare of Washington County
program which assists
individuals facing the challenges
of serious illness.**

Newsletter Highlights

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

Heads Up, Caregivers! ([Page 4](#))

8 'Healthy' Foods That Aren't ([Page 5](#))

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

Future Meetings

Sep 1, Shelley Steiner, Hospice of Wash. County

Sep 16, Picnic in the Park

Oct 6, Dr. Kelly Mills, Neurologist from JHU

Nov 3, Heinji Calara RN, Abbie

Pharmaceuticals, with a Duopa Patient

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
Facebook.com/winchesterPDsupport

Cumberland Parkinson's Support Group
Toby Feddis, 301-729-5569,
lansgranny2007@yahoo.com
Pam Dolly, 304-738-2196,
pameladolly89@gmail.com

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,
bergstromdf@gmail.com

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

Cross Keys Parkinson's Support Group
(New Oxford, PA)
Daune Wynn, 717-495-5671
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

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 July, we had another good turnout for breakfast, including **Dave DeHaven, Peg Hayzlett, Linda Embly, Mike Saterbak, Gloria Rith, Carol Gaines, Barb Harrell, Ecile Shaw and Frank Mconnell.**

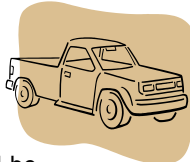
This month the breakfast is scheduled for **Monday, August 15th at 8:30 AM** at the **Hagerstown Family Diner.** This restaurant is located at 431 Dual Highway near the Best Western Grand Venice Hotel. Contact Art if you need information or directions.

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.

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.

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 getting members of our Support Group to contact businesses, offices, schools, churches, civic groups, HOAs, etc. So, **we are looking for volunteers to help distribute materials.**

Contact **Dean** for information or volunteer to help at 304-268-1623 or by email at home2wv@yahoo.com.

Picnic Time Again

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

Dates: 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-\$5 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."

Pavilion #4 is at the end of the park road when you enter from Halfway Boulevard. Contact Art Guyer or Dave DeHaven if you need information or directions.

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 this month.**

PD Group Bowling

Our bowling group is growing slowly and we are having fun. We had a good turnout in June. 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 **August 18 at 1:00 PM.**

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

Birthdays in August

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

RAMPS, RAILINGS, STAIRS AND GRAB BARS: If the person with PD uses a wheelchair, install a ramp with a railing. Be sure there is a level area in front of the door. A platform 5 feet wide and 3 feet long is recommended at the top of the ramp because it will be easier to unlock and open the door. Railing height above ramps is a matter of Personal preference. The average-sized person usually finds a height of 35-36 inches works well. If the person using the wheelchair is short, consider one that is 32-34 inches high. Railings should be installed on either side of the ramp. They should be 1-1/4 to 1-1/2 inches in diameter with 1-1/2 inches clearance from any obstruction such as a wall.

This and That Thoughts on my Mind by Art Guyer:

As our group grows and as some members no longer feel safe driving, there is an increasing need to provide transportation to a few members. As I have mentioned before, I want to create a list of individuals who want to attend our activities but need help getting there. Two individuals have asked for transportation help so far and I know there are a few others out there who rely on others for rides. Here are the two names I have so far; please contact them directly if you are willing to provide transportation:

Larry Pereschuk
3820 Trego Mountain Rd
Keedysville MD
301-432-2722

Glenda Austin
1625 Woodlands Run
Hagerstown MD
301-791-1361
glamealey210@verizon.net



Take care..... Art

Parkinson's Support Groups

Michael J. Fox Foundation

Do I need a support group?

Many people find that support groups are tremendously effective in helping them cope with the day-to-day realities of having Parkinson's disease. Groups come in different formats — from large, formal meetings to smaller "living-room" get-togethers — and you probably won't be equally comfortable with or get the same benefit from all. If you don't like the first group you find, it's worth looking for one that suits you better. If you can't find any you like in your area, consider starting one. If you are unsatisfied with the available options, it is likely that you're not the only one feeling that way.



Other places to find support

With that said, support groups aren't for everyone. If you're dead set against the idea, there's little point in forcing yourself. Support groups work best for people who want to be there. Many resources are available to help you find a support group, including: Your neurologist or treating physician (or a member of his or her office staff), local hospitals (community outreach or similar services), community calendars in local newspapers and Web sites of national Parkinson's disease organizations.

Art's Notes:

If this or some other support group does not meet your needs, one way to change it is to become part of the leader board and make small, progressive alterations through leadership. Support groups should reflect the needs of the majority of the members so when asked for suggestions, speak up and make your desires known.

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Heads Up, Caregivers:

HOW CAN I HELP MANAGE MY LOVED ONE'S CARE?

Michael J. Fox Foundation

Become an integral part of your loved one's experience with Parkinson's by offering to help share the responsibilities associated with the disease including doctor appointments, therapy sessions, medication administration, household duties or any activity that's more difficult to perform because of Parkinson's disease. People with Parkinson's will desire different levels of assistance and some wish to maintain as much independence as possible. You won't know if a person wants help unless you ask but then respect their response. Communication about these issues is key to understanding how best to help your loved one.

Ask your loved one if you can attend doctor's visits. Care partners play a major role on the team of people treating Parkinson's. You offer an outside view of how your loved one has been doing in the interim since the last visit. You may also recognize new symptoms or subtle changes that the person experiencing Parkinson's doesn't. For example, your loved one's mood or behaviors may have changed and he or she may be more withdrawn. These could be signs of depression, which is a clinical symptom of PD and is treatable with medication. A person with Parkinson's might otherwise dismiss this as a reaction to the diagnosis of PD or not even mention it to the doctor. You may also have noticed that your loved one's speech has become softer or more monotone. This may impact your ability to communicate and therefore your relationship. Speech therapists can prescribe exercises to improve voice control.

You and your loved one can decide together on management options offered and with two sets of ears tuning in, you can both be clear on the treatment plan.

As a caregiver, keeping track of all the details associated with medical care can be overwhelming. Here are some tips to help:

- Stay organized with a calendar that you can take on doctor visits. Note doctor and therapy appointments, start and stop dates of medicines, and any side effects you notice.
- Keep a list of all doctors' phone numbers and addresses in case of an emergency. Keep a separate and updated list of all prescription medications, their dosages and instructions and prescribing provider. Note allergies or medication intolerances as well.
- Familiarize yourself with the terms of your loved one's medical insurance. Know what services, including prescription medication coverage and therapy session benefits, are included. Talk with your physician about the long-term needs of your loved one, and make sure his or her current medical plan will meet those needs. Engage the services of a social worker if you need help navigating these issues.
- Know your rights in terms of disability coverage, family leave and elder rights.

If possible, consult a movement disorder specialist, a neurologist specially trained in Parkinson's disease and other movement disorders. Before appointments, prepare a list of your questions for the doctor.

Particularly in the early days after diagnosis, your list may include questions on:

- long-term prognosis
- symptoms you need to be aware of — both motor and non-motor
- how existing medical conditions may affect the health of your loved one
- medicine protocol
- non-medical treatments
- clinical studies that need you or your loved one with Parkinson's

You do not need special medical training to help with any but the most advanced stages of the disease. Most caregivers are primarily called on to aid with daily tasks that may become difficult or impossible for someone with Parkinson's, and to provide ongoing emotional support. One exception: if Parkinson's causes trouble swallowing and therefore increases the risk of choking, knowing the Heimlich maneuver can be life-saving.

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8 'Healthy' Foods That Aren't

Kristin Kirkpatrick, MS, RD

Let's face it: When you're trying to eat healthy, the grocery store can be downright confusing. Sure, the produce department is a no-brainer, but what about all the aisles of packaged products proclaiming themselves a "healthy" choice? The trick is to keep it simple. "The simpler a food is, the greater the likelihood it's a healthy option," says Kristin Kirkpatrick, RD, wellness manager at the Cleveland Clinic Wellness Institute.

Some foods seem like a safe bet because of trendy terms or ingredients. Here are facts about eight foods that might have you fooled.

1. Sports Drinks and Enhanced Waters

It's easy to think of sports drinks as healthy, especially because of all the famous athletes who guzzle them in ads. But unless you exercise intensely, for a long stretch of time, or in high heat, you should pass on them.

"Most individuals don't need a sports drink for refueling or rehydrating," says Jackie Newgent, RDN, author of *The All-Natural Diabetes Cookbook*. And the extra, empty calories can add to unhealthy weight gain and tooth decay.

The same goes for waters that have been enhanced with vitamins and minerals; they usually have artificial flavors and sweeteners.

Bottom line: "Plain water and a well-balanced diet are the best way to stay healthy and hydrated," Newgent says. Too boring for your taste buds? Make your own fruit-infused water with fresh lemons, limes, or berries.

2. Trail Mix

It's an easy, tasty way to refuel between school, dance practice, and study groups. But be careful: Many grocery store versions are packed with not-so-nutritious add-ons, like chocolate, salty nuts, and pretzels or peanuts covered in "yogurt."

"Watch out for trail mixes that are borderline candy mixes," Newgent says.

Bottom line: Look for trail mixes that are mostly plain nuts, dried fruit, and seeds. Or make your own at home. And watch the portion size. A small handful of this high-calorie snack is usually enough.

3. Veggie Chips

The pieces of actual veggies in veggie chips are so thin and processed that most of the nutrition from the vegetable is gone.

Raw veggies are obviously a healthier way to go, but let's face it: Sometimes those carrot sticks just aren't going to satisfy your crunch craving. Try whole-grain pretzels, baked corn chips, crackers made with seeds and nuts, or popcorn, Kirkpatrick suggests. To keep from turning a bag of chips or box of crackers into a meal, divvy them up into sensible portions ahead of time.

Bottom line: Don't assume veggie chips are as nutritious as veggies.

4. Nutrition Bars

Some are filled with so much sugar that you may as well be eating a candy bar. For instance, the best-selling energy bar, according to a 2013 survey, has 230 calories, 10 grams of sugar, and 160 milligrams of sodium. A Snickers bar clocks in at 250 calories, 27 grams of sugar, and 120 milligrams of sodium.

Bottom line: If you're going to eat them, choose one that's low in added sugar and made mostly of nuts, seeds, fruits, and whole grains. Better yet, make your own.

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5. Raisin Bran or Flavored Oatmeal

The classic breakfast cereal is another sugar trap. Although some are high in healthy fiber, the already-sweet raisins usually come coated in more sugar.

The same goes for flavored instant oatmeal. Even though it offers whole grains, the flavored packets have more sugar and salt than plain rolled or steel-cut oats.

A better option for cold or hot cereal: Start plain and add your own extras. Buy bran flakes and sprinkle a tablespoon of raisins into your kids' bowls. Or dress up plain oatmeal with fresh fruit or a small dab of honey.

Bottom line: "There's lots of smoke and mirrors on cereal boxes, especially the ones marketed to kids," Kirkpatrick says. She suggests looking for cereals that have less than 135 milligrams of sodium per serving and no added sugar.

6. Smoothies

What could be healthier than drinking a smoothie made of fresh fruit? The fruit itself.

"A smoothie every once in a while is OK, but you're removing the fiber and taking in a high concentration of sugar," Kirkpatrick says. "So you're going from having 9 grams of sugar in a bowl to 30 or 40 grams of sugar in a smoothie -- even more if it's a commercially made one."

Bottom line: Make smoothies at home so you know exactly what's in them. Better yet, just eat the fruit.

7. "Low-Fat" and "Fat-Free" Products

"We have to get away from this thinking that 'low fat' is a good option," Kirkpatrick says. "Naturally occurring low-fat foods like an apple are one thing, but packaged low-fat foods are a bad choice 90% of the time." That's because low- and no-fat foods typically replace the fat with other stuff, like salt, sugar, or thickeners, which can add calories.

Bottom line: Don't assume "low-fat" or "fat-free" is healthier than its full-fat version. Check the label for the calories and serving size.

8. Gluten-Free Products

There's no need to avoid this protein unless someone in your house has a medical problem like celiac disease, in which gluten damages the small intestine.

That's not to say that naturally gluten-free whole foods, like quinoa, aren't good for you, Newgent says. "But, unfortunately, most people who switch to a gluten-free eating style when they don't need to far too often reach for overly processed gluten-free products, like gluten-free cookies."

Also, when manufacturers take out gluten, they often remove the B vitamins, minerals, and fiber that come with it. Plus, gluten-free products tend to be more expensive than their regular counterparts.

Bottom line: Skip foods labeled "gluten-free" unless you have to eat them for medical reasons.

SOURCE: Kristin Kirkpatrick, MS, RD, wellness manager, Cleveland Clinic Wellness Institute.
National Institute of Diabetes and Digestive and Kidney Diseases

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Reminders of upcoming events as of Thursday, August 11, 2016

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

OTHER EVENTS:

- 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 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 ggray8@jhmi.edu. Register.
- Thursday, August 18, 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
- 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.

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- Thursday, September 1, 2016, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker is Shelley Steiner, Hospice of Washington County.

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- Friday, September 16, 2016, Noon – 4:00 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.
- Monday, September 19, 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.
- Wednesday, September 21, 2016, 7:00 – 9:00 PM, Johns Hopkins PD Community Education Series
Subject: Legal Planning (Jason Frank, CELA)
St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD
Contact: Phone 410-955-8795 Email ggray8@jhmi.edu. [Register](#).
- Thursday, September 22, 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.

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- Thursday, October 6, 2016, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker is Dr. Kelly Mills, Johns Hopkins Parkinsons and Movement Disorder Center, Baltimore, MD.
- Saturday, October 15, 2016, 7:00 AM, Pacing 4 Parkinson's, M&T Bank Ravens Stadium, Baltimore, MD. Contact: Phone 410-955-8795 Email rdunlop@jhmi.edu. www.pacing4parkinsons.org.
- Monday, October 17, 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.
- Wednesday, October 19, 2016, 7:00 – 9:00 PM, Johns Hopkins PD Community Education Series
Subject: Driving (Jan Crye, OTR/L, CDRS)
St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD
Contact: Phone 410-955-8795 Email ggray8@jhmi.edu. [Register](#).
- Thursday, October 27, 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.

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- Thursday, November 3, 2016, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker is Heinji Calara RN, Abbvie Pharmaceuticals, with a Duopa Patient.
- Wednesday, November 9, 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 ggray8@jhmi.edu.

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