

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

November 2016

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

[Visit us on Facebook](#)

Volume 6, Issue 11

### This Month's Meeting

### November Meeting

### Local Support Group Contacts

#### Are you ready for this!

**There were 90 people at our October meeting**, including the speaker, and two guests, Warren Leach's granddaughter, and Deb Haviland from Farney-Keedy. In addition to the guests, we had 13 new first-time attendees, including 3 from the "Friends in Frederick PD Support Group." What a great turnout! We had to set a third row of tables down the center of the room to accommodate everyone. Thanks to you all for supporting our group and activities.

Our speaker was Dr. Kelly Mills, who now holds the attendance record for our meetings (sorry Becky). **More on page 2 about Dr. Mills.**

**Edith Johnson** 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.

Please keep **Connie Hipp's** family in your prayers. Connie passed away on Thursday, October 6, 2016, at her home. She will be missed by all of us.

And also for **Helen Lockard** and her family on the recent passing of her husband, Fred.

Don Phillips is also under Hospice care at home; send good thoughts and prayers to him and Sandy.

### MARK YOUR CALENDARS

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

**Thursday, November 3, 2016, 11:45 AM**

**Our speaker will be  
Heinji Calara, an RN from Abbvie  
who will speak on DUOPA along  
with a patient who uses it.**

#### Newsletter Highlights

Tips for Making Life Easier (Page 3)

Heads Up, Caregivers! (Page 4)

Outstanding Members - 2016 (Page 4)

Picnic and Webinar Instructions (Page 5)

Vaccine for Parkinson's Disease (Page 6)

Detailed Event Listing (Pages 7 & 8)

### Future Meetings

Nov 3, Heinji Calara RN, Abbvie  
Pharmaceuticals, with a Duopa Patient  
Dec 1, Patients & Caregivers Breakout Sessions  
**December Meeting will be Christmas Party**  
**Bring wrapped gift costing no more than \$10**

2017

Jan 5, Patients & Caregivers Breakout Sessions  
Feb 2, Daniel Quirk, DPT, Fox Rehabilitation  
Mar 2, Jaclyn Garrish, Speech-Language Path.  
Apr 6, Sandra Mertz, Neuro. Ortho. Hypotension  
May 4, 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](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)

### 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

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

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### Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3<sup>rd</sup> Monday of every month.

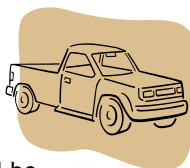
This month the breakfast is scheduled for **Monday, October 17th at 8:30 AM** at the **Hagerstown Family Diner**. This restaurant is located at 431 Dual Highway near the Best Western Grand Venice Hotel. Contact Art if you need information or directions.

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.

Thanks to those good people who are already providing transportation to others on a regular basis now. You make this group special.

### 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.



### Operation Christmas Child Donations

Thanks again for your generous donations for Operation Christmas Child. If you'd still like to donate items for boxes or filled shoeboxes you may bring them to the November meeting.

*A. Candice Valencia*

### DR. KELLY MILLS, MOVEMENT DISORDER SPECIALIST, JOHNS HOPKINS

Dr. Mills made a great presentation to our packed house of 90 people. He answered questions from the group for over an hour and continued to speak with individuals throughout lunch and until he left about 3:00 PM. His contact information is:

**Kelly Mills, MD**  
Associate Director, DBS Center, JHU  
Assistant Professor of Neurology  
410-502-0133 in Maryland  
410-464-6641 outside of Maryland

### 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

**We will not be bowling** the rest of the calendar year due to holidays and other conflicts. After the first of the year we will resume if we get enough participants.

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.

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

### Birthdays in October

Happy Birthday to members who have birthdays this month. We announced your names and sang happy birthday to you at our meeting; sorry if you missed it.

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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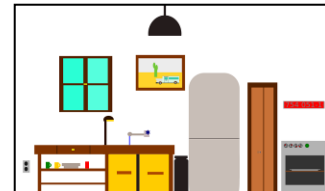
November 2016

### Parkinson's Disease: Tips for Making Life Easier

Based on the Book by Shelley Peterman Schwarz (2002)

#### Making your Home Safe and Accessible: Kitchens

- **If you plan to purchase new appliances**, consider buying a stove with a smooth top. It is much easier to clean. Buy a side-by-side refrigerator/freezer so you can store both frozen and refrigerated items at eye level.
- **Store dishes, utensils, and food in locations closest to where you use them.** For instance, store dishes and glasses over the dishwasher or sink and hang pots and pans from hooks near the stove. Store frequently used items on the countertop or other convenient location. Avoid stacking or piling objects on top of each other. Label the drawers, cupboards, and cabinets in the kitchen with a description or a photo of the contents. This will cut down on the amount of time spent searching for items, especially if others frequently help you in the kitchen. Use Lazy Susan's on the table or in your cupboard to make access easier.
- **Look for a cutting board with a raised side**, or have wooden sides attached to your existing cutting board, to minimize spillage of diced food.
- **Purchase a dustpan attached to a long handle** so you won't have to bend to use a dustpan. You can collect your floor sweepings while in a standing position.



#### 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 a 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 who need 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



*I understand that Ragan and Ecile Shaw will be providing transportation for Glenda Austin!*

*Take care..... Art*

### Potential Chambersburg PD Exercise Class and Support Group

Kathy Smith has been seeing a physical therapist in Chambersburg, called "Physical Therapy etc." They are in the process of starting an exercise class for PD, most likely two times a week! Those of you in that area may be interested in contacting them; their phone number is 717-263-5147.

They also would like to help get a PD support group restarted in Chambersburg. The owners are offering to help Kathy do this and one of the therapists is willing to work with her side by side. PT ETC has offered their facilities for support group meetings once they get started! They are not certain how quickly they can put this new group in place but Kathy is making progress. Their address is 142 Franklin Farm Lane, Chambersburg, PA; email is [businessoffice@physicaltherapyetc.com](mailto:businessoffice@physicaltherapyetc.com). We want to support this effort as much as possible because there are people in the Chambersburg area that would like to attend support group meetings but don't want to drive to Hagerstown. It would be great to have another resource in our community. And those of you from the Chambersburg area can still come to our meetings and special events. Their web address is: <http://physicaltherapyetc.com/>.

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### Heads Up, Caregivers: Support for the Caregiver

<https://www.caregiver.org/parkinsons-disease-caregiving>

**Get Prepared:** Many internet resources for caregivers are available and public libraries have literature on the disease. Whenever possible, accompany the person with Parkinson's to their medical appointments and ask questions of the doctor, nurse and social worker. The areas to assess include your loved one's needs — your perceptions and theirs, your home environment, and your own health, emotional state, and other commitments. The caregiver has to determine how much they can and can't do themselves and what type of outside support is needed. It is also important to assess current and future financial issues such as health insurance coverage, employment, managing expenses, and when to get a Power of Attorney.

**Take Care of Yourself:** Probably one of the most important, and sometimes difficult, things caregivers can do is to take care of themselves. This includes maintaining mental and physical health by making and keeping your own medical and dental appointments. As a caregiver, it is important to keep your job whenever possible as it provides not only financial help and possibly insurance coverage, but also a sense of self-esteem. Join a Support Group, for caregivers, if possible. Support groups help you meet people who are going through what you are going through, vent frustrations, give and receive mutual support, and exchange resource information and coping strategies. Whenever possible get your sleep, take breaks, make and keep social activities, and try to keep your sense of humor.

**Get Help:** Get help — don't try to do it all alone. By getting help a caregiver can lessen their sense of isolation, and it gives you more confidence in your own caregiving ability. Having help increases your ability to think creatively and helps you get those needed breaks. Help is available through local and community services. These include neighbors, friends, churches, synagogues, senior centers, adult day health, Meals on Wheels, and door-to-door vans. For a fee there is in-home care for help with cooking, bathing, dressing, and meal preparation. Additionally, a Social Worker from your health plan or hospital can connect you with other services.

**Foster A Good Relationship:** Lastly, maintaining your relationship and communication with the person with Parkinson's can be the most challenging and rewarding aspect of caregiving. As Parkinson's disease progresses, the roles change and the person with Parkinson's may go from being an independent head of the household to a very dependent person requiring a significant level of care. Research shows that despite high levels of strain, caregivers with good quality relationships have reduced depression and better physical health. Remember, as a caregiver your service to your loved one is beyond measure in terms of love, depth of care, and concern.

### Nomination for Outstanding Members of the Year – 2016

These awards recognize special individuals in the Hagerstown Parkinson's Support Group for their outstanding contributions, dedication and assistance to our support group family during the past year. Separate awards will be made to a member who has Parkinson's Disease and a member who is a caregiver. Previous awards went to Dave DeHaven and Connie Hipp.

Complete the following form and return it to Art Guyer by the end of our December meeting. Please be brief, but specific. We will present these awards at our January 2017 meeting.



**Name of Nominee with Parkinson's Disease:** \_\_\_\_\_

**Describe briefly why this individual deserves this award:** \_\_\_\_\_

**Name of Nominee who is a Caregiver:** \_\_\_\_\_

**Describe briefly why this individual deserves this award:** \_\_\_\_\_

*Use another sheet of paper if necessary.*



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### FALL PICNIC: ANOTHER SUCCESS

We had another nice, cool day for our picnic on September 16<sup>th</sup>. There were 41 members there plus 4 guests: Act II (Ben and Connie Smith) who kept us entertained with live music, Talia Valencia (our granddaughter who was helping with transportation for Doris), and Blueberry, our bunny mascot. Linda Embly surprised her daughters, Bonnie and Belinda, with a large birthday cake – Bonnie and Belinda both had birthdays in September.

There was lots of good food, lively conversations, guessing games, and bingo. By the way, we also enjoyed Carol Cook belting out Patsy Cline favorites for us during the afternoon.

I want to thank those who came early and those who stayed late to help with set up and clean up. And thanks to Dave DeHaven for his continued help: he reserves the park, orders and picks up the chicken, calls bingo, and anything else that is needed at the time. Make sure you say thanks to him the next time you see him.




### MICHAEL J. FOX FOUNDATION WEBINARS THIRD THURSDAY EVERY MONTH: HOW TO GAIN ACCESS

By Dean Cook, September 2016

**STEP 1:** Browse to [www.michaeljfox.org](http://www.michaeljfox.org)

**STEP 2:** Go to "OUR ROLE & IMPACT" at the top of the page.

**STEP 3:** Click "MULTIMEDIA."

This takes you to a screen that has the headings "VIDEOS" and "INFOGRAPHICS." Go to the bottom of this page where it says "WEBINARS." Click on the orange button with the arrow and it takes you to a page where you can register. 

Once you register for the first webinar, you will get e-mail messages about subsequent webinars and it will allow you to register for those.

Also, on this same screen, you can view past webinars going back as far as 2012.

There is a "FREQUENTLY ASKED QUESTIONS (FAQS) SECTION" at the very bottom of this screen that you may find interesting.

Remember, this is a live event and you may submit questions. You may log in a little early but the webinar doesn't start until 12 noon. At 11:45 you will hear music.

If anyone has questions, send Dean an e-mail at [home2wv@yahoo.com](mailto:home2wv@yahoo.com) and he will try to help.

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**Thanks Dean for preparing these instructions. The next webinar is October 20<sup>th</sup> and the subject is: "Blood Pressure and Parkinson's: What's the Connection?"**

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### Vaccine for Parkinson's Reports Positive Results

Michael J. Fox Foundation

Posted by Maggie McGuire Kuhl, September 07, 2016

New study results from Austrian biotech AFFiRiS support continued development of its vaccine against the key Parkinson's protein alpha-synuclein. The company recently announced its "boost" follow-up study -- funded with a \$1.04 million grant from The Michael J. Fox Foundation -- showed that an additional dose is safe and can elicit antibodies against alpha-synuclein.

Researchers believe that clumps of this protein (also called fibrils) are toxic and cause the cell death that leads to Parkinson's disease (PD) symptoms and progression.

AFFiRiS has developed a vaccine (called PD01A) to cause the body's immune system to create antibodies against alpha-synuclein, hopefully clearing out the clumps and protecting cells. The treatment works much like the flu vaccine, activating the body to create its own natural disease fighters.

This study builds on a first clinical trial, where 24 participants with early-stage Parkinson's received four doses of PD01A. That trial proved the treatment was safe and showed that half of the participants created alpha-synuclein antibodies. Within a year, however, each of the "responders" saw their levels of alpha-synuclein antibodies decline.

This follow-up trial gave each participant one more dose a year later to see if a "boost" would be safe and would raise antibody levels again. AFFiRiS reported today that the trial was safe; all 28 participants (22 from the first trial and six other people with PD) completed the study. In addition, more volunteers (86 percent) saw an antibody response. All responders from the first trial responded again, and some who did not respond in the first trial produced antibodies with the boost.

#### Many questions remain about this therapy:

**What about those 14% who didn't respond with antibodies in this trial?** Researchers are not surprised to see that not everyone responded because the treatment is relying on each person's immune system to create the antibodies and they just don't know enough about the protein or those individuals' Parkinson's or other biology. Future trials may explore those non-responders to determine who would be a good candidate for a therapy such as PD01A.



#### Would the antibodies work against the type of alpha-synuclein that causes Parkinson's?

Researchers don't know yet, but laboratory tests showed that PD01A-induced antibodies did bind to alpha-synuclein fibrils, the type thought to be toxic and associated with PD.

**Can they keep the antibody levels up?** That's the next step. A second follow-up study is ongoing, funded by MJFF, to monitor the participants and give another dose when their antibody levels start to fall.

**Will PD01A slow or stop Parkinson's disease?** The big question. Trials are still in the safety phase and not designed to test efficacy (there is no placebo, for example), but some preliminary observations are promising. Many (42 percent) of antibody responders from the first trial did not need to increase their dopamine medication over the study observation period (an average of three years). Future studies will be designed to assess efficacy.

### ODDS and ENDS

High-End Recliner/Lift Chair and Wheel Chair for Sale.

If interested, call Sandy Phillips for prices and descriptions at 240-420-3696.

Friends in Frederick Parkinson's Support Group Looking for practical solutions for problems facing PD patients. They are going to publish a book of pointers based on input from people associated with PD. Call Janet Silvius at: 301-831-5609.

Do you feel you are missing out on the conversation? Connect with Maryland Relay: Dial 7-1-7 Multiple Calling Options, Captioned Telephone, or Assistive Equipment. 443-453-5970 or 800-552-7724

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### Reminders of upcoming events as of Monday, October 10, 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 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
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, 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](mailto:rdunlop@jhmi.edu). [www.pacing4parkinsons.org](http://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](mailto: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](mailto: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](mailto:dkukor@ahcglobal.com).
- ++++++
- Thursday, November 3, 2016, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be 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](mailto:ggray8@jhmi.edu).

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- Wednesday, November 16, 2016, 7:00 – 9:00 PM, Johns Hopkins PD Community Education Series  
Subject: Memory & Cognition (Dr. Liana Rosenthal, MD)  
St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD  
Contact: Phone 410-955-8795 Email ggray8@jhmi.edu. [Register](#)
- Friday, November 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 ggray8@jhmi.edu.
- Monday, November 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, November 17, 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).
- Thursday, December 1, 2016, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Breakout sessions and Christmas Party
- Monday, December 19, 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, December 21, 2016, 7:00 – 9:00 PM, Johns Hopkins PD Community Education Series  
Subject: Q & A Panel  
St. Thomas Episcopal Church, 1108 Providence Road, Towson, MD  
Contact: Phone 410-955-8795 or Email ggray8@jhmi.edu. [Register](#)
- Thursday, December 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](mailto:dkukor@ahcglobal.com).

-----Cut Out and Save-----

### Hagerstown Parkinson's Support Group 2017 Speaker Schedule

Date	Speaker
January 5	Patients & Caregivers Breakout Sessions
February 2	Daniel Quirk, DPT, Regional Director, FOX Rehabilitation
March 2	Jaclyn Garrish, MS, CCC/SLP, Speech-Language Pathologist, Total Rehab
April 6	Sandra Mertz, Lunbeck, Neurogenic Orthostatic Hypotension
May 4	Patients & Caregivers Breakout Sessions
June 1	Colleen Brown, RN, BSN, Clinical Specialist for Medtronic DBS
July 6	TBD
August 3	Becky Dunlop, RN, BSN, Johns Hopkins Movement Disorder Center
September 7	Patients & Caregivers Breakout Sessions
October 5	Dr. Stephen Ryan, Physical Therapist
November 2	TBD
December 7	Christmas Party -- No Speaker