

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

September 2017

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

[Visit us on Facebook](#)

Volume 7, Issue 9

This Month's Meeting

September Meeting

Dean's Corner

There were 42 attendees at our August meeting, including our speaker, Mr. Brian Bailie. Brian is the owner of the Visiting Angels franchises in Waynesboro and Chambersburg. He explained how in-home help can be of great value to persons with PD or other conditions.

Jack Nazelrod won the \$10 gift certificate donated to the group by the owners of the Western Sizzlin' Restaurant. Thanks to Paul and his family for being so generous.

Thanks to **Hugh McSweyn** for delivering the prayer before lunch.



September 15, 2017

Organizational/Financial Status

The Hagerstown Parkinson Support Group now has a charter and by-laws to guide the operation of the organization. Copies of the document were made available at the August Support Group Meeting and can be accessed on our website at:

<https://goo.gl/ZHoMKq>

This organization paper was required so we could open a non-personal checking account for the group. Thanks go out to Dean Cook, Mike Saterbak, Ecile Shaw, and Carol Gaines for helping with this effort.

MARK YOUR CALENDARS

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

Thursday, September 7, 2017, 11:45 AM
Featuring

General Discussions:
Members will have an
opportunity to introduce
themselves

Newsletter Highlights
Tips for Making Life Easier (Page 3)
Heads Up, Caregivers! (Page 4)
Non-Surgical DBS Research (Page 5)
Predicting Cognitive Decline in PD (Page 6)
Detailed Event Listing (Pages 7 & 8)

Future Meetings:

2017

Sep 7, General Discussions
Sep 15 Picnic at Snook's Park, Pavilion 4
Oct 5, Dr. Stephen Ryan, Physical Therapist
Nov 2, Dr. Kelly Mills, MDS, Johns' Hopkins
Dec 7, Christmas Party & Gift Exchange

2018

Jan 4, Michael G. Day, Elder Care Attorney
Feb 1, Dr. Liana Rosenthal, MDS, Johns Hopkins
Mar 1, Group Discussions
Apr 5, Arita McCoy, RN, BSN, John Hopkins
May 3, Dr. Ankur Butala, Neuropsychiatrist, JHU

Our fall picnic is scheduled for Friday, September 15th at Snook's Park, Pavilion #4 at 12:00 Noon. Please mark your calendars now. Sign up for the event at the September meeting or call Dean or Art. More info on [Page 6](#).

Bowling -- We resumed bowling on a regular monthly basis on July 20th at 1:00 PM and a few members participated. Southside Bowl provides lanes for our group on the third Thursday of every month; except for August it will on the 24th. They are located at 17325 Virginia Avenue, Hagerstown. The games will continue to be \$2.00 and the bowling shoes free. You do not have to be a good bowler to get in the game. In fact, newbies are welcome.

Memory Café – This fun event is scheduled for August 24th at 11:30 – 1:00 PM at the Otterbein Church on East Franklin Street in Hagerstown. Contact: Dave Kukor at 301-639-3166 or dkukor@ahcglobal.com.

Dean Cook, Meeting Facilitator
Hagerstown Parkinson's Support Group
497 Hogan Drive
Martinsburg, WV 25405
Phone: 304-268-1623
Email: home2wv@yahoo.com

ATTEND A SUPPORT GROUP MEETING!



Local Support Group Information is on [Page 7](#).

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. There was a good turnout at the July breakfast.

This month the breakfast is scheduled for **Monday, August 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?



If you need transportation to our meetings or other events, please let us know.

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 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.

Ride Needed List:

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

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.

PD Group Bowling

Bowling resumed on a regular monthly basis in July. Dean Cook has worked it out with Southside Bowl that they will provide lanes for our group on the **third Thursday of every month at 1 PM**. Please join us at Southside Bowl, 17325 Virginia Avenue, Hagerstown. The games will continue to be \$2.00 and the bowling shoes free. **This month the date will be August 24th due to lane maintenance.**

Birthdays in August

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 required, 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. **Carol Gaines has volunteered to be our new Sunshine Committee of One** and is now responsible for sending out cards as appropriate. Thanks Carol. **Give Barbara Harrell a pat on the back and big thanks for doing that job** for the past several years.

Call Carol at 301-824-3976 or contact Art if you know someone in need.

Speaking of the Harrells, Jerry is at the Coffman's Nursing Home for rehabilitation work. Keep Jerry and Barbara in your thoughts and prayers.



PICNIC COMING UP THIS FALL

Our Fall Picnic this year is scheduled for **Friday, September 15th** at Snook's Park. As before, it is to be held at Pavilion #4 at Noon. Bring a dish and a wrapped bingo prize to share.

Our picnics give us a chance to mingle, play games (especially bingo), and sample the fine food everyone brings.

Please mark your calendars for the upcoming picnic. More info on [Page 6](#).

Contact Dean for info at 304-268-1623.

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Parkinson's Disease: Tips for Making Life Easier

Based on the Book by Shelley Peterman Schwarz (2002)

Dressing Tips:

- **Always dress a weaker limb or your stiffer side first.** To undress, take the garment off the stronger side first.
- **To remove a shirt or blouse,** unbutton the garment and ease it off your shoulders. Reach behind your back and gently tug the garment off.
- **Dress in front of a mirror.** It will help you find the sleeves and match up buttons and buttonholes. Button garments from the bottom up, so you are less likely to skip a button. Or button the bottom few buttons and put the garment over your head.
- **If you are wearing layers,** such as a turtleneck underneath a sweater, put the turtleneck inside the sweater before dressing (don't forget to pull the sleeves through) so you only have to expend the effort of putting on the garments one time.
- **If the person with PD is easily confused or upset by change,** try to always dress him or her in the same type of clothing (for example, sweatpants, a short-sleeved shirt, and a zip-front cardigan).

Upcoming subjects will cover *Dressing Aids and Adaptations*.

This and That Thoughts on my Mind by Art Guyer:

The family and friends of Michaela Whitaker are in my thoughts and prayers this month. Michaela passed on July 22nd just one day short of her 78th birthday. Michaela attended our meetings regularly when she could drive, often bringing a friend or two along. We'd run into her at some of the county programs and always enjoyed her friendly, vivacious chatter. We will miss her even though we have not seen her very often over the past year or so. Her obituary is at:

http://www.heraldmillmedia.com/obituaries/michaela-ann-whitaker/article_67ea0976-3c67-5495-9b11-ddf2f320d57e.html

Take care..... Art

News from the Chambersburg Parkinson's Support Group: The group will hold its next meeting on **Friday, August 18** at 4:00 PM at *Physical Therapy, Etc.*, located at 142 Farmhouse Lane, Chambersburg, PA. Their speaker will be CVS Pharmacist, Becky Barrick. The contact for this group is Kathy Smith, 717-377-8320.

News from the Friends in Frederick PD Support Group: The next meeting of this support group will be on **September 20, 2017**. You should contact Janet or Steve Silvius at 301-831-5609 for more information.

Caregiver Support Group: The Commission on Aging has a Caregiver Support Group that meets quarterly at the Commission on Aging. It is free to attend. This newly formed group is meant to serve as a means of support for those who give of themselves as caregivers. It will give caregivers an opportunity to learn about community resources available and will give them the opportunity to connect with others who understand the caregiving journey.

This program is free and open to the public
535 E Franklin Street, Hagerstown, MD 21740
Contact: Cebrina Young at 301-790-0275 x240

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Heads Up, Caregivers: Medicine and Cognition

Northwest Parkinson's Foundation

Art's Note: Caregivers must be aware of the potential side effects of PD medication and the impact of other prescribed and OTS medication!

Cognitive problems, namely executive dysfunction is common in Parkinson's disease. Medicines, of course, can worsen cognition including memory. Although dopaminergic medicines are the most commonly used medicines to treat PD motor symptoms, there are many others to be aware of as they too can cause thinking problems. The following discussion lists medications by categories of use followed by examples that can cause problems.

Parkinson's Movement

- Dopamine Medicines- Used to treat all movement symptoms associated with PD, these medicines can worsen cognition in some patients. Different people will react differently to each medicine but the following class of medicines has a greater risk: Dopamine Agonists- Ropinirole (Requip), Pramipexole (Mirapex) and Rotigotine (Neupro); Amantadine.
- Anticholinergic Medicines- These anti-tremor and dystonia medicines are used less frequently due to their cognitive side effects: Trihexyphenidyl (Artane), Benztropine (Cogentin)

Sleep: Sleep medicines, or sedatives, can cause daytime grogginess and confusion. Examples of common sleep aids include:

- Zolpiden (Ambien), Zaleplon (Sonata) and Eszopiclone (Lunesta) – The FDA recently recommended using lower doses of these medicines due to these problems.
- Diphenhydramine (Benedryl, Tylenol PM, many allergy preparations) - Yes even over the counter medicines carry risk of cognitive problems.
- Clonazepam and other benzodiazepines such as diazepam (Valium), alprazolam (Xanax), lorazepam (Artane) - These medicines are used for their sedating effect or REM Sleep disorder (Clonazepam).

Pain

- All narcotics such as Oxycodone (Percocet, OxyContin), Vicodin (hydrocodone), Morphine, Tramadol (Ultram) carry high risk of confusion and related cognitive problems
- Anti-seizure medicines Gabapentin (Neurontin) and topiramate (Topamax) and antidepressant amitriptyline are examples of medicines used for chronic pain.

Anxiety

- Clonazepam and other benzodiazepines such as diazepam (Valium), alprazolam (Xanax), lorazepam (Artane)- These medicines are used for their anti-anxiety effects.
- Alcohol and medical marijuana can cause long acting memory problems

Muscle Relaxants: Medication used to treat muscle spasm, rigidity and dystonia. Examples include:

- Benzodiazepines
- Baclofen (Lioresol), Tizanidine (Zanaflex), cyclobenzaprine (Flexeril), metaxalone (Skelaxin)

Bladder Medicines: There are different types of medicines designed to treat different types of bladder medicines. In general, medicines designed to treat overactive bladder can cause cognitive changes.

- Oxybutynin (Ditropan), *solifenacin* (Vesicare), Detrol (*Tolterodine*), *Fesoterodine* (*Toviaz*)



Monique L. Giroux, MD

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(Continued from Page 4)

Drooling: Medications such as patches, pills and drops are sometimes used for drooling but can cause cognitive and memory problems: Tricyclic antidepressants - imipramine and amitriptyline, Glycopyrrrolate (Robinul), Scopolamine, and Atropine drops.

Note: **The examples above do not represent a complete list.** Be sure to discuss all your medicines and side effects with your healthcare provider and do not stop or start medicines without medical supervision.

Non-Surgical Deep Brain Stimulation Shows Promise in Animal Studies

Parkinson Disease Foundation , July 11, 2017



Researchers recently described a way to electrically stimulate areas deep within the brains of mice using electrodes placed on the scalp. If further research bears out these early results, the technique might eventually provide an alternative to deep brain stimulation, which uses surgically-implanted electrodes, as therapy for Parkinson's disease (PD).

Deep brain stimulation (DBS) has helped many people with PD who live with disabling tremors, wearing-off episodes and troubling dyskinesias. However, surgery to implant electrodes deep within the brain carries risks, and some people have experienced side effects related to speech and cognition. Scientists have been searching for ways to achieve the benefits of DBS without surgery.

Researchers led by Edward S. Boyden, Ph.D., at the Massachusetts Institute of Technology, devised a way to deliver electrical stimulation to specific areas deep within the brain, using electrodes placed on the scalp. The technique takes advantage of a phenomenon known as temporal interference. Electrodes, when delivered individually, deliver high-frequency currents that pass through the brain with no effect. But where the electrode beams cross, or interfere, a small region of low-frequency current is generated, which activates neurons. Researchers tested the technique in the physics lab and in experiments with laboratory mice.

Results:

- In mice, the researchers stimulated a deep brain region called the hippocampus, which is associated with memory.
- Researchers were able to guide the stimulation to neurons in different parts of the motor cortex, and prompt mice to move their legs, ears or whiskers.
- By tuning the frequency of the currents and changing the number and location of the electrodes, the researchers could control the size and location of the brain tissue receiving the low-frequency stimulation.
- The technique did not activate neurons in the brain's cortex, the region lying between the electrodes on the skull and the hippocampus.

What Does It Mean?

The major limitation of deep brain surgery is the one to two percent chance of major complications, such as stroke or intracranial hemorrhage. If researchers could find a way to reach the nuclei deep in the brain without inserting electrodes it could be groundbreaking. The Parkinson's community would welcome a nonsurgical way to achieve the benefits of DBS.

The technique investigated has potential to be developed as a therapy for PD; however, the current study investigated the methodology in mice and not humans. Given the major differences in brain and skull size, studies on animal models which resemble humans more closely, i.e., primates, may be the next step.

Further research is needed to prove that the method is safe and effective, as well as practical. In particular, as a PD therapy, electrical stimulation would need to be focused more precisely, and on smaller brain areas. In addition, treating PD might require a way to provide continuous electrical stimulation from a portable, or wearable technology.

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New Tool May Help Researchers Predict Cognitive Decline with PD

Michael J. Fox Foundation

A new tool from researchers at Harvard Medical School may allow investigators to predict cognitive decline in people with Parkinson's disease (PD), which could help design clinical trials and test new therapies. The tool uses an algorithm combining varied personal details -- age at onset, baseline score on the Mini Mental State Examination, years of education, motor exam score, sex, depression, and GBA mutation status.

The scientific team, led by Clemens Scherzer, MD, published this work in the scientific journal *The Lancet Neurology*. They compared data from six studies to develop the tool, which they validated with data from three studies, including The Michael J. Fox Foundation's landmark biomarkers study, the Parkinson's Progression Markers Initiative (PPMI). Overall, they looked at data from 3,200 people with PD.

Predictive modeling - a process that uses data mining and probability to forecast outcomes - is important as we work toward objective, biological markers of Parkinson's disease. (In fact, a recent PPMI study did reveal potential biomarkers of Parkinson's cognitive decline).

Prediction tools can allow studies to enroll fewer participants, thereby saving time and money. If we want to better understand cognitive decline or test a treatment against this symptom, we need a certain number of people who will get cognitive impairment. Without a prediction tool, we may have to enroll a larger population to account for those who won't develop cognitive decline. The algorithm can help researchers choose people likely to experience this symptom.

An interesting inclusion in the algorithm is education years. The more years of formal education patients in the study had, the greater was their protection against cognitive decline.

"This fits with the theory that education might provide your brain with a 'cognitive reserve,' which is the capacity to potentially compensate for some of the disease-related effects," said Dr. Scherzer. "I hope researchers will take a closer look at this. It would be amazing, if this simple observation could be turned into a useful therapeutic intervention."

The researchers say the tool is not ready for widespread clinical use as there is considerable work required to optimize the algorithm (their next step) and currently there are no therapies approved to prevent or stop cognitive decline in PD.

Through use in research studies, though, their prediction tool may aid in the discovery of new PD treatments and determine which patients would benefit most from those therapies.

"Prediction is the first step," said Dr. Scherzer. "Prevention is the ultimate goal, preventing a dismal prognosis from ever happening."

Summer Picnic

Date: Friday, **September 15, 2017**; Time: 12 PM

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

Bring a covered dish or dessert and there will be fried chicken.

The cost of the chicken and the fee for rental of the pavilion will be prorated to those attending.

There will be free bingo for all! 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."

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, contact: Dean Cook or Art Guyer.



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Reminders of upcoming events as of Thursday, August 03, 2017

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 Springfield Room, Bethany Village West, Mechanicsburg, PA	Dan Yother, 304-676-2053 oldred714@verizon.net Carol Cressler, 717-877-0624, cjcressler4040@gmail.com
Hagerstown Parkinson's Support Group Caregivers' Breakfast	3 rd Monday @ 8:30 AM Hagerstown Family Diner, Hagerstown, MD	Art Guyer, 240-625-2722 4Parkinsons@gmail.com
Frederick PD Support Group Monthly Meeting	3 rd Wednesday @ 1:00 PM Mount Pleasant Ruritan Club, Walkersville , MD	Janet Silvious, 301-831-5609 janet@fifpdsg.org
Gettysburg PD Support Group Meeting	3 rd Wednesday @ 1:00 PM WellSpan Adams Health Center, Gettysburg, PA	Paula Chaplin, 717-337-4407 pchaplin@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
Chambersburg Parkinson's Support Group	Meets every 2 months Meets at Physical Therapy Etc. 142 Franklin Farmhouse Lane, Chambersburg, PA	Kathy Smith, 717-377-8320, Kathy.smith@embarqmail.com

OTHER EVENTS:

- Monday, August 21, 2017, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Thursday, August 24, 2017, 11:30 AM – 1:00 PM Memory Café: Free lunch, crafts and meeting at the Otterbein Church on East Franklin Street in Hagerstown. Contact David Kukor for information at 301-639-3166 or dkukor@ahcglobal.com.
- Thursday, **August 24, 2017**, 1:00 PM – 4:00 PM, Bowling. Southside Bowl, 17325 Virginia Avenue, Hagerstown. Contact Dean Cook for information at 304-268-1623 or by email at home2wv@yahoo.com.
- Thursday, September 7, 2017, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Genera Discussions. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Friday, September 15, 2017, 12 Noon --?, HPSG Summer Picnic, Marty Snook Park, Pavilion 4. See [Page 6](#) for more info.

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- Monday, September 18, 2017, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Thursday, September 21, 2017, 1:00 PM – 4:00 PM, Bowling. Southside Bowl, 17325 Virginia Avenue, Hagerstown. Contact Dean Cook for information at 304-268-1623 or by email at home2wv@yahoo.com.
- Thursday, September 28, 2017, 11:30 AM – 1:00 PM Memory Café: Free lunch, crafts and meeting at the Otterbein Church on East Franklin Street in Hagerstown. Contact David Kukor for information at 301-639-3166 or dkukor@ahcglobal.com.
- Thursday, October 5, 2017, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Dr. Stephen Ryan, Physical Therapy – LSVT/BIG. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Monday, October 16, 2017, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Thursday, October 19, 2017, 1:00 PM – 4:00 PM, Bowling. Southside Bowl, 17325 Virginia Avenue, Hagerstown. Contact Dean Cook for information at 304-268-1623 or by email at home2wv@yahoo.com.
- Thursday, October 26, 2017, 11:30 AM – 1:00 PM Memory Café: Free lunch, crafts and meeting at the Otterbein Church on East Franklin Street in Hagerstown. Contact David Kukor for information at 301-639-3166 or 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	Ernest Bizjak, FDA, Drug Approval Process
June 1	Colleen Brown, RN, BSN, Clinical Specialist for Medtronic DBS
July 6	Eileen McLaughlin, Owner, Right at Home, Choosing In-Home Assistance
August 3	Visiting Angels
September 7	Patients & Caregivers Discussion Sessions
October 5	Dr. Stephen Ryan, Physical Therapist (LSVT/Big)
November 2	Dr. Kelly Mills, Movement Disorder Specialist, Johns Hopkins
December 7	Christmas Party -- No Speaker

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