

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

October 2017

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

[Visit us on Facebook](#)

Volume 7, Issue 10

This Month's Meeting

October Meeting

Dean's Corner

There were **48** individuals at our September meeting including 7 new attendees. This meeting was designed to have members get to know each other a little better and to have open discussions about their issues and successes. Discussions centered on medications, hallucinations, exercise, dry mouth, and sleeping problems, among other things. These will be addressed in more detail in the next newsletter and/or in questions addressed to our next two speakers, Dr. Ryan and Dr. Mills.

**Peg Hayzlett** 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. Paul also gave us 3 books on cancer treatments; if anyone is interested they are free for the taking. Contact Art if you would like to read any of these books.

Thanks to **Ecile Shaw** for delivering a moving prayer before lunch.

### 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, October 5, 2017, 11:45 AM**  
Featuring

**Dr. Stephen Ryan**  
LSVT/BIG  
The exercise program designed for PD.

**Newsletter Highlights**  
Tips for Making Life Easier ([Page 3](#))  
Heads Up, Caregivers! ([Page 4](#))  
Fall Picnic and Holiday Party Info ([Page 5](#))  
Finding the Right Doctor ([Page 6](#))  
Detailed Event Listing ([Pages 7 & 8](#))

### Future Meetings:

#### 2017

**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  
Jun 7, Dr. Gerald "Dave" Podskalny, FDA

**Our fall picnic is scheduled for Friday, September 15th** at Snook's Park, Pavilion #4 at 12:00 Noon. More info on [Page 6](#).

**Bowling** -- We have resumed bowling on a regular monthly basis. This month: **September 21st**. More info on [Page 2](#).

**Memory Café** -- This fun event is scheduled for **September 28th 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](mailto:dkukor@ahcglobal.com) for more reservations and info.

**A new Memory Café is being started in Boonsboro.** Meets on the 3<sup>rd</sup> Tuesday of the month at 11:30 AM. The location is the Hospice Community Life Center at 28 N. Main Street. RSVP to Terry Miller at 301-471-314 or [tmiller@ahcglobal.com](mailto:tmiller@ahcglobal.com). Space is limited.

Dean Cook, Meeting Facilitator  
Hagerstown Parkinson's Support Group  
497 Hogan Drive  
Martinsburg, WV 25405  
Phone: 304-268-1623  
Email: [home2wv@yahoo.com](mailto: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](mailto:4Parkinsons@gmail.com)

The Hagerstown Parkinson's Support Group  
is supported in part by:



17567 York Road, Hagerstown, MD  
Stop by for lunch or dinner to support them!

Thanks to Paul Romsburg, his family, and staff of the *Western Sizzlin* for supporting our group.

**UNSUBSCRIBE:** If you no longer wish to receive this newsletter, please contact the Group Facilitator, Art Guyer.

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### Caregiver's Breakfast

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

This month the breakfast is scheduled for **Monday, September 18th at 8:30 AM** at the **Hagerstown Family Diner**. This restaurant is located at 431 Dual Highway. 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](mailto:home2wv@yahoo.com).



### PICNIC COMING UP THIS MONTH!

**Our Fall Picnic** this year is scheduled for **Friday, September 15<sup>th</sup>** 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.

### PD Group Bowling

Bowling has resumed on a regular monthly basis. 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 September 21<sup>st</sup>.**

### Birthdays in September

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 now at Somerford Assisted Living, 10116 Sharpsburg Pike, Hagerstown, MD 21740 Keep Jerry and Barbara in your thoughts and prayers. Also **Linda Embly** has had back surgery and **Norma Craver** is at Home-wood with severe back pain. I just found out **Larry Glenn** died on August 13<sup>th</sup>. Please keep his wife, Nancy and the Glenn family in your thoughts and prayers.

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Hagerstown, MD and the Four-State Area

## Monthly Newsletter

October 2017

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

Based on the Book by Shelley Peterman Schwarz (2002)

**Dressing Aids and Clothing Adaptations.** If you can't sew, look for a local tailor or a friend or family member who has sewing skills:

- Use Velcro™ to replace buttons and other fasteners. Sew an existing button hole closed and sew a button on top of it. Then sew the soft side of the Velcro™ on the underside of the closed buttonhole. Sew the other piece of Velcro™ with the hooks where the button used to be.
- Sew buttons on with elastic thread on cuffs. It will provide an extra quarter inch of opening to get your fist through.
- Make your own zipper pull by screwing a small cup hook into a piece of dowel. It can be used to pull up jackets and dresses. For buttons, use a buttonhook. These simple tools are available in many places and most have a zipper pull on one end and a buttonhook on the other.
- Use a dressing stick to dress while seated (reducing fall risk). It will have a hook or clamp on the end with which you can grab clothing to dress yourself. This invaluable tool also is great for picking up any dropped items while dressing, shaving or applying makeup.
- Sew loops of bias tape inside the waistbands of slacks. Use the loops to pull pants up or down.
- If a waistband is too tight, extend it by putting a covered ponytail band or rubber band through the button hole and wrapping both loops around the button.



Buttonhook / Zipper Pull

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

*I've been thinking about how many new people came into our group as a result of the Parkinson's Awareness Seminar on April 4, 2014. I remember meeting a number of you there for the first time and how pleased I was when you started coming to our meetings on a regular basis. There were other great memories of that effort: (1) how many of you worked together with me to make it a great success, (2) the "filled to capacity" room that day, (3) the attendance by not only our own members, but by members of the other support groups in the four-state region, and (4) the effort put forth by the Johns Hopkins staff and our great speakers. Please let me know if any of you are interested in putting together a similar event sometime in the next 2 years.*

**Take care..... Art**

**News from the Chambersburg Parkinson's Support Group:** The group will hold its next meeting on October 20th at 4:00 PM at *Physical Therapy, Etc.*, located at 142 Farmhouse Lane, Chambersburg, PA. Their speaker will be a Speech Pathologist and Certified LSVT Speech Therapist. All are welcome to attend. 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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Monthly Newsletter

October 2017

## Heads Up, Caregivers!

### The Caregiver's Role in Parkinson's Disease Treatment and Care

*Everyday Health*

By Dennis Thompson, Jr.

Parkinson's disease is a highly individualized disorder, in which no two people have the exact same symptoms. As a caregiver, you are witness to what your loved one is going through — that puts you in the perfect spot to communicate those symptoms effectively to the patient's neurologist or primary care doctor. By doing so, you can make a tremendous contribution to your loved one's Parkinson's disease treatment.

**As a Parkinson's disease caregiver, you are the medical team's eyes and ears, letting them know whether your loved one's Parkinson's disease treatment is working or needs to be changed.**

It goes the other way, too. You also can help execute the doctor's Parkinson's disease treatment plan by making sure the patient takes prescribed medication on time and completes all necessary exercises.

### Caregivers and Parkinson's Disease: Monitoring Parkinson's Medication

Parkinson's disease is a chronic neurological disorder with no known cure. Medical experts have developed Parkinson's disease treatments that effectively alleviate symptoms, but the patient you're caring for may need your help keeping up with them.

Parkinson's medication works on the biochemistry of the brain — very precise dosages must be delivered at precise times. Taking Parkinson's medication even a few minutes late for some patients can result in debilitating symptoms like muscle rigidity and tremors.

On top of that, Parkinson's patients might take other drugs to deal with issues like depression and sleeplessness. The patient faces the prospect of taking many different drugs at varying times, and even a minor slip in dosing could cause symptoms to re-emerge. You can do your loved one a huge service by crafting a schedule for all the medications taken, and making sure the plan is followed.

### Caregivers and Parkinson's Disease: Monitoring Exercise and Physical Therapy

Research has found that exercise is valuable to people with Parkinson's disease — perhaps even as beneficial as medication. Exercise helps keep the muscles and joints limber and appears to promote neurological health in Parkinson's patients. In addition, physical therapy can help your loved one maintain independence for as long as possible. You can help by assisting with the home-exercise program or getting the patient to physical therapy on a regular basis.

### Caregivers and Parkinson's Disease: What to Watch For

Caregivers serve an invaluable role as the doctor's day-to-day eyes and ears. As a caregiver, you should watch out for the following:

- **Any increase in symptoms.** If your loved one is taking medication properly but the number or severity of symptoms is increasing, you need to report it to the doctor. Specific symptoms you should watch for include tremors and rigidity. You also should tell the doctor if your loved one is having problems walking, talking, swallowing, or remembering information.
- **Changes in mood.** Depression is a problem for at least half of all Parkinson's patients — it's so prevalent that doctors suspect depression might be a true symptom of the disease. Patients also are known to suffer from periods of denial, anxiety, and stress. You should pay attention to these moods and talk about them with your loved one and the doctor. The patient might benefit from antidepressant medication or from counseling.
- **Sleep problems.** Parkinson's patients tend to have a troubled relationship with sleep. The disease and their Parkinson's medication can make them incredibly drowsy during the day and then keep them up all night. Fatigue can worsen symptoms and prevent the person from focusing on their own well-being. If you notice your loved one isn't sleeping well, talk about it with the doctor. The doctor might prescribe a sleep aid or adjust her Parkinson's medication. You also can help by keeping the patient active during the day and by establishing a regular bedtime routine that promotes quality sleep.

And remember, your role as caregiver is vital to the well-being of your loved one. Your observations can help the doctor evaluate the Parkinson's disease treatments and decide whether they should be changed, which will undoubtedly help your loved one's situation.

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Hagerstown, MD and the Four-State Area

## Monthly Newsletter

October 2017

### Fall 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.



### Holiday Party

Date: Thursday, **December 7, 2017**

Our December meeting will be our annual holiday party and we will not have a speaker.

We hope to have some games and carol singing. Everyone should please bring a wrapped present and we will have a blind exchange of gifts. Gifts can be in the \$5 -- \$10 range and should be somewhat appropriate for a man or a woman.

We would hope to get a couple volunteers to arrange some games and to handle present distribution.

For more information, contact: Dean Cook or Art Guyer.



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## Finding the Right Doctor or Movement Disorder Specialist

Michael J. Fox Foundation

### What kind of doctor should I be seeing?

Many Parkinson's patients recommend working with a movement disorders specialist. This is a neurologist who has taken additional training in diseases that affect primarily physical movement, such as Parkinson's disease. Whereas a general neurologist may treat patients with any of more than 100 neurological conditions, a movement disorders specialist focuses on a handful of disorders. Specialists also often are affiliated with reputable universities or teaching hospitals and are involved in cutting edge research.

### No two cases of Parkinson's Disease are alike.

Still, seeing a specialist isn't a magic bullet. Many people are treated by specialists and others are treated by general neurologists, and there are good and bad stories on both sides.

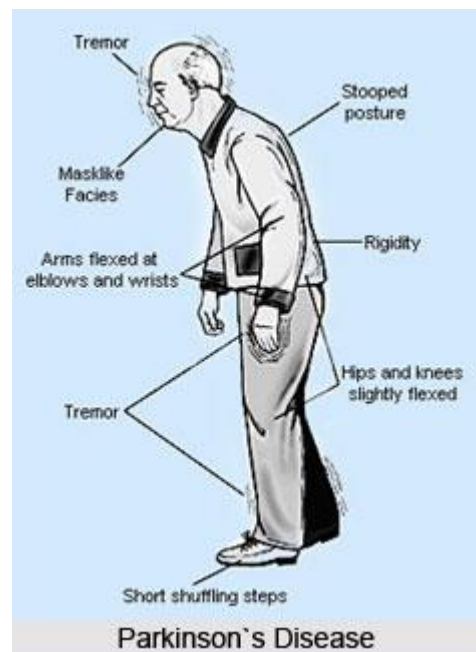
The most important element in your care is that you have as comfortable, open and productive a relationship as possible with your care provider. In choosing a doctor, your major considerations should be how much the doctor knows, and how well the doctor listens. Remember, no two cases of Parkinson's disease are alike. Having a doctor who understands this, and who listens to you, is crucial. When it comes to Parkinson's disease, "state-of-the-art" treatment could mean a new exercise regimen for one person, surgery for another.

### How do I find a good movement disorders specialist?

It's a lot like hunting for a good dentist or a good mechanic: You need to ask around. Your primary care doctor may be able to give you a referral. *If you attend a support group, ask other Parkinson's patients.* Try contacting one of the national Parkinson's organizations. You can also post requests on Internet bulletin board sites. But remember that the Internet should only serve as a starting point for your research and education, not your only source of information, since it is so often difficult to source and verify the advice you find there.

### I don't live near a teaching hospital or major city, so my doctor is a general neurologist. Any tips for me?

It can be fine to see a general neurologist who stays current with the literature and is willing to listen to you -- though you may have to take more initiative in your treatment. Parkinson's disease is different for everyone and you can't get the best care unless you're specific about what you are experiencing. It's okay to ask why particular treatments or therapies are being recommended (or not), and it's okay to get another opinion.



## AWARDS!

It will soon be time to nominate outstanding members for their dedication and service to the Hagerstown Parkinson Support Group. Each year we award a Caregiver and a Person with PD a plaque and certificate of accomplishment for their efforts during the year. Please begin thinking about who you would like to see get the awards this year. They will be awarded in January. There will forms and more information coming up later this year.

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Hagerstown, MD and the Four-State Area

## Monthly Newsletter

October 2017

### Reminders of upcoming events as of Saturday, September 09, 2017

#### 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 Springfield Room, Bethany Village West, Mechanicsburg, PA	Dan Yother, 304-676-2053 <a href="mailto:oldred714@verizon.net">oldred714@verizon.net</a> Carol Cressler, 717-877-0624, cjcressler4040@gmail.com
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
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:

- Friday, September 15, 2017, 12 Noon --?, HPSG Summer Picnic, Marty Snook Park, Pavilion #4. See [Page 5](#) for more info.
- 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.
- Tuesday, September 19, 2017, 11:30 AM – 1:00 PM Memory Café: Free lunch, crafts and meeting at the Hospice Center, 28 N. Main Street, Boonsboro, MD 21713. RSVP (required) to Terry Miller at 301-471-3146 or tmiller@ahcglobal.com.
- 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](mailto: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.

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Hagerstown, MD and the Four-State Area

## Monthly Newsletter

October 2017

- 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.
- Tuesday, October 17, 2017, 11:30 AM – 1:00 PM Memory Café: Free lunch, crafts and meeting at the Hospice Center, 28 N. Main Street, Boonsboro, MD 21713. RSVP (required) to Terry Miller at 301-471-3146 or tmiller@ahcglobal.com.
- 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](mailto: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.
- Thursday, November 2, 2017, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Dr. Kelly Mills, Movement Disorder Specialist, JHU. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Thursday, November 16, 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, November 16, 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](mailto:home2wv@yahoo.com).
- Monday, November 20, 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.
- Tuesday, November 21, 2017, 11:30 AM – 1:00 PM Memory Café: Free lunch, crafts and meeting at the Hospice Center, 28 N. Main Street, Boonsboro, MD 21713. RSVP (required) to Terry Miller at 301-471-3146 or tmiller@ahcglobal.com.
- Thursday, December 7, 2017, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Holiday Party and Gift Exchange. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722
- Thursday, December 14, 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.
- Monday, December 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.
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- Thursday, December 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](mailto:home2wv@yahoo.com).
- Thursday, January 4, 2017, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker is Michael Day, Elder Care Attorney. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722

### 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