

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

December 2017

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

[Visit us on Facebook](#)

Volume 7, Issue 12

This Month's Meeting

December Meeting

Dean's Corner

There were **70** individuals at our November meeting including **8** new attendees. Dr. Kelly Mills, a Movement Disorder Specialist from Johns Hopkins University Hospital was our speaker. Dr. Mills spoke to the group about some of the new medicines and research efforts going on. He also spent time answering questions from the floor. Dr. Mills joined the group for lunch, continuing his discussions with small groups and individuals. The support group members were very complementary of his presentation and grateful that he came out from Baltimore to again address our group.

David Semler and Cindy Etchison won the \$10 gift certificates donated to the group by the owners of the Western Sizzlin' Restaurant. Thanks to Paul and his family for being so generous.

We thank **Ecile Shaw** for delivering a prayer before lunch. And thanks to those members who worked hard to set up the meeting and put things away after. Without that kind of support, we never would get a meeting underway.



Paul Romsburg has a motorized chair available for any of



our members in need of such equipment. Contact Paul at: 301-667-9732.

MARK YOUR CALENDARS

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

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

Holiday Party and Gift Exchange
(More Information on [Page 5](#))

Newsletter Highlights

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

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

Outstanding Members Award Forms ([Page 4](#))

Treating Hallucinations and Delusions ([Page 5](#))

Holiday Party Info ([Page 5](#))

It's Flu Shot Time Again ([Page 6](#))

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

Future Meetings:

2017

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

Jul 5, TBD

Aug 2, TBD

Sep 6, Group Discussions

Oct 4, Doug DeHaven, Hagerstown Fire Marshall

A word to the wise: "I remember saying to a lady, it is the uncertainty I can't stand because we don't know how this Parkinson's disease is going to develop, or when it is going to take off. And the person I was speaking to said: 'Anybody who thinks they are living with certainty is kidding themselves. And we all live with uncertainty daily.'"

On another note, I will be representing the group on November 10th at a Parkinson's Support Group Leader Networking Meeting in Towson, MD, hosted by Johns Hopkins and the University of MD.

Dean

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.

This month the breakfast is scheduled for **Monday, November 20th 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)

Thank Your Board Members:

Mike Saterbak, Treasurer
Carol Gaines, Secretary
Ecile Shaw, Chaplain

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.

Memory Café

Memory Café is a supportive environment for individuals with early-stage memory issues or Alzheimer's disease and other similar health problems. It is a safe and relaxed place where families, friends and health professionals come together for a unique blend of educational and social interaction. Families and friends are encouraged to join in for free lunch, games, discussions and presentations. Please help guarantee enough food is purchased by making a reservation.

In Boonsboro, Memory Café meets on the 3rd Tuesday of the month at 11:30 AM – 1:00 PM. **(November 21st)**. 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. Space is limited; reservations required.

In Hagerstown, Memory Café meets the 4th Thursday of every month at the Otterbein Church on East Franklin Street from 11:30 AM – 1:30 PM. **(This month -- November 16th due to Thanksgiving)**. Contact Dave Kukor at 301-639-3166 or dkukor@ahcglobal.com for reservations (required) and information.

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 November 16th.**

Birthdays in November

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 is our new Sunshine Committee of One** and is now responsible for sending out cards as appropriate.

Thanks Carol.

Call Carol at 301-824-3976 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)

Communicating:

PD can affect communication in many ways. Your speaking ability can be diminished because of the disease or by your medications. It is important, though, to speak for yourself. Don't get in the habit of letting others do the talking for you. Let others know how they can help with your speech problems. Don't be defensive if you are asked to repeat yourself or to speak louder. Staying calm may make it easier for you to be heard and understood.

If a well-meaning family member attempts to complete your sentences, let them know that you need some time to finish. A discussion with your family can help set ground rules that should help everyone.

Sometimes people with PD lose facial expression and have a masked face or fixed stare. When this occurs, many nonverbal cues are lost and there can be misunderstandings and miscommunications. If this happens make an extra effort to express verbally how you feel and what you are thinking.

Handwriting can also be affected by PD. Practice and continued use will help. Also, printing may be more legible.

This and That Thoughts on my Mind by Art Guyer:

What a great turnout at our November 2nd meeting. There were 70 people in the room, all of who enjoyed Dr. Mill's presentation and his Q&A session. As the year nears its closure, I want to thank Dean Cook, the board members, the folks who come out early to the meeting to help set up, and most of all – you who attend our meetings and contribute generously to the gratuities for the staff and to the office expenses.

Don't forget to nominate someone for outstanding member of the year ([page 4](#)). Happy Thanksgiving. See you next month.

Take care..... Art

News from the Chambersburg Parkinson's Support Group: The group will hold its next meeting on **December 15th** at 4:00 PM at *Physical Therapy, Etc.*, located at 142 Farmhouse Lane, Chambersburg, PA. They are planning to have breakout sessions for this meeting. 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 **November 15, 2017**, and their speaker will be Larry Zarzecki from Rock Steady Boxing. **In case you missed Michael J Fox on CBS Sunday Morning, They put a link on their home page (www.fifpdsg.org)**. The story runs 10 minutes and 16 seconds. Note that CBS has a 25 second advertisement before you get to see the *CBS Sunday Morning* segment. You should contact Janet or Steve Silvious at 301-831-5609 for directions and 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!

How Can I Help Manage My Loved One's Care?

www.michaeljfox.org

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 need 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. You and your loved one can decide together on management options offered by doctors 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.

Nomination for Outstanding Members of the Year – 2017

These awards recognize special individuals in our 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, Connie Hipp, Dean Cook, and Ecile Shaw. They are not eligible for a second award.

Complete the following form and return it to Art Guyer or Dean Cook by December 18th. Please be brief, but specific. We will present these awards at our January 2018 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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What Are the Treatment Options for Hallucinations and Delusions?

Treatment of hallucinations and delusions (often referred to by health care providers as "psychosis" or "psychotic symptoms") in PD can be challenging. To ensure proper treatment, the underlying cause must first be identified. The clinician must determine if the psychotic symptoms are related to medication side effects, dementia or delirium. Again, this can be difficult, as these three conditions can overlap and produce similar symptoms. Blood work and other forms of testing may be necessary. Once a probable cause is determined, treatment can begin.

Treatment of Hallucinations and Delusions Caused by PD Medications

PD medications relieve motor symptoms by increasing dopamine in the brain. However, elevated dopamine levels can trigger hallucinations and delusions. For this reason, treatment often becomes a balancing act. On one side of the scale, high dopamine levels are needed for adequate control of PD motor symptoms. On the other, dopamine levels need to be reduced to alleviate hallucinations/delusions. This can be a complicated process and often requires a 3-step approach.

STEP 1: Assessment and Plan. The first step in any treatment process is to assess the problem. It must first be determined if the hallucinations and delusions are benign or problematic. Some clinicians will choose to postpone treatment if the symptoms are infrequent, non-threatening and if the person with PD "retains insight". Other clinicians will start treatment based on the theory that hallucinations and delusions will get worse over time. In addition, the clinician should consider the stage of PD, prior history of psychotic symptoms and social factors.

STEP 2: Adjust or Reduce PD Medications. The next standard step of the treatment process is to adjust prescribed PD medications. The goal of this step is to reduce hallucinations and delusions without worsening PD motor symptoms. The clinician may decide to skip this step and proceed to step 3 if the person with PD is unable to tolerate potential worsening of PD symptoms. The following recommendations have been made for reducing or discontinuing PD medications for the management of hallucinations and delusions. Reduce or discontinue medications in the following order until psychosis resolves: Anticholinergic medications (Artane, Cogentin); Amantadine; Dopamine agonists (Mirapex ®, Requip ®, Permax ®, Parlodel ®); COMT inhibitors (Comtan ®) and Selegiline.

If the hallucinations and delusions do not resolve, reduce Sinemet doses. There are a variety of techniques and measures that can be performed when adjusting PD medications. This approach generally improves psychotic symptoms. However, if motor symptoms become worse, PD medications may need to be restarted or increased, with Sinemet being the core of therapy, and Step 3 started.

STEP 3: Initiation of Antipsychotic Therapy. Antipsychotic agents are designed to balance abnormal chemical levels in the brain. They work by reducing excess dopamine, thereby alleviating psychosis. Up until the 1990s, the use of antipsychotics in PD had been controversial. This was because older (also known as "typical") antipsychotic medications were found to cause dramatic worsening of Parkinsonian motor symptoms. Fortunately, medications have become available that are better tolerated by PD patients. This newer class of medications is referred to as "atypical" antipsychotics. There are now three antipsychotic medications that are considered safe for people with PD. They cause limited worsening of Parkinsonian symptoms while treating hallucinations and delusions. These medications are pimavanserin (Nuplazid™), clozapine (Clozaril ®) and quetiapine (Seroquel ®).

Holiday Party 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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It's Time to Get Your Flu Shot Again U.S. Health Officials Say This Season Could Be A Tough One

By Steven Reinberg
HealthDay Reporter
WebMD

THURSDAY, Sept. 28, 2017 (HealthDay News) -- Flu season is fast approaching, and U.S. health officials are worried that this season could be a bad one. That's why the U.S. Centers for Disease Control and Prevention is urging everyone 6 months and older to get a flu shot.

Why the extra concern? Australia, which experiences its flu season in summer because it's in the southern hemisphere, has been hard hit this year. And the major culprit has been the H3N2 flu strain, which is known for causing severe disease, especially among older people. Small clusters of H3N2 are already showing up in the United States, according to published reports.

"We don't know what's going to happen but there's a chance we could have a season similar to Australia," Dr. Daniel Jernigan, influenza chief at the CDC, told the Associated Press. Even when severe strains aren't circulating, flu is an illness that needs to be taken seriously.

"Influenza is not just a few days at home with a runny nose -- it can be a lot worse," Dr. Thomas Price, secretary of the U.S. Department of Health and Human Services, said during a recent news briefing. Flu can lead to hospitalization and death, Price said. "This is particularly true for certain groups: older adults, pregnant women, people with some long-term medical conditions and young children," he explained. Getting a flu shot is easy, Price said. "There are thousands of places where you can get your flu shot," he added.

"Each flu season, flu causes millions of illnesses, hundreds of thousands of hospitalizations, and thousands and sometimes tens of thousands of deaths," Price said.

The CDC estimates that since 2010, flu-related hospitalizations in the United States have ranged from a low of 140,000 to a high of more than 700,000. And deaths ranged from 12,000 to 56,000, depending on the year. "These numbers are far too high, especially when we consider that there is a vaccine that can prevent a significant proportion of this disease," Price said. But too few children and adults get their yearly flu shot, he noted.

Among children and teens, the number who were vaccinated last year didn't change from the year before, remaining at about 59 percent. For adults, vaccination rates increased about 1 percent, from 46 percent in 2015-2016 to 47 percent in 2016-2017.

Last year's vaccine was 42 percent effective, which means that if you were vaccinated, you had a 42 percent lower risk of getting the flu. But even at that low level, the CDC estimated that the vaccine prevented more than 5 million cases of flu, nearly 3 million doctors' visits and 86,000 hospitalizations, Price said.

According to a recent CDC report, 79 percent of health care workers got flu shots in 2016, the same as in the past three flu seasons. Although the vaccination rate among health care workers seems high, it ranged from 92 percent of those who worked in hospitals, to 68 percent of those working in nursing homes and to 76 percent in clinics.

But Dr. Marc Siegel, a professor of medicine at NYU Langone Medical Center in New York City, stressed that "100 percent of health care workers should be vaccinated." People who are already sick are more likely to get the flu and die from it, especially in nursing homes. Health care workers need to think of their patients and not run the risk of giving them influenza, Siegel said.

For this year's flu season, about 166 million doses of vaccine will be available, Price said.

Price advised three steps to fight the flu. First, get vaccinated. Second, take measures to prevent the spread of the disease. That means staying home if you're sick, avoiding people with the flu, washing your hands often and coughing into your arm. Third, if you get the flu, take antiviral medications, such as Tamiflu.



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Reminders of upcoming events as of Friday, November 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, cjressler4040@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 3 rd Friday, every 2 months (Even Months) @ 4 PM at Physical Therapy Etc. 142 Franklin Farmhouse Lane, Chambersburg, PA	Kathy Smith, 717-377-8320, Kathy.smith@embarqmail.com

OTHER EVENTS:

- Thursday, November 16, 2017, 11:30 AM – 1:00 PM Hagerstown Memory Café: Free lunch, crafts and meeting at the Otterbein Church on East Franklin Street in Hagerstown. RSVP (required) to David Kukor 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.
- 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, Boonsboro 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.

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- 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 Hagerstown Memory Café: Free lunch, crafts and meeting at the Otterbein Church on East Franklin Street in Hagerstown. RSVP (required) to David Kukor 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.
- Tuesday, December 19, 2017, 11:30 AM – 1:00 PM, Boonsboro 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 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, January 4, 2018, 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.
- Monday, January 15, 2018, 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, January 16, 2018, 11:30 AM – 1:00 PM, Boonsboro 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, January 18, 2018, 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, January 25, 2018, 11:30 AM – 1:00 PM Hagerstown Memory Café: Free lunch, crafts and meeting at the Otterbein Church on East Franklin Street in Hagerstown. RSVP (required) to David Kukor at 301-639-3166 or dkukor@ahcglobal.com.
- Thursday, February 1, 2018, 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.
- Thursday, February 15, 2018, 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.
- Monday, February 19, 2018, 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, February 20, 2018, 11:30 AM – 1:00 PM, Boonsboro 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.

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