

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

January 2018

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

[Visit us on Facebook](#)

Volume 8, Issue 1

This Month's Meeting

January Meeting

Dean's Corner

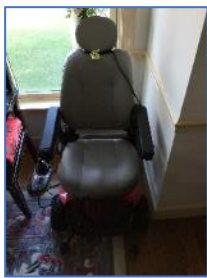
There were **40** members at our December Christmas Party and all had a good time.

Members decorated our tree and exchanged presents. Led by **Carol Cook**, we sang Christmas Carols and enjoyed each other's company. **Eddie Johnson** brought Christmas Trivial Pursuit and the attendees enjoyed trying to answer the questions. We had several drawings and **Marci Saterbak**, **Debbie Price**, and **Linda Hult** won \$10 gift certificates for the Western Sizzlin' Restaurant. In addition, **Chuck Bihun** won a container of chocolate covered pretzels.

The \$10 gift certificates were donated to the group by the owners of the Western Sizzlin' Restaurant. Thanks to Paul and his family for being so generous.

Ecile Shaw delivered our prayer before lunch and as usual, did a marvelous job. 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.

Motorized Chair



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, January 4, 2018, 11:45 AM
Featuring

Michael G. Day
Elder Care Attorney

Newsletter Highlights

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

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

([Page 5](#))

([Page 6](#))

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

Future Meetings: 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, Ryan Burns, Stress Free Solutions
Aug 2, Dr. Laura Brosbe, DO, MDS, Fred., MD
Sep 6, Group Discussions
Oct 4, Doug DeHaven, Hagerstown Fire Marshall
Nov 6 Dr. Samina Anwar, Neurologist

Dec 6, Christmas Party & Gift Exchange

Merry Christmas to All

Heads Up! We are planning a special awards presentation during our January meeting and that, in conjunction with our speaker, may require us to go over our normal time a little.

On another note, I represented 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. Representatives of Hopkins and Maryland PD centers indicated they could be helpful if someone wants to see one of the movement disorder specialists they represent. If you are interested in getting an appointment in Baltimore here is the contact information:

Michelle Cines, 410-328-0157
Email: mcines@som.umaryland.edu

Gigi Gray, 410-955-6692
Email: ggray8@jhmi.edu

As the year ends, I want to thank Art and Doris for all the effort they have put into this group since 2011. We also need to thank Dave and Patsy DeHaven for the work they have done for the group during that same period. They played a key role in many of the group's accomplishments.

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 Facilitators:
Art Guyer, 240-625-2722
4Parkinsons@gmail.com

Dean Cook, 304-268-1623
hometown@yahoo.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

January 2018

Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3rd Monday of every month. This month the breakfast is scheduled for **Monday, December 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)

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. **(No meeting in December).**

The location is the Hospice Community Life Center at 28 N. Main Street. RSVP to Terry Miller at 301-471-314 or tmiller@stressfreeseniors.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 -- December 14th due to Christmas).** 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 December 21st.**

Birthdays in December

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.

Bad Weather

In the event of bad weather, when the Washington County Schools are closed for the entire day, we will cancel our meeting.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

January 2018

Parkinson's Disease: Tips for Making Life Easier

Based on the Book by Shelley Peterman Schwarz (2002)

Communicating: Speaking Tips

- **Take time to organize your thoughts** and plan what you are going to say. If you have trouble remembering or pronouncing a word, think of a related word to get your idea across.
- **Take a breath before you start to speak** and pause every few words, or even between each word. Learn to use your diaphragm when you breathe. When you breathe correctly, it will help improve the volume at which you speak, and you will have enough air to finish a sentence.
- **Face your listener.** It will be easier for you to communicate if you can both see each other's faces.
- **Have conversations in a quiet environment** so you can hear and be heard better.
- **Swallow any excess saliva before you attempt to speak.** If dry mouth is a problem, keep a water bottle nearby so you can take a sip before speaking.
- **Express yourself in short, concise phrases or sentences.** Use short sentences or use only necessary words to get the thought across.
- **Exaggerate your pronunciation of words.** Force your tongue, lips, and jaw to work hard as you speak. Enunciate clearly.
- **Make a conscious effort to vary your facial expressions** to reflect your mood and the message you're trying to convey.
- **Close your eyes if you find you are easily distracted.** This will minimize environmental distractions.
- **Use gestures while you talk to make yourself understood.** If you can't think of a word, point to the object you are discussing.
- **If possible, write what you want to say,** or use a communication board featuring words, the alphabet, or pictures.
- **When you are frustrated, count to ten.** It will reduce stress and frustration.

This and That Thoughts on my Mind by Art Guyer:

Doris and I want to wish you all a wonderful holiday and a happy new year. A lot has happened to us over the past year and a half and you all have helped us get through the bad times and helped us enjoy the good times. We will never be able to fully tell you all how much your support has meant to us. Be well.....

Take care..... Art and Doris

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. Their **February 15th** meeting will feature Dr. Laxman Bahroo, a movement disorder specialist at Georgetown University Hospital. 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 **December 20, 2017**, at 1:00 PM and will be their Holiday Party. The group's January meeting is on the 17th and their speaker will be from Medtronics on DBS. Contact Janet or Steve Silvius 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 and open to the public. This 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.

Location: 535 E Franklin Street, Hagerstown, MD 21740
Contact: Cebrina Young at 301-790-0275 x240

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

January 2018

Heads Up, Caregivers!

Published on *Family Caregiver Alliance* (<https://www.caregiver.org>)

Caregiving and the holidays: from stress to success! For many caregivers the holiday season gives rise to stress, frustration and anger, instead of peace and good will. Managing care for someone who has a cognitive impairment may leave caregivers feeling that they will not be able to participate as fully as they would like in family gatherings. Already feeling overwhelmed with caregiving tasks, stressed-out caregivers may view traditional holiday preparations as more of a drain of precious energy than a joy.

Following are some suggestions that may help make the holidays more enjoyable for you and your loved ones. Keep in mind that the holidays can, in fact, provide unique opportunities to seek better communication, connection and support from family and friends.

An opportunity for communication: It's hard to know how much to communicate about a loved one's decline in cognitive functioning and personal care needs. Although it is understandable to have reservations about discussing a loved one's impairments, honest communication about the realities of the caregiving situation offers others the opportunity to respond with assistance. Sharing the truths of your situation may help reduce some of the feelings of isolation and lack of appreciation common in caregivers.

Holiday greetings and a brief note: Some caregivers have had success in writing a brief note describing the person's condition and enclosing it in a holiday greeting card. This can be a nonthreatening way to inform distant or uninvolved relatives about the realities of the caregiving situation. It should be written in a tone that's not accusatory or guilt-inducing.

Let sleeping dogs lie? It is common for caregivers to be disappointed with family members who they feel are not "pulling their weight" in caregiving responsibilities. If this holds true for you, and your goal is to enjoy the holidays, you must decide how much and when to communicate this disappointment. Consider clearing the air before the holidays or perhaps resolve within yourself to put those feelings on hold, with the intention to discuss the matter after the holiday season passes. In the meantime, enjoy the holiday!

Be clear about your energy level: Let family members know that your caregiving duties are keeping you very busy and that you only have so much energy for holiday preparation and hosting duties.

Accept the need to adapt: Caregivers often have to adapt their traditional role or experience of the holidays. This may mean allowing another family member to host more time-intensive festivities. You may need to modify the amount of time away from home to match the comfort level of your impaired loved one.

The visit room: Don't expect the person with cognitive impairment to be able to adapt to all situations; you may need to adapt the environment to their needs. See if you can arrange to have another room in the house designated as a quiet place for the impaired person. Many people with dementia find multiple conversations and background noise disturbing. To avoid this anxiety, the person may benefit from time in a quieter room with less stimulus where family members could take turns visiting with them.

Share your wish list

- **Respite:** some caregivers ask for time off from caregiving duties as a gift for the holidays. This could mean another family member gives you a break. Sometimes asking for a Saturday off "in the next three months" is more accepted.
- **Home repairs:** Do light bulbs need changing, or grab bars need installation? That maddening pile of junk in the garage needs to go to the dump? Tasks such as these may be a better way for a family member to help out.
- **Care for you!** How about a gift certificate for a massage, facial or manicure? How about an opportunity to spend the day fishing or a walk in the outdoors?
- **Book your homecare worker early!** Speak with your home care worker or home care agency early about your holiday plans!

Schedule one-on-one time: While caregiving, it is easy to get caught up in all the tasks of personal care and homemaking chores. Make a point of setting some time aside this holiday season to enjoy the person you care for in a relaxed, one-on-one context. The best activities are those which take advantage of long-term memory—usually less impaired in people with dementia.

Reflect on the rewards: Reflecting on the rewards of caregiving can help maintain your self-esteem. Your caregiving may be an expression of living up to your personal ideals or religious beliefs. You may also be experiencing a great deal of growth as you learn new skills and meet challenges in ways you never imagined possible.

A little thank you goes a long way: After the holidays, write a thank you note to family members or friends who spent time with your loved one. Emphasize the positive impact their visit or brief time spent with your loved one had on them. This may reinforce positive feelings from their visit and diminish any discomfort they experienced. They may then be more encouraged to visit again or be more supportive of your efforts.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

January 2018

9 Ways to Manage Brain Fog

Parkinson's News Today
Wendy Henderson
November 22, 2017

One of the most frustrating symptoms of living with a chronic illness is brain fog. There are medications to treat many symptoms of chronic diseases, but sadly there isn't yet a pill that takes away brain fog. However, there are ways to deal with it so patients can minimize its effects and lead a normal life.

We've put together a list of 10 ways to help manage brain fog, with help from some other on-line sources:

Write Things Down

Everyone forgets things now and then, but having brain fog often means forgetting important dates and occasions. Keep a to-do list and a calendar in a highly visible location, or use an online diary to keep track of what each day holds. There are many mobile apps that can also help with organization.

Exercise the Body

Exercise offers a chance to turn off from all the usual things that occupy the mind. It can also improve sleep, which can in turn improve cognitive skills.

Exercise the Mind

Take the time to do thought-challenging exercises like crosswords, sudoku and jigsaw puzzles, or learn a new language. In addition, maintaining a hobby will keep the mind focused on something positive.

Pick the Right Time of Day

Whether a morning lark or night owl, we all have certain times when we feel more alert. Choose a time each day when your concentration is at its highest to tackle difficult and complex tasks.

Eat a Brain-Healthy Diet

Eat lots of good fats known for brain health such as nuts, avocados, coconut oil, and omega-3-rich foods.

Get Plenty of Rest

Quality sleep and restorative naps (when appropriate) can dramatically improve cognitive health. Try to keep to a routine bedtime and waking time, even on the weekend, to promote a good sleep pattern.

Go Easy on Yourself

Don't overdo it. Ask for help when needed and try to rest as much as possible to conserve energy. Participate in calming activities like taking a stroll through a peaceful spot, reading a book, or listening to music.

Organize Your Home and Workspace

Reorganize your living and working space so that everything you need regularly is easily accessible. This can help conserve energy and provide peace of mind.

Plan Ahead

If brain fog is worse first thing in the morning, laying out clothes the night before will be one less thing to have to stress over in the morning. Sort meds into a daily medication box so you know when you're up to date and can easily make sure you haven't forgotten to take them (or don't take them more than once).

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

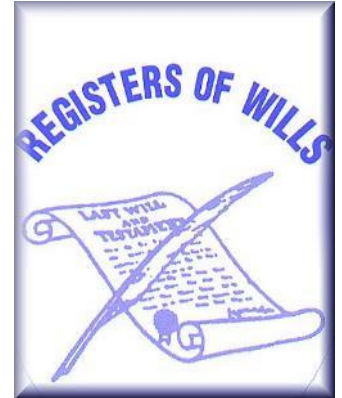
Monthly Newsletter

January 2018

Do You Need to Update Your Will?

Planning for the long-term management and distribution of your assets through a will or other plan is a thoughtful way to show concern for the loved ones you cherish. If you already have a will, you should ask yourself these questions and review it about every 5 years.

1. **Have there been changes to your family makeup?** Births, deaths, marriages and other family changes are among the most common reasons for revising wills.
2. **Have there been changes to your financial circumstances?** Your estate plans should reflect your current financial situation. Past plans may no longer be appropriate due to changes in the value of your assets, and income they produce or other circumstances.
3. **Is the person you chose to serve no longer able to do so?** If your plans were made some time ago, the person you named to settle your affairs may no longer be able to serve. If an alternate was not named, a court may appoint someone you may not have chosen.
4. **Have you moved to another state?** Your plans may have been drafted under the laws a former state of residence. If so, you should have them reviewed to be certain they are appropriate under the laws of the state where you now live.
5. **Did you acquire real estate in another state?** If you own real estate in a state other than your residence, the laws of that state may apply to its disposition. It may be wise to have your plans reviewed by an attorney in that state.
6. **Do your loved ones have different needs?** Over time, the needs of your heirs may change. With thoughtful and periodic reviews of your will and other plans, you can ensure that all your loved ones continue to be provided for appropriately.
7. **Do you have young heirs?** You may want young grandchildren or great-grandchildren to receive their inheritance when they are older and better able to manage assets. Through careful thought and planning, you can decide exactly when heirs will receive the property you leave them.
8. **Have your relationships changed?** Your estate plans may include special friends. Through periodic reviews, you can make certain your wishes have not changed and you don't unintentionally disinherit anyone.
9. **Have you already given assets away?** If you intended to leave special items to certain people, a periodic review of your plans can ensure you still have those items.
10. **Have your charitable interests changed?** Over time your charitable interests may change. If you have designated a charity in an existing will, or if you want to add a charity, you can make arrangements with careful planning and help from your advisor.



Hagerstown Parkinson Support Group Banner

Dean Cook has been looking for a banner for our support group and we settled on this beauty. It will be used as a table cover when we set up at health and senior expos; at picnics and other events.

Nice job Dean, we love it.....



The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

January 2018

Reminders of upcoming events as of Thursday, December 14, 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 Dean Cook, 304-268-1623 home2wv@yahoo.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 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, December 14, 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, 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.
- 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.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

January 2018

- 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. RSVP (required) to Terry Miller at 301-471-3146 or tmiller@stressfreeseniors.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@stressfreeseniors.com.
- Thursday, February 22, 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, March 1, 2018, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Group Discussions. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Thursday, March 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, March 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, March 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. RSVP (required) to Terry Miller at 301-471-3146 or tmiller@stressfreeseniors.com.
- Thursday, March 22, 2018, 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.

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