

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

February 2018

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

[Visit us on Facebook](#)

Volume 8, Issue 2

This Month's Meeting

February Meeting

Dean's Corner

There were **41** members at our January meeting plus 7 or 8 guests. Attorney Michael Day spoke to the group on some of the intricacies of Elder Care Law. As usual he did an excellent job and answered a lot of questions.

Carol Gaines won the \$10 gift certificate for the Western Sizzlin' Restaurant.

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

Mike Saterbak delivered the prayer before lunch and did a fine 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, February 1, 2018, 11:45 AM
Featuring

Dr. Liana Rosenthal, MD
A Movement Disorder Specialist from
Johns Hopkins

Newsletter Highlights
Tips for Making Life Easier ([Page 3](#))
Heads Up, Caregivers! ([Page 4](#))
Members Awards ([Page 6](#))
Detailed Event Listing ([Pages 7 & 8](#))

Future Meetings: 2018

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 1 Dr. Samina Anwar, Neurologist
Dec 6, Christmas Party & Gift Exchange

On a bitterly cold January day, 41 people plus some special guests braved the weather to attend our meeting. We had an excellent speaker, Attorney Michael Day, that had something to do with that, but it is also a testament to the social aspect of our meetings.

This is made clear when you look around the room and see so many red lanyards, the symbol of excellent attendance. Thank you all for your continued support.

Also, remember to read the brochure *Rock Steady Boxing* and, at the February meeting, let's see how many people are interested.

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

Bad Weather

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

ATTEND A SUPPORT GROUP MEETING!

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

Happy New Year

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

February 2018

Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3rd Monday of every month. This month the breakfast is scheduled for **Monday, January 15th 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.

We still are looking for members around the area who are willing to offer rides to those members who want to attend on of our functions, but no longer could drive. Let Dean or Art know if you can help.

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. **(January 16th)**. 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. **(January 25)**. 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 January 18th.**

Birthdays in January

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.

Attention:

Information and content in this Newsletter is not intended to provide or substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your qualified health provider with questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this publication.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

February 2018

Parkinson's Disease: Tips for Making Life Easier

Based on the Book by Shelley Peterman Schwarz (2002)

Communicating: Speaking Tips

- **Have your hearing and the person with PD hearing checked** to keep your communication from being adversely affected by an inability to hear each other.
- **Hold conversations at eye level** and make eye contact during conversations. Assume a relaxed posture to convey your patience and willingness to listen. Avoid finishing sentences for someone with PD unless he or she asks for help.
- **Speak clearly and calmly**; and allow enough time for a thorough exchange of words.
- **Give feedback** such as a nod of the head or an "I see" to indicate you understand what is being said. Don't say you do understand if you don't, however.
- **Ask the person with PD to restate a phrase or sentence using different words** if you cannot understand what was said.
- **Ask questions that require yes or no answers.** Or ask questions that will elicit one-word responses.
- **Give verbal cues before assisting someone with PD.** If you are going to help someone with an activity, tell the person what you are about to do before you touch him or her.

This and That Thoughts on my Mind by Art Guyer:

Doris and I were very disappointed we could not be at the January meeting to participate in the Awards Ceremony. Congratulations to Vi McConnell, Mike Saterbak, Carol Gaines, and Jay Stouffer for the awards they received on January 4th. It is clear the general membership recognizes the contribution these people have made to the Hagerstown Parkinson's Support Group and to the community in general since these awards were based on the votes cast by the members. Also congratulations to the new "Red Lanyard" members and those who were recognized for perfect attendance for only missing one meeting. Red Lanyards went to Becky and Paul Cordeman, Richard Davis, Joyce Garland, and Edith Johnston.

Take care..... Art and Doris

News from the Chambersburg Parkinson's Support Group: The group meets every other month and will hold its next meeting on **February 15th** at 4:00 PM at *Physical Therapy, Etc.*, located at 142 Farmhouse Lane, Chambersburg, PA. The meeting will feature Dr. Laxman Bahroo, a movement disorder specialist from Georgetown University Hospital. Everyone is invited 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 **January 17,** 2018, at 1:00 PM and their speaker will be from Medtronic 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

February 2018

Heads Up, Caregivers!

Caregiver Stress

The rewards that come with caregiving are real and varied. At the same time, caregiver stress is, unfortunately, a part of life when caring for someone with a chronic illness such as PD – especially over an extended period of time. To address caregiver fatigue, you and the people in your support network must be able to recognize the warning signs:

- An ongoing tendency to ignore or postpone taking care of your own health needs
- Growing feelings of isolation, expressed by, "Nobody knows or understands what is really going on with us."
- Feelings of anxiety and uncertainty about the future
- Feelings of anger at the care recipient or situation, often followed by guilt
- Feelings of profound tiredness and exhaustion not relieved by sleep
- Emotional strain/stress, often manifesting as varying physical symptoms
- An inability to concentrate or make decisions
- Bitterness toward friends or relatives who "should help more"
- Tendency to use alcohol or drugs to try to lessen stress levels
- Depression, despair, feelings of hopelessness

This last bullet is especially important. Forty to 70 percent of caregivers (in general) are significantly stressed, and about half of these seriously stressed caregivers meet the diagnostic criteria for clinical depression. Depression interferes with your ability to do normal day-to-day activities, so both you and the loved one you care for will suffer from your emotional distress. Assess your mental and emotional status and get help coping. Depression is not a weakness; it is an illness, and there are therapies that can help.

What Can I Do to Feel Better?

We have all heard the advice on an airplane, "Put on your own oxygen mask first." The same holds true for caregivers. By placing your own physical, medical and emotional needs on equal par with the person with Parkinson's, you may help prevent excessive stress, caregiver burnout and depression. First and foremost, you must recognize your own feelings. Be honest with yourself and others about your needs and what you think might help.

Speak up.

Feelings of isolation can be alleviated by meeting with people who are in your situation and can understand your experiences. Support groups are important. Your local Area Agency on Aging can also recommend groups that may be helpful. If you think that friends have stopped coming to visit or that family members are not supportive in the ways you need, have the courage to speak up. They may not realize how you feel.

Accept help.

Harboring resentment when you need more help can increase stress and lead to burnout. Make a short list of specific tasks that would help you take better care of your loved one and get some much-needed respite. If you do not feel comfortable asking directly for help, you will have the list ready when concerned friends and family members ask what they can do. Be honest if lack of funds is a constant worry; someone in your circle might be able to help with medication costs for one month, or pick up groceries for you once a week.

Manage your stress.

Identify stress triggers along with ways to help control your emotions and release anger in a safe way. Try writing in a journal or going for a walk when tension reaches a breaking point. Physical outlets (e.g., hitting a pillow or screaming in a secluded room) are ways to vent frustration. If the stress triggers are unavoidable, you need reliable ways to reduce and manage them. No method is too silly if it works! Make a coping skills checklist. For example:

- Take 10 deep breaths
- Call a friend
- Get a massage
- Watch your favorite TV show
- Exercise
- Tend the garden
- Go fishing

Add as many tools as you like or need, and keep the list handy so you can turn to it whenever the tension starts to build.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

February 2018

Caregiver Stress (Continued from Page 4)

Get professional help if you need it.

Do not feel embarrassed to seek professional help or counseling. A social worker, psychologist or psychiatrist can help you pinpoint the causes of your distress and provide constructive ways to cope with the situation. Community health clinics might have these professionals on staff. Your local religious leader can also provide emotional solace.

Be open with family and friends.

Call a meeting with key family members and friends to candidly discuss what's happening with you and the person with Parkinson's. If geography is an obstacle, use technology to bridge distances. Try free video conferencing services to hold family meetings at times that work for everyone, or create an online community to share updates and explore options for support. It is important for you to share your feelings and for family and friends to understand the situation from your point of view.

Caregiver Stress Inventory

Complete this self-assessment to evaluate the level of stress and isolation in your current caregiving situation and identify simple steps to begin taking better care of you. Answer the following questions "yes" or "no":

- Do you get six hours of uninterrupted sleep most nights?
- Have you set aside a period of time alone every day?
- Is there someone you could/would phone if a problem arose any time day or night?
- Is there someone in your circle of family or friends who would give or loan you money in case of financial hardship?
- Does at least one other person fully understand the day-to-day trials you experience?
- Do you take regular planned breaks and mini-holidays away from caregiving responsibilities?

(The answer to all the questions above should be "yes." If you answered "no" to any questions, try to find extra support.)

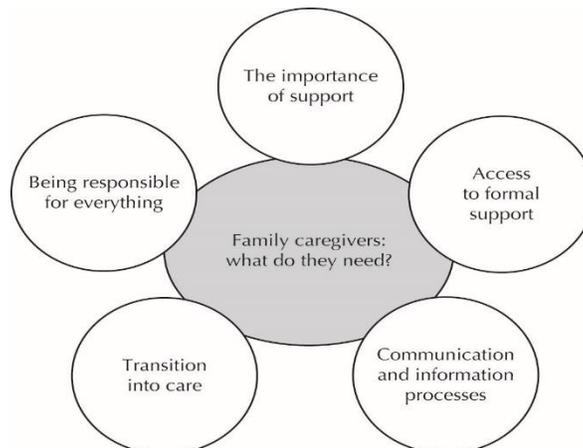
Your Caregiving Action Plan

One small change I can make today that is just for me:

Two steps I will take in the next month to simplify my schedule or add joy to my life:

1

2



The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

February 2018

Member Recognition and Awards -- 2017

Our January 4, 2018, meeting gave us the opportunity to recognize and award members for their dedication, contributions, and support to the Hagerstown Parkinson's Support Group. Awards were based on member voting and presented by Dean Cook.



Jay Stauffer received a special award for Outstanding Community Service. He has been a consistent, regular attendee at the Group meetings for 5 years and has served the community for much longer as an active member of the *Ruritan Club*.



Carol Gaines was honored with an award for Outstanding Member of the Year for her continued efforts to support the group and as Secretary on the Board.



Outstanding Member Award also went to Vi McConnell, and Frank McConnell posthumously, for their strong support for the Group and the effort they have contributed at meetings and other functions. A number of family members surprised Vi by being there to celebrate the award.



Mike Saterbak received an award for Outstanding Member of the Year for his continued efforts to support the group and serving as Treasurer on the Board. Mike is always one of the first to quietly step up and help get things done.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

February 2018

Reminders of upcoming events as of Monday, January 08, 2018

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 Silvius, 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:

- 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. 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.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

February 2018

- Thursday, February 1, 2018, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker is Dr. Liana Rosenthal, Movement Disorder Specialist from Johns Hopkins. Contact Art Guyer for info 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 and crafts 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.
- Thursday, April 5, 2018, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Arita McCoy, RN, BSN, Johns Hopkins. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Monday, April 16, 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, April 17, 2018, 11:30 AM – 1:00 PM, Boonsboro Memory Café: Free lunch and crafts at the Hospice Center, 28 N. Main Street, Boonsboro, MD. RSVP (required) to Terry Miller at 301-471-3146 or tmiller@stressfreeseniors.com.
- Thursday, April 19, 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.

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