

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

March 2018

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

[Visit us on Facebook](#)

Volume 8, Issue 3

This Month's Meeting

March Meeting

Dean's Corner

There were **56** attendees at our February meeting including **5** new attendees, and several special guests. Dr. Liana Rosenthal, a Movement Disorder Specialist from Johns Hopkins, was our speaker. She addressed the psychosis of Parkinson's Disease, including depression, anxiety, and hallucinations. She then spent over an hour answering group and individual questions. She also gave several members contact information to help them set up appointments with Johns Hopkins physicians.

Bill Wilhide won the \$10 gift certificate for the Western Sizzlin' Restaurant.

The gift certificates are donated to the group by the owners of the Western Sizzlin' Restaurant. Thanks to Paul and his family for being so generous and for the other donations they make in support of the group.

Ecile Shaw delivered our prayer before lunch and as usual, did a super job. Thanks to those members who worked hard to set up the meeting and put things away after. Without that kind of support, we would not be able to hold the kinds of meetings we do.



MARK YOUR CALENDARS

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

Thursday, March 1, 2018, 11:45 AM
Featuring

**Group Discussion, Feedback, and
Questions and Answers**

Newsletter Highlights

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

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

Diet and Parkinson's Disease ([Page 4](#))

Dean Cook's intro to Dr. Rosenthal ([Page 6](#))

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

Future Meetings: 2018

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

Support Group Meetings are important. Block off the first Thursday of every month on your calendars and try not to schedule anything else that day! It's just one day a month!

About a year ago, when I started taking a more active role in the Hagerstown Parkinson's Support Group, I had no idea of the impact this organization has on the lives of the local Parkinson's community and our membership. Many of you make our meetings and other activities a vital and regular part of your schedule, not to be missed unless absolutely necessary. Therein lies the proof that there is something important we, as a group, provide each other...not only expert speakers... but a smile, a handshake, a gentle hug, a touched shoulder, or a simple and sincere "It's good to see you." My wife, Carol, often comments that in her opinion, these are the things that bind us. And I couldn't agree more..... Dean

Dean Cook, Meeting 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](#).

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.

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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, February 19th 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. 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. (February 20th). 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. (February 22nd). 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 1:00 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 February 15th.**

Birthdays in February

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 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.

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Parkinson's Disease: Tips for Making Life Easier

Based on the Book by Shelley Peterman Schwarz (2002)

Communicating: Using Technology to Aid in Spoken Communication – Telephones

Replace hard-to-use telephones with models that are easier to use and that can actually enhance your communication:

- **Make a cordless phone even easier to use by adding a headset** with a microphone and earphone. Clip the phone to your belt or set it in your lap and you can talk hands-free.
- **Use big-button telephones** or get an adaptor that will double the size of the existing buttons on a touch tone phone.
- **Look for telephones with a volume control** in the receiver so you can easily turn the volume up or down during a call.
- **Use special features built into many of today's phones:** handsfree speakerphones, automatic dialing, and intercom.
- **Program the telephone's auto-dial or speed-dial** function for frequently dialed numbers; or have a friend or family member do the programming. Write directions on an index card and keep it near the phone.
- **If you have programmed phone numbers of friends and family into the phone**, tape a small photo of each person next to the button that corresponds to their phone number. A picture will jog your memory better than just names.

This and That Thoughts on my Mind by Art Guyer: **Wow what a great meeting on February 1st. Dr. Rosenthal did an excellent job with a short presentation and about 45 minutes of Q&A's. If you missed it, sorry about that.... You might get a chance to hear her in 2019. We are working on it!**

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 Friday, **February 16th** 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 **February 21,** 2018, at 1:00 PM. This meeting will feature "Breakout Sessions." They have been having great turnouts too. Contact Janet or Steve Silvius at 301-831-5609 for directions and more information.

Registration for the 2018 PFNCA Symposium is now open. The program will be held on March 24th at two locations, Falls Church, Virginia and Pikesville, Maryland. You can view all presentations at either location. There will be a live question and answer session at each location. Please register early. Seating is limited.

You can learn more and register by calling the PFNCA office at (301) 844-6510.

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

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Heads Up, Caregivers!

Here are some things to consider, Caregivers.....

Fox Insight has undertaken a new kind of clinical study that allows you to contribute to Parkinson's disease research whether you have Parkinson's or not, all from the comfort of your own home. Fox Insight users complete simple online questionnaires every 90 days. These responses help scientists learn more about everyday health experiences and Parkinson's disease progression.

It's an easy way to participate in research. Learn more and sign up at www.foxinsight.org.

Fatigue and Parkinson's Disease

Michael J. Fox

Why can't I seem to get anything done?

One of Parkinson's more insidious symptoms is fatigue. This is not your garden variety bone-tired. This is fatigue on a cellular level. Your body is working overtime to accomplish the simplest of tasks: Taking a shower, answering the phone, pouring orange juice. In addition, you may be coping with the combination of possible cognitive problems known as "Parkinson's apathy". These problems include difficulty initiating projects, inability to follow complex instructions, short-term memory loss and difficulty in switching gears midstream.

You can fight Parkinson's disease apathy by exercising, trying to get regular sleep, taking short naps, and making sure you do not isolate yourself. Also ensure that you and your doctor are square on your drug regimen. The dishes still might not get done, but at least you will feel better.

Michael J. Fox Foundation

Diet and Parkinson's Disease

No singular diet can treat Parkinson's disease or its symptoms, but a healthy and balanced diet can improve general well-being. Eating fruits and vegetables may help keep you energized and hydrated. Fiber-rich foods and fluids may ease symptoms of constipation or low blood pressure.

Your medication regimen may impact your diet, too. Adjusting the timing and composition of meals might allow medications to work better, and you may need to avoid specific foods to prevent side effects. Work with your physician or a dietitian to design a diet that fits your needs.

SHOULD YOU AVOID ANY FOODS OR SUPPLEMENTS WITH PARKINSON'S DISEASE?

The medication levodopa (Sinemet) is a protein building block so it competes for absorption with other proteins. Eating a very proteinic meal reduces the likelihood of effectively absorbing levodopa, so you may want to leave meat, fish and cheese for dinner and eat more carbohydrates and vegetables during the day. Taking medication on an empty stomach -- 30 minutes before or 60 minutes after a meal -- allows the drug to reach the small intestine and absorb faster. However, a carbohydrate snack (crackers, toast, oatmeal) with the medication may be necessary to prevent nausea.

Dopamine agonists (pramipexole and ropinirole) do not require any dietetic adjustment. Those who take MAO-B inhibitors (rasagiline or selegiline) should eat with moderation -- but not eliminate -- foods that contain high concentrations of tyramine. MAO-B inhibitors increase tyramine, and the combination could elevate blood pressure. This list of foods to avoid includes:

- cured, fermented or air-dried meats or fish
- aged cheeses: aged cheddar or Swiss, blue cheeses, Camembert
- fermented cabbage: sauerkraut, kimchi soybean products, including soy sauce
- red wine and tap beer

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Iron supplements can also decrease absorption of levodopa, so they should be separated from medications by at least two hours.

WHAT DIETARY CHANGES CAN EASE PARKINSON'S SYMPTOMS?

Constipation is common in Parkinson's disease. Increased fluid and fiber consumption can help maintain regularity. Drink six to eight 8-ounce glasses of water per day. Warm liquids, especially in the morning, can stimulate bowel movements. Dietary sources of fiber consist of fruits (with the peel), vegetables, legumes, whole grain breads and cereals. Most of these are high in antioxidants as well.

Low blood pressure is a symptom of Parkinson's and a side effect of some medications. Raising fluid and salt intake will boost blood pressure, but talk with your physician, especially if you have heart or kidney problems. Increase cold fluids -- water, Gatorade, V8 juice - - to five 8-ounce glasses per half day. Limit caffeinated beverages, hot liquids and alcohol as these encourage dehydration and low blood pressure. Eating frequent, small meals can also smooth blood pressure fluctuations.

Swallowing problems can present as coughing, choking or a sensation of food feeling "stuck." A speech therapist can prescribe appropriate, individualized dietary modifications and adaptive strategies. These may include adding foods with increased "sensory input" (e.g., seasoned, cold, sour or carbonated items) or altering the consistency of solids and/or liquids. In addition, you might be asked to sit up straight, take smaller bites at a slower pace and allow for longer mealtimes.

Some people with Parkinson's experience *painful muscle cramping*, especially at night and as medication wears off. Eating yellow mustard, which contains the spice turmeric, or drinking tonic water, which contains quinine, may help. Others endorse salt, vinegar or pickle juice. Maintaining adequate hydration may prevent or limit cramping.

WHAT ARE ANTIOXIDANTS AND WHAT FOODS CONTAIN THEM?

Antioxidants are one of those "good for you" things you hear about all the time. They're molecules that clear out free radicals -- toxic substances formed from stresses like air pollution, sunlight, cigarette smoke and even the process of converting food to energy. Oxidative stress is a biological condition caused by too many free radicals. It's associated with aging and Parkinson's disease, so a diet high in antioxidants may offset oxidative stress and cellular damage.

Antioxidants are present in:

- vegetables: artichokes, okra, kale, bell peppers, potatoes
- fruits: berries, pears, apples, grapes
- grains
- eggs
- legumes: kidney beans, edamame, lentils
- nuts: pecans, walnuts, hazelnuts
- dark chocolate
- some beverages such as red wine, coffee and tea

Fava beans contain levodopa, so adding them to one's diet is an attractive idea. Unfortunately, the concentration and availability of levodopa in fava beans are unknown and likely minimal.

No other special foods are recommended for those with Parkinson's disease. Talk to your doctor or dietitian to craft a diet that helps you manage your Parkinson's symptoms and feel energized and healthy.



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Here is Dean Cook's introduction to Dr. Rosenthal.

And Here's Dr. Rosenthal.....

By Dean Cook

*I met this lady several years ago
After telling my right arm to move and it said "No."
She banged my legs with a hammer as I recall.
She'd stand behind me and pull to see if I'd fall.*

*"How much daily exercise do you get?
You haven't been on a treadmill lately, I'll bet.
Go out and purchase a pair of running shoes.
It would help considerably with the weight you need to lose."*

*"Take these cardboard scratch-offs and sniff each one,
And connect these numbers in order when you're done.
Draw me a clock that says it's Ten 'til Three.
Look at this picture and tell me what you see."*

*Her eyes would focus like lasers as she'd ask
About every family illness in my past.
"How much sleep do you get? Are you depressed?
Do you need help while trying to get dressed?"*

*"Sit here on this stationary bike while I drill into your spine.
You don't have a thing to worry about. In a few days you'll feel fine.
Unless you get an infection, of course...there's that chance, I guess.
And if that happens, don't call us. Go straight to Med Express."*

*"And in case you get the Mother Of All Headaches or start to bleed,
We leave at five but the answering service is here. Just tell them what you need.
And if you end up in the emergency room, oh, by the way,
We hope your insurance covers it because we're not going to pay."*

*"Now go into the men's room and urinate for me.
The more fluids we have, the better off we'll be.
And after that, I think we should be through
Except for the eighteen vials of blood Nadine needs from you."*

*Over the years we've talked about dogs and kids and baseball and books,
Prescriptions, addictions, predictions of how the future looks...
Memorization, perspiration, palpitation, hallucination,
Medication, coordination, salivation, and constipation.*

*Thank you, Dr. Rosenthal, and your Staff, for what you do.
Many of us sitting here would feel lost without you.
You're the second-best thing that's happened to us yet.
The first, of course, as we all know, is Sinemet!*

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Reminders of upcoming events as of Saturday, February 03, 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 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 Support Group	3 rd Saturday Time and Location Varies	Louise Houtz houtzmom@hotmail.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, 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 tml-ler@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.

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- 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.
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- Saturday, March 24, 2018: **PFNCA Symposium**. The program will be held at two locations, Falls Church, VA and Pikesville, MD. You can learn more and register by calling the PFNCA office at (301) 844-6510.
- Thursday, April 5, 2018, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Arita McCoy, RN, BSN, John 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.
- Thursday, April 26, 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, May 3, 2018, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Dr. Ankur Butala, Neuropsychiatrist, John Hopkins. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Tuesday, May 15, 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, May 17, 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