

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2018

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

[Visit us on Facebook](#)

Volume 8, Issue 4

This Month's Meeting

April Meeting

Dean's Corner

There were **36** attendees at our March meeting including 2 special *Rock Steady Boxing* (RSB) guests. The group used this opportunity to have an open discussion of medications, side effects, symptoms, exercise, etc. Talia Valencia spoke about Pop Sockets and handed out samples to all who wanted one (see [page 6](#)). Representatives from the Montgomery County RSB discussed the program they coached there.

Joyce Garland 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.

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](#).

All-day Seminar on Parkinson's
To be held in Hagerstown, MD
Friday, April 12, 2019
Put it on your calendar now!

The Hagerstown Parkinson's Support Group

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

Dean Cook, 304-268-1623
hometoww@yahoo.com

MARK YOUR CALENDARS

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

Thursday, April 5, 2018, 11:45 AM
Featuring

Arita McCoy, RN, BSN,
Johns Hopkins

Newsletter Highlights

Tips for Making Life Easier ([Page 3](#))
Heads Up, Caregivers! ([Page 4](#))
SPEAK OUT!® Speech Therapy ([Page 5](#))
PopSockets ([Page 6](#))
Detailed Event Listing ([Pages 7 & 8](#))

Future Meetings: 2018

Apr 5, Arita McCoy, RN, BSN, John Hopkins
May 3, Dr. Ankur Butala, Neuropsychiatrist, JHU
Jun 7, Dr. Gerald "Dave" Podskalny, FDA
Jun 15, Parkinson's Picnic
Jul 5, Ryan Burns, Stress Free Solutions
Aug 2, Dr. Laura Brosbe, DO, MDS, Fred., MD
Sep 6, Group Discussions
Sep 14, Parkinson's Picnic
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!

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!

As you know, a couple of times a year we do not have a speaker. This is planned because we like to take the opportunity to listen to you, get caught up on some administrative issues, and just have a little one-on-one conversation. I personally enjoy these times because I learn some things that otherwise, I would not. For those of you who are relatively new to the group, we used to break out into two sections, Parkinson's folks and Caregivers, but I think we've learned that a group conversation works best. Art and I appreciate the fact that you are patient with us during these non-speaker sessions as we try to touch on those things that are pertinent and informative and fun.

For those of you who attended today's meeting, you were witness to an event that may improve the lives of Parkinson's patients for years to come. Kirby Reese had this idea about creating a *Rock Steady Boxing* program in Hagerstown and at today's meeting he brought in a team that confirmed how important it is. When I got home, he had sent me a text message: "Maria (YMCA CEO Maria Rubeling) is 100% for establishing a program. Plus, we toured the Y and found a perfect location to set up shop." If *Rock Steady Boxing* in Hagerstown becomes a reality, and knowing Kirby it will, the long-term benefits for many will be immeasurable. [See Page 5 at the bottom for contact info.](#)

Dean Cook, Meeting Facilitator
Hagerstown Parkinson's Support Group
497 Hogan Drive
Martinsburg, WV 25405
Phone: 304-268-1623
Email: home2ww@yahoo.com

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, March 19 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. **(March 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. **(March 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 March 15th.**

Birthdays in March

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: Writing Tips

- Keep your hand and arm muscles in the habit of writing by taking up drawing or painting. If you don't want to start with a blank page, purchase coloring books made for adults.
- Try writing with the hand you don't normally use. Practicing this can keep both sides of your brain active.
- Try printing letters in the opposite direction of what you usually do. For instance, if you normally write the letter P starting with a straight downward stroke and then lifting your pen to add the half circle to the top, try starting at the bottom of the P and adding the half-circle in one continuous stroke without lifting the pen. Or make the half-circle first and add the stick later.
- Buy pens and pencils with wide grips, because they are easy to grasp and use. Or twist a rubber band around the barrel, slip a rubber tube over the barrel, or purchase rubber grips made purposely for adding width to the barrel.
- Bring along a sheet of preprinted self-addressed labels when you attend events at which you will be filling out forms. Instead of writing your name and address, use the address labels.
- Use the computer to communicate with others. Writing and printing letters to mail saves your hand; sending emails works great too. Using the computer will also help keep your mind active.

This and That Thoughts on my Mind by Art Guyer:

I hope some of you will attend one of the PFNCA seminars this month (see below). They are well worth the money and effort to get there. Doris and I always thoroughly enjoyed them and regret that we are no longer able to attend. Hopefully, we will be able to go again sometime.

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 in **April** at *Physical Therapy, Etc.*, located at 142 Farmhouse Lane, Chambersburg, PA. Everyone is invited to attend. The contact for this group is Kathy Smith, 717-377-8320. Contact her for more information.

News from the Friends in Frederick PD Support Group: The next meeting of this support group will be on **March 21, 2018**, at 1:00 PM. This meeting will feature a representative from Fox Therapy. 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!

Caregivers: We Wouldn't Make It Without You

February 5, 2018 by Sherri Woodbridge
Parkinson's News Today

Sherri was diagnosed with Young Onset Parkinson's disease over fifteen years ago. She can be found working in her garden, going for walks, taking pictures, or reading books to her three favorite grandkids.

Sitting in the neurologist's office, my questions usually get answered, my fears often get calmed, my symptoms often are addressed. However, I sometimes wonder how my husband feels sitting there, listening in, adding his two cents worth. How does he feel about what he sees happening to me daily, what he might be missing, how he is coping, or going to cope?

Who asks questions of the caregiver? Where do they go to for support? Is there someone who can put their fears to rest? What should they (the caregiver) expect?

Because I've never seen an article address the subject much (although, I'm sure they're out there), I thought I'd try. Since I am not the caregiver in my situation, I have researched some material to find some answers.

So, caregivers: What could be ahead on this journey with Parkinson's for you?

You are in for some changes. Your loved one is going to be changing physically, emotionally, and mentally day by day. Because each case differs in how Parkinson's disease or any chronic illness affects the patient, it is hard to say how much change will occur or how long it might take or last. This could very well cause fear, and understandably so.

You fear your spouse will no longer be that beauty or that hunk you once fell in love with and were attracted to. You no longer have those deep conversations you used to have. Their concentration level just isn't there, and it's frustrating you can no longer have talks like you used to under the stars. The cognitive issues that so often accompany Parkinson's disease can be harder to handle than the physical changes. And so often, it may seem that the disease now outshines the person you once knew.

It's OK to grieve because what you are experiencing is worth grieving over. Someone doesn't have to have died to be dealing with grief. I grieved for years over my oldest son moving his family away in hopes of finding a better job so he could provide more for them. No one died, but the grief was (is) real. Your loved one may not be anywhere close to passing, but still, you grieve over the one you are slowly losing to a malicious disease.

When the disease is diagnosed, it can be confusing. A lot of misinformation can be floating around in cyberspace. It is best to get your information from a qualified source and remember that each person wears PD differently. You may very well face family members and friends who don't want to believe what is happening, and they will offer no help or support whatsoever. You may feel left alone to fight this battle. You may fear being alone to finish your life, a life that now looks so different from the one you and your loved dreamed of.

You may realize that the support just isn't there. The support you expected or anticipated. Family and friends may stop calling or stopping by. They may not invite you to get-togethers as they once did. They may ignore you.

They just don't understand. They can't understand unless they walk the same path, or a very similar one.

It can be a pretty dismal place. But remember: Everybody's situation is different. Everybody will respond to this disease differently, both as patient and caregiver.

What I wish to convey in this column is this: We couldn't make it without you. I am sure it's only going to get harder. And hard is hardly the word to describe a caregiver's situation as they care for someone with Parkinson's disease. But you chose, and still choose, to stay through the long haul even though you could have left and gone your own way.

I know of people whose spouse left when they were diagnosed with Parkinson's disease. But you haven't. You have chosen to hold tight to the promise you made at the altar or as a loyal friend. And we love you for it. And because we love you, please get some support for yourself. Don't go this journey alone. Move closer to family if they can't come to you. You do (and will) need each other.

And we, the needy patient, may get to a point where we can't say it or show it, but we are so grateful and blessed to have you in our life, and we love you for all that you are: our caregivers.

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SPEAK OUT!® A Speech Therapy Program

SPEAK OUT! therapy is a new service now available at Meritus Total Rehab Care.

SPEAK OUT!® is a cognitive-linguistic, treatment approach to voice and swallowing problems associated with Parkinson's disease. Developed by the Parkinson's Voice Project, a nonprofit organization in Texas that specializes in the treatment of individuals with Parkinson's-related disorders, sessions focus on "speaking with intent!"

Individual, 45-minute appointments are scheduled two-to-three times a week for four-to-six weeks. Sessions include a vocal warm-up; exercises to improve pitch and intonation, breath support and conversation; and a cognitive component to help carry over learned speech skills to more complex speech tasks like telling stories, multitasking and giving directions. Exercises are explained in a SPEAK OUT!® workbook provided to every person in the U.S. being treated by a SPEAK OUT!®-trained SLP for his/her Parkinson's disease diagnosis.

If ...

- people ask you to repeat yourself often
- your voice sounds hoarse, scratchy or breathy
- your family says you speak too softly
- you clear your throat often
- your voice is strong some days and weak other days
- you cough when you eat or drink

... you may be a good candidate for SPEAK OUT!® therapy.

SPEAK OUT!® treatment and other therapies at Meritus Total Rehab Care are available with a referral from a health care provider. Meritus Total Rehab Care provides a full range of rehabilitation programs with a team of therapists, trainers and instructors who use evidence-based treatment interventions. Meritus Total Rehab Care is located at the Robinwood Professional Center, suite 201 at the Red entrance, in Hagerstown, Md. More information is available by calling 301-714-4025 or on-line at meritushealth.com/Our-Services/Additional-Services/Rehabilitation-Services



More information about the Parkinson Voice Project is available on-line at www.parkinsonvoiceproject.org/SPEAKOUT.



**IF YOU ARE INTERESTED IN LEARNING MORE ABOUT THE
ROCK STEADY BOXING PROGRAM
AT THE HAGERSTOWN YMCA, CONTACT:**

Maria Rubeling, CEO
Hagerstown YMCA
1100 Eastern Blvd. N.
Hagerstown, MD 21742
301-739-3990 ext. 4213
mariar@ymcahagerstown.org

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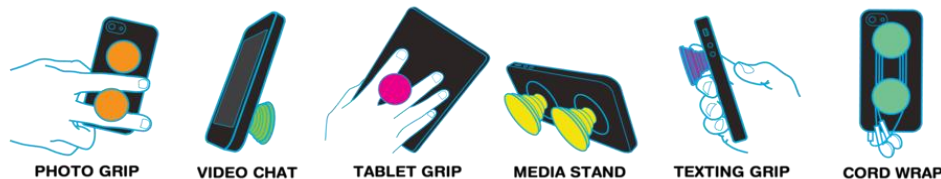
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PopSockets for Parkinson's

by Talia Valencia

What is a PopSocket?

According to popsocket.com, a PopSocket is a "collapsible grip." It is primarily used for phones and tablets. It sticks to the back of your phone case using a proprietary adhesive that allows for an easy and clean repositioning of the grip. When not in use, it sits flat. When you need some extra stability, simply pull at the circle and the device will pop out so you can grip your fingers around its base.



How can you use a PopSocket grip?

- Cell phone
- Land-line phone
- Tablet
- Remote control
- Book

The possibilities are endless!

Who am I and why am I telling you about PopSockets?

I am the granddaughter of Doris and Art Guyer, and the owner of the Hagerstown Parkinson's Support Group mascot, Blueberry the bunny. You may have seen me at some of the previous meetings and picnics. I'll be perfectly honest: I purchased my first PopSocket to protect my face. Every night, I read off my nearly ½-pound smart-phone suspended at an arms-length over my head. At first I thought it was excessive, but hey, I no longer have a bruised forehead. Now I am the proud owner of enough PopSockets to match my outfits if I were that particular.

What do PopSockets have to do with Parkinson's Disease?

They can help you grip things! This was a discovery I made by mistake. One day I was perusing PopSocket.com for a new design when I stumbled across their "How We Do Good" link. I learned they donated 10% of their online sales to Parkinson's Disease from September thru December 2017. This made me love their company even more!

Immediately, I wrote a letter to the company to let them know I appreciate their work in the PD community. I wrote about my involvement in the local PD support group. After back and forth emails, the "Do Good" department offered to send samples to our group. I was thrilled at the opportunity to demonstrate how they could help you. A couple of weeks later, I was surprised with a package containing not just a couple samples but 60 PopSockets. Thanks to PopSockets, that is enough grips for our Hagerstown group attendees! During our March meeting, I will do a demonstration.

A note to you from PopSockets "Do Good":

During the PD campaign, over \$300,000 was raised! And we loved the project, so we're currently brainstorming how to continue to support the PD community.

We decided to support Parkinson's because we had several people with movement disorders tell us that they were useful. It's been really rewarding for our staff to get to know the PD community better, and it's nice to feel like we're making a gadget that can really help people! In the long-term, we want to support people of all types who have a hard time using their hands and arms, which is why we are now supporting people with arthritis. We'll continue to work with the Parkinson's community in whatever way possible, too.

Our Parkinson's campaign ran for three months from September through December of 2017. We donated 10% of our online net proceeds to four Parkinson's organizations that do impactful work: Team Fox of the Michael J. Fox Foundation, The Davis Phinney Foundation, Dance for PD, and Rock Steady Boxing. All are amazing groups--I highly recommend you check them out if you are not already familiar with the work they do! The four groups will split the money we raised evenly. We also donated thousands of PopSockets to people with Parkinson's during the campaign.

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Reminders of upcoming events as of Friday, March 02, 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 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, 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, 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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- 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, 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, Neuro-psychiatrist, 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.
- Monday, May 21, 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.
- Thursday, May 24, 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, June 7, 2018, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Our speaker will be Dr. Gerald "Dave" Podskalny, FDA. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Friday, June 15, 2018, Noon until 3:00 PM, Hagerstown Parkinson's Support Group Summer Picnic. Contact Dean Cook for information at 304-268-1623 or by email at home2wv@yahoo.com.
- Monday, June 18, 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, June 19, 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.

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