

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

May 2018

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

[Visit us on Facebook](#)

Volume 8, Issue 5

This Month's Meeting

May Meeting

Dean's Corner

There were **59** attendees at our April meeting including several guests and 2 new members. Our primary speaker was Arita McCoy, RN, MSN, CRNP, John Hopkins Parkinson's and Movement Disorder Center. She made an excellent presentation and answered many questions for the attendees. Arita covered the basics of PD, the types of medications that exist, the newer ones, and those that are in the pipeline. Arita can be contacted at 443-287-7850 or 410-502-0133.

Bill Baschke spoke briefly on safe driving for seniors and distributed a helpful book. A YMCA representative announced they would be holding a Rock Steady Booking orientation session on April 20th at 11:00 AM at the YMCA located at 1100 Eastern Ave.

Hugh McSweyn 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 the prayer. Thanks to those members who worked hard to set up the meeting and put things away after. Without that support, we would not be able to hold the kinds of meetings we do.

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!**

MARK YOUR CALENDARS

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

Thursday, May 3, 2018, 11:45 AM
Featuring

**Dr. Ankur Butala, Neuropsychiatrist
Johns Hopkins**

Newsletter Highlights

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

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

MRI-Focused Ultrasound ([Page 5](#))

4-State Alliance for Parkinson's Support ([Page 6](#))
Detailed Event Listing ([Pages 7 & 8](#))

Future Meetings: 2018

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 first thing I want to say is **THANK YOU** to **Carolyn McKee** for the beautiful flowers she brought in and shared with the group. That was very, very nice. They are beautiful and brightened up any room.

April is "Parkinson's Awareness Month" and I was looking for something solemn and thought provoking and perhaps inspirational to share with you. Then I discovered the following poem by Edgar A. Guest and thought what a clever, uplifting, and optimistic message this is. So, solemn, thought provoking and inspirational have been postponed. I hope you enjoy this as much as I do.

"It Couldn't Be Done" by Edgar A. Guest

*Somebody said that it couldn't be done,
But he with a chuckle replied
That "maybe it couldn't," but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin
On his face. If he worried he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it.
Somebody scoffed: "Oh you'll never do that;
At least no one ever has done it";
But he took off his coat and he took off his hat,
and the first thing few knew he'd begun it.
With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done, and he did it.
There are thousands to tell you it cannot be done,
There are thousands to prophesy failure;
There are thousands to point out to you, one by one,
The dangers that wait to assail you.
But just buckle in with a bit of a grin,
Just take off your coat and go to it;
Just start to sing as you tackle the thing
That "cannot be done," and you'll do it.*

The Hagerstown Parkinson's Support Group

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

Dean Cook, 304-268-1623
home2wy@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

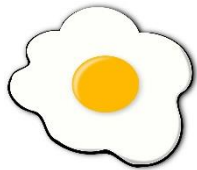
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Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3rd Monday of every month. This month the breakfast is scheduled for **Monday, April 16th 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 one of our functions, but no longer can 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.

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 has been canceled due to lack of participation.

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. **(April 26th)**. 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 April 19th.**

Birthdays in April

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: Keeping the Lines of Communication Open

- **Encourage friends and relatives to each choose a specific time each day or each week to call.** Having short (2 or 3 minute) conversations on a regular basis can go a long way toward helping the person feel included and loved, especially if he or she can't get out socially.
- **If someone you care for is unable to leave the home for special events such as reunions and weddings,** use a video camera to document the event. Have people at the event record special greetings for the person unable to make it.
- **If you move to a new home** and your loved one cannot visit, make home videos of the new house, the neighborhood, the kids at school, sports, etc.
- **Use your recorder to create a video "card"** for someone who can't get out to visit family and friends. Record well wishes and other greetings and take footage of some of the person's favorite places.
- **When you deliver one of the videos,** give a running narration of the scenes shown on the screen. It can be a great way to spend time together and keep the person involved in your life.

This and That Thoughts on my Mind by Art Guyer:

And yet another member falls and breaks his hip. Our friend, Harry Davis, is now in the process of recovering from a fall and having to go through rehab. Please, you all need to be careful and use the walking aids that you have available, whether a cane or one of the many walkers available. I know they must be "a pain" but the results of a fall can be devastating.

Get well as quick as possible, Harry.....

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 **April 18, 2018**, at 1:00 PM. This meeting will feature Dr. Laura Brosbe, the new Movement Disorder Specialist in Frederick, MD. They have been having great turnouts too. Contact Janet or Steve Silvius at 301-831-5609 for directions and more information.

2018 University of Maryland Within Our Reach: SLAM DUNK! The University of Maryland Annual Parkinson's Disease Symposium will be held at the BWI Hilton on **April 13, 2018**. For more information phone: 410-328-0157 or click here [to register on-line](#).

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!

You can never hear these too often!

10 Tips for Parkinson's Disease Caregivers

March 15, 2018
Parkinson's News Today
by Wendy Henderson

Being a caregiver for a loved one who has Parkinson's disease can be very stressful. It's difficult to watch someone close to you suffer and you want to be able to do your best for them, but it's important to remember that you also must take care of yourself.

Here is a list of practical tips for caregivers of patients with Parkinson's disease to hopefully make their lives easier and to help ease the stress based on information from the Michael J Fox Foundation and Partners in Parkinson's.



1. **Be organized:** Keep all your loved one's medical notes, insurance, records, appointments, telephone numbers of clinics and doctors, and medication details in a folder that can be easily accessed at any time. Take this folder with you to all appointments so you always have everything on hand.

2. **Look after yourself:** To be able to look after your loved one, you need to be physically and emotionally well. Take time off — it's important to unwind and de-stress. Ask other family members and friends to help or look into hiring professional care. Spend some time doing something you enjoy and take your mind off things for a few hours.

3. **Understand the medical insurance:** Make sure you fully understand your loved one's medical insurance policy — what it does and doesn't cover and how to apply for reimbursements of medical costs.

4. **Join a support group:** Find out if there are any active support groups in your local area. If not, then look online for a support group for caregivers of Parkinson's disease patients. This will give you both practical and emotional support, and you will be able to ask advice and share your experience with others who are going through the same thing. Local support groups in the 4-state area are listed here ([page 7](#)).

5. **Educate yourself about Parkinson's disease:** Keep up to date with all the latest news about the condition, read up about symptoms and talk to your loved one's doctor about what to expect with the progression of the disease.

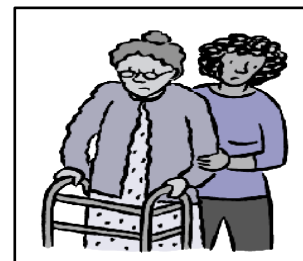
6. **Expect changes in the relationship:** Mood swings and depression are common in Parkinson's disease and your loved one may even become resentful. It's difficult to deal with these changes in the relationship, so open and honest communication is critical. You will both need time to adjust to your new roles in the relationship.

7. **Observe symptoms and report any changes:** As your loved one's carer, you will probably be the first person to notice any changes in behavior or worsening of symptoms. Report these to your loved one's doctors as they occur so they can be addressed as soon as possible.

8. **Encourage independence:** Try not to do too much for your loved one, they will want to hold onto their independence for as long as possible. Ask if they need help and respect their answer.

9. **Know your rights:** Familiarize yourself with both caregivers' rights and disability rights. Find out if you are entitled to any disability or caregiver benefits.

10. **Talk about the future:** Although this is a difficult topic to broach, it's important that you understand what your loved one wants further down the line. You need to discuss wills, treatment options and end-of-life decisions.



Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo Buscaglia, Author

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MRI-Focused Ultrasound Undergoing Phase 3 Clinical Trial for Parkinson's Treatment

March 2, 2018

by Patricia Inacio, PhD

New technology that uses MRI-guided focused ultrasound to target areas of the brain affected by Parkinson's disease and improve motor symptoms will be further tested in a pivotal Phase 3 clinical trial.

Led by the University of Maryland Medical Center (UMMC) and the University of Maryland School of Medicine (UMSOM), the randomized trial will assess the safety and effectiveness of the novel procedure. It is the final step before the U.S. Food and Drug Administration (FDA) will consider approving it as a nonsurgical treatment for Parkinson's.

"The goal of the focused ultrasound treatment is to both lessen the main symptoms of Parkinson's disease, which include tremors, rigidity and slow movement, as well as treat the dyskinesia that is a medication side effect, so that less medication is needed," Howard M. Eisenberg, MD, the trial's lead investigator, said in a press release. Eisenberg is a professor and the chair of neurosurgery at both UMSOM and UMMC.

Participants are currently being recruited for the new trial (NCT03319485), which follows a previous study where MRI-guided focused ultrasound led to a 62% improvement in upper-limb tremors, compared with 22% in the control group, in patients with tremor-dominant Parkinson disease who did not respond to other forms of therapy.

Findings were published in the study, "Safety and Efficacy of Focused Ultrasound Thalamotomy for Patients With Medication-Refractory, Tremor-Dominant Parkinson Disease: A Randomized Clinical Trial," in the journal JAMA Neurology.

"The results of the pilot trial, so far, are very encouraging," said Eisenberg about the first trial conducted in 2015 with 20 patients, the majority of whom were treated at UMMC.

With the new technology, clinicians direct ultrasound waves to a brain structure called the globus pallidus, which helps regulate voluntary movement, to destroy damaged tissue, decreasing the uncontrolled movements that characterize Parkinson's disease.

Doctors use magnetic resonance imaging (MRI) to create a temperature map of the brain, giving them a real-time picture of the region they want to hit with the sound waves. They then raise the energy, directly targeting that area of the brain to destroy the tissue.

Patients are awake and alert the entire time in the MRI scanner, enabling them to give clinicians constant feedback. They are fitted with a helmet through which the energy is converted into sound waves, which are then targeted to the globus pallidus. The approach is noninvasive, meaning there is no surgery or radiation treatment involved.

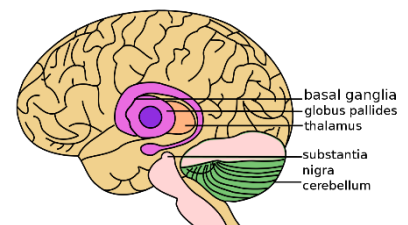
Current therapies to lessen movement and coordination problems in Parkinson's patients include levodopa (sold under the brand name Dopar, among others), which is the most common. Patients with advanced Parkinson's may undergo surgery, known as deep brain stimulation, to implant micro-electrodes in the brain that help control tremors, rigidity and dyskinesia (abnormal, uncontrolled, involuntary movement).

"For people with Parkinson's disease and other movement disorders such as essential tremor, focused ultrasound is an appealing alternative to deep brain stimulation because it does not involve more invasive surgery," said Paul S. Fishman, MD, PhD, professor of neurology at UMSOM and a neurologist at UMMC.

Enrollment in the study is approximately 80 to 100 participants, and the inclusion criteria were designed to include a wider population of Parkinson's patients. Sponsored by InSightec, the trial is recruiting participants in the U.S. at the University of Maryland Medical System, Maryland; Weill Cornell Medicine, New York; and The Ohio State Wexner Medical Center, Ohio.

"University of Maryland Medicine is a world leader in pioneering MRI-guided focused ultrasound to become a new standard of care for treating many devastating brain diseases including Parkinson's, essential tremor and glioblastoma, an often deadly type of brain cancer," said E. Albert Reece, MD, PhD, MBA, vice president of medical affairs at the University of Maryland and dean of UMSOM.

Basal Ganglia and Related Structures of the Brain



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Four State Alliance for Parkinson's Support



Back, Left to Right: Mike Saterbak, Dean Cook, Waverly Reames, Cheryl Reames, Louise Houtz, Al Houtz, Steve Silvius, Janet Silvius, Art Guyer
Front, Left to Right: Carol Gaines, Judy Friedman, Daune Wynn, John Kraft, Mary Kraft.

On Saturday, March 10, 2018, the Four State Alliance for Parkinson's Support group met at the Western Sizzlin' Steak House in Hagerstown. Representatives from the "Friends in Frederick" PD Support Group, Frederick County Parkinson's Support Group, Winchester Parkinson's Support Group, Hagerstown Parkinson's Support Group, Cross Keys Parkinson's Support Group, and the Maryland Association for Parkinson's Support attended. The group's agenda included discussing current issues and successful activities of each of the groups represented, ideas for enhancing membership, and suggestions for the leaders who had recently assumed leadership roles or started support groups. Also discussed was methods to support members who have a death in their families. The final discussion centered on planning for an all-day Parkinson's Community Seminar to be held on April 12, 2019.

Background: In 2014, an alliance of the Parkinson's Disease support groups in Western Maryland, and nearby cities in Pennsylvania, Virginia, and West Virginia was formed to promote communications among group leaders. This Alliance increases the ability to raise funds for programs, shares resources, and creates a sense of community. It serves the Parkinson's support groups in the defined four-state area with the purpose of improving the quality of care for individuals with Parkinson's disease and their care partners throughout the area. With potential assistance from regional health care and research institutions, Parkinson's Disease and Movement Disorders Centers, and national Parkinson's disease foundations, the Alliance seeks to raise public awareness and understanding of the disease as well as help improve the knowledge and treatment of members of the Parkinson's community. The Alliance also works with the Maryland Association for Parkinson's Support (MAPS). Members who have attended discover different and sometimes better ways to deal with issues they experience and always share new ideas with other leaders.

For additional information about this Alliance or any of the individual support groups, contact information is on the website at: www.fareshare.net/4SAPS/4saps_index.htm or contact Art Guyer by email at 4Parkinsons@gmail.com or by phone at 240-625-2722.

The annual [University of Maryland Parkinson's Disease Symposium](#) is scheduled for Friday April 13, 2018, at the BWI Hilton, 1739 West Nursery Road, Linthicum, MD. The theme this year is "Within Our Reach."

[View the "Within Our Reach Flyer"](#)
[Register On-Line](#). Registration is \$40 until April 1, 2018. \$50 after April 1, 2018

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Reminders of upcoming events as of Sunday, April 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, cjressler4040@gmail.com
Hagerstown Parkinson's Support Group Caregivers' Breakfast	3 rd Monday @ 8:30 AM Hagerstown Family Diner, Hagerstown, MD	Art Guyer, 240-625-2722 4Parkinsons@gmail.com
Frederick PD Support Group Monthly Meeting	3 rd Wednesday @ 1:00 PM Mount Pleasant Ruritan Club, Walkersville, MD	Janet Silvious, 301-831-5609 janet@fifpdsg.org
Gettysburg PD Support Group Meeting	3 rd Wednesday @ 1:00 PM WellSpan Adams Health Center, Gettysburg, PA	Paula Chaplin, 717-337-4407 pchaplin@wellspan.org
Frederick County Parkinson's 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:

- Friday, April 13, 2018, **Within Our Reach: SLAM DUNK!** The University of Maryland Annual Parkinson's Disease Symposium will be held at the BWI Hilton. For more information phone 410-328-0157 or click here [to register on-line](#).
- 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.
- 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.
- Friday, April 20, 2018, 11:00 AM, Rock Steady Boxing Orientation at the YMCA, 1100 Eastern Avenue, Hagerstown, MD.

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- 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, Neuropsychiatrist, John Hopkins. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- 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.
- Thursday, June 21, 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, June 28, 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, July 5, 2018, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Ryan Burns, Stress Free Solutions. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Saturday, July 14, 2018, 11 AM – 3 PM, Four State Alliance for Parkinson's Support Meeting, Western Sizzlin' Restaurant. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Monday, July 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.
- Thursday, July 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, July 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.

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