

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

June 2018

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

[Visit us on Facebook](#)

Volume 8, Issue 6

This Month's Meeting

June Meeting

Dean's Corner

There were **72** attendees at our May meeting including 6 new members. Our excellent speaker was Dr. Ankur Butala, Neuropsychiatrist and Movement Disorder Specialist Fellow from John Hopkins Parkinson's and Movement Disorder Center. Dr. Butala is board certified in both neurology and psychiatry. His contact information is:

Johns Hopkins Neurology
600 N WOLFE ST # Meyer
Baltimore, MD 21287
(410) 502-0133

Betty Martin 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; thank you for that. 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!

Think Picnic!

The Hagerstown Parkinson's Support Group

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

Dean Cook, 304-268-1623
home2wv@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, June 7, 2018, 11:45 AM
Featuring

Dr. Gerald "Dave" Podskalny, FDA
The Basics of Drug Development

Newsletter Highlights

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

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

June 15 Picnic Information ([Page 5](#))

Wearable Devices ([Page 6](#))

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

Future Meetings: 2018

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!

When you have 50 attendees at a meeting, a lot of preparation goes into getting everything ready. Audio system set up, sign-in sheets circulated, tickets and hand-outs distributed, name tags put in order, new folks greeted, registration forms completed, projector and screen set up, and extension cords taped down.

Add another 20 attendees, like we did at our May 3rd meeting, and more tables and chairs need to be brought in.

But it's worth every second when you have a really enthusiastic group and an interesting and knowledgeable speaker.

Thanks to all of you who help to get the room ready for our meetings. And thanks to Paul Romsberg and his family and staff at the Western Sizzlin Steakhouse for providing the space and excellent service that makes it all possible.

I'd like to add a note to Dean's comments. Dean has been doing an outstanding job facilitating the meetings. He is right, there are a lot of things that need to be done before the meeting gets started as well as cleanup tasks after the meeting. We really appreciate those who have stepped up and volunteered to help with this effort. Thank you all. If others get there a little early and pitch in it will make the job even easier and quicker. It will also make you feel good to help out. Remember, we are all in this together.

Art

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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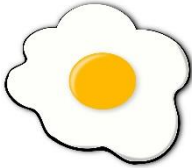
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Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3rd Monday of every month. This month the breakfast is scheduled for **Monday, May 21st 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. **(May 24th)**. Contact Dave Kukor at 301-639-3166 or dkukor@ahcglobal.com for reservations (required) and information.

Accessible
Home Health Care
"We Guarantee Compassionate Care"

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 May 17th.**

Birthdays in May

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

There are a number of kinds of resources that will help communications.

First, attending support group meetings and activities is an excellent way to improve communications. Think about all the conversations going on around the room before and after the meetings. Of course, computers and smart phones give us a whole menu of ways to communicate. E-mail and e-messaging is an excellent way to stay in touch with friends and relatives, assuming you have stepped into the electronic world. It does not have to be a complicated activity if you want to keep it simple. Talk to those in the younger generation and ask for assistance. The internet also allows you to communicate with retailers of just about anything you can imagine.

There is also Speech-to-Speech Relay, a form of Telecommunications Relay Service (TRS). TRS is a service that allows persons with hearing and speech disabilities to access the telephone system to place and receive telephone calls. Access numbers for the four-state area are: Maryland: 1-800-785-5630, Pennsylvania: 1-800-229-5746, Virginia: 1-866-221-6784, and West Virginia: 1-800-229-5746.

Another technical aid and be speech amplifiers which can be helpful to people with PD who have a weak voice, throat, or chest muscles, partially paralyzed vocal cords, or diminished lung capacity. These are like portable public-address systems. Several companies make these devices.

This is the last section on communications. Next month will begin several sections on kitchen activities

This and That Thoughts on my Mind by Art Guyer:

PICNICS! Our most popular activity outside our regular monthly meetings! June 15th and Septemer 14th. See [Page 5](#). These are always fun and enjoyed by everyone who attends. It gives you a chance to get to know some other members of the support group, also.

Take care..... Art and Doris

News from the Chambersburg Parkinson's Support Group: The group will hold its next meeting on **May 18th** at 4 PM at *Physical Therapy, Etc.*, located at 142 Farmhouse Lane, Chambersburg, PA. There will be a demonstration of Zumba Gold and Zumba Chair. Both of which are designed for people with difficulty moving to the faster pace of regular Zumba. 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 **May 16, 2018**, at 1:00 PM. This meeting will feature a speaker from FOX Rehab and the June meeting will be the annual picnic. They have been having great turnouts too. 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

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Heads Up, Caregivers!

Reducing Stress from Caregiver Emotions

DailyCaring.Com

One caregiving challenge that doesn't get enough attention is dealing with the strong emotions that unavoidably come up. Caregiving is hectic and exhausting, so it's natural to push aside the feelings and focus on concrete tasks – especially when those feelings are ones we don't want to admit to. The problem is, if these emotions aren't dealt with, they can seriously damage your health.

Most caregivers have strong and conflicting feelings and emotions, including: anger, guilt, anxiety, frustration, despair, sadness, and anticipatory grief.

4 ways to deal with strong caregiver emotions

1. Don't ignore your feelings. Ignoring anger, sadness, and other caregiver emotions only makes things worse.

Forcing away your feelings can cause high stress, sudden angry outbursts (and guilt afterwards), hopelessness, unhealthy life choices, sleep problems, or depression. Acknowledging and identifying your feelings may be uncomfortable at first. But the more you accept what you're feeling, the less likely you'll be plagued by those negative health "side effects."

2. Don't be "strong and silent." You don't need to pretend that everything is fine. You're in the middle of a serious, sometimes scary, and literally life-changing situation.

Not allowing yourself to cry, show anger, or say that you're frustrated and need help adds an incredible amount of stress to an already stressful situation. Instead, give yourself permission to share with supportive family and friends. Talk about what's really happening, how you're feeling about it, and what kind of help you need.

You'll get rid of the extra stress from pretending, get more understanding from others, and be more open to support.

3. Don't feel guilty about your feelings. Whatever you're feeling is being felt by caregivers all over the world.

Don't hold yourself to unrealistic expectations (like finding joy in every part of caregiving) or beat yourself up over negative feelings. That just adds extra stress and negativity. For example, you might get really mad because the person for whom you are caring has made a huge mess at the end of a tough day, meaning extra hours of exhausting clean-up for you.

Feeling angry is a normal response to this situation and doesn't mean you're a heartless monster.

4. Find an outlet for intense feelings. You don't want to bottle up strong or negative feelings, but you also don't want to take things out on your care-partner – that won't improve the situation.

In moments of stress or frustration, be as calm and kind as possible, even if that means just keeping your mouth shut. As soon as you can get away, use a safe outlet for your anger, frustration, sadness, or other emotions. Giving yourself an outlet helps reduce stress and decrease the intensity of your feelings.

Some suggestions:

- Scream into a pillow
- Punch, kick, or throw a pillow
- Call or text message with supportive family, friends, or fellow caregivers
- Have a good cry
- Vent in a supportive online community
- Write in a journal
- Attend a caregiver support group meeting
- Do something that requires a lot of physical effort and concentration (like scrubbing the tub)

Bottom line: To improve your health and well-being, it's important to acknowledge and accept the mixed emotions that caregiving brings. Give yourself permission to feel what you feel, share your reality, and let things out in safe ways. Dealing with these strong emotions rather than ignoring them significantly reduces stress, improves your ability to care for yourself, and helps you be realistic and get the help you need.

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Picnics for 2018

Date: Friday, June 15, 2018

Time: 12 Noon

Where: Martin L Snook Memorial Park, Pavilion #4
Hagerstown, MD

Date: Friday, September 14, 2018

Time: 12 Noon

Where: Martin L Snook Memorial Park, Pavilion #4
Hagerstown, MD

It's time for our picnics again. Get out of the house and enjoy the weather, the company, and the food. Social activities are good therapy for us all. They are coming up fast; for those of you who have not yet attended these events, here are the details.

- Bring a covered dish or dessert and there will be fried chicken. We will provide the drinks, plates, napkins, utensils, etc.
- The cost of the chicken and the fee for rental of the pavilion will be prorated to those attending.
- There will be free bingo for all! Everyone should bring one or more wrapped, inexpensive "prize" for bingo winners. Prizes can be something you want to get rid of or you can pick up some items from a "dollar store."

Directions:

For those using I-81, go East on I-70 at the I-81/70 Interchange

Eastbound on Interstate 70 (from I-81), take Exit 28, turn left on Downsville Pike; turn left at first traffic light. The park entrance is 100 yards past the light, on the left. Follow the park road to the end and the pavilion will be on the right.

Westbound on Interstate 70 (from Frederick), take Exit 28, the park entrance is 100 yards past the first stop light, on the left. Follow the park road to the end and the pavilion will be on the right.



For more information or to make reservations for the picnic, contact one of the facilitators or sign up at our upcoming meetings:

Dean Cook
304-268-1623
home2wv@yahoo.com

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

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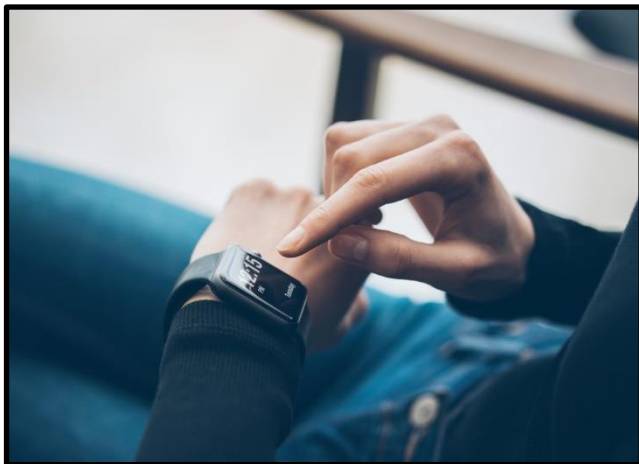
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Global Kinetics Gets Funding for Trial of Its Wearable Device for Recording Parkinson's Movement Data

parkinsonsnewstoday.com
Ana Pena, April 18, 2018

Global Kinetics Corporation has obtained \$350,000 in funding to conduct a global clinical trial of its wearable device for recording Parkinson's patients' movement information. In addition to tracking movement, the watch-like Personal KinetiGraph reminds patients to take their medication and records when they do.

With many chronic diseases, doctors have ways to monitor symptoms and adjust treatments. Examples are blood sugar levels in people with diabetes and blood pressure in those with heart disorders. But no such metric exists for Parkinson's disease.



"The experience of Parkinson's varies day to day, hour to hour," Mark Frasier, senior vice president of research programs at the Fox foundation, said in a news release. "An objective tool, such as the wearable PKG [Personal KinetiGraph] technology, that passively collects data on the lived experience of Parkinson's disease outside the clinic" could help, he said.

It "could give patients and their doctors greater insight to calibrate treatment plans and improve outcomes and give scientists a metric with which to measure therapeutic impact and test potential therapies faster," Frasier said.

The Personal KinetiGraph records Parkinson's patients' movement information while they are at home and performing their daily activities, without interfering with the activities. The information can show if a patient is having difficulty moving or is moving slower.

Once the results are uploaded and processed, they are emailed to the patient's doctor. He or she gets both raw numbers and graphics that show patients' involuntary movements and whether they are moving too slowly.

The doctor also obtains information on patient's movement fluctuations, immobility, tremors, and whether they are taking their medication.

A previous study showed that Personal KinetiGraph has the potential to help assess patients' symptoms, collect information useful to understanding the progression of their disease, and personalize their treatments.

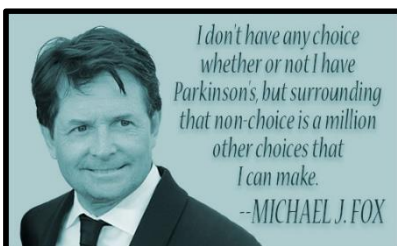
The Treat-to-Target trial's main objective will be to see if the device helps improve the routine care of Parkinson's patients.

Global Kinetics designed the trial after research showed the benefits of using objective assessments and treatment targets for Parkinson's disease.

The study will cover 225 patients in Australia, Europe and the United States. Researchers will follow them for 18 months. The trial has already started in Australia. Patient recruitment in the U.S. and Europe is expected to start soon.

Interim results are expected by December 2018. Final results and guidelines for doctors' use of the device will be released in early 2019.

"Shake It Up Australia is excited to support the PKG technology in this trial," said Clyde Campbell, the organization's founder and chief executive officer. The device gives patients, their neurologists and researchers "a real-life picture of current symptoms and responses to medications" — information that can make a difference in how Parkinson's progression is dealt with, he said.



Rock Steady Boxing at the Hagerstown YMCA

A Rock Steady Boxing Classes will be starting May 22nd. The class is designed for Parkinson's patients. The program dates are May 22 through June 29. It is a six-week program on Tuesday's from 10:30am-11:30am and on Friday's from 11:30am-12:30pm. Fee: Members - \$40, Non-members - \$60. Paper work must be turned in before attending the class. Spread the word, register now!

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Reminders of upcoming events as of Friday, May 04, 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	Pam Dolly, 304-738-2196, pameladolly@yahoo.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, 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.

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- 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.
- Thursday, August 2, 2018, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Dr. Laura Brosbe, DO, Movement Disorder Specialist, Frederick, MD. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Thursday, August 16, 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, August 20, 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, August 23, 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, September 6, 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
- Friday, September 14, 2018, Noon until 3:00 PM, Hagerstown Parkinson's Support Group Fall Picnic. 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