

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

July 2018

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

[Visit us on Facebook](#)

Volume 8, Issue 7

This Month's Meeting

July Meeting

Dean's Corner

There were **57** attendees at our June meeting. Our speaker was **Dr. Gerald "Dave" Podskalny** from the Food and Drug Administration. He gave an enlightening presentation on the basics of drug development.

Linda Hult, Lu Mattern, and Phyllis Davis each won \$10 gift certificates 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 a nice job. 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!**

Speakers' Presentations

You can find some of our speakers' presentations, including those of **Arita McCoy** and **Dr. Ankur Butala**, on our website at this URL:

<https://tinyurl.com/yat5pv4b>

MARK YOUR CALENDARS

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

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

Ryan Burns
Stress Free Solutions

Newsletter Highlights
Tips for Making Life Easier ([Page 3](#))
Heads Up, Caregivers! ([Page 4](#))
June 15 Picnic Information ([Page 5](#))
Anticholinergic Therapy and Dementia ([Page 6](#))
Detailed Event Listing ([Pages 7 & 8](#))

Future Meetings: 2018

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!

A couple of things:

Number one, thank you, **Carolyn McKee** for once again brightening everyone's day by bringing the beautiful peonies. You put a smile on several faces by doing that.

Number two, I'm always a little amazed at who shows up for our meetings. They seem to fall into three groups.

The first group is the "red lanyard" group. These are the thirty-nine members who have had nearly perfect attendance for a sustained 12-month period. These are the folks you can almost always count on to be there.

Then, there is a second group comprised of new people who usually have contacted Art, inquired about the meeting, and chosen to attend. We hope these new people, and, of course, all our members, get enough out of the meeting to want to come back. Some do, and some don't and that's fine.

What I find interesting is the third group and I was reminded of this at our last meeting when there were about 7 people who had not been to a meeting in several months and, lo and behold, there they were. And this is the neat thing. Folks know we're here. Regardless of what Thomas Wolfe said, you can come home again when you get ready, no questions asked. We all have other lives that require our attention. *But when you get ready, come on back home. We'll leave the light on for you.*

The Hagerstown Parkinson's Support Group

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

Dean Cook, 304-268-1623
home2wv@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

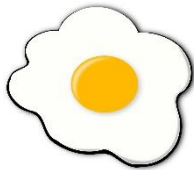
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Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3rd Monday of every month. This month the breakfast is scheduled for **Monday, June 18th 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 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. This month's meeting is **June 28th**. 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 is now 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 are still priced at \$2.00 and the bowling shoes free. **This month the date will be June 21st.**

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)

Managing Mealtime Madness: The kitchen is often the busiest room in the house. It becomes a hotbed of activity when you are preparing and eating meals. This segment will offer suggestions for you to plan, make, and serve meals in a streamlined fashion, making the process and tasks easier to accomplish. If you are shopping for a large meal, try not to shop and cook on the same day.

Begin by building more time into your schedule to prepare and eat meals. Make the kitchen or dining room a more calm and low-stress environment by playing soft, relaxing music while you cook and eat. Do as much planning and preparation as possible while seated at the table or at a stool pulled up to the countertop.

If your energy waxes and wanes, prepare meals when it is high, and reheat it and serve after you've had a chance to rest. When eating sit close to the table and place food and utensils within easy reach.

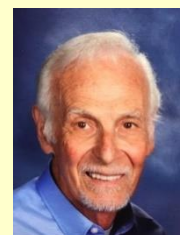
This and That Thoughts on my Mind by Art Guyer:

Been thinking a lot about Barbara Harrell and her family – children, grandchildren and great grandchildren. Jerry brought so much humor and a wonderful warm smile to all of us. We will miss him. He was only 79 – that really makes you think. Our thoughts and prayers are with the Harrell family.

Take care.....

Art and Doris

Jerry Harrell
1938-1918



Four-State Alliance Support Group News:

Chambersburg Parkinson's Support Group: The group will hold its next meeting on **Friday, August 17, 2018** at 4 PM at *Physical Therapy, Etc.*, located at 142 Farmhouse Lane, Chambersburg, PA. They will be having a group discussion. Everyone is invited to attend. The contact for this group is Kathy Smith, 717-377-8320. Contact her for more information.

Friends in Frederick PD Support Group: The next meeting of this support group will be on **June 20, 2018**, at 1:00 PM. This 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. No meetings in July and August.

Frederick PD Support Group: The next meeting of this support group will be **Saturday, June 16, 2018**, at 12:00 PM. They meet at the Frederick YMCA at 1000 N. Market Street in Frederick. The speaker will be Dr. Kelly Mills, Neurologist, Johns Hopkins on DBS Therapy. Contact: Louise Houtz, houtzmom@hotmail.com.

Cumberland PD Support Group: Dr. Joseph Savitt is scheduled to speak on **Tuesday, August 7, 2018**, from 4 – 6 PM. They meet at the Grace Memorial Church in Cumberland. Contact Pam Dolly, 304-738-2196, or by email at pameladolly@yahoo.com for directions and information. Note this is not their regular meeting day.

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.

Contact: Cebrina Young at 301-790-0275 x240

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Heads Up, Caregivers!

Prevent Falls with 5 Warning Signs of Mobility Issues in Seniors

DailyCaring.com

Mobility is essential for senior independence. But many people don't discover their loved-one's developing mobility problems until they get seriously injured in a fall. When a loved-one takes a fall and breaks a hip or if they have a health condition like Parkinson's disease, it's clear they'll be dealing with mobility issues – even if they're temporary. But it's not just disease or injury that leads to difficulty standing and walking. The natural effects of aging like muscle loss, balance issues, and joint stiffness all contribute to loss of mobility.

However, your loved-one doesn't have to wait for a fall to find out they're developing mobility issues. Being aware and noticing these signs helps you take steps to improve your loved-one's balance and strength before something happens. This helps them stay as mobile and independent for as long as possible.

To help you act and improve the situation before an injury happens, here are 5 key warning signs of mobility issues.:

1. Falling. Even if your loved-one seems to have bones of steel and never seriously hurts themselves when they fall, they could still be having mobility problems that need to be addressed before they get worse. Even as few as two falls in a year could indicate that something other than uneven walkways or cluttered environments is a problem.

People fall when they trip and stumble on something, but also when their feet are slow to keep up (and drag on the floor) or when they get off-balance and can't correct their body position in time.

Frequent falls increase the risk for injury, hospitalization, and life-threatening complications. So even if your loved-one hasn't been seriously injured (yet), fall-proofing their home with grab bars, handrails on stairs, non-slip tub mats, etc. is highly recommended. It's also important to ask their doctor to evaluate their mobility. The doctor can check for health conditions that could be causing problems, look for negative medication side effects, or recommend physical therapy to build balance and strength.

2. Avoiding the stairs. Is your loved-one quick to say "Let's take the elevator" when you encounter even a small staircase while out and about? Do you notice them spending more time than usual downstairs in their home? Stairs can be extra tough for seniors to travel up and down because they require extra strength, balance, and energy.

If your loved-one seems to walk around fairly easily, but goes out of their way to limit their use of stairs, you may want to start talking with them about whether they need extra help or a mobility aid. If they don't have any physical difficulties that are making stairs challenging, it could be that a fear of falling is holding them back. Finding ways to address those concerns will have a positive impact on their long-term mobility.

3. Having difficulty with sitting and standing. Is standing up from the couch a struggle for your loved-one? How about lowering themselves into bed? Having trouble with sitting and standing is a strong indicator of potential mobility issues. It's an essential movement in daily life – used when eating a meal, using the restroom, upon waking and sleeping, and more.

Try the quick and simple sit-to-stand exercise with your loved-one and notice if they have any difficulties. Do they need to hold on to furniture for support? Are they slow or unsteady? Being aware of a seemingly harmless warning sign like this one tells you that it's necessary to talk with their doctor. You may want to ask about issues like lightheadedness or dizziness that happens when they stand up or sit down or ask about strength and balance exercises.

4. Having trouble with balance. Dizziness and having trouble with balance can be caused by a variety of factors including medication side effects, low blood pressure, or inner ear issues like vertigo or Meniere's disease. In addition, issues associated with normal aging like impaired vision, joint stiffness, slower reaction times, and muscle weakness reduce the body's ability to stay balanced. They can make walking, standing, and exercising difficult.

To improve mobility, your loved-one's doctor can test their balance and treat underlying problems. Mobility aids like canes or walkers and targeted exercises can help a loved-one with balance issues and allow them to get around more safely and confidently.

5. Skipping exercise. Exercise isn't everyone's favorite activity, but it's a necessary lifestyle habit that helps prevent chronic diseases and unhealthy weight gain, especially for seniors. But if your loved-one is skipping exercise more and more because they're tired, sore, or simply don't have the energy, they may soon be dealing with mobility issues as well. Weakness, exhaustion, and other symptoms that keep them from exercising will make it increasingly difficult to walk or stand as much as they once did.

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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 "prizes" 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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Anticholinergic Therapies Increase Risk of Dementia

May 8, 2018
by Alice Melão

Anticholinergic medications used to treat depression, urinary incontinence, or Parkinson's disease increase the risk of dementia, even if the therapy was taken 20 years before diagnosis of cognitive impairment, a study has found. The study, "Anticholinergic drugs and risk of dementia: case-control study," was published in *The BMJ* (Formerly the *British Medical Journal*).

Anticholinergic medications are designed to prevent the activation of nerve cells by the signaling molecule acetylcholine. Depending on the site where the treatment acts, it can be used to prevent several responses such as tremors in Parkinson's or respiratory reactions. This class of medicines is also widely used to treat depression and gastrointestinal disorders, among other illnesses and conditions.

Their potential to affect cognition has been previously reported, and guidelines suggest avoiding use in frail, older people. However, until now, the long-term effects of anticholinergic medications on cognitive function was not fully realized.

Researchers at the University of East Anglia in the U.K. conducted a large-scale, retrospective study to compare the use of anticholinergic medications among 40,770 people who were diagnosed with dementia and 283,933 individuals without cognitive impairment (EUPAS8705).

Patients' clinical information was collected from the Clinical Practice Research Datalink, which covers more than 11.3 million patients from across 674 primary care practices in the U.K. The study included patients 65 years or older, who had been diagnosed with dementia between April 2006 and July 2015.

The five most common anticholinergic therapies used by participants in the study:

- 29% took amitriptyline (brand names Endep, Lentizol, Saroten, Tryptanol, and Tryptizol)
- 16% dosulepin (brand name Prothiaden)
- 8% paroxetine (brand names Paxil and Seroxat)
- 7% oxybutynin (brand names Ditropan, Lyrinel XL, Lenditro, Driptane, and Uripan)
- 7% tolterodine (brand names Detrol and Detrusitol).

The team found the use of anticholinergic treatments was linked to a 10-11% increased risk of dementia. When they analyzed the data according to drug indication, they found that dementia was more common among patients who had been prescribed antidepressants, anti-Parkinson's therapies, and urological medications. No association was found with antispasmodic, antipsychotic, antihistamine, or other treatments.

This increased risk was found to persist even if the medications had been prescribed several years before the dementia diagnosis. In fact, patients who had been treated with anti-Parkinson's therapies 10 to 15 years before diagnosis had a 54% increased risk of having dementia. For antidepressants, the risk was 19% and for urological therapies, 27%, when taken 15 to 20 years before diagnosis.

"These findings make it clear that clinicians need to carefully consider the anticholinergic burden of their patients and weigh other options," Malaz Boustani, MD, co-author of the study and a researcher at Indiana University Center for Aging Research in the U.S., said in a press release. "Physicians should review all the anticholinergic medications — including over-the-counter drugs — that patients of all ages are taking and determine safe ways to take individuals off anticholinergic medications in the interest of preserving brain health."

It is still unclear why these medications have such an adverse effect, and additional studies are needed to fully address the risks linked to their use. Still, these findings highlight not only the short-term effects of anticholinergic therapies but also long-term adverse effects on cognitive function.

"With many medicines having some anticholinergic activity, one key focus should be de-prescribing. Clinical staff, patients and carers need to work together collaboratively to limit the potential harm associated with anticholinergics," said study co-author Ian Maidment, PhD, a senior lecturer in clinical pharmacy at Aston University in the U.K.



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Reminders of upcoming events as of Saturday, June 09, 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 YMCA - 1000 N. Market Street, Frederick MD	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, 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.

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- 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.
- Monday, September 17, 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, September 20, 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, September 27, 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, October 4, 2018, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Doug DeHaven, Hagerstown Fire Marshall. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Monday, October 15, 2018, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.

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