

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

August 2018

Visit Our Website at:  
[www.fareshare.net/Parkinsons/](http://www.fareshare.net/Parkinsons/)

[Visit us on Facebook](#)

Volume 8, Issue 8

### This Month's Meeting

### August Meeting

### Dean's Corner

There were 39 attendees at our July meeting. Our speaker was **Mr. Ryan Burns from Stress Free Solutions**. He did an excellent job of explaining the service he offers, how it is handled, and who can benefit from it.

**Bob Gerstmyer** won \$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 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, August 2, 2018, 11:45 AM**  
Featuring

**Dr. Laura Brosbe, DO**  
**Movement Disorder Specialist**  
**Frederick, MD**

#### Newsletter Highlights

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

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

Picnic Information ([Page 5](#))

Effective PD Management ([Page 6](#))

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

#### Future Meetings: 2018

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!

One of the things I've gained over the last year, working more closely with our membership in Art's absence, is an appreciation of how kind people can be to one another.

In a world where it is tough to watch the daily news without flinching, I see acts of real generosity and goodness that are not cosmetic but really performed with a solid and deliberate intention. Do we listen more closely? Touch more often? Help out more readily? Care more deeply? I think we do. And as we travel this road together, perhaps that is the silver lining in this journey.

I had someone say to me recently that "Parkinson's Disease is a slow robber of our lives, but it also brings something fresh and new, a sort of a more true acknowledgement of the value of life and those we live with." I think that person nailed it.

Dean



The Hagerstown Parkinson's Support Group

Group Facilitators:  
Art Guyer, 240-625-2722  
[4Parkinsons@gmail.com](mailto:4Parkinsons@gmail.com)

Dean Cook, 304-268-1623  
[home2wv@yahoo.com](mailto: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

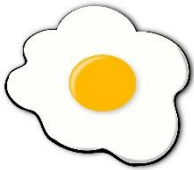
Hagerstown, MD and the Four-State Area

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### Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3<sup>rd</sup> Monday of every month. This month the breakfast is scheduled for **Monday, July 16<sup>th</sup> 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](mailto: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 4<sup>th</sup> Thursday of every month at the Otterbein Church on East Franklin Street from 11:30 AM – 1:30 PM. This month's meeting is **July 26<sup>th</sup>**. Contact Dave Kukor at 301-639-3166 or [dkukor@ahcglobal.com](mailto:dkukor@ahcglobal.com) for reservations (required) and information.

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*Home Health Care*  
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### 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 July 19<sup>th</sup>.**

### Birthdays in July

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: Meal Planning and Preparation -- Shopping

Choose a grocery store that will not defeat you before you begin. Consider prices, location, layout and facilities, like restrooms. Is the store uncluttered and when is it less crowded?

- Ask if your local grocery store has home delivery. This will vary from company to company and location to location, of course.
- If you are concerned about a slippery parking lot, some grocery stores will send an employee to help you to and from your vehicle. Use a cart to improve your stability when walking through the parking lot.
- Ask the bagger not to fill your bags too full. Have them put frozen or perishable foods into one bag, then you only need to empty that one when you get home. The others can wait.
- Make a master list of items you buy and reproduce it. Circle the items you need this trip or have someone else pickup.
- A wagon or wheeled cart is a great way to get your shopping bags from the vehicle to the house

#### This and That .... Thoughts on my Mind by Art Guyer:

*I guess you know what has been, is, and will be on my mind for the rest of my days. Losing my sweet wife has left me with an empty spot in my life. I am so thankful, though, she is no longer in pain and is stressfree. You all have been such a big help to me over the past few weeks, I want to thank you for your messages, calls, cards, thoughts and prayers. I will be seeing you soon; I plan to come to as many of our meetings and events as I can. Doris would want that!*

*Take care..... Art*

#### 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 **September 19, 2018**, at 1:00 PM. This meeting will feature Marissa Yoes, MS CCC-SLP from [Meritus Home Health](#) who will provide information about **SPEAK OUT!**. 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, July 21, 2018**, at 12:00 PM. They meet at the Frederick YMCA at 1000 N. Market Street in Frederick. Contact: Louise Houtz, [houtzmom@hotmail.com](mailto: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](mailto: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!

#### Five Ways Caregiving Routines Make Your Day Easier

**1. Stop the power struggles.** Many seniors hate being told what to do. If they have a consistent daily or weekly routine, you're not just bossing them around. The activity is simply what's done at this time (getting dressed, eating, bathing, etc.). Once the routine becomes a natural part of their day, they'll be more likely to go with the flow of activities.

**2. Increase cooperation.** Nobody likes surprises. When you and your loved one know exactly what's going to happen and when, stress and uncertainty are reduced. When older adults can anticipate the next task or activity, they can mentally prepare and will be more willing to participate than if they feel surprised by a seemingly random activity.

**3. Reduce the number of decisions you must make.** Making decisions all day is tiring, even if they're minor. Save mental energy by creating a routine and sticking to it. Having most of the day pre-decided significantly reduces the number of choices you'll have to make.

**4. Improve your sleep.** Good quality sleep is essential for good health. Regular routines help older adults (and you!) get on a schedule. That will help both of you fall asleep more easily at night. And if your loved one sleeps well, you'll sleep better too.

**5. Build in time to enjoy each other.** With all the responsibilities of caregiving, it's easy to forget about spending quality time with your loved one. Make it easier by building a few meaningful moments to connect into the daily routine. This could be as simple as starting each morning with a hug, ending the day with a bedtime song, or enjoying a nice walk in the park every Sunday afternoon.

**Routines Reduce Stress for Seniors.** People are most afraid of the unknown. If your loved one is losing control over their physical abilities, independence, or cognitive abilities, their world gets filled with more and more unknowns. If the days are unstructured and unpredictable, life can become even more stressful. That's why a consistent routine helps both seniors and caregivers. Everyone knows what to expect and there's no need to think or worry about what's coming next.

**What is a routine?** A routine means doing the same basic activities around the same time every day. This gives structure and a natural flow to the day. It also makes it easier to make sure your older adult has taken medication, eaten regularly, and drank enough water. When you create a routine for your loved one, base it roughly on their current daily activities. The main difference is to make it more structured and regular.

#### Benefits Seniors Get from Routines

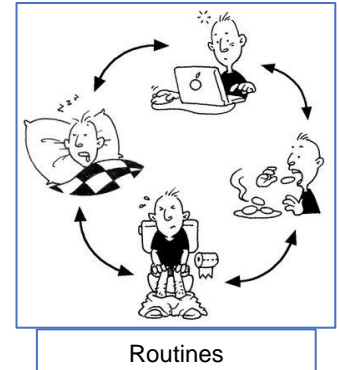
**1. Reduced stress and anxiety.** Older adults who no longer have control of their lives, maybe because of medical conditions, may feel constantly stressed and anxious. They may feel disoriented or unsure about what's going to happen in the next moment. When seniors become too ill or frail to manage their days, they're dependent on others for everything. Not knowing when or if needs will be met is very stressful.

A predictable routine reduces stress and anxiety because seniors know exactly what will be happening, how the activity will be done, and when it will occur. Routine actions will also become part of their body memory. They won't have to consciously think or worry about what they're doing. Their bodies unconsciously sense what's coming next.

**2. Increased feelings of safety and security.** Many seniors don't like surprises. Having a routine lets them predict and plan their day, which makes them feel safe. It also gives stability that seniors often enjoy because they can settle into a schedule that makes sense. It's easier to cope with memory and cognitive issues when everything else is steady and predictable. Even though a senior might not be aware of the routine or even of time passing, having a routine will make them feel more grounded and secure.

**3. Better sleep.** Having a regular daily routine also helps older adults sleep better. A study found that doing the same basic activities as eating, dressing, and bathing at the same time every day improves sleep quality. Since many seniors have trouble with sleep, creating a predictable daily routine is a simple, non-drug way to improve the situation.

**Bottom line.** Simple daily routines can significantly improve your loved one's quality of life, but there's no need to be too rigid about it. You'll still need to be flexible on days when they are not feeling well or if there's a special event. But using a routine most of the time can reduce stress, increase the feeling of security, and improve sleep. That helps your loved one (and you!) feel healthier and happier.



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## June 2018 Picnic Report

The reports are that the picnic in June was great. Lots of food and prizes. Everyone pitched in to help Dean set up the event and to put it all away when it was over. Sorry I missed it, but I plan to be at the next one!

## September 2018 Picnic

**Date:** Friday, September 14, 2018, at 12 Noon

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

It's almost time for our second picnic of the year. Social activities are good therapy for us all. 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 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](mailto:home2wv@yahoo.com)

Art Guyer, 240-625-2722, [4Parkinsons@gmail.com](mailto:4Parkinsons@gmail.com)

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## Once-a-day Capsule for Nuplazid Approved for PD Psychosis Patients

July 2, 201

Jose Marques Lopes, PhD

The U.S. Food and Drug Administration has approved a once-a-day capsule formulation and a lower tablet strength for Nuplazid (pimavanserin), a treatment for the hallucinations and delusions associated with Parkinson's psychosis. The new formulation — a 34 mg capsule— enables patients to take the recommended oral dose once a day instead of the twice-daily existing 17-mg tablet dose.

Also approved was a 10 mg tablet (a lower-dose strength), for those Parkinson's patients also being treated with cytochrome 3A4 inhibitors — such as some antibiotics, antidepressants and calcium channel blockers — that can affect how Nuplazid is metabolized.

Both the once-daily capsules and lower-dose tablets will be available by mid-August, Acadia Pharmaceuticals, the treatment's maker, said in a press release. Nuplazid works differently from other anti-psychotic medications in that it does not block dopamine — a brain neurotransmitter crucial to movement and motivation. Instead, it targets a subfamily of serotonin receptors (5 HT2A) of importance to cognition, memory, and the ability to learn.

Recent reports of studies into Nuplazid's use in real-life settings have shown that the therapy is well-tolerated and can lead to clinical improvement in patients with Parkinson's psychosis.

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### Parkinson's Disease Management

Throughout the world, an estimated six million people are diagnosed with Parkinson's disease; more than one million of them live in the United States. Each year in America, another 50,000 to 60,000 new Parkinson's cases are detected, creating an even wider circle of loved ones, clinicians and caregivers to combat the neurodegenerative disorder.

To those with limited knowledge, Parkinson's is known as a movement disease, but non-motor symptoms such as depression, sleep abnormalities and slowed thinking (bradyphrenia) can be even more disabling than the more outwardly noticeable motor symptoms of tremors, shuffled gait and altered posture. A study being conducted at 20 Centers of Excellence reports that together depression and anxiety create the greatest impact on the health of people with Parkinson's disease.

#### Understanding the Cause

Although it's known that Parkinson's degrades the brain's dopamine chemical messengers called neurotransmitters, most people who develop Parkinson's disease show no clear causation for the disorder. Researchers are continuing to follow the causation theory of genetics, plus environment, plus pathogenesis (e.g., oxidative stress, inflammation, protein aggregation, etc.). Still, with all the incredible advances in understanding the disease, no doctor at this point can tell a patient how he or she developed Parkinson's.

#### Allied Team Management

Parkinson's chronic disease trajectory differs with each person. Grouping Parkinson's patients under one generic treatment protocol is detrimental across the board. Effective management of Parkinson's disease symptoms requires experienced, compassionate healthcare providers teaming with each patient for a comprehensive treatment plan consisting of appropriate medications, diet, physical and mental exercise, counseling and other therapies. As the disease progresses, surgical therapeutics such as deep brain stimulation (DBS) and carbidopa/levodopa enteral therapy may be a reasonable option for certain individuals.

Successfully advocating for those with Parkinson's encourages self-management strategies for patients to stay active and participate in their own care. It is essential for the disease management to be unique to each individual patient because both motor and non-motor symptoms require their own specific interventions. This tailored, patient-centered approach for living with Parkinson's often includes teamwork with health providers, home care professionals and family caregivers, and the use of music, dance, yoga, pets, and educational and support resources. Participating in research studies also benefits the allied front in preventing and treating Parkinson's.

Parkinson's is a slowly progressing disease and with proper diagnosis, targeted care and a stay-positive approach, patients can live a rewarding life controlling Parkinson's instead of the neurodegenerative disorder controlling them.

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### Coming to terms with your Parkinson's diagnosis

by Jackie Hunt Christensen.

Everybody reacts to a serious diagnosis like Parkinson's disease differently. It may leave you feeling alone and shaken. Or, you may have a sense of relief, because after years of bouncing from one doctor to another you finally had an answer.

No matter at what age you are diagnosed, you will be challenged by the news of a disease that you may not know much about. Whatever the reaction to your diagnosis, you will need to give yourself plenty of time to process the range of emotions you will experience. Your goal should be to think through the emotional and physical effects of your diagnosis and to learn all you can about the illness as well as the resources that can help you stay healthy, both mentally and physically.

Parkinson's disease affects people from every walk of life. It does not matter if you are man or woman. Race, age, ethnicity, socioeconomic status and many other ways that society differentiates people do not make a difference. This can serve as a reminder that you are not alone, and that your PD is not a conscious choice you made. Here are some ways you might deal with your diagnosis

- Be open with those around you.
- Find a medical team you can trust.
- Build your support system.

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### Reminders of upcoming events as of Saturday, July 07, 2018

#### REGULAR EVENTS:

Event	Date, Time, Location	Contact for Information
Hagerstown Parkinson's Support Group Meeting	1 <sup>st</sup> 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 <sup>st</sup> Friday @ 4:00 PM Grace Memorial Church, Cumberland, MD	Pam Dolly, 304-738-2196, pameladolly@yahoo.com
Winchester PD Support Group Monthly Meeting	2 <sup>nd</sup> 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 <sup>nd</sup> 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 <sup>rd</sup> Monday @ 8:30 AM Hagerstown Family Diner, Hagerstown, MD	Art Guyer, 240-625-2722 4Parkinsons@gmail.com
Frederick PD Support Group Monthly Meeting	3 <sup>rd</sup> Wednesday @ 1:00 PM Mount Pleasant Ruritan Club, Walkersville, MD	Janet Silvius, 301-831-5609 janet@fifpdsg.org
Gettysburg PD Support Group Meeting	3 <sup>rd</sup> 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 <sup>rd</sup> Saturday YMCA - 1000 N. Market Street, Frederick MD	Louise Houtz houtzmom@hotmail.com
Cross Keys Parkinson's Support Group	3 <sup>rd</sup> 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 <sup>rd</sup> 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:

- 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](mailto: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.

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- 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](mailto:4Parkinsons@gmail.com) or 240-625-2722.
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- Thursday, September 6, 2018, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Group Discussions. Contact Art Guyer for information at [4Parkinsons@gmail.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:4Parkinsons@gmail.com) or 240-625-2722.
- Thursday, October 18, 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](mailto:home2wv@yahoo.com).
- Thursday, October 25, 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](mailto:dkukor@ahcglobal.com).
- Thursday, November 1, 2018, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Dr. Samina Anwar, Neurologist. Contact Art Guyer for information at [4Parkinsons@gmail.com](mailto:4Parkinsons@gmail.com) or 240-625-2722.
- Thursday, November 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](mailto:home2wv@yahoo.com)
- Thursday, November 15, 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](mailto: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