

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

September 2018

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

[Visit us on Facebook](#)

Volume 8, Issue 9

### This Month's Meeting

### September Meeting

### Dean's Corner

There were **64** attendees at our August meeting. Our speaker was **Dr. Laura Brosbe, DO, MDS, a Movement Disorder Specialist from Frederick, MD.** She spoke principally on the non-motor aspects of PD and did an excellent job of weaving in symptoms and treatments. Questions were interspersed during the presentation, adding to the completeness of the information everyone received. She stayed for a little while during the rest of the meeting, talking with individuals who had more questions. Dr. Brosbe will be our lead off speaker at the PD Symposium we are planning for April 12, 2019.

She indicated she was still taking new patients, even if they already had a local neurologist. Her contact information is:

**Comprehensive Neurology Services**  
**Dr. Laura A. Brosbe, D.O.**  
**Movement Disorder Specialist**  
196 Thomas Johnson Drive, Ste 120  
Frederick, MD 21702

Phone: 240-566-3130  
Email: [Irein819@gmail.com](mailto:Irein819@gmail.com)

**Chuck Bihun** 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 a beautiful prayer; thank you. 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.

### MARK YOUR CALENDARS

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

**Thursday, September 6, 2018, 11:45 AM**  
**Featuring**

#### Group Discussions

#### Newsletter Highlights

Tips for Making Life Easier ([Page 3](#))  
Heads Up, Caregivers! ([Page 4](#))  
Picnic Information ([Page 5](#))  
Vision and Parkinsons ([Page 6](#))  
Detailed Event Listing ([Pages 7 & 8](#))

#### Future Meetings: 2018

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!

**DON'T FORGET TO SIGN UP FOR THE  
PICNIC SCHEDULED FOR 9/14/2018**

We Parkinson's folks have trouble sleeping. One of the things I do is make rhymes. Not poems, necessarily, but rhymes. Poems require not only rhyming but meter and "stanzaic" structure and I don't know what those last two things mean. But here is a (sarcastic? tongue in cheek?) rhyme that I wrote a couple of weeks ago about the frustration we all feel about the lack of progress when it comes to finding a cure for PD. I think most of my fellow PD friends will understand it and may even enjoy it.

#### *The Parkinson's Blues*

*Don't know about you but I'm a little weary  
Of hearing the "progress" made with this disease.  
Seems all the experts have a different theory;  
I want to shout out loud, "Just stop it, please!"*

*We're moving right along, I hear them say:  
A "new and improved" treatment is in place.  
It's just a matter of time, they said today,  
Before my legs regain their normal pace.  
They've found a way to bring my memory back.  
Some strands of cells had somehow come untied.  
(They opened the nuclear membrane just a crack  
And placed a tiny cross where some had died.)*

*That drooling while I sleep is in the past.  
My likelihood of falling is now gone.  
From this day on, I'll start to move real fast.  
My letters will look written and not drawn.*

**(Continued on Page 2)**

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

The Hagerstown Parkinson's Support Group

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

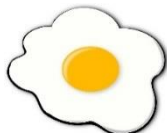
## Monthly Newsletter

September 2018

### 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, August 20<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 try to 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

### The Parkinson's Blues (Continued from Page 1)

*The buttons on a shirt that challenged me  
Will be a distant memory long ago.  
Those tremors I had yesterday will flee;  
My right arm will obey when I say, "Go."  
The problems I have dealt with up 'til now,  
Caused by a folded protein, it is said,  
Will no longer be an issue anyhow.  
(They were simply doing sit-ups in my head.)*

*Yes, they're making progress every day.  
There's going to be a party at the end.  
And at that celebration they will say,  
"Too bad you were unable to attend."*

Dean Cook

### 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 **August 23rd**. Contact Dave Kukor at 301-639-3166 or by email at [dkukor@ahcglobal.com](mailto: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 August 16th.**

### Birthdays in August

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.*

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

September 2018

### Parkinson's Disease: Tips for Making Life Easier

Based on the Book by Shelley Peterman Schwarz (2002)

#### Managing Mealtime Madness: In the Kitchen

- **Encourage the person with PD to be involved in kitchen activities** like putting away groceries, setting the table and putting away clean silverware and dishes.
- **To open a jar if your hands are weak**, improve the grip by putting on a rubber glove or by using a thin rubber sheet often given away at senior expos.
- **Use a rocker knife** instead of a traditional straight knife. Using a seesaw motion with a rocker knife uses less energy than required with a regular knife.
- **Keep an extra pair of pliers in the kitchen.** Use them to remove plastic seals, tabs, sealer strips, etc. on any number of grocery items.
- **Purchase jelly, mayo, and other condiments in plastic squeeze bottles** to make spreading them on sandwiches much easier.
- **If tremors are a problem, purchase or prepare finger foods** that don't require the use of a knife and fork.

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

*I've been thinking about the friends I have and how supportive they have been this past 4 or 5 weeks. They basically are a handful of fishing buddies and all of you in the support group. I am so thankful Doris and I joined this group 9 or 10 years ago. And just as important, has been the wonderful family I have and the support and love they have provided.*

*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 Franklin Farm 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, August 18, 2018**, at 12:00 PM. The speaker will be Dr. Jeremy Cayer - chiropractor & nutritionist. 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

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

September 2018

## Heads Up, Caregivers!

### HOW CAN I HELP MANAGE MY LOVED ONE'S CARE?

Become an integral part of your loved one's experience with Parkinson's by offering to help share the responsibilities associated with the disease including doctor appointments, therapy sessions, medication administration, household duties or any activity that's more difficult to perform because of Parkinson's disease. People with Parkinson's will desire different levels of assistance and some wish to maintain as much independence as possible. You won't know if a person wants help unless you ask but then respect their response. Communication about these issues is key to understanding how best to help your loved one.

Ask your loved one if you can attend doctor's visits. Care partners play a major role on the team of people treating Parkinson's. You offer an outside view of how your loved one has been doing in the interim since the last visit. You may also recognize new symptoms or subtle changes that the person experiencing Parkinson's doesn't. For example, your loved one's mood or behaviors may have changed and he or she may be more withdrawn. These could be signs of depression, which is a clinical symptom of PD and is treatable with medication. A person with Parkinson's might otherwise dismiss this as a reaction to the diagnosis of PD or not even mention it to the doctor. You may also have noticed that your loved one's speech has become softer or more monotone. This may impact your ability to communicate and therefore your relationship. Speech therapists can prescribe exercises to improve voice control.

You and your loved one can decide together on management options offered and with two sets of ears tuning in, you can both be clear on the treatment plan.

As a caregiver, keeping track of all the details associated with medical care can be overwhelming. Here are some tips to help:

- **Stay organized** with a calendar that you can take on doctor visits. Note doctor and therapy appointments, start and stop dates of medicines, and any side effects you notice.
- **Keep a list** of all doctors' phone numbers and addresses in case of an emergency. Keep a separate and updated list of all prescription medications, their dosages and instructions and prescribing provider. Note allergies or medication intolerances as well.
- **Familiarize yourself** with the terms of your loved one's medical insurance. Know what services, including prescription medication coverage and therapy session benefits, are included. Talk with your physician about the long-term needs of your loved one, and make sure his or her current medical plan will meet those needs. Engage the services of a social worker if you need help navigating these issues.
- **Know your rights** in terms of disability coverage, family leave and elder rights.

If possible, consult a movement disorder specialist, a neurologist specially trained in Parkinson's disease and other movement disorders. Before appointments, prepare a list of your questions for the doctor.

Particularly in the early days after diagnosis, your list may include questions on:

- long-term prognosis
- symptoms you need to be aware of -- both motor and non-motor
- how existing medical conditions may affect the health of your loved one
- medicine protocol
- non-medical treatments
- clinical studies that need you or your loved one with Parkinson's

You do not need special medical training to help with any but the most advanced stages of the disease. Most caregivers are primarily called on to aid with daily tasks that may become difficult or impossible for someone with Parkinson's, and to provide ongoing emotional support. One exception: if Parkinson's causes trouble swallowing and therefore increases the risk of choking, knowing the Heimlich maneuver can be life-saving.

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

September 2018

## 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)

## 7 Mistakes That Boost Your Blood Pressure Reading

By Robert Preidt, *HealthDay Reporter*

Some simple things can make a difference in whether a person is classified as having high blood pressure that requires treatment.

Knowing how to measure blood pressure accurately at home, and recognizing mistakes in the physician's office, can help you manage your pressure and avoid unnecessary medication changes.

Here, the heart association outlines seven common culprits that can alter your blood pressure reading.

- Having a full bladder can add 10 to 15 points to a blood pressure reading. Always try to use the bathroom before getting a reading.
- Poor support for your feet or back while seated can raise your blood pressure reading by 6 to 10 points. You should sit in a chair with your back supported and feet flat on the floor or a footstool.
- Crossing your legs can add 2 to 8 points to your reading.
- If your arm hangs by your side or you must hold it up while getting a reading, your blood pressure numbers may be 10 points higher than the actual figure. Your arm should be on a chair or counter so that the blood pressure cuff is level with your heart.
- Having the cuff placed over clothing can add 5 to 50 points to your reading. The cuff should be on a bare arm.
- A too-small cuff can add 2 to 10 points to a reading.
- Talking can add 10 points to your reading. Remain still and silent while your blood pressure is taken.

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

September 2018

### Vision and Parkinson's Disease

Rachel Dolhun, MD

Parkinson's Disease (PD) can cause many more symptoms than those noticeable from the outside. Some of the lesser recognized ones involve the eyes and visual system. PD can cause many symptoms, ranging from dry eyes to double vision. Not only can visual disturbances interfere with reading or driving, they can worsen walking or balance problems, and even contribute to hallucinations. Vision problems can be due to PD, the medications used to treat it, or to unrelated conditions of the eye or eyelid.

#### Visual Disturbances Can Be Part of Parkinson's Disease

Just as Parkinson's can affect general mobility, it can impair movement of the eyes, which may result in difficulty keeping objects in focus or seeing things close, as when reading. To treat these symptoms, doctors may prescribe corrective lenses and/or prisms (special lenses) and adjust Parkinson's medications. Parkinson's may also dampen the ability to sense individual colors or make them appear duller. PD causes a loss of retinal cells in the eye that rely on dopamine to process and perceive color.

Parkinson's may also impact the eyelids. People with PD blink less frequently, leading to dryness, irritation or burning of the eyes. Sometimes it even causes blurred vision. Eye drops and ointments may help. Some people with PD have the opposite problem of excessive blinking leading to involuntary closure of the eyes, or blepharospasm. The treatment for this problem is botulinum toxin injections.

Many people are familiar with dyskinesia -- the abnormal, involuntary movements of the body that may occur with longer course of disease and many years of levodopa usage. Few people are aware, though, that dyskinesia can also affect the eyes and cause blurred vision. If someone is experiencing dyskinesia in other parts of the body, this might be the culprit for visual disturbances. Medication adjustments may be the solution.

#### Medications May Affect the Eyes

All prescriptions have potential side effects and some of these involve the visual system. Anticholinergic medications, such as Artane (trihexyphenidyl) -- used to treat tremor -- can lead to dry eyes and blurred vision. Treatments include eye ointments or drops, or warm compresses. If symptoms are severe, it may be necessary to switch medications.

In more advanced PD, hallucinations and illusions (misinterpreting things that are there -- thinking a tree is a person, for example) may occur. These visual symptoms can also be a side effect of some Parkinson's medications. In general, they are more likely to happen in people who have ongoing problems with their vision (they need corrective lenses or have other conditions affecting the eyes, for instance).

#### Visual Problems Are Also a Common Part of Aging

As you get older, several diseases of the eyes can occur regardless of whether you have PD. These include cataracts, macular degeneration and glaucoma.

A cataract is a clouding of the lens of the eye, which can cause blurred or double vision, color fading or poor night vision. Macular degeneration is damage to the small part of the retina that maintains the center field of vision. As this disease progresses, images in this area can appear dark, blurry or distorted. Glaucoma is an elevated pressure in the eye, which can damage the optic nerve and lead to vision loss. It is treated with eye drops or surgery.

#### Many Ways to Manage Vision Problems in Parkinson's

When a visual symptom arises in the course of Parkinson's disease, it's important to rule out other conditions. Don't assume it's due to PD, especially if it comes on suddenly or fluctuates. People with Parkinson's can certainly have other medical problems that can affect vision.

If Parkinson's or the medications used to treat it are thought to be the reason for your visual symptoms, your movement disorders specialist can adjust your treatment regimen. If this doesn't work (or even if it does), consultation with an eye doctor or a neuro-ophthalmologist -- a doctor with training in both neurology and ophthalmology -- may be beneficial. He or she can examine for and treat all the conditions listed above.

If you're experiencing changes in your sight, don't automatically blame it on age or PD. Raise the issue with your doctor, ask what could be causing your symptoms and determine what can be done to ease them. Together you can work to find a solution that will lessen your visual symptoms and improve your quality of life.

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

September 2018

### Reminders of upcoming events as of Friday, August 03, 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 Silvious, 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 Farm Lane, Chambersburg, PA	Kathy Smith, 717-377-8320, Kathy.smith@embarqmail.com

#### OTHER EVENTS:

- 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](mailto: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](mailto:home2wv@yahoo.com)..

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

September 2018

- 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).
- Monday, November 19, 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, December 6, 2018, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Christmas Part; No Speaker. Contact Art Guyer for information at [4Parkinsons@gmail.com](mailto:4Parkinsons@gmail.com) or 240-625-2722.
- Monday, December 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, December 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, December 20, 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 our MAPS account. Mail donations to: MAPS Treasurer, Box 450, Brooklandville, MD 21022