

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

October 2018

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

[Visit us on Facebook](#)

Volume 8, Issue 10

This Month's Meeting

October Meeting

Dean's Corner

There were **46** attendees at our September meeting. The theme for this meeting was fall prevention. Art and Dean presented material in that vein. Gretta Sick and Kathy Smith from the Chambersburg group presented "Chair Zumba" including a lively demonstration that quickly warmed up the group. Exercise is a great way to prevent falls.

Leon Hoover won the \$10 gift certificate for the Western Sizzlin' Restaurant. The gift certificates are donated to the group by the owners of the Western Sizzlin' Restaurant. Thanks to Paul and his family for being so generous in their support of the group.

Ecile Shaw delivered a very nice prayer; thank you for that. Thanks to those members who worked hard to set up the meeting and put things away after. Without that support, we would not be able to hold the kinds of meetings we do.

ATTEND A SUPPORT GROUP MEETING!
Local Support Group Information is on [Page 7](#).

All-day Seminar on Parkinson's To be held in Hagerstown, MD Friday, April 12, 2019. Put it on your calendar now and contact Art to register!

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, October 4, 2018, 11:45 AM
Featuring

Doug DeHaven
Hagerstown Fire Marshal

Newsletter Highlights

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

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Picnic Information ([Page 5](#))

Opicapone Study ([Page 6](#))

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

Future Meetings: 2018

Sep 14, Parkinson's Picnic

Oct 4, Doug DeHaven, Hagerstown Fire Marshall
Nov 1 Dr. Samina Anwar, Neurologist

Dec 6, Christmas Party & Gift Exchange

Meetings in 2019

Jan 3, Colleen Brown, Medtronic, DBS
Feb 7, Bonnie Elliot, CarePatrol, In-Home Care
Mar 7, Member Discussions

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!

At yesterday's meeting, Art and I both talked about falling. It wasn't planned. We both arrived at those topics in different ways and there is so much to say about the subject that our presentations didn't overlap.

But I was reminded of something I said that I would like to take one step further, no pun intended, and that was we sometimes feel pressure when we're with non-Parkinson's people to perform the way they do. Are we embarrassed we move more slowly? Are we self-conscious because we have trouble putting food on a fork and getting it to our mouths?

Twice a year I get together with guys from South Baltimore I used to play ball with. I love these guys. We hug and laugh and relive events that happened 40 years ago. Joe has COPD and tells me he only has a few more years to live; Jimmy has had so many back operations he can hardly lift his feet; Tommy has diabetes; Terry continues to play softball in an over 65 league and shows no sign of stopping even though his wife has threatened divorce.



Do you think they care that I move slowly, shake a little, or take extra time getting out of my truck? No, they don't. We all reach an age where the body breaks down. Not just your body, or my body, but everyone's body.

At some point, although it is difficult, we need to not only accept that we have changed, but to embrace the change and continue to live the best lives we can. All of us.

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.

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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, September 17th 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

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 **September 27th**. Contact Dave Kukor at 301-639-3166 or by email at 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 September 20th.**

Birthdays in September

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)

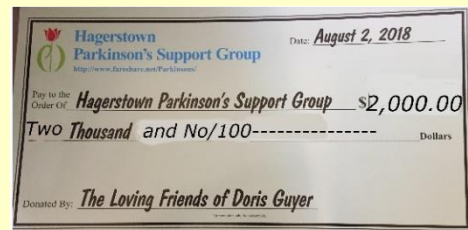
Managing Mealttime Madness: Adaptive Devices

- **If holding on to silverware is difficult**, look at some specialty catalogs and medical supply stores for utensils specially designed for easy use. Using weighted, built-up utensils may also help decrease tremors while eating.
- **Use a glass or metal pie pan** (or a pasta bowl) with high sides so the food does not slide off the plate. Trap the food against the sides.
- **Place rubber pads or mats** underneath plates, cups, and serving dishes to keep them from sliding.
- **Make handling a drinking glass easier** by (1) filling glass half full, (2) winding rubber bands around the glass, (3) drinking from a plastic water bottle instead of glass – it helps prevent spills and can be sealed if necessary, (4) using a flexible straw, (5) using a child's cup with a built-in straw for drinking, and (6) drinking from a cup with two handles – also available at medical supply stores.

This and That Thoughts on my Mind by Art Guyer:

I've been thinking how blessed Doris and I were to have had friends and loved ones like you all. The contributions in her memory to the Hagerstown Parkinson's Support Group totaled \$2000. I had to "photo shop" the big check you all so generously presented.

Take care..... Art



Four-State Alliance Support Group News:

Chambersburg Parkinson's Support Group: The group will hold its next meeting on **Friday, October 19, 2018** at 4 PM at *Physical Therapy, Etc.*, located at 142 Franklin Farm Lane, Chambersburg, PA. Dr. Thyagarajan Subramanian, MDS, Hershey, is the speaker. You should not miss this one. At the **December 21st** meeting, Dr. Laxman Bahroo, MDS, Georgetown, will be the featured speaker. They are also doing a **FREE "Zumba Chair" class on September 21st** from 4 PM to 5 PM. Everyone is invited to attend. The contact for this group is Kathy Smith, 717-377-8320. Phone 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!. Their **October 17th** meeting will feature Dr. Laxman Bahroo, MDS, Georgetown. The **November 21st** meeting will be addressed by Macky Stafford from Acadia Parma on their drug, Nuplazid. Contact Janet or Steve Silvius at 301-831-5609 for directions and more information.

Frederick PD Support Group: The next meeting of this support group will be **Saturday, September 15, 2018**, at 12:00 PM. The speaker will be Dara Markowitz of the Frederick Senior Center. Their **October 20th** meeting will feature Peter McCarthy, LOUD speech therapy. They meet at the Frederick YMCA at 1000 N. Market Street in Frederick. Contact: Louise Houtz, houtzmom@hotmail.com.

Cumberland PD Support Group: 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.

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Heads Up, Caregivers!

Five Coping Tips for the Overwhelmed Caregiver

DailyCaring.com

What can you do when caregiving becomes overwhelming. Caring for a loved one is an all-consuming and demanding job.

This can easily lead to you feeling overwhelmed – sometimes it's just too much. These tips help you feel more in control and set you up to reduce stress in the future. They should help dig you out of that "overwhelmed caregiver" rut.

1. Set up good routines

Don't underestimate how helpful a daily routine will be – both for you and your loved one. A routine means doing the same basic activities around the same time every day. This gives structure and a natural flow to the day.

Routines help seniors feel more secure because they know what to expect. This reduces struggles over everyday tasks and improves sleep. Routines also reduce stress and headaches for you as well. When your loved one is calmer and more cooperative, the day goes more smoothly for everyone. Routines also reduce the need for you to make dozens of little decisions throughout the day.

2. Use a planner or calendar

Caregiving makes life complicated. Relying on memory to know when doctor's appointments are, when payments are due, and when prescriptions need to be refilled adds to your stress. Use a planner or calendar to write down your loved one's appointments and important tasks. This makes it easy to look ahead and know what's coming up – no more panic over last minute surprises.

Make sure you put Support Group dates on your planner.

3. Take care of yourself

It's easy to put off caring for yourself when there are so many things your loved one needs. In fact, it often feels like you have no choice. But if we don't take care of ourselves, everything else suffers – including how well you can care for your loved one. If it's not managed, caregiving stress worsens your physical and mental health. Poor health could even cause you to become too ill to continue caring for your loved one.

Taking time to relax and do something you enjoy is essential. Even 5-minute breaks make a big difference in your stress level and health.

4. Have freezer meals on hand

This is a very practical tip! Preparing and freezing meals in advance removes a source of stress on those super tiring days. Plus, you're more likely to eat something healthy if it's already prepared. When you cook, make extra to freeze and have later in the month.

Ready-to-freeze meals are also a great thing to ask family and friends to make. They may not be able to provide hands-on care for your loved one, but they could prepare a casserole for you to eat when you don't have time to cook.

If you eat out, order enough so you can take some home for lunch the next day.

5. Build in extra time

In the hopes of being super productive, we pack as many tasks into our day as possible. This is great in theory, but in practice, it adds extra stress. When you're on such a tight schedule, there's no flexibility for delays or if something unexpected comes up. Plan extra time for everything. That way you don't have to worry if something takes longer than expected or if you need an extra 5 or 10 minutes for a quick self-care break. It never hurts to have some extra time.

Try to spread out major tasks throughout the week so it is not too burdensome on any one day.

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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

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



Another Member Passes

Chester "Chet" Joseph Fabijanski, age 79, of Big Pool, Md., passed away on Tuesday, August 28, 2018 at the R. Adams Cowley Shock Trauma, in Baltimore, Md.

Please keep Rose and the family in your prayers. We will miss his smile and humor.

Please be careful, falls result in the death of all too many of our members.



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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Opicapone Superior to Comtan in Providing Motor Benefits to PD Patients, Phase 3 Study Shows

August 22, 2018

by Jose Marques Lopes, PhD

Once-daily treatment with opicapone provides continued reductions of off periods in Parkinson's patients taking levodopa, Neurocrine Biosciences' Phase 3 clinical study shows. The findings also reveal that opicapone's effectiveness was superior to that of Comtan (entacapone, marketed by Novartis). The results were presented at the 2018 World Congress on Parkinson's Disease and Related Disorders (IAPRD), in Lyon, France.

Opicapone is designed as a once-daily add-on therapy to levodopa for adults with PD and end-of-dose motor fluctuations. It is an inhibitor of the enzyme COMT, which breaks down levodopa. This leads to prolonged levodopa effects, as it reduces the time when the medication wears off before the next dose. It is currently marketed in Europe as Ongentys. The company is intending to start the U.S. regulatory review in early 2019, which could lead to the medication's approval.

Neurocrine compared the effectiveness and safety of 5, 25 and 50 mg doses of opicapone over a three-week treatment to that of 200 mg of Comtan (also a COMT inhibitor) and placebo. Primary results as well as data from its open-label extension phase already had been published. The multi-center, double-blind Phase 3 study (NCT01568073) included patients 30 to 83 years old, with a three-year diagnosis of idiopathic Parkinson's, Hoehn and Yahr (H-Y) stage — a system used to assess the worsening of Parkinson's symptoms — of 1 to 3 (meaning minimal or no functional disability, to mild-to-moderate disability), and receiving treatment with levodopa for at least one year.

In the study, researchers analyzed data from 590 patients — 119 taking 5 mg of opicapone, 116 receiving 25 mg, 115 taking 50 mg, 120 on 200 mg Comtan, and 120 on placebo. Results showed that both 50 mg opicapone and Comtan significantly decreased the duration of daily off periods and increased "on time" (periods when symptoms are controlled) without troublesome dyskinesia, which are involuntary, jerky movements. However, the higher dose of opicapone led to a 51% greater reduction in off periods (50.8 minutes vs. 40.3 minutes).

The data further revealed that, unlike Comtan, 50 mg opicapone was associated with significant improvement in the proportion of both off and on responders (minimum of one-hour improvement) compared to placebo. Also, unlike Comtan and placebo, opicapone led to favorable ratings in both Patient and Clinical Impressions of Change. The proportion of patients assessed as improved ranged between 60.3% to 73.0% for opicapone, in comparison to 50.0% for placebo and 50.8% for Comtan.

Compared to placebo, opicapone led to more common dyskinesia, insomnia, and dizziness. Negative reports were similar between opicapone and Comtan.

The study, "Switch of Double-Blind Opicapone, Entacapone, or Placebo to Open-Label Opicapone: Efficacy Results of the 1-Year Extension of Study BIPARK I," reported the efficacy results of a one-year extension study of BIPARK I. This trial included patients who completed BIPARK I or the Phase 3 study BIPARK II (NCT01227655).

All patients included in the study began with a 25 mg dose of opicapone for a minimum of one week, regardless of prior double-blind treatment. Compared to the start of the trial (baseline), mean off time was reduced by 34 minutes. If comparing to the start of BIPARK I, this represented a decrease superior to two hours (127 minutes).

Opicapone reduced off periods by 65 minutes and 39 minutes and increased on periods without troublesome dyskinesia by 43 minutes and 46 minutes, when compared to BIPARK I participants' taking placebo or Comtan, respectively.

Overall, opicapone "maintained its efficacy over the 1-year treatment period," researchers wrote.

The medication was originally developed by Portugal-based BIAL, which licensed the North American rights to Neurocrine in February 2017.

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Reminders of upcoming events as of Friday, September 07, 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, Pameladolly89@gmail.com
Winchester PD Support Group Monthly Meeting	2 nd Tuesday @ 11:00 AM Winchester Church of God, Winchester, VA	Cheryl Reames, 540-662-4632 winchesterparkinsons@gmail.com
Central PA PD Support Group Meeting	2 nd Wednesday @ 1:30 PM Springfield Room, Bethany Village West, Mechanicsburg, PA	Dan Yother, 304-676-2053 oldred714@verizon.net Carol Cressler, 717-877-0624, 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 Farm Lane, Chambersburg, PA	Kathy Smith, 717-377-8320, Kathy.smith@embarqmail.com

OTHER EVENTS:

- **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.

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- 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.
- 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.
- 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.
- 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 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
- 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.
- 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 or 240-625-2722.
- Thursday, December 6, 2018, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Christmas Party; No Speaker. Contact Art Guyer for information at 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 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.
- 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.
- Thursday, January 3, 2019, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Colleen Brown, from Medtronic, Deep Brain Stimulation. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Thursday, January 17, 2019, 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, January 21, 2019, 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, January 24, 2019, 11:30 AM – 1:00 PM Hagerstown Memory Café: Free lunch, crafts and meeting at the Otterbein Church on East Franklin Street in Hagerstown. RSVP (required) to David Kukor at 301-639-3166 or dkukor@ahcglobal.com.

MAKE TAX-DEDUCTIBLE DONATIONS TO THE HAGERSTOWN PARKINSON'S SUPPORT GROUP

You can make tax-deductible donations to our support group through the Maryland Association for Parkinson's Support, Inc. (MAPS), a non-profit organization that can receive charitable contributions for Parkinson's support groups, issue tax-deductible receipts to donors, and administer the funds to the designated group.

To contribute, make your check payable to MAPS. On the memo line write Hagerstown PD Support. You must write that to assure the money goes into our MAPS account. Mail donations to: MAPS Treasurer, Box 450, Brooklandville, MD 21022