

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

November 2018

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

[Visit us on Facebook](#)

Volume 8, Issue 11

This Month's Meeting

November Meeting

Dean's Corner

There were **51** attendees at our October meeting. The speaker for this meeting was Doug DeHaven, Fire Marshal for the City of Hagerstown. He explained his responsibilities and how fire safety education is an important issue for seniors. He also explained the importance of smoke detectors and the current regulations.

Phyllis Davis 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 the invocation and made a plea for members to consider providing transportation to those who are housebound. 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, November 1, 2018, 11:45 AM
Featuring

Dr. Samina Anwar
Hagerstown Neurologist

Newsletter Highlights

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

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

Picnic Report ([Page 5](#))

([Page 6](#))

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

Future Meetings: 2018

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, Dr T. Subramanian, MDS, Hershey
Apr 4, Allie Crandell, Lundbeck Pharmaceuticals
May 2, Dr. Mariecken Fowler, MD, Winchester

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!

I was going over the booklet we handed out today, *The Parkinson's Home Safety Checklist*, and was struck by some of the simple yet valuable tips the booklet provides. Please take the time to consider making these changes to your home. It seems every week we get a message that someone has fallen. Every suggestion in the booklet is valuable but here are some that really stood out because they appear to be simple to make. Having said that, nothing takes the place of knowing where that next step is taking you. Think before you step.

1. Make sure hallways and stairways are well-lit; use extra lighting to reduce shadows on steps. Put night lights in hallways.
2. Eliminate abrupt changes in surfaces (i.e. carpet to hardwood); they can be a tripping hazard.
3. Ensure there are handrails on both sides of all steps that run the full length of the stairs.
4. Install light switches (or motion sensors) at the top and bottom of the stairs and at every entryway.
5. Install grab bars near the toilet, tub and in the shower. Ensure your toilet is at comfort height to make it easier to get up and down. (You can get a riser if you don't want to replace your toilet.)
6. Install a stable seat or bench in your shower. Make sure all bathtubs, shower floors and exits from shower are non-slip.
7. Make sure there is a phone or life alert button within easy reach of the shower, tub and toilet in case of an emergency.

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 Co-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, October 15th 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 **October 25th**. 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 **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 Friday, October 19th.**

Birthdays in October

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: Swallowing Difficulties

Swallowing is a complex process, and difficulties in chewing or swallowing (dysphagia) can cause added health problems. It's estimated 50% of people with PD will experience dysphagia at some time during their illness. If you have trouble swallowing, ask your doctor for a referral to a speech/language pathologist (SLP) along with a prescription for "swallowing evaluation and therapy." The video fluoroscopic evaluation can help diagnose the part of swallowing causing the problems and the treatment program needed.

It may also be that when you take your medication will affect your swallowing. Your neurologist should be able to advise you how to time your medication to facilitate swallowing. Then experiment a bit to find out what works best for you.

Next month there will be some steps you can take to try to reduce swallowing difficulties.

This and That Thoughts on my Mind by Art Guyer:

Last month we had a Zumba Chair demonstration that had just about everyone attending the meeting moving and bouncing. Judy Frantz and I went to the September 21st class put on by Gretta Sick, in conjunction with the Chambersburg Support Group, and Physical Therapy, Inc. We both enjoyed it and got to see Frank and Loretta Frame and Kathy Smith. PT Inc. will be one of our vendors at our April 12, 2019, seminar. If any of you have an interest in this gentle exercise, please let me know.

Take care..... Art

Four-State Alliance Support Group News:

Next 4SAPS Leader Board Meeting: November 11, 2018

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 **October 5th and 26th** from 4:00 PM to 4:30 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 **October 17, 2018**, at 1:00 PM. The 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, October 20, 2018**, at 12:00 PM. The speaker will be **Peter McCarthy, LOUD speech therapy**. They meet at the Frederick YMCA at 1000 N. Market Street in Frederick. Contact: Louise Houtz, houtzmom@hotmail.com for more information.

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!

Three Traps to Avoid When Talking to Someone with Dementia

Daily Caring

Someone with dementia can't carry on a conversation the same way they used to because of the changes in their brain. Without realizing, we might put them under pressure if we communicate in ways that don't work well for them. To avoid causing frustration or anger, here are 3 pitfalls to steer clear of when talking to someone with dementia.

1. **Don't ask why!** Consider dropping the word "why" from your vocabulary.

Though it's tempting to ask someone with dementia questions such as, "Why did you do that?" or "Why don't you like your soup today? You liked it yesterday," he or she really has no idea what's causing particular behaviors. The disease has likely stolen the ability to reason or evaluate.

Why it backfires: You risk causing unnecessary anxiety by making your loved one feel like he or she is being "tested" – and is failing.

2. **Don't shout!** Some people have a natural tendency to raise their voices around the elderly. The trouble is, dementias may affect many parts of the body, but the ears aren't among them.

Why it backfires: Raising your voice can startle someone who didn't pick up on other cues you were using. Or it can be perceived as threatening and angry, even when you're just asking, "Do you want some coffee?"

3. **Don't answer the same question over and over!** You can feel like you're aboard the merry-go-round if someone with dementia gets on a jag of asking, "What's your name?" "Where are you from?" "What time is it?"

You want to be polite, but you can't be driven crazy, either. Try saying something likely to get a response, such as, "You must miss your childhood in Canada" (old memories last a long time) or "Tell me about your knitting" (an immediate interest).

Why it backfires: It's much more stimulating for your loved one if you shift to fresh topics.

Persons with Dementia Often Ask to "Go Home"

Daily Caring

Does your loved one with dementia tell you repeatedly they want to go home? Many caregivers are dealing with this frustrating issue. People with dementia can go through a phase where they constantly ask to go home. For many, it doesn't even matter where they are when they say this – some are in the home they've lived in for decades!

Someone with dementia doesn't always mean what they say. When somebody has dementia, they gradually lose the ability to communicate. That means you can't always take their words at face value. Often when your loved one says they want to go home, they aren't asking to go to the place they used to or currently live.

What does "I want to go home" really mean? For most of us, home is the place where we feel the most comfortable, safe, and accepted. Many experts say that people with dementia are trying to express that they need the feeling of ultimate safety, comfort, and control. That's what "home" means to them. They may repeatedly ask to go home because they feel:

- Unsafe or scared
- Agitated or upset
- Physically uncomfortable
- Not familiar with their current environment like a new room, new decor, or new people

Of course, for others, it can mean something totally different, like wanting to go to sleep or needing to go to the bathroom. Pay close attention to their body language and observe their reactions as you check for any physical discomfort or personal hygiene needs.

Bottom line. This is a difficult thing for caregivers to hear, but once you understand what they're really saying, it helps you to not take it as personally. Over time, you'll be able to figure out what your loved one really needs when they say they want to go home.

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September 2018 Picnic



We held our fall picnic on September 14, 2018. Forty-six persons associated with PD enjoyed the day at Martin "Marty" L. Snook Memorial Park. The rainy weather held off long enough for the event to be successfully completed. Everyone enjoyed fried chicken from AC&T accompanied by a variety of dishes and desserts provided by the participants. The hosts, Art Guyer and Dean Cook, welcomed the group and awarded a number of prizes. In addition to food and conversation, the group was entertained by the singing of Carol Cook and music of Joe Dyson. The group also played bingo, winning about 50 wrapped prizes brought by the members.

Attending the picnic were: Dean and Carol Cook, Art Guyer, Mike and Marci Saterbak, Ecile and Ragan Shaw, Vi McConnell, Marie Fogarty, Edie Johnston, Judy and Sam Fiery, Bonnie and Charles Emery, Peg Hayzlett, Leon Hoover, Paul and Linda Embly, Harry and Phyllis Davis, Carolyn McKee, Karen Kelly, Amy Kelly, Bill and Ruby Wilhide, Belinda Neff, Bonnie Embly, Ron Payton, Jay and Betty Stouffer, Chuck and Aura Bihun, Bill and Marquita Storm, Donna Joy, Barbara Joy, Lester Joy Jr., Jason Joy Sr., Bob and Karen Gerstmyer, Kathy and Kelley Smith, Karen and Robert Calandrelle, and Lu and Jim Mattern.



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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Awards for 2019

It's time to nominate two individuals, one person with PD and one caregiver, for Outstanding Member of the Year. These awards recognize special individuals in our Support Group for their outstanding contributions, dedication and assistance to our support group family during the past year. Separate awards will be made to a member who has Parkinson's Disease and a member who is a caregiver.

Previous awards have been presented to Dave DeHaven, Connie Hipp, Dean Cook, Ecile Shaw, Jay Stouffer, Carol Gaines, Vi and Frank McConnell, and Mike Saterbak. *They are not eligible for a second award.*

Complete the following form and return it to Art Guyer or Dean Cook by the end of our December meeting. Please be brief, but specific. We will present these awards at our January 2019 meeting along with new Red Lanyard awards.

Name of Nominee with Parkinson's Disease: _____

Describe briefly why this individual deserves this award: _____

Name of Nominee who is a Caregiver: _____

Describe briefly why this individual deserves this award: _____

Attend A Support Group Meeting

Remember that people with Parkinson's Disease do better when they participate in a support group. Your support group can be an important part of your healthcare team.

According to the [Mayo Clinic](#) the benefits of participating in support groups may include:

- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- Improving your coping skills and sense of adjustment
- Talking openly and honestly about your feelings
- Reducing distress, depression or anxiety
- Developing a clearer understanding of what to expect with your situation
- Getting practical advice or information about treatment options
- Comparing notes about resources, such as doctors and alternative options

Thanks to Steve Silvious and the Mayo Clinic for this tidbit!

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Reminders of upcoming events as of Saturday, October 06, 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 Silvius, 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@wellspring.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:

- 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.
- Friday, October 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, 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

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- 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.
- 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.
- **Thursday, February 21, 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, February 18, 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, February 28, 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.
- Thursday, March 7, 2019, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: This will be a Members Discussion Meeting. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Monday, March 18, 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.

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