

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

December 2018

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

[Visit us on Facebook](#)

Volume 8, Issue 12

This Month's Meeting

December Meeting

Dean's Corner

There were **57** attendees at our November meeting. The speaker for this meeting was Dr. Samina Anwar, a local board-certified neurologist who has practiced in Hagerstown for 18 years. She gave a brief summary of PD and then opened the meeting to questions.

Jay Stouffer 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 today along with a special prayer for those who have not been well and/or have not been able to attend.

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, December 6, 2018, 11:45 AM
Featuring

**Christmas Party and
Gift Exchange**
(See [Page 6](#) for More Information)

Newsletter Highlights
Tips for Making Life Easier ([Page 3](#))
Heads Up, Caregivers! ([Page 4](#))
Seminar Flyer ([Page 5](#))
Awards and Christmas Information ([Page 6](#))
Detailed Event Listing ([Pages 7 & 8](#))

Future Meetings: 2018
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
Jun 6, John Howland, Boston Scientific, DBS
Jul 11, Michael Day, Elder Care Attorney
Aug 1, David Kukor, Accessible Home Care
Sep 5, Member Discussion
Oct, Marissa Yoes, Parkinson Voice Project
Nov, Tarita Turner, Hamilton Relay Comm.
Dec 5 Christmas Party & Gift Exchange

Thank you for a wonderful meeting Thursday, folks.

Carol and I were discussing on the way home how sometimes there's chemistry, a camaraderie, a lightness of spirit that permeates the room and today was like that.

Below is the most accurate description I've seen of what a support group is. It comes from Judith Johnson's and William McCown's book *Family Therapy of Neuro-behavioral Disorders*:

"Although support and self-help groups can vary greatly, all groups share one thing in common—they are places where people can share personal stories, express emotions, and be heard in an atmosphere of acceptance, understanding, and encouragement. Participants share information and resources. By helping others, people in a support group strengthen and empower themselves."

Sound familiar?

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!



The Hagerstown Parkinson's Support Group

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

Dean Cook, 304-268-1623
home2wy@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.

The Hagerstown Parkinson's Support Group

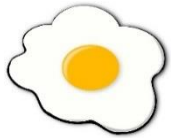
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Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3rd Monday of every month. This month the breakfast is scheduled for **Monday, November 19th 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** normally 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 **November 15th**. 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 on the fourth Friday of each month**. Please join us at Southside Bowl, 17325 Virginia Avenue, Hagerstown. The games are still priced at \$2.00 and the bowling shoes free. **HOWEVER, DUE TO THE HOLIDAY THERE WILL BE NO BOWLING IN NOVEMBER.**

Birthdays in November

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: Reducing Swallowing Difficulties

- Plan a regular mealtime schedule. Give yourself twice the time it used to take to eat. Don't allow yourself to feel hurried.
- If you get too tired eating a whole meal, plan 5 or 6 smaller meals during the day. If chewing is difficult, drink a food supplement, but check with your doctor to make certain the contents don't interfere with your medications.
- Suck on crushed ice about 20 minutes before mealtime to reduce any swelling in your throat. Or eat something cold and sour before you begin to eat.
- Sit in an upright position with both feet on the floor and stay upright for at least 30 minutes after the meal.
- Keep your chin pointed down as you chew and swallow. Touching the front of the throat may stimulate swallowing.
- Concentrate on each step of chewing and swallowing.
- Take bite-sized portions (about half a spoonful) of food. Chew deliberately. Swallow each bite before trying more.
- If you begin coughing and can't stop, try eating a spoonful of applesauce to help soothe the irritated throat.
- If you feel you are choking, close your mouth, breathe through your nose, and calm down.

This and That Thoughts on my Mind by Art Guyer:

I have been thinking a lot about Richard Davis this week. It was his house that was declared uninhabitable after a police car ran into it. No one was in the house or injured, but we have not been able to contact him since the incident. We will let you know when we do.....

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, December 21st, 2018**, at 4 PM at *Physical Therapy, Etc.*, located at 142 Franklin Farm Lane, Chambersburg, PA. Dr. Laxman Bahroo, MDS, Georgetown, will be the featured speaker. They are also offering a FREE "Zumba Chair" class on **November 16th and 30th** 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 **November 21, 2018**, at 1:00 PM. The meeting will be addressed by Macky Stafford from Acadia Parma on their drug, Nuplazid. Contact Janet or Steve Silvious at 301-831-5609 for directions and more information.

Frederick PD Support Group: The next meeting of this support group will be **Saturday, November 17, 2018**, at 12:00 PM. The speaker will be D. S. Thompson, Patient Advocate from the Frederick Hospital. They meet at the 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!

Don't Touch That! Eight Ways to Protect Yourself from Germs in Public Places.

Beware of these locations and surfaces

By Prevention, March 9, 2011

On average, an adult touches as many as 30 objects within a minute, including germ-harboring, high-traffic surfaces such as light switches, doorknobs, phone receivers and remote controls. At home, you do all you can to keep germs at bay. But what happens when you go out to dinner, do grocery shopping or visit the doctor's office? If you know where germs are most likely to lurk, you can protect yourself and your loved ones.

- 1. Restaurant Menus.** Have you ever seen anyone wash a menu? Probably not. A study reported cold and flu viruses can survive for 18 hours on hard surfaces. If it's a popular restaurant, hundreds of people could be handling the menus — and passing their germs on to you. Never let a menu touch your plate or silverware and wash your hands **AFTER** you place your order.
- 2. Lemon Wedges.** According to a 2007 study, nearly 70% of lemon wedges perched on the rims of restaurant glasses contain disease-causing microbes. When researchers ordered drinks at 21 different restaurants, they found 25 different microorganisms lingering on the 76 lemons they secured, including *E. coli* and other fecal bacteria. Tell your server you'd prefer your beverage without fruit.
- 3. Condiment Dispensers.** It's the rare eatery that regularly cleans its condiment containers. And the reality is that many people don't wash their hands before eating. So, while you may be diligent, the guy who poured the ketchup before you may not have been. Squirt hand sanitizer on the outside of the condiment bottle or use a disinfectant wipe before you grab it.
- 4. Restroom Door Handles.** In the restroom, pull some towels out before you wash your hands. Then Palm a spare paper towel after you wash up and use it to grasp the handle.
- 5. Soap Dispensers.** About 25% of public restroom dispensers are contaminated with fecal bacteria. Most of the containers are never cleaned, so bacteria grow as the soap scum builds up. And the bottoms are touched by dirty hands, so there's a continuous culture feeding millions of bacteria. Be sure to scrub your hands thoroughly with plenty of hot water for 15 to 20 seconds.
- 6. Grocery Carts.** Handles of almost two-thirds of shopping carts tested in a 2007 study were contaminated with fecal bacteria. To protect yourself, swab the handle with a disinfectant wipe before grabbing hold (stores are starting to provide them). And while you're wheeling around the supermarket, skip the free food samples, which are nothing more than communal hand-to-germ-to-mouth zones.
- 7. Airplane Bathrooms.** When microbiologist Charles Gerba, Ph.D., tested for microbes in the bathrooms of commercial jets, he found surfaces from faucets to doorknobs to be contaminated with *E. coli*. It's not surprising, then, that people often get sick after traveling by plane. Clean your hands thoroughly with a sanitizer and try not to directly touch the surfaces.
- 8. Doctors' Offices.** A doctor's office is not the place to be if you're trying to avoid germs. To limit your exposure, bring your own books and magazines (and toys, if you have your children or grandchildren with you) and pack your own tissues and hand sanitizers, which should have an alcohol content of at least 60%. In the waiting room, leave at least two chairs between you and other patients to reduce chances of picking up their bugs. Germs from a sneeze or cough can travel 3 feet before falling to the floor.

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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2019 Parkinson's Disease Community Seminar *An Educational Program for the Community*

Agenda

- 9:00 AM Registration**
9:30 AM Opening Remarks
Art Guyer, Co-facilitator, Hagerstown PD Support Group
- 9:45 AM Introduction to Parkinson's Disease**
Dr. Laura Brosbe, DO, Frederick, MD
- 10:45 AM Break**
- 11:00 AM Parkinson's Disease Treatment Overview**
Dr. Liana S. Rosenthal, MD, Johns Hopkins
- 12:00 AM Lunch and Door Prize Drawings; Vendor Tour**
- 1:00 PM Parkinson's Community Support**
Steve Silvius, Friends in Frederick PD Support Group
- 1:15 PM Non-Motor Symptoms of Parkinson's Disease**
Dr. Kelly Mills, MD, Johns Hopkins
- 2:15 PM Break**
- 2:30 PM Exercise and Physical Therapy for Parkinson's Disease**
Dr. Stephen Ryan, PT, DPT, Ryan Physical Therapy
- 3:15 PM Your Parkinson's Disease Management Plan**
Arita McCoy, MS.N., C.R.N.P., Johns Hopkins
- 4:00 PM Concluding Remarks**
Dean Cook, Co-Facilitator, Hagerstown PD Support Group

Friday, April 12, 2019
9 AM to 4 PM

Otterbein United Methodist Church
108 E. Franklin Street
Hagerstown, MD 21740
301-739-9386

Presented by the:

**Four State Alliance
for Parkinson's Support
And the
Otterbein United Methodist Church**

4SAPS Group Members are from:

- Hagerstown, MD
- Frederick, MD (Two Groups)
- Cumberland, MD
- Mechanicsburg, PA
- Gettysburg, PA
- New Oxford, PA
- Chambersburg, PA
- Winchester, VA

For information call 240-625-2722

Register by mailing this form to Art Guyer, 22215 Troy Ln, Hagerstown, MD 21742; calling 240-625-2722; or emailing information to 4Parkinsons@gmail.com. Registration fee includes lunch. Make checks payable to Hagerstown Parkinson's Support Group.

Space is limited so we recommend you register as early as possible. It will be first-come, first-serve.

_____ Early Bird Registration before March 30, 2019,
\$10 per individual.

_____ Registration on or after March 30, 2019,
\$15 per individual if space permits.

**PLEASE PRINT CLEARLY SO WE CAN GET YOUR NAME BADGES AND EMAIL ADDRESS CORRECT.
THANKS.**

Name(s): _____

Address: _____

Phone: _____ Email: _____

How many of these individuals require the use of wheelchairs? _____

Amount Enclosed: \$ _____

Check Number: _____

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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 Art Guyer, 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 at this time.*

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: _____

Holiday Party Thursday, December 7, 2017

Our December meeting will be our annual holiday party and we will not have a speaker. Come and enjoy the afternoon with your fellow members.

We hope to have some special entertainment, games and carol singing. Everyone should please bring a wrapped present and we will have a blind exchange of gifts. Gifts can be in the \$5 -- \$10 range and should be somewhat appropriate for a man or a woman.

We would hope to get a couple volunteers to arrange some games and to handle present distribution.

For more information, contact: Dean Cook or Art Guyer.

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Reminders of upcoming events as of Saturday, November 03, 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:

- NO BOWLING IN NOVEMBER DUE TO THE HOLIDAY**

- 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.

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- 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.
- Friday, December 28, 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, 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.
- 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.
- Friday January 25, 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.
- Thursday, February 7, 2018, 11:45 AM, Hagerstown Parkinson's Support Group Meeting. Speaker will be Bonnie Elliott, MSW, RYT, CSA, CarePatrol. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- 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.
- Friday, February 22, 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
- 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.
- Friday, March 22, 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
- Thursday, March 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, April 4, 2019, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: The speaker will be Allie Crandell, Lundbeck Pharmaceuticals. 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