

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

January 2019

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

[Visit us on Facebook](#)

Volume 9, Issue 1

This Month's Meeting

January Meeting

Dean's Corner

There were **42** attendees at our December Holiday Party, including guests John and Neena Berger, and Darold and Pat Springer. We were entertained by the singing and antics of **John and Darold**, arranged by **Mike Saterbak**. We sang our own carols, led by our lovely singer, **Carol Cook**; and exchanged lots of holiday gifts just for fun. We also had a lot of relaxed conversation, which was especially nice.

Lou Mattern 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 read a very cute short story and delivered the invocation.

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, January 3, 2019, 11:45 AM
Featuring

Colleen Brown
Medtronic Deep Brain Stimulation

Newsletter Highlights
Tips for Making Life Easier ([Page 3](#))
Heads Up, Caregivers! ([Page 4](#))
Seminar Flyer ([Page 5](#))
Maintaining Cognitive Brain Health ([Page 6](#))
Detailed Event Listing ([Pages 7 & 8](#))

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 3, Marissa Yoes, Parkinson Voice Project
Nov 7, Tarita Turner, Hamilton Relay Comm.
Dec 5 Christmas Party & Gift Exchange

Carol commented yesterday while driving home what a relaxed atmosphere the meeting/Christmas party had, how folks got a chance to mingle and have those longer "getting to know you" conversations that we don't usually have time for.

And she is absolutely right. It was, indeed, a nice afternoon. My favorite time at the meetings is when lunch is over, and people are still hanging around and I get the opportunity to sit down and talk to folks and actually learn something about them, their families, how they spend their time, and what, at that particular time, is going on in their lives.

It's interesting to me that Parkinson's, quite often, doesn't even enter the conversation. We're just people...talking.

How neat is that?

Happy Holidays....

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!



We hope you all have a wonderful holiday; and we hope to see you caregivers at our breakfast on Monday, December 17th and all of you for bowling on Friday, December 28th. If you don't want to bowl, just come out and watch and chat.

Dean and Art

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, December 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.

WINTER WEATHER

As always, the Hagerstown Parkinson's Support Group will cancel its meetings only when the Washington County Schools close for the entire day.

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 new activities or events. **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**, crafts, 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 **December 13th due to the holiday.** Contact Dave Kukor at 301-639-3166 or email at dku-kor@ahcglobal.com for reservations (required) and information.

Accessible
Home Health Care
"We Guarantee Compassionate Care"



PD Group Bowling

Southside Bowl will provide lanes for our group **at 1:00 PM on the fourth Friday of each month.** Please join us at 17325 Virginia Avenue, Hagerstown. Games are priced at \$2; bowling shoes are free. **The date this month is the 28th. REGARDLESS OF WHAT YOU HAVE HEARD OR READ, IT IS ON THE FOURTH FRIDAY UNTIL FURTHER NOTICE!**

Birthdays in December

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. **Call Carol at 301-824-3976** or contact Art if you know someone in need.

Thank Your Board Members:

Mike Saterbak, Treasurer
Carol Gaines, Secretary
Ecile Shaw, Chaplain

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 Drooling

Excessive drooling, called sialorrhea, is a common symptom of Parkinson's and, when mild, can cause awkwardness in social situations. When severe, drooling is an indicator of more serious difficulty with swallowing (dysphagia), which can cause the person to choke on food and liquids and can even lead to aspiration pneumonia.

PD causes a reduction in automatic actions, including swallowing, creating an inability to manage the flow of saliva in and around the mouth. In PD, usually the amount of saliva your body produces is normal, but swallowing less often or not completely leads to saliva pooling in the mouth. One thing that can possibly help is to make a deliberate habit to try to swallow your saliva regularly to reduce its accumulation. Another trick is to suck on hard candy or chew gum, preferably sugarless. Candy and gum activate the jaw and the automatic swallowing reflex and can help clear saliva, providing temporary relief from drooling. Another tactic is to wear a sweatband on your wrist. This can be used to discretely wipe the mouth as necessary and is a relatively inconspicuous accessory.

If you are having problems with drooling, you might consider an appointment with a speech-language pathologist. These professionals can perform a swallow test to diagnose any difficulties and can also give you some further strategies to help with drooling.

This and That Thoughts on my Mind by Art Guyer:

I have been thinking how important it is to cherish your friends and loved ones. Visit them, call them, tell them you think about them often. Including Doris, we have lost 19 members over the past two years, plus my mother-in-law, my mother, my sister-in-law, a close friend in Canada, and a family member of one of our fishing possee. Keep them all in your prayers and thoughts.

Take care..... Art

Four-State Alliance Support Group News:

Next 4SAPS Leader Board Meeting: February 9, 2019.

Chambersburg Parkinson's Support Group: The group will hold its next meeting on **Friday, February 15, 2019**, at 4 PM at *Physical Therapy, Etc.*, located at 142 Franklin Farm Lane, Chambersburg, PA. This meeting will feature group discussions. Their FREE "Zumba Chair" class **has been put on hold until after the first of the year.** 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 **December 19, 2018**, at 1:00 PM. The meeting will be the group's Christmas Party. 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, December 15, 2018**, at 12:00 PM. They meet at the YMCA at 1000 N. Market Street in Frederick. Contact: Louise Houtz, houtzmom@hotmail.com for more information.

Caregiver Support Group: The Commission on Aging has a *Caregiver Support Group* that meets quarterly. It is free to attend and open to the public. Contact: Cebrina Young at 301-790-0275 x240

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Heads Up, Caregivers!

10 Holiday Self-Care Tips for Caregivers

Daily Caring

The holidays can be a time of mixed emotions and extra stress for caregivers. There are happy celebrations, special traditions, and wonderful memories. But there can also be unpleasant family members, grief for those who have passed, and an overwhelming To Do list. Here are 10 things that may help:

1. Make time for yourself. It's easy to get caught up in the whirlwind of extra tasks and hassles that the holidays bring. Added on top of regular caregiving responsibilities, it can really amp up the stress. Make it a priority to take a little time for yourself to sit quietly, relax, and recharge.
2. Know your priorities. There are dozens of things going on during the holidays, but it's impossible to do everything without running yourself ragged. So which are the most important to you? Taking time to consider what gives you the most meaning and fulfillment helps you prioritize activities, events, and even people. That helps you focus your time and energy, so you won't feel so overwhelmed.
3. Take care of yourself during difficult family interactions. The holiday season often means spending time with people you may not see the rest of the year. Sometimes this means seeing family or others who criticize your caregiving, don't help, or are unsupportive or unkind. Since you can't avoid these people, the best way to protect yourself is to keep contact as minimal as possible and stay neutral and civil. If you have run-ins with unpleasant people, walk away as soon as you can and give yourself a little time to cool off and calm down.
4. Make room for grief if you're missing someone who has passed away. The holidays can be tough when you're missing someone important to you. Consider setting a place at the table, having a moment of silence, or sharing favorite memories to honor them. If you're feeling sad, remind yourself that it's completely natural and that you don't have to pretend to be cheerful. Give yourself permission to feel your emotions as they are and don't feel obligated to participate in activities if the emotions are too overwhelming.
5. Reflect on what you're grateful for. Practicing gratitude is a proven stress-buster. It changes your perspective and helps you see that there is always some good in life, even in tough times. To help you focus on the positive moments, jot down 3 things you're grateful for, do a quick gratitude exercise, or tell someone why you're grateful for them.
6. Remember that holiday stress will pass. When you're in the middle of a stressful situation, it can feel like it's never going to end. Keep reminding yourself that this will be over soon and focus on noticing and enjoying as many positive moments as possible.
7. Try to understand why you might be feeling negative emotions. Negative emotions during the holidays could be related to unrealistic expectations of yourself, too-ambitious goals, or just feeling overwhelmed. When you're feeling negatively, think about if it could be caused by one of these things. You may decide that it makes sense to adjust your expectations to suit the reality of the situation or choose to do a few less activities that aren't as meaningful.
8. Find reasons to laugh. Humor is a fantastic stress reducer and an effective way of coping with challenging situations. Take the opportunities to laugh as much as possible during the holidays.
9. Take a few moments for deep breathing, meditation, or music. To help your body relax and de-stress, try a simple breathing exercise that can be done anywhere, anytime. Or, try a 2-minute meditation session. Other ways to help your body and mind release tension are to listen to music, do a quick workout, or stretch your body.
10. Lean on a self-care buddy. When you know you'll be going through a tough time, it can be helpful to have someone to talk to – in person, via phone, or even by text. Let your friend know that you'll be checking in with them when you're feeling down. Reach out to your support group community when you're feeling frustrated and need to vent. Or call one of your fishing buddies!



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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 Silvious, 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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Maintaining Cognitive Brain Health in Parkinson's Disease

Maintaining cognitive brain health is a high priority for both people with Parkinson's disease (PD) and family members. Though many living with PD will not develop dementia, mild cognitive issues may emerge in 20 to 50 percent. Through a program, which awards research grants based on the insights of people in the Parkinson's community, "maintaining cognitive function" was identified as a major challenge that received limited attention and research funding. As a result of this survey, a working group of experts led by Jennifer Goldman, MD, MS, at Rush University, a Parkinson's Foundation Center of Excellence, was assembled to address this issue. Here we share practical results from the working group that may be useful for both people with PD and their families.

There are potential pharmacological and non-pharmacological interventions that may be useful in addressing cognition (thinking and memory) in PD. The working group divided the recommendations for maintaining PD cognitive health into early and more advanced Parkinson's.

Early Parkinson's Disease

- Exercise according to guidelines from American College of Sports Medicine and American Heart Association
- Stay active socially; for example, spend time with friends or join a support group
- Engage in cognitive training exercises
- Learn coping strategies; for example, work with an occupational therapist or neuropsychologist on techniques for paying attention, remembering things or doing everyday tasks
- Nutrition can affect cognition. Consider trying the Mediterranean diet
- Take your time when doing tasks
- Let your family and friends know if you are having trouble
- Seek help if feeling depressed or anxious

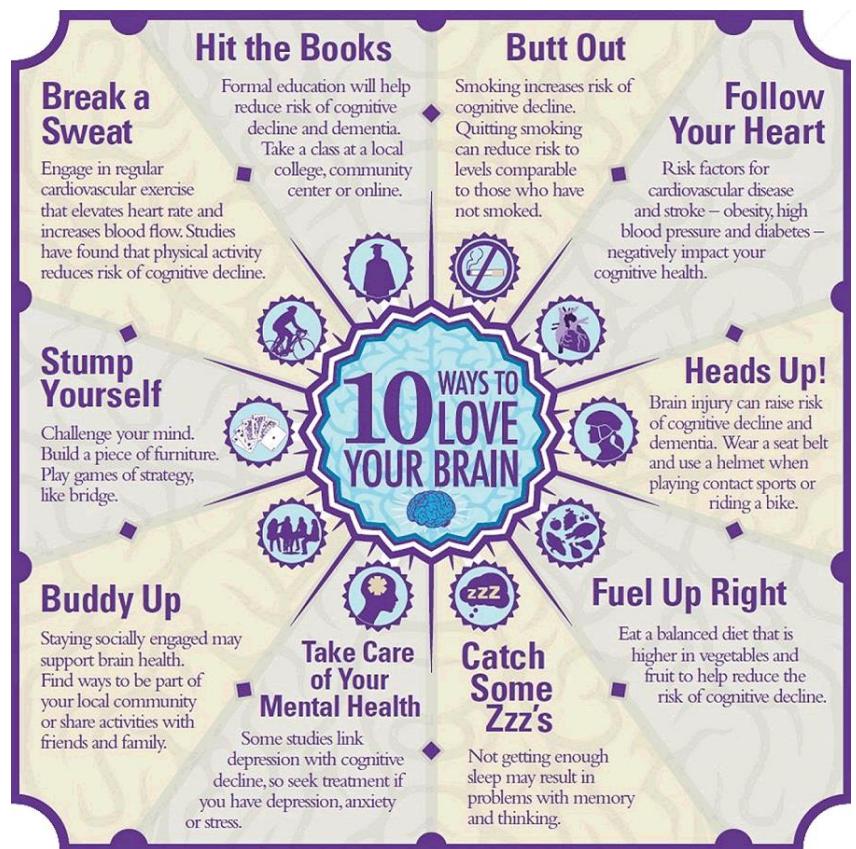
Advanced Parkinson's Disease

Follow the above recommendations, in addition to:

- Develop and follow a highly structured daily routine
- Consider the use of medication for cognitive impairment; common medications include cholinesterase inhibitors and memantine
- Have an advanced directive in place (living will, treatments)
- For care partners: take care of your own health as well (see doctors as needed)

For care partners: seek out support such as counseling

Though more pharmacological treatments are needed, we advise people not to underestimate the value of implementing many of these techniques and considerations. You can have a happy life with PD but you need a winning strategy for brain health and cognition — and that strategy may not always include a pill.



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Reminders of upcoming events as of Friday, December 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 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:

- Thursday, **December 13, 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, 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.
- 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.

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- 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: The speaker will be Dr. T. Subramanian, Movement Disorder Specialist, Penn State Hershey. Contact Art Guyer for information.
- 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.
- **Friday, April 12, 2019, 9:00 AM – 4:00 PM, Four State Alliance for Parkinson's Support PD Community Seminar: Otterbein United Methodist Church, 108 E. Franklin Street, Hagerstown, MD. Contact Art Guyer for information.**
- Monday, April 15, 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, April 25, 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, April 26, 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.

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