

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

March 2019

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

[Visit us on Facebook](#)

Volume 9, Issue 3

### This Month's Meeting

### March Meeting

### Dean's Corner

There were **42** attendees at our February meeting. Our speaker was Bonnie Elliot, from CarePatrol. She discussed the various levels of care available, from in-home assistance to full nursing facilities. She explained how her company came about and that their service was free to clients; she is reimbursed by the placement agency. [Contact her at 240-566-5900.](#)

**Karen Fickes, one of our new members, 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.

**Jay Stouffer** delivered the invocation; Ecile and Ragan and Mike and Marcy missed the meeting due to illness.

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.

**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!**

#### **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](mailto:4Parkinsons@gmail.com)

Dean Cook, 304-268-1623  
[home2wv@yahoo.com](mailto:home2wv@yahoo.com)

### MARK YOUR CALENDARS

Join us for our next  
**Parkinson Support Group Meeting**  
at the

**Western Sizzlin' Steakhouse**  
17567 York Road, Hagerstown, MD

**Thursday, March 7, 2019, 11:45 AM**  
**Featuring**

**Dr T. Subramanian, MDS**  
**Hershey Medical Center**

#### **Newsletter Highlights**

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

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

Seminar Flyer ([Page 5](#))

Protein and Parkinson's Disease ([Page 6](#))

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

### Hagerstown Parkinson's Support Group Meetings in 2019

Mar 7, Dr T. Subramanian, MDS, Hershey  
Apr 4, Allie Crandell, Lundbeck Pharmaceuticals

**Apr 12, PD Seminar for the Community**

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**

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!

### A Snapshot From Today's Meeting

*As I left the meeting today, in front of me, An elderly couple I've come to know well were holding hands.*

*I said to her, as I always do when I see them together, "When are you going to get rid of that old fart? You know you can do better."*

*It's kind of a ritual we go through.*

*They both laugh and he says "She knows she's got the best."*

*And, truth be known, they both do.*

*And, in another month, we may do it all again.*

*Such are the relationships you build with those you've come to love.*



**Art's Note: Thank you Dean! For what you do, for what you say, and for what you write. You are a special friend and we all love you.**

**To paraphrase a song Michael Jackson sang:**

*If you just hold my hand, Baby I promise I'll do all I can.*

*Things will go better if you just hold my hand.*

*Nothing can come between us if you just hold my hand, hold my hand.*

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 3<sup>rd</sup> Monday of every month. This month the breakfast is scheduled for **Monday, February 18<sup>th</sup> at 8:30 AM** at the **Hagerstown Family Diner**. This restaurant is located at 431 Dual Highway. Contact Art if you need information or directions.



You are encouraged to participate if possible. It gives caregivers the opportunity to seek advice in a safe environment and it allows feedback for future meetings and activities. If you need transportation, let us know and we will try to take care of it.

### Need Transportation?



**If you need transportation to our meetings or other events, please let us know.**

We still are looking for members around the area who are willing to offer rides to those members who want to attend one of our functions, but no longer can drive. Let Dean or Art know if you can help.

Thanks to those good people who are already providing transportation to others on a regular basis. You make this group special.

### WINTER WEATHER

**The Hagerstown Parkinson's Support Group will cancel its meetings for bad weather 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](mailto: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** meets on 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 **February 28th**. Contact Dave Kukor at 301-639-3166 or email at [dkukor@ahcglobal.com](mailto:dkukor@ahcglobal.com) for reservations (required) and information.

**Accessible Home Health Care**  
"We Guarantee Compassionate Care"



### PD Group Bowling

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 February 22nd.**

### Birthdays in February

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: Swallowing Pills and Vitamins

- **Some pills can be difficult to swallow**, so ask your doctor or pharmacist if your medication will retain its potency if it is ground up and then combined with food. If your doctor advises against grinding up your pills, try swallowing the pill with fruit nectar instead of water. Or swallow it along with a spoonful of applesauce or honey or try coating the pill with a little butter or pudding.
- **Put the pill on your tongue, take a sip of water, tilt your chin down, look down and swallow.** Continue to look down during the entire swallowing process. Some people find this works much better than tilting your head backwards when swallowing a pill. (Figure A)
- **The pop-bottle method is designed for swallowing tablets:** (Figure B)
  1. Fill a plastic water or soda bottle with water.
  2. Put the tablet on your tongue and close your lips tightly around the bottle opening.
  3. Take a drink, keeping contact between the bottle and your lips and using a sucking motion to swallow the water and pill.

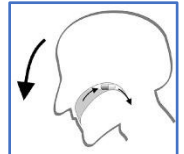


Figure A

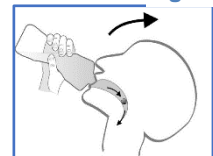


Figure B

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

Dean and I have been working with Homewood and Brookdale to set up some type of meeting for their residents with PD – to cover some of those who cannot get to our meetings. Hopefully, these will work out and grow to some of the other nursing homes in the county. If you would like to participate in delivering these sessions, give Dean or me a call.

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 further notice.** 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 **Wednesday, February 20, 2019**, at 1:00 PM. The meeting will feature a representative from Lundbeck Pharmaceuticals. 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, February 16, 2019**, at 12:00 PM. Their speaker will be **Mary Collins** from the Department of Aging. 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!

#### Buying Medical Equipment? Make Sure to Ask 4 Key Questions

When your loved one needs durable medical equipment (DME) like a wheelchair, hospital bed, or oxygen equipment, getting it through Medicare can be a confusing process. To avoid paying extra or running into problems with coverage, here are 4 key questions to ask a supplier before making a purchase or rental.

##### 1. Do you accept my Medicare plan?

There are two main types of Medicare coverage: Original Medicare or Medicare Advantage. If your loved one is enrolled in a Medicare Advantage plan, there may be a network of DME suppliers that must be used to ensure coverage. If the supplier isn't in network with their plan, your loved one may have to pay 100% of the cost.

Some plans also include out-of-network coverage. That coverage is less comprehensive, but the plan may cover some of the cost if this benefit is included. However, using an in-network provider will guarantee that the DME is priced as low as possible.

##### 2. Are you part of the Competitive Bidding Program?

In 2003, Medicare started the Competitive Bidding Program for DME. If your loved one lives in a competitive bidding area, Medicare will only cover equipment from suppliers who are under contract with their program. Note: Not all DME is subject to competitive bidding. This program helps reduce out-of-pocket expenses for DME and ensures quality equipment is available in most parts of the country.

If your loved one doesn't live in a competitive bidding area or the needed DME item isn't subject to the bidding program, then a Medicare-approved DME supplier that accepts assignment is required.

##### 3. Are you a Medicare participating provider?

This is an important question to ask to avoid paying more for DME than necessary. When a supplier is a participating provider, they accept Medicare assignment rates. That means they agree to charge only the Medicare-approved price for covered equipment.

If the supplier is non-participating and doesn't agree to accept Medicare's set price for the equipment, they are able to charge up to 15% more. Your loved one might also have to pay the full amount for the equipment and later submit their own claim to Medicare for reimbursement.

However, some people don't have to worry about paying excess charges, even if their supplier isn't a participating provider. Medicare beneficiaries from Pennsylvania (and some other states) don't have to pay excess charges because these states don't allow providers to charge more.

Medicare beneficiaries who are enrolled in certain Medigap plans also don't have to pay excess charges to a non-participating provider because their plan will cover the charges.

##### 4. Do you have an Assistive Technology Professional?

If your loved one is getting certain wheeled equipment, they'll want to get an evaluation from the supplier's Assistive Technology Professional (ATP) – someone who specializes in wheeled mobility equipment and seating products. An ATP knows the qualifications that must be met for Medicare to approve the equipment and can make appropriate recommendations.

If your loved one doesn't need a wheeled mobility device or seating product, then it's fine to work with a supplier that doesn't have an ATP.

If you are not sure where to start when finding the right DME supplier, ask your loved one's doctor. Since their doctor must prescribe the durable medical equipment in the first place, ask if they have any recommendations for DME suppliers as they're writing out the prescription.



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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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### Protein and Parkinson's Disease

Parkinson's News Today

Does it seem your off-periods worsen after a meal that includes a good-sized portion of meat? Overlapping a high meat meal with levodopa can result in not just an off-period, but also one that lasts much of the day. Diet is very important in the development of a wellness plan for persons with PD.

Research suggests that changes to your diet could help alleviate some symptoms of your PD. The American Parkinson Disease Association (APDA) notes that levodopa crosses the wall of the small intestine via molecules in the intestinal wall that transport amino acids. When dietary protein (beef, chicken, pork, fish, eggs, nuts, and dairy) is also present in the small intestine, fewer transporters are available for levodopa to use. You may experience the "protein effect" when the medication competes with a high-protein meal.

Studies show that levodopa transit time in the small intestine is approximately three hours. Therefore, gastric emptying is a major determining factor for the onset of symptom relief. When PD delays gastric emptying, it has the potential to cause motor fluctuations, known as off-periods. Research also shows that a relationship exists between Parkinson's disease and improved gut health. The bacteria in your gut can play a role in the processes that produce dopamine and affect the intestine's ability to absorb.

Like many aspects of Parkinson's symptoms, the protein effect is highly variable. Some people do not experience it at all. Others are extremely sensitive to protein's effect on medication absorption. It typically becomes more of an issue as PD progresses. The APDA suggests that if someone experiences the protein effect, two potential strategies might help. One is to refrain from eating protein during the day, eating it at night instead, when the medication's effect is less critical. The second is to distribute protein intake evenly throughout the day so that medication absorption is enhanced during that time. Another option is to space levodopa dosing, so it occurs between meals to minimize absorption issues.

Of course, reducing meat in your diet may be beneficial not just to levodopa absorption but for your health in general.

While there is no prescription for a PD-specific diet, to maintain overall good health most people living with Parkinson's disease should eat a variety of whole grains, vegetables, fruits, milk and dairy products, and protein-rich foods such as meat and beans. Also consider including nuts, olive oil, fish and eggs to your diet, for their beneficial fats.

#### **Maintain Healthy Eating Habits**

- Avoid "fad" diets. Eat food from all food groups, following guidelines of the USDA. Eating a variety of foods will help you get the energy, protein, vitamins, minerals and fiber you need for good health.
- Choose a diet with plenty of grain products, vegetables and fruits, which provide vitamins, minerals, fiber and complex carbohydrates and can help you lower your intake of fat.
- Limit sugar intake. A diet with lots of sugar can have too many calories and too few nutrients. It also contributes to tooth decay.
- Reduce salt and sodium intake to help decrease your risk of high blood pressure.
- Incorporate foods high in antioxidants (important for brain health) into your diet. These include brightly colored and dark fruits and vegetables.
- Balance the food you eat with physical activity.
- Choose a diet low in fat, saturated fat and cholesterol to reduce your risk of heart attack and certain types of cancer and to help you maintain a healthy weight.
- Maintain a healthy weight to reduce chances of high blood pressure, heart disease, stroke, certain cancers and common types of diabetes. Your doctor can help you determine what a healthy weight means for you.
- Drink alcoholic beverages in moderation, as they have empty calories and few (or no) nutrients. Drinking alcohol can cause many health problems and accidents. It may not be advisable to mix certain medication with alcohol. Check with your doctor.
- Drink enough water (six glasses a day) and eat fiber-rich foods, including brown rice, whole grains (breads with three grams or more of dietary fiber per slice), fruit and beans to ease digestive difficulties and constipation.
- Take your medications with a full glass of water. It may help your body break down the medication more efficiently.
- Talk to your doctor about whether you should increase your Vitamin D intake. Vitamin D is found in fortified milk and milk products, egg yolks and fatty fish, like tuna, mackerel and salmon, and helps maintain bone health.
- Snack on small quantities of walnuts, cashews and other nuts to promote brain health. Also try to incorporate berries, which contain beneficial antioxidants, and foods that may have anti-inflammatory effects in the brain, like salmon, tuna and dark, leafy green vegetables.

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### Reminders of upcoming events as of Friday, February 08, 2019

#### REGULAR EVENTS:

Event	Date, Time, Location	Contact for Information
Hagerstown Parkinson's Support Group Meeting	1 <sup>st</sup> Thursday @ 11:45 AM Western Sizzlin Restaurant, Hagerstown, MD	Art Guyer, 240-625-2722 4Parkinsons@gmail.com Dean Cook, 304-268-1623 home2wv@yahoo.com
Cumberland PD Support Group Meeting	1 <sup>st</sup> Friday @ 4:00 PM Grace Memorial Church, Cumberland, MD	Pam Dolly, 304-738-2196, Pameladolly89@gmail.com
Winchester PD Support Group Monthly Meeting	2 <sup>nd</sup> Tuesday @ 11:00 AM Winchester Church of God, Winchester, VA	Cheryl Reames, 540-662-4632 winchesterparkinsons@gmail.com
Central PA PD Support Group Meeting	2 <sup>nd</sup> Wednesday @ 1:30 PM Springfield Room, Bethany Village West, Mechanicsburg, PA	Dan Yother, 304-676-2053 oldred714@verizon.net Carol Cressler, 717-877-0624, cjcressler4040@gmail.com
Hagerstown Parkinson's Support Group Caregivers' Breakfast	3 <sup>rd</sup> Monday @ 8:30 AM Hagerstown Family Diner, Hagerstown, MD	Art Guyer, 240-625-2722 4Parkinsons@gmail.com
Frederick PD Support Group Monthly Meeting	3 <sup>rd</sup> Wednesday @ 1:00 PM Mount Pleasant Ruritan Club, Walkersville, MD	Janet Silvius, 301-831-5609 janet@fifpdsg.org
Gettysburg PD Support Group Meeting	3 <sup>rd</sup> Wednesday @ 1:00 PM WellSpan Adams Health Center, Gettysburg, PA	Paula Chaplin, 717-337-4407 pchaplin@wellspring.org
Frederick County Parkinson's Support Group	3 <sup>rd</sup> Saturday YMCA - 1000 N. Market Street, Frederick MD	Louise Houtz houtzmom@hotmail.com
Cross Keys Parkinson's Support Group	3 <sup>rd</sup> Thursday @ 2:15 PM Cross Keys Village, New Oxford, PA	Daune Wynn, 717-495-5671 wynn574@crosskeysvillage.net
Chambersburg Parkinson's Support Group	Meets 3 <sup>rd</sup> Friday, every 2 months (Even Months) @ 4 PM at Physical Therapy Etc. 142 Franklin Farm Lane, Chambersburg, PA	Kathy Smith, 717-377-8320, Kathy.smith@embarqmail.com

#### OTHER EVENTS:

- 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](mailto: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](mailto: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.

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- 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](mailto: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](mailto: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](mailto: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](mailto:home2wv@yahoo.com).
- Thursday, May 2, 2019, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Dr. M. Fowler, MD, FAAN, Winchester Neurological Consultants. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Monday, May 20, 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, May 23, 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](mailto:dkukor@ahcglobal.com).
- Friday, May 24, 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](mailto:home2wv@yahoo.com).
- Thursday, June 6, 2019, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be John Howland, Boston Scientific, DBS. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Monday, June 17, 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, June 27, 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](mailto:dkukor@ahcglobal.com).
- Friday, June 28, 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](mailto: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