

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2019

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

[Visit us on Facebook](#)

Volume 9, Issue 4

This Month's Meeting

April Meeting

Dean's Corner

There were **59** attendees at our March support group meeting. Our speaker was Dr T. Subramanian, MDS from the Hershey Medical Center. He presented an overview of PD symptoms and then spoke in depth on non-movement symptoms of PD. Dr. Sub talked about hallucinations and delusions, explaining the difference and answering many questions from the members.

Marci Saterbak 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.

Mike Saterbak delivered a very nice invocation; **Ecile Shaw** is still recovering from her medical issues and was not able to attend the meeting. She is at home now.

Among those who are ill are Carol Gaines and her Mother, Kathryn Koenig. Please keep all of our members in your prayers and thoughts.

Thanks to Vi McConnell and the other members who work 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.

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!

MARK YOUR CALENDARS

Join us for our next
Parkinson Support Group Meeting
at the

Western Sizzlin' Steakhouse
17567 York Road, Hagerstown, MD

Thursday, April 4, 2019, 11:45 AM
Featuring

Allie Crandall
Lundbeck Pharmaceuticals
Northera - Treatment for nOH

Newsletter Highlights

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

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

Constipation ([Page 5](#))

Seminar Flyer ([Page 6](#))

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

Hagerstown Parkinson's Support Group Meetings in 2019

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

A Simple Conversation

*While taking the kitchen garbage out
This afternoon
I stopped in mid-stride and Carol said,
"What's wrong?"*

*I said "Have you ever wondered how so
many good people*

*Ended up in one place?"
She knew what I was talking about
because*

We had discussed it before.

*There really was no answer so I
continued on
With my garbage bag.*

*Later on, it occurred to me that
All the kindness in the world
Decided to wrap itself in one ball
And descend on that room today.*

Thanks, Dean, your warmth, kindness and willingness to help anyone, at any time, helps make it easy for the rest of us to follow your example.



I can BEE KIND

by doing things for others without expecting something in return.

The Hagerstown Parkinson's Support Group

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

Dean Cook, 304-267-7819
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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Monthly Newsletter

April 2019

Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3rd Monday of every month. This month the breakfast is scheduled for **Monday, March 18th at 8:30 AM** at the **Hagerstown Family Diner**, located at 431 Dual Highway. Contact Art if you need information or directions. We had a small, but very good meeting last month.



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.

Senior Homes Activities

On March 6th, Dean and Art held a Parkinson's round table breakfast meeting with residents of *Homewood of Williamsport* interested in learning more about the disease and to talk about issues they have. **10** residents attended this initial meeting. Everyone introduced themselves and talked about their experiences with PD. We also talked about those who have the disease in their family. We are planning to hold **3 more such meetings** this year. Our thanks to **Kathy Lanham** from Homewood who arranged this session.

On March 30th, Dean and Art are scheduled to present a Parkinson's briefing at *Brookdale Senior Living* in Hagerstown.

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 **March 28th**. Contact Dave Kukor at 301-639-3166 or email at dkukor@ahcglobal.com for reservations (required) and information.

Accessible Home Health Care
"We Guarantee Compassionate Care"

Sponsor/Vendor of our April 12, 2019, seminar.

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 March 22nd.**

Birthdays in March

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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Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2019

Parkinson's Disease: Tips for Making Life Easier

Based on the Book by Shelley Peterman Schwarz (2002)

Empowering Yourself

Life is about choices. You may not have total control over your PD but you do have control about how you let it affect your life. Staying active and involved is possible with effort and determination. Keep moving. If crowds or long-distance walking is involved, use a cane or walker for stability. Even a grocery cart can be helpful in maintaining balance when shopping. And if necessary, use a wheelchair. Choose to make necessary compromises and adjustments to stay involved in family and community activities.

Try to continue or restart hobbies that you have enjoyed in the past. You may have to approach them differently if your PD or medications have interfered. Work on jigsaw puzzles, crosswords puzzles, and other word-type games to keep your mind and hands active. If you have problems at first, don't let initial frustrations discourage you from keeping at it.

Some people with PD have trouble with concentration, memory, or communications. If you feel your abilities have been affected, discuss your concerns with your doctor and ask to see a psychologist. They will be able to help you identify what cognitive deficits you might be experiencing.

Remember (from Harry Potter): "It is not our abilities that show what we truly are — it is our choices."

This and That Thoughts on my Mind by Art Guyer:

I have to admit, planning for our April 12, 2019, all-day seminar has been occupying a good bit of my little mind. Along with Dean Cook, Carol Gaines, Mike Saterbak, and Steve Silvius from Frederick, it has been a hot topic. We started planning this event about a year and a half ago. It seemed such a long time away then; now it is only a month away! There are still a few seats left if you want to sign up. The form is on [page 6](#).

Take care..... Art

Four-State Alliance Support Group News:

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

Chambersburg Parkinson's Support Group: The group will hold its next meeting on **Friday, June 21, 2019**, at 4 PM at *Physical Therapy, Etc.*, located at 142 Franklin Farm Lane, Chambersburg, PA. The April meeting was cancelled due to holidays. 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, March 20, 2019**, at 1:00 PM. The meeting will feature Dr. Laxman Bahroo from Georgetown University. Dr. Bahroo will be talking about the new Amantadine ER from Adama Pharma. 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, March 16, 2019**, at 12:00 PM. Their speaker will be Mackey Stafford, from Acadia Pharma, speaking on - Parkinson's More Than Motor Symptoms and the drug Nuplazid. 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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Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2019

Heads Up, Caregivers!

Helping Hands

Based on the Book by Shelley Peterman Schwarz (2002)

We all like to give a helping hand when we see someone having a hard time walking, getting through a door, standing, sitting or whatever. Here are some tips that may be useful the next time you are faced with just such a situation:



- Never grab an arm or try to help a person without asking first if they would like your help. Let the person with PD tell you how to help him or her. Remember, you are supplying balance control not physical support. Don't try to pull the person along or lift him or her.
- Before you start walking, countdown from the number five to one. On one, begin walking. Let the person whom you are assisting set the pace. When appropriate, announce upcoming changes in the terrain, such as, "there is a step down here."
- To help a person with PD walk, stand in front of him and hold his hands. When you walk backwards, gently guide them forward. Give verbal cues like "let's walk now."
- If the person with PD wears bifocals, he or she may need extra help when using stairs. Going downstairs is often more difficult than walking up. No matter which direction you are going -- up or down stairs -- watch carefully.
- When assisting someone walking up or down stairs do not take more than one stair at a time. Let the person you are assisting hold onto a handrail, if one is available. Make sure he or she places each foot completely on each stair. When going up stairs, have the person lead with the stronger foot. When going downstairs, have the person lead with the weaker foot. Stand in front of the person when descending stairs, and behind the person when ascending the stairs.
- If the person with PD gets stuck in a freeze, try taking his or her hands in yours (as you face them) and gently pump your hands up and down in an alternating motion.

Some Random Advice

Quality of life studies show that early treatment with dopaminergic medications improves daily functioning, prevents falls, and improves a person's sense of well-being.

It is very important for people with PD and their family caregiver to work closely with their doctor(s) and to seek advice from a movement disorders specialist, who can best manage the more complicated aspects of the disease.

Over time, physicians add combinations of drugs, and more frequent dosing is required as the disease progresses. In the more advanced stages, the Parkinson's drugs provide a shorter time period when each dose is effective in controlling the symptoms. This shortened benefit from each dose is called "wearing off," and the motor symptoms (and sometimes the non-motor symptoms, such as anxiety) return before the scheduled next dose. People with PD need to pay close attention to the times they take their medications and note the length of time the medication helps their symptoms and how long the medication effects last before wearing off. This information helps the physician better determine the amount of medication and the schedule for its use.

Remember, a movement disorder specialist completes an additional 2-year fellowship in movement disorders and, subsequently, only takes on patients with movement disorders.

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Monthly Newsletter

April 2019

Constipation and Parkinson's

by Rachel Dolhun, MD on Michael J. Fox Website

Constipation is a common problem for people both with and without Parkinson's disease (PD). For those with Parkinson's, it can range from a mild nuisance causing temporary discomfort to a chronic problem that significantly affects quality of life. In addition to its direct effects, constipation can impact the absorption and effectiveness of Parkinson's medications. Constipation can occur at any time during Parkinson's, sometimes even decades before motor symptoms appear and the disease is diagnosed.

Constipation occurs when bowel movements, or "stools," become less frequent and/or more difficult to pass. Some define constipation as less than three bowel movements per week, but what constitutes constipation typically varies from person to person because our usual bathroom patterns differ. Some people go every day, while others may go only three or four times per week.

There are many possible causes of constipation. In Parkinson's, constipation may be part of the underlying disease process. PD can affect the autonomic nervous system, a network of nerves that directs bodily functions we don't consciously control, such as blood pressure and digestion. When digestive tract movement slows in PD, constipation can result. Constipation can be a side effect of Parkinson's drugs, as well. It's a common problem, for example, with Artane, a drug sometimes used to target tremor. Other prescription and over-the-counter medications, including narcotic painkillers, antacids that contain calcium (Tums) or aluminum (Mylanta), or iron supplements, can contribute to constipation too. Limited physical activity and inadequate water and fiber intake also can play a role.

In some, the treatment of constipation can be complex. Most, however, will notice improvement with diet changes and increased exercise.

Dietary recommendations for constipation include:

- Drink at least six 8-ounce glasses of water per day. Water increases flow through the digestive tract, allowing the system to function more effectively. Higher amounts may be necessary for some people, especially in hot weather, but start with at least six glasses per day. Keep in mind that caffeine and alcohol can cause dehydration, which will worsen constipation. And consider drinking warm liquid in the mornings, as this can sometimes stimulate a bowel movement.
- Add more fiber. Fiber helps drive waste through the intestine. Gradually increasing the amount of fiber in your diet can be helpful for constipation. Vegetables, berries, fruits with skin (e.g., pears, apples) and whole grains are good sources.
- Eat smaller meals throughout the day instead of fewer larger meals. Some people notice this helps with constipation as it allows more time for digestion.
- Exercise is another key element of constipation management. Abdominal muscle movement helps to activate the digestive system. Steady, moderately strenuous exercise, such as gentle walking, swimming or light weightlifting, is one of the best ways to do this.



When diet and exercise are not enough, both over-the-counter and prescription medications, including stool softeners, laxatives, suppositories or enemas, may be necessary. These should be used cautiously and under the advice of your health care provider.

Although there are no prescription drugs specifically for Parkinson's-related constipation, the FDA has approved three drugs for "chronic idiopathic constipation" -- constipation not due to a known medical cause or medication. These drugs -- linaclotide (Linzess), lubiprostone (Amitiza) and plecanatide (Trulance) -- may be considered in certain cases after diet changes, exercise and the above over-the-counter therapies have failed. However, they can be expensive.

As with all Parkinson's symptoms, you should discuss the treatment of constipation with your personal physician so you can work together to find a regimen that fits your needs.

Several therapies to treat Parkinson's constipation are currently in clinical trials. MJFF is funding trials to test a novel drug as well as a fiber supplement (a prebiotic) that acts as a fertilizer for "good" gut bacteria. Other ongoing work is testing additional medications and a gentle hands-on treatment that reduces tension and improves joint mobility ("osteopathic manipulative medicine").

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Monthly Newsletter

April 2019

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. Checks should be made 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.

Name(s): _____

Address: _____

Phone: _____ Email: _____

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

Amount Enclosed: \$ _____ Check Number: _____

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Monthly Newsletter

April 2019

Reminders of upcoming events as of Friday, March 08, 2019

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, 304-267-7819 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, 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 304-267-7819 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.

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Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2019

- 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 304-267-7819 or by email at 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.
- Friday, May 24, 2019, 1:00 PM – 4:00 PM, Bowling. Southside Bowl, 17325 Virginia Avenue, Hagerstown. Contact Dean Cook for information at 304-267-7819 or by email at 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.
- Friday, June 28, 2019, 1:00 PM – 4:00 PM, Bowling. Southside Bowl, 17325 Virginia Avenue, Hagerstown. Contact Dean Cook for information at 304-267-7819 or by email at home2wv@yahoo.com.
- Thursday, **July 11, 2019**, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Michael Day, Elder Care Attorney. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Monday, July 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, July 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, July 26, 2019, 1:00 PM – 4:00 PM, Bowling. Southside Bowl, 17325 Virginia Avenue, Hagerstown. Contact Dean Cook for information at 304-267-7819 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