

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

May 2019

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

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Volume 9, Issue 5

This Month's Meeting

May Meeting

Dean's Corner

There were **46** attendees at our April support group meeting. Our speaker was **Allie Crandall, PHARM.D.**, from Lundbeck Pharmaceuticals. She spoke on the different kinds of high and low blood pressure, including nOH. She also briefly touched on the drugs currently in the development process her company uses.

Marie Fogerty 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 our prayer; **Ecile Shaw** is still recovering from her medical issues and was not able to attend the meeting. She is at home now and seems to be improving. She says she misses all of you.

Thanks to Vi McConnell and Carol Cook 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, May 2, 2019, 11:45 AM
Featuring

Dr. Mariecken Fowler, MD,
Neurologist from Winchester, VA

Newsletter Highlights

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

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

New Treatment for Advanced PD ([Page 5](#))

Surgery When You Have Parkinson's ([Page 6](#))

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

Hagerstown Parkinson's Support Group Meetings in 2019

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

Meetings in 2020

Jan 2, Amanda Distefano, Commission on Aging

Let's Call it Silly

Dean's Corner is calling for something profound

To fill that location and adequately spaced.

And since it's a corner, it cannot be round, Must be boldly written, not easily erased.

Art's always been kind and never refuses To print the strange things my pen will produce.

And tonight, I simply have no excuses; Perhaps my brain cells have finally come loose.

But there's a method to this madness for me;

For a couple of minutes, we've taken a break

And forgotten all the sadness we see, Perhaps it's helped to relieve a small ache.

So, if Art accepts this, tonight's work is done.

These words will happily fill up the space. And it can be said that we have both won By putting a smile on everyone's face.

*"Poetry is a momentary stay
against confusion."*

Robert Frost



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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Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3rd Monday of every month. This month the breakfast is scheduled for **Monday, April 15th 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 others 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 30th, Dean and Art held a Parkinson's round table breakfast meeting at Brookdale Hagerstown Senior Living for individuals interested in learning more about the disease and to talk about issues they have. Our thanks to **Beth Montgomery** from Brookdale who arranged this session.

We hope to continue these presentations with other senior facilities in the Hagerstown area.

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 **April 25th**. 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"

Accessible Home Health Care is a sponsor of our April 12, 2019, seminar and a speaker at our August 1st meeting.

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 April 26th.**

Birthdays in April

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 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)

Empowering Yourself -- Freezing

To get unstuck from a freeze that may occur when you approach narrow spaces, try these tips:

- Don't try to take any steps.
- Place your heels on the floor.
- Straighten yourself into an upright posture. Don't lean backwards or forwards.
- Gently rock side to side.
- Take a few marching steps in place.
- Start taking steps forward by placing your heels down first.
- Keep your feet about 8 inches apart and correct your posture as you go.
- Take a collapsible cane with you when you walk. When you freeze, assemble the cane and gently kick the end near the floor.
- Try dancing instead of walking. Whistling or singing may also help you overcome freezing.

This and That Thoughts on my Mind by Art Guyer:

I have to tell you, my mind has been scattered among a number of related things. The April 12th seminar has been my main focus, but I attended the PFNCA Symposium on March 23rd, Memory Café on March 28th, Dean and I held a PD round table at Brookdale of Hagerstown on March 30th, and we had our April meeting on the 4th. On April 9th I have a meeting of the Senior Care Alliance Networking group. We will be setting up for the seminar on April 10th and 11th and holding the seminar on April 12th. Our Caregivers' Breakfast will be on April 15th. And then, the week after Easter – I'm taking the family to the Outer Banks for a week's vacation, including a day of deep sea fishing. That should recharge my batteries!

Take care..... Art

Four-State Alliance Support Group News:

Next 4SAPS Leader Board Meeting: July 13, 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. 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, April 17, 2019**, at 1:00 PM and will feature Dr. Pervall, Maryland MVA. Contact Janet or Steve Silvius at 301-831-5609 for directions and more information.

PD Support Group of Frederick: The next meeting of this support group will be **Saturday, April 20, 2019**, at 12:00 PM. Their speaker will be Denise Schuller, MD - Technical Assistive program/devices that may help people with Parkinson's. 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 for information and/or directions.

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Heads Up, Caregivers!

When Does a Senior Need Assisted Living?

Daily Caring

One of the hardest choices a caregiver must make is the decision to move their loved one to assisted living. Safety concerns, serious health issues, and specialized care needs are the top reasons to consider assisted living. Here are 3 questions you should ask yourself to help decide if moving to assisted living is the right choice at this time.

It's difficult to decide when there are so many conflicting thoughts and emotions clouding your thoughts. To make it easier to answer the question "when does someone need assisted living?" focus on these important considerations.

1. Is it increasingly difficult or unsafe to provide hands-on care for your senior?

What started out as a manageable job can slowly turned into something that one person can't handle alone. The changes can creep up on you, so now is the time to take a fresh, honest look at your situation.

For example, if your loved one has become completely incontinent, it could be too much to handle at home. Or, their aggressive behavior might not be responding to non-drug techniques or medications, putting everyone's safety at risk. In some cases, if your loved one needs significant help moving around, assisting them on your own could be dangerous, especially if you're smaller in size. They could fall or you could get seriously injured.

2. Does your loved one need specialized care?

If your loved one's medical condition now requires specialized medical care or 24/7 supervision, you probably won't be able to provide that care. You're not a medical professional and it's simply impossible for one person to be on duty 24 hours a day, 7 days a week.

For example, if your loved one's dementia causes them to wander constantly (even at night), consider a memory care community where trained staff and a specially-designed environment can keep them safe at all hours. Or, if your loved one is bedridden and needs careful repositioning every hour to prevent bed sores, 24/7 care at an assisted living community is a good option.

3. Do you feel resentful, emotionally drained, or chronically tired?

Caregiver stress and burnout is a very real thing. It negatively affects your quality of life today and your overall health in the long term.

Have you started disliking your loved one, feeling overwhelming resentment, not liking who you've become, or disliking your own behavior? Those are all signs that it's time to make a change. If you're in such a negative place, it's not possible to care for your loved one in the calm and positive manner they need.

Consider the benefits of assisted living.

Most people say they want to stay in their homes as they age, but it's not always possible. For the right situation, assisted living facilities or residential care homes can improve the quality of life for your loved one and you. In addition to a safer environment and higher level of care, your loved one will have the chance to be more social and interact with other people.

You'll also be able to go back to being their companion and advocate rather than being focused on their physical care.



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Lobsor Pharmaceuticals Plans to Enter the U.S. Market with Treatment for Advanced Parkinson's

March 26, 2019
Alice Melão and Others

The US Patent Office (USPTO) has approved a patent covering the composition and method of administration of a new levodopa replacement formulation for treating Parkinson's disease.

Lecigon was developed by Lobsor Pharmaceuticals to be the next-generation of Stalevo (marketed by Novartis), a widely used oral therapy for earlier stages of Parkinson's disease. It consists of a gel containing a fixed combination of levodopa, carbidopa, and entacapone that should be administered through continuous intestinal infusion with an easy-to-use pump.

This novel treatment was approved in October 2018 by the Swedish Medical Products Agency (MPA).

With this new U.S. patent, Lobsor is taking the first steps to introduce Lecigon in the U.S. market for treating symptomatic advanced Parkinson's disease through the company's partner, Intrance Medical Systems.

"We are delighted to receive this new patent to further protect our treatment system," Roger Bolsöy, Lobsor's CEO, said in a press release. "With the new formulation and lightweight delivery pump, we believe Lecigon will significantly improve convenience and quality of life for Parkinson's patients."

Lecigon combines the beneficial effects of the dopamine replacement compound levopoda with two modulators of dopamine metabolism. This particular combination is expected to increase and prolong brain exposure to levopoda, while reducing the risks of dopamine-related adverse reactions in other body parts. Administration of Lecigon into the small intestine through a small and accurate pump makes it possible to overcome some of the limitations of treatment with levodopa, such as its reduced blood stability.

"Improving bioavailability and achieving a similar clinical outcome with significantly lower levodopa doses means we can also report significant reductions in 3-OMD, a metabolite in a metabolic complex associated with long term side effects of levodopa," Bolsöy said.

The U.S. patent covers not only the composition of Lecigon, but also the method of preparing the therapeutic suspension and how to use it to treat patients. Patent claims are not limited to any compounds amounts, which protects Lobsor's rights on the broad and tailored use of Lecigon, according to Parkinson's patients' needs.

Lecigon is a new gel formulation of a fixed combination of levodopa, carbidopa and entacapone for continuous intestinal use in advanced PD. It combines the favorable dynamics of continuous intestinal infusion with the benefits of a dopa catechol-O-methyltransferase (COMT) inhibitor, entacapone, in an easy-to-use pump-based treatment. It is an evolution of Stalevo, a widely used oral therapeutic in earlier stages of PD. Lecigon is formulated and designed for individuals with advanced PD.

Levodopa is a precursor of dopamine and mediates the anti-parkinsonian effect, whereas carbidopa and entacapone modify the metabolism of levodopa to increase and prolong brain exposure to levodopa and to decrease dopamine-related side effects outside the brain. The continuous intestinal administration of Lecigon is administered with a small and accurate pump enabling a dosage within the narrowing therapeutic window in advanced PD. The delivery directly into the intestine circumvents the limitations of erratic gastric emptying and short plasma half-life of levodopa.

The addition of the COMT inhibitor entacapone increases the bioavailability of levodopa and thereby allows the use of lower doses and volumes of levodopa and carbidopa. Thus, the addition of entacapone in Lecigon enables the use of a smaller primary container as well as a smaller and lighter pump.

The lower dose of levodopa and carbidopa required in the presence of entacapone, not only enables the use of a smaller container and pump system but is also in line with clinical concerns about potential side effects of high levodopa and carbidopa doses.



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

I want to thank all of you who signed up early for this seminar. It is encouraging and heart warming to know that so many of you are interested in the event. As you probably know by now, we sold out of seats in about the middle of March. We were limited by the fire code for our venue. We expect to have 150 attendees and 15 vendors there. We have had contributions from Spicher's Appliances, Bradley Farms Bakery, Martin's Food, Weis Markets, and others. If you made the cut, I look forward to seeing you on April 12th!

Having Surgery When You Have Parkinson's

FoxFeed Blog, Posted by Rachel Dolhun, MD, March 21, 2019

Many people with Parkinson's disease consider or need surgical procedures to treat other conditions. These may range from a minor knee replacement to a major heart procedure. Whatever the surgery, these tips may help you prepare and recover more quickly:

Consider potential benefits and risks of surgery with your Parkinson's doctor and surgeon.

Surgery, like every therapy, has possible benefits and side effects. Make sure you clearly understand the pros and cons of your specific procedure. Know, too, that Parkinson's symptoms can temporarily worsen with any surgery. This can be from the surgery or anesthesia, being in the hospital and not moving as much, being off Parkinson's medications for a short period, or a combination of factors. Some surgeries, such as a knee replacement for pain that limits mobility and exercise, may have benefits for Parkinson's. Even though you might have a brief worsening of symptoms, you'll likely have overall positive results in the long run.

Ask about the best timing and technique for surgery.

Is the surgery technically optional, meaning do you have to have it to maintain your health? If it is necessary, does it have to be done immediately? Is there time to optimize your Parkinson's medications or other therapies before surgery?

Try to schedule surgery in the early morning to avoid being off Parkinson's medications for long periods. (Many surgeons and anesthesiologists ask you to stop all drugs at midnight prior to surgery but, whenever possible, you should continue your Parkinson's medications right up until your procedure.) Also, see if you can avoid general anesthesia, which puts you to sleep. Doctors can do some procedures with local or regional anesthesia, which numb only one or a few body parts. This can lessen potential side effects such as confusion and recovery times. And if you're awake, you may even be able to continue your Parkinson's medications during the procedure. Talk with your surgeon and anesthesiologist about whether these options could work for you.

Plan ahead to reduce recovery time.

Parkinson's symptoms can temporarily worsen with surgery or just from being in the hospital or surgical clinic. You can minimize them with a few steps:

- After surgery, restart your Parkinson's medications as soon as your doctor says it's okay. (You may have to wait a short time to eat or take oral medications after surgery.)
- Avoid certain pain pills or nausea drugs such as Compazine or Phenergan that temporarily worsen movement symptoms. Remind your doctors and nurses you have Parkinson's and ask if a med could affect your symptoms and is there a better alternative.
- Get moving, with physical or occupational therapy, as soon as possible. Beginning some type of exercise early, even if you can't stand or walk on your own, can speed recovery.



Always talk to your personal physicians about any treatment considerations, as everyone is unique, and so is everyone's Parkinson's.

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Reminders of upcoming events as of Friday, April 05, 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
Friends in Frederick PD Support Group 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
PD Support Group of Frederick	3 rd Saturday @ 1:00 PM 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	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, 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.
- April 26, 2019 – "*Within Our Reach Symposium*" - presented by the University of Maryland Parkinson's Disease and Movement Disorder Center --[CLICK HERE](#)-- for registration and information.
- 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.

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- 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.
- Thursday, August 1, 2019, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be David Kukor, Accessible Home Care. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Monday, August 19, 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, August 22, 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, August 23, 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