

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

June 2019

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

[Visit us on Facebook](#)

Volume 9, Issue 6

This Month's Meeting

June Meeting

Dean's Last Corner

There were **58** attendees at our May support group meeting. Our speaker was **Dr. Mariecken Fowler, MD, a Winchester Neurologist**. She spoke on PD in general, describing diagnosis, symptoms, and treatment. She did an excellent job of identifying the types of medications and surgical treatments available. Dr. Fowler answered many questions from the group.

Richard Walton 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, Carol Gaines, Judy and Sam Fiery and the other 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.

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 Facilitator:

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

MARK YOUR CALENDARS

Join us for our next
Parkinson Support Group Meeting
at the

Western Sizzlin' Steakhouse
17567 York Road, Hagerstown, MD

Thursday, June 6, 2019, 11:45 AM
Featuring

John Howland,
Boston Scientific, DBS

Newsletter Highlights

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

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

Get Seniors with No Appetite To Eat ([Page 5](#))

Seminar Photos ([Page 6](#))

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

Hagerstown Parkinson's Support Group Meetings in 2019

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

Feb 6, Kristen Francis, TBD

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!

Friends:

"Effective immediately, Carol and I will not be attending any meetings of the Support Group. I sent a message to Art and the Board of Directors Saturday morning and each of them very graciously understood and accepted our withdrawal. "

Dean Cook

THANK YOU, DEAN

By Jon Pearson for the entire support group, April 28, 2019, to our friend, Dean Cook.

We're sorry to hear you're stepping aside from meetings and schedules and all it takes to keep us together and satisfied. Now you embark on a well-earned break.

The Group is our refuge along a hard road. When Art needed help you heard the bell, And answered, quite willing to share the load. You stepped in big shoes and filled them well.

Your leadership (minus the jokes) well done! Planning, logistics, all managed with ease, Your poetry—wisdom and rhyme homespun, Ignoring the toll of this strange disease.

Leader and mentor, poet and friend, Sadly, we watch as you now depart. The torch may pass but it's not the end, We thank you so much for all you've done. Missing from meetings but never our hearts, We love you and wish you the best to come!



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 Facilitator, Art Guyer.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

June 2019

Caregiver's Breakfast

Our Caregivers' Breakfasts are on the 3rd Monday of every month. This month the breakfast is scheduled for **Monday, May 20th at 8:30 AM** at the **Hagerstown Family Diner**, located at 431 Dual Highway. Contact Art if you need information or directions.

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 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.

Picnics

- Friday, June 21, 2019
- Friday, September 20, 2019

11:30 AM

Marty Snook Mem. Park, Pav. #4
Hagerstown, MD

- Bring a covered dish or dessert; there will be fried chicken.
- The cost of the chicken and the fee for rental of the pavilion will be prorated to those attending.
- There will be free bingo for all! Everyone should bring one or more wrapped, inexpensive "prizes" for bingo winners.
- Contact Art if you are coming.

Senior Homes Activities

We are scheduled to hold PD Round Tables at **Homewood at Williamsport** on the following Wednesdays:

May 15, 2019
July 17, 2019
October 16, 2019

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 **May 23rd**. 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 Owners
Carmine and Dave Kukor
are the speakers at our
August 1st meeting.**

Don't miss this presentation!

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 May 24th.**

Birthdays in May

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.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

June 2019

Parkinson's Disease: Tips for Making Life Easier

Based on the Book by Shelley Peterman Schwarz (2002)

Empowering Yourself – Freezing

Here some more tips for those who have freezing issues: If you freeze when walking:

- Very carefully, walk backwards or sideways.
- Count from one to ten, with the idea in mind to walk when you reach the last number.
- Ask a helper to gently rock back and forth with you to get you moving.
- Focus on the beam of a flashlight or laser pointer to break a frozen gait.
- Try lifting just your toes.
- Use a cane with a small golf club-like protrusion; it tricks your mind into thinking you're stepping over something.

This and That Thoughts on my Mind by Art Guyer:

I'm sure it's not a surprise. Dean's withdrawal from the Hagerstown Parkinson's Support Group has been on my mind since he resigned on April 13th. I fully understand the pressure and workload one can encounter in leading a large organization. That is why I want to direct your attention back to Dean's last point. It takes more than one person to fulfill this role. And any one person can not be expected to continue as a leader forever. We need to expand our leader group to prepare for the future. Any thanks to the many people who have already offered to help. I appreciate you all.

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. **Author Robert Lindsay** will be the speaker. On August 16th, their speaker will be **Dr. Subramanian**. 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, May 15, 2019**, at 1:00 PM and will feature **Jennifer Eklof**, RN from Abbvie makers of the **Duopa** pump. 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, May 18, 2019**, at 12:00 PM. Their speaker will be Dr. Boyd Dwyer - issues facing family caregivers and other topics of interest. 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.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

June 2019

Heads Up, Caregivers!

Why Do Seniors Lose Their Appetites? 10 Possible Reasons

Daily Caring

Loss of appetite is common in seniors. Many loved ones struggle during mealtimes or simply refuse to eat because they've lost their appetite. This is an important issue to address because seniors need to eat well to stay as healthy and active as possible.

But how can you convince someone with no appetite to eat? And why do seniors lose their appetites in the first place? To help you figure out why this is happening, certain health conditions could cause a loss of appetite.

First, rule out serious health conditions or medication side effects. If your loved one suddenly loses their appetite, it's important to talk with their doctor. A check-up might be needed to rule out serious health conditions or medication side effects.

Some serious illnesses cause changes to taste and appetite, including:

- Alzheimer's and Parkinson's disease
- Thyroid disorders
- Cancer
- Mouth and throat infections or gum disease
- Salivary gland problems

Medication side effects like dry mouth or a metallic taste can change how food or water tastes, which can also cause a loss of appetite.

If loss of appetite isn't caused by a health or medication issue, here are 10 other reasons why someone might not want to eat.

1. **Lack of exercise.** Regular exercise and activity help boost appetite. Sometimes, seniors need to work up an appetite before they can eat.

2. **Dehydration.** Being dehydrated can cause loss of appetite. Many loved ones don't get enough fluids and become dehydrated more easily because of age-related changes or medications they're taking.

3. **Lack of routine.** Getting into a daily routine where meals are eaten around the same time every day can help their body feel ready to eat at those times.

4. **Inability to prepare meals.** Seniors who live independently might not be eating because preparing their own meals has become too difficult.

5. **Loss of taste.** With age, many people's taste buds become less able to detect flavors. Normal food might be bland and unappetizing to them.

6. **Difficulty chewing, swallowing, or eating independently.** If eating has become too difficult or unpleasant, many loved ones simply don't want to eat.

7. **Sensitivity to smells.** Sometimes people develop a sensitivity to the smell of certain foods that can make them feel nauseated or unable to eat.

8. **Depression or loneliness.** Depression affects 1 in 10 seniors and often causes loss of appetite. Many loved ones may also dislike mealtime because they have nobody to eat with and their loneliness gets intensified.

9. **Loss of control.** When loved ones are dependent on others for everything, they've lost control over how they want to live their lives. Sometimes, not being able to choose what to eat makes someone not want to eat at all.

10. **Mealtimes are unpleasant.** If mealtimes have become a time for disagreements or arguments about their eating, seniors could associate food with unpleasantness and avoid it.



See More on Eating on the Next Page

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

June 2019

6 Ways to Get Seniors with No Appetite to Eat

Daily Caring

Have a regular meal and snack schedule. Having a regular daily routine and serving food at roughly the same times every day helps their body be ready to eat at those times. Don't rely on your loved one's ability to feel their hunger (it declines with age) before giving them food.

Serve smaller portions of high nutrient foods. Some seniors feel overwhelmed if they see a large amount of food in front of them. Instead of a big plate, serve smaller portions. You could even switch to a daily routine where your loved one eats 5 small meals instead of 3 larger ones. Boost the healthy calories in those smaller servings by adding:

- Avocado
- Finely chopped meat, cheese, egg
- Olive oil
- Peanut or other nut butters
- Soft cheeses like ricotta or mascarpone

To save time, you can still cook food in larger batches. Just store it in smaller individual containers so it's easy to reheat.

Stop using utensils. The frustration of not being able to use a spoon, fork, or knife could make some loved ones not want to eat at all. To help them eat more easily, serve foods that can be eaten easily with a fork or even without any utensils. Some suggestions:

- Chicken strips or nuggets
- Fish sticks
- Steamed or raw veggies like carrots, broccoli, bell pepper strips, or cucumber pieces
- Meatballs

Have plenty of easy-to-eat snacks on hand. Some seniors prefer to graze throughout the day rather than eat full meals. That's ok too. Keep plenty of healthy, delicious, and easy-to-eat snacks available. Unless your loved one has specific health issues, don't worry too much about fat or cholesterol. After all, the challenge is to get enough calories into them. Some suggestions:

- Cheese sticks or string cheese
- Full-fat yogurt
- Diced fruit, fresh or packaged
- Peanut butter and crackers
- Cheese and crackers
- Full-fat cottage cheese
- Whole chocolate milk

Make milkshakes or smoothies. If chewing is difficult or tiring, even with small pieces of food, consider serving more liquid-y foods. Some suggestions:

- Nutritious soups – enhanced with cream, olive oil, or pureed meats and veggies
- Healthy smoothies – add bananas, fruit, full-fat yogurt, or veggies like carrots and spinach
- Hot cocoa
- Full-fat milk
- Milkshakes – good quality ice cream is better than eating nothing!

Warning: This is not a solution for those with dysphagia (swallowing problems).

Keep track of what works. Take notes so you can keep track of what foods your senior enjoys, what they don't like, and what might be upsetting their stomach. You can also track what times of day they're more willing to eat or when they have a better appetite. Keeping track lets you experiment more with things that are working and avoid the things that aren't.



"Our diet special is a fresh garden salad served in burger, shake and fry containers."

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

June 2019

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

I want to thank all of you who helped with and/or attended this seminar. We had **nearly 150** attendees and **15** vendors there. Everyone we talked to indicated they enjoyed the day, learned a lot and met some new friends. Feedback from vendors has been positive.

Steve Silvius, the webmaster from the Friends in Frederick Parkinson's Disease Support Group, has a very nice write-up on the event at this URL: https://fifpdsg.org/parkinsons_news.

He also has some of the photos at: https://fifpdsg.org/about_us/2019_parkinsons_community_seminar.



The room set up the afternoon before.



The registration table ready to go.



Vendor's area.



Dr. Rosenthal talking about exercise.



Dr. Mills speaking about non-motors.



Dr. Ryan talking about LSVT/BIG.

Great job everyone.....

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

June 2019

Reminders of upcoming events as of Friday, May 03, 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
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, cjressler4040@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, 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 Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- 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.

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

June 2019

- Friday, June 21, 2019, 11:30 AM – 3:00 PM, **HPSG Picnic**. Bring a dish and enjoy AC&T fried chicken. Marty Snook Mem. Park, Pav. #4. 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 Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- 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 Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- 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 Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Thursday, September 5, 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, September 16, 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, September 20, 2019, 11:30 AM – 3:00 PM, **HPSG Picnic**. Bring a dish and enjoy AC&T fried chicken. Marty Snook Mem. Park, Pav. #4. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.

MAKE TAX-DEDUCTIBLE DONATIONS TO THE HAGERSTOWN PARKINSON'S SUPPORT GROUP

You can make tax-deductible donations to our support group through the Maryland Association for Parkinson's Support, Inc. (MAPS), a non-profit organization that can receive charitable contributions for Parkinson's support groups, issue tax-deductible receipts to donors, and administer the funds to the designated group.

To contribute, make your check payable to MAPS. On the memo line write Hagerstown PD Support. You must write that to assure the money goes into our MAPS account. Mail donations to: MAPS Treasurer, Box 450, Brooklandville, MD 21022