

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

July 2019

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

[Visit us on Facebook](#)

Volume 9, Issue 7

### This Month's Meeting

### July Meeting

There were **45** attendees at our June support group meeting, including 8 new attendees, **Warren and Diana Butvinik** from the Mechanicsburg PD Support Group, and **Stephanie Duprey**, a reporter from WDM-TV, who was shooting some background video for a feature they are doing on PD. Our speaker was **John Howland**, from Boston Scientific. He made an excellent, easy to understand presentation on PD symptoms, treatments, medications, and DBS.

**Holly McKee** 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. Holly also led us in singing Happy Birthday to those celebrating this month.

**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! But in July this year, the meeting is on the SECOND Thursday.**

### MARK YOUR CALENDARS

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

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

**Thursday, July 11, 2019, 11:45 AM**  
Featuring

**Attorney Michael Day**  
Elder Care Law

#### Newsletter Highlights

Tips for Making Life Easier ([Page 3](#))  
Heads Up, Caregivers! ([Page 4](#))  
How Many PD Diagnoses ([Page 5](#))  
Appendectomy Linked to Parkinson's ([Page 6](#))  
Detailed Event Listing ([Pages 7 & 8](#))

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

**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  
Mar 5, Jacinta Handon, Adamas, with a Doctor

### SPOTLIGHT

Our July meeting is on the SECOND THURSDAY OF THE MONTH DUE TO THE JULY 4<sup>th</sup> HOLIDAY. That would be July 11<sup>th</sup>!

### MESSAGE TO THE GROUP

Several members have expressed to me their concern that the Hagerstown Parkinson's Support Group may not continue in existence much longer. And these were not just passing thoughts; they were truly concerned that the group was going to disband.

They told me the reason for this concern was due to Dean's resignation and the fact that I no longer had a direct connection to Parkinson's Disease since my wife passed.

This group has been in existence since the mid-1980s and I believe it will continue for a long, long time – perhaps another 40 years. When the former facilitator resigned in 2011, I agreed to take the reins and I believe someone will step up when I do decide to leave.

Currently, I have no thoughts of getting out of the PD area. I will continue with the group as long as members want me and as long as I can.

The Hagerstown Parkinson's Support Group

Group Facilitator:

Art Guyer, 240-625-2722  
[4Parkinsons@gmail.com](mailto:4Parkinsons@gmail.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 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 3<sup>rd</sup> Monday of every month. This month the breakfast is scheduled for **Monday, June 17<sup>th</sup> 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:

- July 17, 2019
- October 16, 2019

We had our last one on May 15<sup>th</sup>; Judy Fiery and Art Guyer led the 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 **June 27<sup>th</sup>**. 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"

**Accessible Home Health Care Owners Carmine and Dave Kukor are the speakers at our August 1<sup>st</sup> meeting.**

**Don't miss this presentation!**

### PD Group Bowling

Southside Bowl will provide lanes for our group at **1:00 PM on the fourth THURSDAY of each month. NOTE THE CHANGE OF DAY!** Please join us at 17325 Virginia Avenue, Hagerstown. Games are priced at \$2; bowling shoes are free. **The date this month is June 27<sup>th</sup>.**

### Birthdays in June

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 – Standing Up, Sitting Down

If you have trouble standing up from a seated position, try these techniques:

- Put your hands on the armrests, rock back and forth and count. On 3 or 4, lean out and stand.
- Ask someone to lift your thigh and bring your foot one step forward. Quickly, have them do the same thing with the other leg. Then try to stand up.
- Bring your buttocks close to the edge of the chair. Keep your feet at least 8 inches apart, with one foot slightly in front of the other. Rock your trunk quickly back and forth a few times to build up momentum. On your last rock forward, bring your shoulders forward, just past your knees, and push down with your hands on the arms of the chair or the cushion while you straighten up to a standing position.
- When you find a way that works for you, practice it daily. You will get better at it and the muscles you use will get stronger.
- If you have orthostatic hypotension, a persistent drop in blood pressure that occurs upon moving from sitting to standing or from lying down to sitting up or standing, try moving your legs before standing. It should get blood pumping into the body, potentially lessening the symptoms.

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

*Been thinking about how many of you have stepped up and volunteered to help with our support group activities. Knowing many of you as I do, I was not surprised. And I thank you for coming forward. Now let's get on with keeping our fine group of people – our family – moving in the direction it needs to go.*

*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 16<sup>th</sup>, 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, June 19th, 2019**, at 1:00 PM and will be the annual picnic. 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, June 15, 2019**, at 12:00 PM. Their speaker will be Brenda Rich, FMH Liberty - How to make our homes safer. They meet at the YMCA at 1000 N. Market Street in Frederick. Contact: Louise Houtz, [houtzmom@hotmail.com](mailto: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!



### Essential Information About Hospital Discharge

- 1. If you need to speak with the doctor,** you'll need to ask. Discharge orders are authorized by a doctor, but the discharge process will most likely be overseen by a nurse, social worker, or other hospital employee. If you have questions for the doctor, insist on speaking with them before your loved one leaves the hospital – either in person or over the phone.
- 2. Triple check medicine schedules!** Compare the original list of medications, doses, and frequencies with the new list that may include new or updated prescriptions. Ask questions and clarify anything that isn't crystal clear.
- 3. Let the discharge staff, doctor, or nurse know if something isn't realistic.** You know your loved one best. The hospital staff doesn't know about their living situation or day-to-day lifestyle. If the discharge team makes recommendations that simply aren't possible, let them know and ask about alternatives.
- 4. Make your own limitations clear.** If your job, physical condition, childcare needs, etc. prevents you from managing the level of care required by the discharge orders, let the staff know immediately. The hospital needs to make sure their patient will be properly transitioned and taken care of at home. If you or other family aren't able to take on all the necessary responsibilities, the doctor may need to order home health care or consider a short-term stay at a skilled nursing facility.

#### More Discharge Information:

**Discharge step 1: Get ready to leave the hospital.** Even a short hospital stay can be incredibly tiring for seniors, especially if they haven't fully recovered from the health event that brought them there in the first place. The discharge process gives family caregivers time to ask questions, voice concerns, and clarify important details.

Being present at discharge is an absolute must for family caregivers. In fact, it's so critical that 37 states have already signed the Caregiver Advise, Record, Enable (CARE) Act into law. The C.A.R.E. Act requires hospitals to notify and inform family caregivers about discharge and post-care instructions.

With new information to absorb and extra care tasks, your To Do list might be three times longer than normal after a hospital discharge. Whenever possible, accept and organize help. That could mean getting help picking up prescriptions, buying and preparing food, cleaning the house, running errands. etc. Or, it might be asking someone to stay with your loved one while you take much-needed breaks.

**Discharge step 2: Coordinate medications.** One of the most important discharge instructions will be in regard to medication. Some medicines, like antibiotics to treat or prevent a post-surgery infection, may require dosing multiple times a day. Others, like oxygen or nebulizer treatments, may require special equipment and set-up instructions.

If your loved one's hospital stay resulted in new prescriptions or a change to their existing medicine schedule, it's vital that you understand the new medication schedule, promptly fill prescriptions, and make sure everyone involved in their care understands their new medication needs and timing.

**Discharge step 3: Make follow-up appointments.** After their hospital stay, your loved one will have follow-up appointments with their regular doctor and any new specialists. Sometimes, the hospital will contact the doctor to schedule these and list the appointment information on the discharge instructions. Other times, this will be left for you to do. In any case, make sure these important follow-up appointments are scheduled before discharge.

Another essential task is to make sure these doctors have all the details about your loved one's hospital stay. You can't rely on the hospital to do this, so it's best to speak with the doctor's office and send over all the information they'll need before the appointment.

**Discharge step 4: Get home aids to increase safety, comfort, and independence.** Could your loved one benefit from some ease-of-use tools now that they're recovering at home? Simple items like toilet seat risers, grab bars, and shower chairs can make using the bathroom and bathing easier after a hospital stay.

Reaching tools and dressing aids can help seniors do more for themselves. If more expensive items of home medical equipment, like Hoyer lifts or a bedside commode are needed, a doctor's prescription may be required so that insurance will cover it.

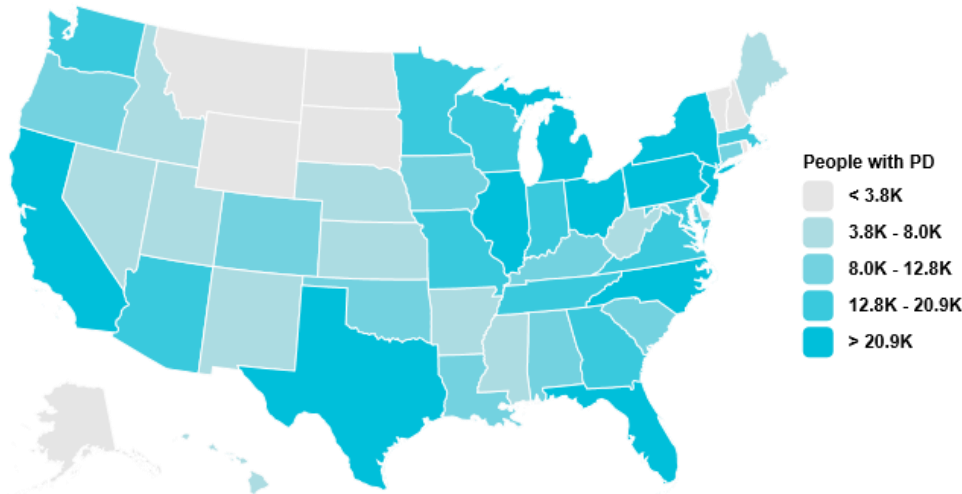
# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

June 2019

### 1.2 Million Cases of Parkinson's Predicted in the US by 2030



Approximately 1.2 million people in the United States are predicted to have Parkinson's disease by the year 2030, according to the results of a large-scale study.

This represents a projected increase by about 1.8 times in Parkinson's prevalence since 2010, highlighting the need for optimized care and [treat-ment](#) strategies for this patient population to diminish the burden of care on caregivers and ease the economic burden on the healthcare system.

The study, "[Prevalence of Parkinson's disease across North America](#)," was recently published in [npj Parkinson's Disease](#).

The [Parkinson's Prevalence Project](#) was launched in 2014 by the [Parkin-](#)

[son's Foundation](#) to determine an accurate estimate of the number of people affected by the disease and gain a better understanding of the progression of Parkinson's prevalence across North America. This knowledge is crucial for proper recognition of the burden that Parkinson's might represent for society in the near future, allowing for long-term healthcare planning. Analyzing the prevalence of the disease across different geographical locations could also provide new clues on who could be more susceptible to Parkinson's, and why.

To accurately estimate the prevalence of Parkinson's disease and identify possible geographic variations across North America, researchers combined data collected from five large-scale studies covering four different regions across the continent. They then compared them with prevalence estimates based on nationwide U.S. Medicare data. All individuals ages 45 and older who participated in the five cohort studies in California, Minnesota, Hawaii, and Ontario, Canada, were included in the calculations.

The overall estimated prevalence of Parkinson's disease in the U.S. population, according to the 2010 census, was 572 per 100,000. These estimates were higher in men than in women (667 versus 488), and values rose with age in both genders.

Data indicated that in 2010 about 680,000 individuals in the U.S. ages 45 and older had been diagnosed with the disease. Given the projected future growth of the population, the researchers predicted this number will rise to 930,000 cases in 2020, and to 1,238,000 by 2030.

Geographical analysis of the data showed that, for all regions except Olmsted County, Minnesota, and Northern California, the estimated numbers were in accordance with those retrieved from the Medicare database. For Olmsted County, 14-27% more cases of Parkinson's were identified in the study than in the Medicare data. In Northern California, the study indicated 30% more Parkinson's cases than in the Medicare data.

This finding suggests "regional variation ... deserves to be studied" so researchers can understand if variations result from "differences in susceptibility to the disease or in access to or utilization of healthcare services," the authors wrote.

They believe that the projected rise in Parkinson's prevalence underscores the "growing importance of optimizing care and treatment" for this population. This will help with "lessening the burden of care on the caregivers and easing the strain on health and elder care systems."



# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

June 2019

## Study Suggests Appendectomy Is Linked to Higher Risk of Parkinson's

Iqra Muma  
May 14, 2019  
Parkinson's News Today

**People who have appendectomies have more than three times the risk of developing Parkinson's disease, according to the findings of a U.S. large-scale study.**

The study, "Parkinson's Disease Is More Prevalent In Patients With Appendectomies: A National Population-Based Study," was presented during Digestive Disease Week (DDW) 2019, May 18-21 in San Diego, California.

One of the hallmark features of Parkinson's disease is the accumulation of toxic aggregates of alpha-synuclein protein that can result in the degeneration of nerve cells.

These aggregates, also known as Lewy bodies, are commonly detected in brain cells of Parkinson's patients, causing the well-known motor symptoms associated with the disease, such as tremors and balance problems. But these protein clumps can also accumulate in the cells that innervate the gastrointestinal (GI) tract early on in the onset of Parkinson's disease.

This evidence has suggested that the GI tract could play a role in development of the disease. "Recent research into the cause of Parkinson's has centered around alpha-synuclein, a protein found in the gastrointestinal tract early in the onset of Parkinson's," Mohammed Z. Sheriff, MD, lead author of the study and a physician at Case Western Reserve University and University Hospitals Cleveland Medical Center, said in a press release. "This is why scientists around the world have been looking into the gastrointestinal tract, including the appendix, for evidence about the development of Parkinson's."

Results from previous studies have suggested that appendectomies, a surgery in which the appendix is removed, could increase the risk of having Parkinson's disease. However, data on this topic have been conflicting.

To shed light on this matter, researchers reviewed clinical records stored by Explorys, a commercial database that contains electronic health records from 26 major integrated U.S. healthcare systems.

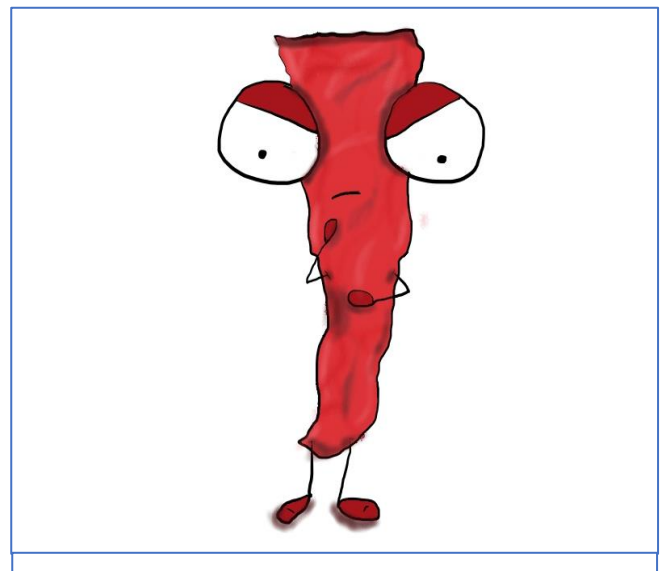
First, they identified patients who underwent appendectomies and who were subsequently diagnosed with Parkinson's disease six months after the surgery.

Among the 62,218,050 records from the database, the team identified 488,190 patients who had undergone appendectomies. There were 4,470 cases of Parkinson's disease among those who had had appendectomies (.92%), and 177,230 cases among patients who had not (.29%).

Analysis of the prevalence of Parkinson's disease in these populations showed that people who underwent an appendectomy had 3.19 times the risk of developing Parkinson's disease compared to those who had not had the surgical procedure.

Researchers also found that the risk of developing Parkinson's disease was similar across all age groups, regardless of gender or ethnicity.

"This research shows a clear relationship between the appendix, or appendix removal, and Parkinson's disease, but it is only an association," Sheriff said. "Additional research is needed to confirm this connection and to better understand the mechanisms involved."



# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

June 2019

### Reminders of upcoming events as of Saturday, June 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
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
Friends in Frederick PD Support Group 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@wellspan.org
PD Support Group of Frederick	3 <sup>rd</sup> Saturday @ 1:00 PM YMCA - 1000 N. Market Street, Frederick MD	Louise Houtz houtzmom@hotmail.com
Cross Keys Parkinson's Support Group	3 <sup>rd</sup> Thursday @ 1:00 - 3:15 PM Cross Keys Village, New Oxford, PA	Daune Wynn, 717-495-5671 wynn574@crosskeysvillage.net
Chambersburg Parkinson's Support Group	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, 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.
- 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](mailto:dkukor@ahcglobal.com).
- Thursday, June 27, 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.

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

June 2019

- 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](mailto:dkukor@ahcglobal.com).
- **Thursday, July 25, 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](mailto:dkukor@ahcglobal.com).
- **Thursday, August 22, 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.
- Thursday, September 26, 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, September 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, October 3, 2019, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Marissa Yoes, Parkinson Voice Project. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Monday, October 21, 2019, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD. Contact Art Guyer for information at 4Parkinsons@gmail.com or 240-625-2722.
- Thursday, October 24, 2019, 11:30 AM – 1:00 PM Hagerstown Memory Café: Free lunch, crafts and meeting at the Otterbein Church on East Franklin Street in Hagerstown. RSVP (required) to David Kukor at 301-639-3166 or [dkukor@ahcglobal.com](mailto:dkukor@ahcglobal.com).
- **Thursday, October 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.

### 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