

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

September 2019

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

[Visit us on Facebook](#)

Volume 9, Issue 9

This Month's Meeting

September Meeting

There were **49** attendees at our August 1st support group meeting, including 7 new folks. Our speaker was David Kukor, from Accessible Home Health Care. Carmine and Dave, and his wife Carmine, are responsible for Memory Café in Hagerstown.

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.

Thank you, Mike Saterbak for delivering 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 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. I appreciate your efforts.

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, September 5, 2019, 11:45 AM

General Discussion

Newsletter Highlights

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

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

Extended Release Capsules ([Page 5](#))

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

Hagerstown Parkinson's Support Group Meetings in 2019

Sep 5, Member Discussion

Sep 20, Picnic!

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

Apr 2, Katy Kobel, FOX Rehab, LSVT/BIG

May 7, Dr. Justin Martello, Movement Disorder Specialist, Christiana Care Neurology

SPOTLIGHT

At our September 5th meeting, we will be opening the floor for general discussion. This will be the time to talk about anything you would like and ask questions of the group. Jot your questions or topics down before you come to the meeting, so you make sure your issues are covered.

WHAT IS PARKINSON'S DISEASE?

Parkinson's disease (PD) is a neurodegenerative disorder that affects predominately dopamine-producing ("dopaminergic") neurons in a specific area of the brain called substantia nigra.

Symptoms generally develop slowly over years. The progression of symptoms is often a bit different from one person to another due to the diversity of the disease. People with PD may experience:

- Tremor, mainly at rest and described as pill rolling tremor in hands. Other forms of tremor are possible
- Bradykinesia
- Limb rigidity
- Gait and balance problems

The cause remains largely unknown. Although there is no cure, treatment options vary and include medications and surgery. While Parkinson's itself is not fatal, disease complications can be serious. The Centers for Disease Control and Prevention (CDC) rated complications from PD as the *14th cause of death in the United States*.

The Hagerstown Parkinson's Support Group

Group Facilitator:

Art Guyer, 240-625-2722
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.

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Caregiver's Breakfast and Lunch

Our Caregivers' **Breakfasts** are on the 3rd Monday of every month. This month the breakfast is scheduled for **Monday, August 19th at 8:30 AM** at the **Hagerstown Family Diner**, located at 431 Dual Highway.

Caregiver's **Lunches** are on the 4th Monday of every month. The date will be **July 26th at 11:30**. It will be at the **Hagerstown Family Diner** also. Contact Art if you need information or directions.

Picnic

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.

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.

Senior Homes Activities

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

- August 21, 2019
- October 16, 2019

We had our last one on May 15th; 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 for August has been cancelled. The next meeting will be September 26th.

Memory Café is a supportive environment for individuals with early-stage memory issues or Alzheimer's disease and other similar health problems. Join in for a free lunch, crafts, 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 11:00 AM – 12:30 PM.

Memory Café for August has been cancelled. The next meeting will be September 26th.

Accessible
Home Health Care
"We Guarantee Compassionate Care"



PD Group Bowling

Southside Bowl will provide lanes for our group **at 1:00 PM on the fourth Thursday 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 August 22th.**

Birthdays in August

Happy Birthday to members who have birthdays this month. We will announce your names and sing happy birthday to you at our meeting in August.

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.

Yearend Awards

Remember, our year end awards will be coming up in several months. Each year we vote on the Outstanding Person With Parkinson's Disease and the Outstanding Caregiver. It will be a little while until we actually vote. The awards are made in January then. BUT I thought I would get you thinking about the possibilities now. We have a lot of great people in our group that continually help support the group and each other. Those who have awarded in the past are not eligible for another award. We will have more in the following months



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Parkinson's Disease: Tips for Making Life Easier

Based on the Book by Shelley Peterman Schwarz (2002)

Leisure and Recreational Activities

Reading

- Use a ruler or piece of paper as a guide to help your eyes track the lines on the page you are reading.
- Use the eraser on a pencil or a rubber fingertip to turn pages in a book.
- Purchase a full-page sheet magnifier to help you with small print (telephone books, operating instructions, etc.).
- Use audio books if you have trouble reading.
- Purchase a digital reading device (such as a Kindle) or use your smart phone with a reader app. You can adjust print size so it can be easily read.

Television

- Purchase a bedside pocket to hold eyeglasses, flashlight, pencil, books, tissues, etc. close by.
- For your favorite chair, purchase a saddlebag accessory to hold your remotes, and other things within easy reach.
- Purchase a large-button remote, or remote adapter to control your TV and DVD player if you have trouble with small buttons.

This and That Thoughts on my Mind by Art Guyer:

What a great turn out we had Thursday, August 1st. Thanks goes to Dave Kukor for a very good presentation on in-home care – what to look for in home care and what to avoid. We had seven new attendees, and a special guest, Shannon Murphy, owner of Body Sense Physical Therapy in Boonsboro, MD, and a few others who have not been in attendance for a while. A total of 49 folks were there. Thanks to you all for coming out.

Take care..... Art

Four-State Alliance Support Group News:

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

Chambersburg Parkinson's Support Group: The group will hold its next meeting on **Friday, 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, September 18th, 2019**, at 1:00 PM. Speaker: **Mary Collins – Dept. of Senior Services Caregiver Program**. 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, August 17, 2019**, at 12:00 PM. Their speaker will be **Arita McCoy: Hospitalization, what to do/expect**. 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.

Heads Up, Caregivers!

10 Medications That Cause Falls in Seniors: Use with Caution

DailyCaring.com

Falls are a major reason for seniors to lose independence and mobility. More than 1 in 4 loved ones fall each year, often causing serious injury. To reduce your loved one's fall risk, regular medication reviews are essential. Geriatrician Dr. Leslie Kernisan explains which medications to watch out for and why they could cause seniors to fall.

1. Benzodiazepines. Usually prescribed to help people sleep or to help with anxiety. Common drugs include Ativan, Valium, Restoril, and Xanax (generic names: lorazepam, diazepam, temazepam, alprazolam)

Warning: It can be dangerous to stop benzodiazepines suddenly. They should always be tapered under medical supervision.

2. Non-benzodiazepine prescription sedatives. Usually prescribed to treat insomnia or trouble with sleep. Common drugs include Ambien, Sonata, and Lunesta (generic names: zolpidem, zaleplon, and eszopiclone)

3. Antipsychotics. Usually prescribed to control difficult behaviors in Alzheimer's and other dementias. Sometimes prescribed for depression. Common antipsychotics are mainly second-generation, including Risperdal, Seroquel, Zyprexa, and Abilify (generic names: risperidone, quetiapine, olanzapine, and aripiprazole). Haldol (haloperidol), a first-generation antipsychotic, is sometimes still used.

4. Anticonvulsants (seizure medications) and mood stabilizers. Depakote (valproic acid) is a mood stabilizer that is sometimes used to manage difficult behaviors in Alzheimer's or other dementias. Neurontin (gabapentin) is another seizure medication often used to treat nerve pain.

5. Antidepressants. Usually prescribed to treat depression or anxiety. Common drugs include Zoloft, Celexa, Lexapro, Paxil, Prozac, Remeron, Wellbutrin, and Effexor (generic names: sertraline, citalopram, escitalopram, paroxetine, fluoxetine, mirtazapine, bupropion, and venlafaxine) Tricyclic antidepressants like Elavil and Pamelor (amitriptyline and nortriptyline) are anticholinergic so they're not used for depression, but are sometimes used to manage nerve pain. Trazodone, an older antidepressant, is used as a mild sleep aid.

6. Opioid (narcotic) pain relievers. Common drugs include codeine, hydrocodone, oxycodone, morphine, fentanyl, and methadone Opioids often cause drowsiness and other side-effects. Research linking opioids with falls have mixed results, but experts like the CDC recommend that narcotics should be evaluated when working to reduce fall risk.

7. Anticholinergics. This group includes a large number of drugs that are anticholinergic, like most over-the-counter sleeping aids and many other prescription drugs. These drugs include: antihistamines like Benadryl, "PM" versions of over-the-counter pain relievers (Nyquil, Tylenol PM); overactive bladder medications like Ditropan and Detrol; medications for vertigo, motion sickness, or nausea like Dramamine, Antivert, Scopace, and Phenergan; anti-itch meds like Vistaril (hydroxyzine); muscle relaxants like Flexaril (cyclobenzaprine); tricyclic antidepressants and Paxil. Research linking these drugs with falls have mixed results, but because they cause drowsiness and other serious side effects, experts include them for review when working to reduce fall risk. Medications that affect blood pressure: These types of drugs can cause or worsen a sudden fall in blood pressure. A drop in blood pressure can increase fall risk by making someone feel dizzy or faint.

8. Antihypertensives. Usually prescribed to treat high blood pressure. Research linking these drugs with falls have mixed results, but many geriatricians and other experts recommend including these for review

9. Other medications that affect blood pressure. Alpha-blockers are often prescribed to help men with enlarged prostate urinate. Common drugs include Flomax, Hytrin, Cardura, and Minipress (tamsulosin, terazosin, doxazosin, and prazosin). Medications that lower blood sugar: loved ones who have diabetes take medication to lower blood sugar. Low blood sugar caused by these medications is associated with increased falls.

10. Medications that lower blood sugar. Most diabetes medications can cause or worsen hypoglycemia (too low blood sugar).

What to do if your senior is taking these medications. If your loved one is currently taking one of these medications, don't make any changes without talking with their doctor. Suddenly discontinuing a drug could cause serious harm. And even if a drug they're taking is associated with increased fall risk, it doesn't always mean that your loved one shouldn't take them. The CDC recommends that seniors STOP medications when possible, SWITCH to safer alternatives, or REDUCE medications to the lowest effective dose. Your loved one's doctor should carefully consider the pros and cons of using a medication linked to increased fall risk. Sometimes, the benefits to their health and well-being will be worth it.

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Michael J. Fox Foundation



Let your voice be heard in Congress! You can help ban the toxic herbicide paraquat, which research shows greatly increases the risk of developing Parkinson's disease.

Congress will soon consider legislation that would eliminate paraquat in the United States. More than 30 countries around the world have already banned paraquat. Now, it's time for the U.S. to eliminate this dangerous chemical. Paraquat is dangerous to Americans who work in food and agriculture, but also to everyone who eats food treated with it, as there can be paraquat residue on fruits, vegetables and the soil.

Learn more about this legislation and what you can do to help it become law.

[TAKE ACTION NOW >](#)

IPX203 Extended-Release Capsules Reduce 'Off' Time in Parkinson's, Trial Shows

Parkinson's News Today
July 18, 2019

Impax Laboratories' investigational carbidopa-levodopa extended-release capsules, IPX203, are better than immediate-release tablets at maintaining steady levels of levodopa in the blood, and prolonging the alleviation of motor symptoms, in people with advanced Parkinson's disease, according to clinical data.

Based on its positive results, the company is now studying IPX203's safety and effectiveness in people with advanced Parkinson's in a Phase 3 study (NCT03670953). The trial is currently recruiting at many of its 65 worldwide study locations; more information can be found [here](#).

The study, "Pharmacodynamics, Efficacy, and Safety of IPX203 in Parkinson Disease Patients With Motor Fluctuations," was published in the journal *Clinical Neuropharmacology*.

Levodopa (LD), the "gold standard" treatment for Parkinson's symptoms, works by replenishing the brain's dopamine, which is gradually lost in people with the disease. The therapy can be used alone, or in combination with carbidopa (CD), and is available in many forms: as controlled or extended-release tablets, known as Rytary; as dispersible tablets that can be mixed with water; and as an intestinal gel, called Duodopa.

Impax now is developing a new version of extended-release CD-LD capsules, called IPX203, expected to reduce the motor complications seen with prolonged use of short-acting levodopa or other dopaminergic therapies.

These short-acting medications typically require frequent doses, so their concentrations in the body tend to fluctuate over time while patients are receiving treatment. As a result, dopamine receptors in the brain are stimulated in an intermittent fashion.

Researchers believe this can explain why patients using levodopa for prolonged periods of time often experience motor complications, such as motor fluctuations or uncontrolled, involuntary movements, called dyskinesia. These side-effects are common, and can be very disabling.

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To get around these effects, IPX203 contains carbidopa and levodopa in a ratio of 1-to-4. While that ratio is identical to marketed combinations, IPX203 is made of special beads meant to achieve the desired levels of levodopa in the blood. It is designed to first cause a quick rise of levodopa, followed by prolonged, steady concentrations “that extend beyond currently available products,” the researchers said.

Prior studies have shown that IPX203 has longer activity compared with immediate-release carbidopa-levodopa (IR CD-LD), and with extended-release CD-LD capsules.

In that open-label trial (NCT03007888), researchers compared the safety, efficacy, and pharmacodynamics — the interactions between the body and a compound — of IPX203 capsules versus immediate-release CD-LD tablets. The trial, conducted at 11 sites in the U.S., included 28 patients with advanced Parkinson's who were experiencing motor fluctuations.

Participants were randomly assigned a two-week treatment with IR CD-LD, followed by a two-week treatment with IPX203, or vice-versa, with one week of “washout” between therapies. A washout is a period of time during a clinical study when a participant is taken off the study drug or other medication so as to eliminate its effects on treatment. This type of study design is called a crossover.

The results showed that, after a single dose of IPX203, blood concentrations of levodopa were maintained during 4.6 hours above half of its highest (peak) concentration. The IR CD-LD only sustained comparable levels during 1.5 hours.

Importantly, data from levodopa's levels and distribution in the body matched clinical improvements.

According to patient diaries, IPX203 treatment led to significantly less “off” time — meaning less time when the medication is not working optimally and symptoms return — compared with therapy with IR CD-LD.

Patients reported a mean “off” time, depicted as a percentage of waking hours, of 19.3% with IPX203 versus 33.5% with IR CD-LD.

This translated into 2.3 hours less of feeling “off” with IPX203. Most of this extra time, a total 1.9 hours, was classified by patients as a period of “good on” — defined as “on” time without or with nontroublesome dyskinesia.

Mean total “on” times with troublesome dyskinesia were similar during both treatments.

Pharmacodynamic assessments indicated similar outcomes in favor of IPX203 regarding motor symptoms, assessed using the MDS-UPDRS-III scale, in both single- and multiple-dosing studies.

Motor improvements were already noticed from 3 to 8 hours after the first dose of IPX203. Likewise, from day 1 to day 15, people treated with IPX203 had a 9.3-point improvement in motor scores, versus a 0.1 point change when taking IR CD-LD. Researchers note that a 4-unit improvement is considered clinically meaningful to the patient.

Both treatments were well-tolerated, with most treatment-emergent adverse events (TEAEs) being mild to moderate. A higher percentage of patients reported TEAEs while taking IPX203 (35.7%) compared with IR CD-LD (7.4%). The most common TEAEs were dyskinesia (five patients), dizziness (two patients), and nausea (two patients), all occurring during IPX203 treatment.

“[T]he findings support the safety and efficacy of IPX203 at the recommended doses given approximately every 7 to 8 hours,” the researchers said.

“The reduced peak-to-trough fluctuations of LD achieved with IPX203 resulted in a consolidation of [on] periods in contrast to the frequent cycles of [on] and [off] periods with IR CD-LD therapy,” they said.



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Reminders of upcoming events as of Friday, August 02, 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, cjcressler4040@gmail.com
Hagerstown Parkinson's Support Group Caregiver's Breakfast	3 rd Monday @ 8:30 AM Hagerstown Family Diner, Hagerstown, MD	Art Guyer, 240-625-2722 4Parkinsons@gmail.com
Hagerstown Parkinson's Support Group Caregiver's Lunch	4 th Monday @ 11:30 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 @ 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 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
Carroll County Parkinson's Support Group	2 nd Wednesday, every 2 months (Even Months, ex- cluding December) @ 1:00 PM, Shauck Auditorium, East Pavilion, 291 Stoner Avenue, Westminster, MD	Christina McGann, 410-871-6165 CMcGann@carrollhospitalcenter.org

OTHER EVENTS:

NOTE: Unless otherwise noted, 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.
- Thursday, August 22, 2019, 11:00 AM – 12:30 PM Hagerstown Memory Café: **AUGUST MEETING CANCELLED**. FOR INFORMATION CONTACT David Kukor at 301-639-3166 or dkukor@ahcglobal.com.
- Thursday, August 22, 2019, 1:00 PM – 3:00 PM, Bowling. Southside Bowl, 17325 Virginia Avenue, Hagerstown.
- Monday, August 26, 2019, 11:30 AM – 2:00 PM Caregivers' Lunch: Hagerstown Family Diner, Hagerstown, MD.

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- Thursday, September 5, 2019, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be David Kukor, Accessible Home Care.
- Monday, September 16, 2019, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD.
- 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.
- Monday, September 23, 2019, 11:30 AM – 2:00 PM Caregivers' Lunch: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, September 26, 2019, 11:00 AM – 12:30 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, September 26, 2019, 1:00 PM – 3:00 PM, Bowling. Southside Bowl, 17325 Virginia Avenue, Hagerstown. .
- Thursday, October 3, 2019, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Marissa Yoes, Parkinson Voice Project.
- Monday, October 21, 2019, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, October 24, 2019, 11:00 AM – 12:30 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, October 24, 2019, 1:00 PM – 3:00 PM, Bowling. Southside Bowl, 17325 Virginia Avenue, Hagerstown.
- Monday, October 28, 2019, 11:30 AM – 2:00 PM Caregivers' Lunch: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, November 7, 2019, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Tarita Turner, Hamilton Relay Commission
- Thursday, November 21, 2019, 11:00 AM – 12:30 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, November 21, 2019, 1:00 PM – 3:00 PM, Bowling. Southside Bowl, 17325 Virginia Avenue, Hagerstown.
- Monday, November 18, 2019, 11:30 AM – 2:00 PM Caregivers' Lunch: Hagerstown Family Diner, Hagerstown, MD.
- Monday, November 25, 2019, 11:30 AM – 2:00 PM Caregivers' Lunch: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, December 5, 2019, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: **Christmas Party**
- Monday, December 16, 2019, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD.

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