

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

October 2019

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

[Visit us on Facebook](#)

Volume 9, Issue 10

### This Month's Meeting

### October Meeting

There were **43** attendees at our September 5<sup>th</sup> support group meeting, including **3** new folks. Our group discussed a number of PD related subjects, including medications (new and old), marijuana usage, and pain.

**Joyce Garland** 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.

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, October 3, 2019, 11:45 AM**

**Marissa Yoes**  
**Parkinson Voice Project**

#### Newsletter Highlights

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

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

Avoid Dehydration ([Page 5](#))

Awards and Christmas Party ([Page 6](#))

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

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

#### 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, Off Medications

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

Picnic on 9/20/2019, See [Page 2](#)

### Study Suggests DBS Eases PD Symptoms by Raising Dopamine Levels

August 23, 2019 by Jose Marques Lopes, PhD

DBS eases tremors and muscle rigidity and improves cognition and mood in PD patients by raising dopamine levels in the brain, a small study from JHU Medicine suggests. The research was published in "Parkinsonism and Related Disorders."

DBS is for Parkinson's patients whose motor symptoms do not respond well to medication. In this procedure, fine wires are inserted into the brain and connected to an electrical current source to stimulate areas responsible for movement control, such as the subthalamic nucleus. But the processes through which DBS changes brain activity are not completely understood.

Studies using PET imaging indicate that brain metabolism is altered but dopamine levels unchanged after DBS. Still, the vast network linking dopamine-producing neurons to various brain regions suggested to the Hopkins team that this chemical messenger could still be a key part in the efficacy of DBS.

"Even if dopamine-producing cells are not activated directly, electrically stimulating other parts of the brain, particularly those that receive information from dopamine-producing cells, can indirectly increase dopamine production," Kelly Mills, MD, a study co-author, said in a news release.

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.

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## Monthly Newsletter

October 2019

### Caregiver's Breakfast and Lunch

Our Caregivers' **Breakfasts** are on the 3<sup>rd</sup> Monday of every month. This month the breakfast is scheduled for **Monday, September 16th at 8:30 AM** at the **Hagerstown Family Diner**, located at 431 Dual Highway.

Caregiver's **Lunches** are on the 4<sup>th</sup> Monday of every month. The date will be **September 23rd 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 our next PD Round Table at **Homewood at Williamsport** on Wednesday, October 16, 2019

We had our last round table at Homewood at Williamsport on August 21st; Judy Fiery, Carol Grimes, 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. 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 4<sup>th</sup> Thursday of every month at the Otterbein Church on East Franklin Street from 11:00 AM – 12:30 PM. The September meeting date is the 26<sup>th</sup>.

**Accessible Home Health Care**   
"We Guarantee Compassionate Care"

### Exercise at Any Age

Staying active is important throughout life. Regular exercise and physical activity help you stay strong and fit enough to keep doing the things you enjoy. No matter what your age, you can find activities that meet your fitness level and needs.

National Institute on Aging

### PD Group Bowling

**I'm going to put bowling on hold until we get enough interest to make it worthwhile. If a half a dozen people or so continue to want to bowl on a regular basis, I will schedule it again.**

### Birthdays in September

Happy Birthday to members who have birthdays this month. We announced your names and sing happy birthday to you at the meeting in September.

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

Our yearend 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 the following year 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



SEE **PAGE 6** FOR DETAILS

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Hagerstown, MD and the Four-State Area

## Monthly Newsletter

October 2019

### Parkinson's Disease: Tips for Making Life Easier

Based on the Book by Shelley Peterman Schwarz (2002)

#### Leisure and Recreational Activities

Try doing crossword puzzles or playing games like Scrabble, Scattergories, and Taboo to help exercise your ability to remember words. Playing Trivial Pursuit is another great way to keep your memory in shape. If you enjoy watching game shows on television, play along at home. Say the answer aloud while watching Wheel of Fortune, Jeopardy, or Who Wants To Be A Millionaire.

Use jumbo playing cards available at most drugstores or toy stores which are easier to use than regular cards. To make holding cards easier, take an old shoe box, remove the top, and put the bottom of the box inside the cover. The space between the cover and the side of the shoe box holds the cards nicely.

The National Library Service for the Blind and Physically Handicapped (NLS) has more than 159,000 biographies, bestsellers, classics poetry, mysteries, and other books, as well as 70 popular magazines all recorded on cassette tapes. A special tape recorder is needed to play the tapes. These recorders, as well as accessories like headphones, remote control units, and amplifiers are available from the Talking Books Program. All items and services connected with this program are free, even the postage on the books is paid. You are eligible for talking books if you meet any of the following criteria:

- You are unable to read standard print without aids or devices other than glasses or contact lenses.
- You have a visual acuity of less than 20/200 or a visual field of 20 degrees or less with correction.
- You are unable to hold a book or turn a page.
- You have a medically documented reading disability.

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

*My mind has been on Dave and Patsy DeHaven. Most of you know these folks. They have been in the Hagerstown Parkinson's Support Group longer than I have. In fact, that is where I met them back in about 2010. They have been an integral part of this group, assisting Doris and I when we became facilitators in 2011. Dave has been an assistant and a friend since we first met. Now Patsy is not doing very well and they both need your good thoughts and prayers. On Thursday, September 5, 2019, Patsy was admitted to Doey's House. We love you guys...*

*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, October 18<sup>th</sup>**. 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 18<sup>th</sup>, 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, September 21<sup>st</sup>, 2019**, at 12:00 PM. Their speaker will be **Attorney Michael Day, Eldercare and related issues**. 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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Monthly Newsletter

October 2019

## Heads Up, Caregivers!

### An Afternoon Nap May Lower Your Blood Pressure

By Steven Reinberg, HealthDay Reporter

THURSDAY, March 7, 2019 (HealthDay News) -- Want a daytime pick-me-up that may also benefit your blood pressure? Take a nap, researchers suggest.

"Midday sleep appears to lower blood pressure levels at the same magnitude as other lifestyle changes," said Dr. Manolis Kallistratos, a cardiologist at Asklepieion General Hospital in Voula, Greece.

For each hour you nap, systolic blood pressure drops an average of 3 mm Hg, the researchers found. Systolic pressure -- the top number in a blood pressure reading -- is the force of your blood pushing against your arteries when your heart beats. Diastolic pressure -- the bottom number -- is the force between heart beats.

Taking a low-dose blood pressure drug, for example, can lower your level an average of 5 to 7 mm Hg, while a nap can reduce overall blood pressure an average of 5 mm Hg, the study authors said.

"These findings are important because a drop in blood pressure as small as 2 mm Hg can reduce the risk of cardiovascular events such as heart attack by up to 10 percent," Kallistratos said.

For the study, the investigators collected data on 212 people, average age 62, whose systolic pressure averaged about 130 mm Hg. About one-quarter of the participants smoked and/or had type 2 diabetes.

The researchers compared blood pressure over a day among those who napped in the middle of the day for about 49 minutes with those who didn't. The study also took into account factors such as consumption of alcohol, coffee and salt, the participants' physical activity levels, and their age, gender and medications.

The study participants wore blood pressure monitors to track their readings during a normal 24-hour day. Over that period, those who napped had an average systolic blood pressure more than 5 mm Hg lower than those who didn't nap, the findings showed.

Overall, people who napped had more favorable readings (128.7 systolic/76.2 diastolic) than those who didn't (134.5 systolic/79.5 diastolic), the researchers reported.

"We obviously don't want to encourage people to sleep for hours on end during the day, but on the other hand, they shouldn't feel guilty if they can take a short nap, given the potential health benefits," Kallistratos said in an American College of Cardiology (ACC) news release.

High blood pressure affects nearly half of American adults, though many don't know they have it. High blood pressure is one of the main risk factors for heart attack and stroke.

The study findings were presented March 18 at the ACC's annual meeting, in New Orleans. Research presented at meetings is typically considered preliminary until published in a peer-reviewed journal.

SOURCE: American College of Cardiology, news release, March 7, 2019



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Hagerstown, MD and the Four-State Area

## Monthly Newsletter

October 2019

### It's Important to Avoid Dehydration with Parkinson's

August 19, 2019 by Sherri Woodbridge

The other day I did something stupid. Really stupid.

I love to putter in my garden on beautiful days. Only on this beautiful day, I crossed the line. My puttering turned into work, and before long, I was sweating bullets — shotgun-sized bullets on a 98-degree day. Yet, I kept going.

I kept going because I didn't have the good sense to step back, sit down, take a rest in the shade, and get a drink. Like the Energizer Bunny, I just kept going and going and going. If my neighbor hadn't come outside and reprimanded me (in a kind and concerned way), I'm honestly not sure what would have happened. I noticed while talking to her that I was stumbling around, slurring my words pretty badly, and sweating cats and dogs.

I promised her I would go inside and get some water and cool down. And I did. But I had pushed the boundaries a bit too far.

During my last visit to the neurologist, my Medtronic representative for my deep brain stimulation was talking to me, coincidentally, about how important it is to stay hydrated with a disease like Parkinson's. He said the body is made up of approximately 60 percent water, and the brain 75 percent. For the brain to be healthy, it needs water. Lots and lots of water.

That day in my garden, I was starving my brain of what keeps it running at peak performance: water. Water is important for all body functions.

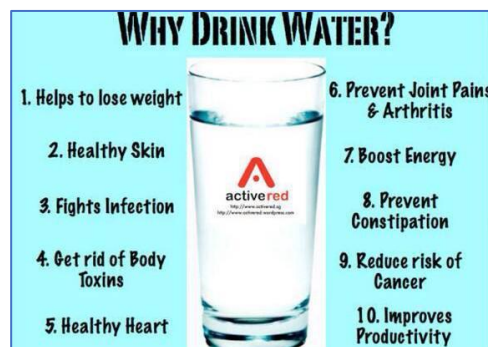
Health advocates note that, "Water is required by every cell in the body and important for all body functions. It helps transport oxygen and nutrients critical to the brain for optimal function, whilst providing cushioning and lubrication to the brain tissue. So, staying hydrated is one critical factor for supporting the brain."

Dehydration also can make you tired, mess with your cognitive abilities, lower your blood pressure, and force the brain to work even harder than a hydrated brain to do the exact same thing.

It took me over two days to bounce back from that episode, and it scared me enough to hopefully never repeat it again. With Parkinson's disease, we're dealing with major brain issues already. Adding self-inflicted dehydration to the mix is just plain stupid.

#### The Johns Hopkins Health blog suggests:

Medications that treat Parkinson's disease can dry you out. Not only can dehydration leave you more tired, over time, it can also lead to confusion, balance issues, weakness and kidney problems. Dehydration can also be a source of constipation. Eat a balanced diet and be sure to drink plenty of water and other fluids throughout the day.





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Hagerstown, MD and the Four-State Area

## Monthly Newsletter

October 2019

### Awards for 2019

It's time to nominate two individuals for Outstanding Member of the Year. These awards recognize special individuals in our Support Group for their outstanding contributions, dedication and assistance to our support group family during the past year. Separate awards will be made to a member who has Parkinson's Disease and a member who is a caregiver.

Previous awards have been presented to Art Guyer, Dave DeHaven, Connie Hipp, Dean Cook, Carol Cook, Ecile Shaw, Jay Stouffer, Carol Gaines, Vi and Frank McConnell, Mike Saterbak, and Ragan Shaw. *They are not eligible for a second award.*

Complete the following form and return it to Art Guyer by the end of our December meeting. Please be brief, but specific. We will present these awards at our January 2020 meeting along with new Red Lanyard awards.

**Name of Nominee with Parkinson's Disease:** \_\_\_\_\_

Describe briefly why you recommend this individual for this award:

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**Name of Nominee who is a Caregiver:** \_\_\_\_\_

Describe briefly why you recommend this individual for this award:

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### Holiday Party Thursday, December 5, 2019

Our December meeting will be our annual holiday party and we will not have a speaker. Come and enjoy the afternoon with your fellow members.

We hope to have some special entertainment, games and carol singing. Everyone should please bring a wrapped present and we will have a blind exchange of gifts. Gifts can be in the \$5 -- \$10 range and should be somewhat appropriate for a man or a woman.

We would hope to get a couple volunteers to arrange some games and to handle present distribution.

For more information, contact: Art Guyer.

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Hagerstown, MD and the Four-State Area

## Monthly Newsletter

October 2019

### Reminders of upcoming events as of Thursday, September 05, 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 Caregiver's Breakfast	3 <sup>rd</sup> 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 <sup>th</sup> 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 <sup>rd</sup> Wednesday @ 1:00 PM Mount Pleasant Ruritan Club, Walkersville, MD	Janet Silvious, 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 Education & 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,
Carroll County Parkinson's Support Group	2 <sup>nd</sup> 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, 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](mailto:dkukor@ahcglobal.com).

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Hagerstown, MD and the Four-State Area

## Monthly Newsletter

October 2019

- 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](mailto:dkukor@ahcglobal.com).
- 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
- Monday, November 18, 2019, 11:30 AM – 2:00 PM Caregivers' Lunch: Hagerstown Family Diner, Hagerstown, MD.
- 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](mailto:dkukor@ahcglobal.com).
- 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.
- Thursday, December 19, 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](mailto:dkukor@ahcglobal.com).
- Monday, December 23, 2019, 11:30 AM – 2:00 PM Caregivers' Lunch: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, January 2, 2020, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Amanda Distefano, Commission on Aging
- Monday, January 20, 2020, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, January 23, 2020, 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](mailto:dkukor@ahcglobal.com).
- Monday, January 27, 2020, 11:30 AM – 2:00 PM Caregivers' Lunch: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, February 6, 2020, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Kristen Francis, Off Medications
- Monday, February 17, 2020, 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