

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

November 2019

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

[Visit us on Facebook](#)

Volume 9, Issue 11

This Month's Meeting

November Meeting

There were **42** people at our October 3rd support group meeting, including **7** new attendees. Marissa Yoes spoke on The Parkinson Voice Project which has developed an effective two-part therapy approach that helps people with Parkinson's both regain and maintain speaking abilities. Marissa reviewed how the SPEAK OUT! Program helps people with Parkinson's regain and how the LOUD Crowd helps people with Parkinson's maintain the improvements made in therapy sessions.

The **Trumpowers** 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, November 7, 2019, 11:45 AM

Tarita Turner
Hamilton Relay Communications

Newsletter Highlights

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

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

Picnic Report ([Page 5](#))

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

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

Hagerstown Parkinson's Support Group Meetings in 2019

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
June 4, Lynda Janet, Somerford, Memory Loss
July 2, Group Discussion
Aug 6, Peter McMillin, Somerford, Resources

SPOTLIGHT

December 5th Meeting
is our
Christmas Party
See [Page 6](#)

Why Seniors Don't Take Medication

1. They don't believe in taking medicine. There are many people who just don't believe in taking medication, even when they have serious health conditions like heart disease, kidney failure, or vascular disease. Making healthy lifestyle and diet changes to improve overall health is always recommended. It's essential to follow the doctor's instructions.

2. They think not taking medication is harmless if they feel fine. Sometimes people will stop taking prescribed medication for a few weeks to see how they feel. If they feel fine, they assume the medication isn't needed. Unfortunately, many diseases can damage health without noticeable symptoms.

3. They think taking medication isn't worth the cost. When medication is expensive, people may feel they can't afford it. When money is tight, some will take less than prescribed to make pills last longer. Unfortunately, that only makes the medicine less effective.

If negative side effects or financial concerns result in your loved one not taking medication, discuss it with their doctor.

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 **October 21st 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. This month the date will be **October 28th at 11:30**. It will be at the **Hagerstown Family Diner** also. Contact Art if you need information or directions.

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.

Christmas Party

December 5, 2019



See [Page 6](#) for Details

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 4th Thursday of every month at the Otterbein Church on East Franklin Street from 11:00 AM – 12:30 PM. The October meeting date is the 24th.

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

Bowling is on hold until we get enough interest to make it worthwhile. If a half dozen people or so continue to want to bowl on a regular basis, I will schedule it again.

Birthdays in October

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

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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Parkinson's Disease: Tips for Making Life Easier

Based on the Book by Shelley Peterman Schwarz (2002)

Improving Memory and Concentration

- **Write yourself reminder notes** and put them where you'll see them. For instance, if you have an appointment in the morning tape a reminder note to the bathroom mirror so you will see it first thing.
- **Set an alarm** on your computer, microwave, watch or cell phone to remind you to take medications, to drink or eat something, or to exercise. Leave a note on the alarm so you know what to do when you turn it off.
- **To help with time and sequencing, create a calendar** for the month with large squares for each day then write down appointments, special events, and symbols for the weather.
- **To keep track of daily events**, use a notebook; start a page for each day. Begin by recording the time and what happened.
- **Keep your memory active** by reviewing the day's news events with a friend or neighbor.
- **To remember whether you have locked the door** say out loud, "I'm locking the door." as you lock up.
- **We often think of things we need to remember at inopportune times.** Take off your watch or wedding band and put it on the opposite hand. That way you will be reminded of the task and can make a note of it at a more convenient time.

This and That Thoughts on my Mind by Art Guyer:

It's been a hard month, losing our fellow member and longtime friend, Patsy DeHaven, on September 17th. But she is no longer in pain and suffering. I helped carry her to the hearse and to the gravesite. I've been visiting Dave as often as both of us can fit into our schedules. Jan and I met him for breakfast at the Diner one day. We shopped for a hunting rifle last Thursday, we fished on the river Friday, and went to the Maugansville Rouritan breakfast early on Saturday morning. Dave is back at work which will help him keep busy and we have other activity planned. I'm sure he would appreciate hearing from any of his friends.

Take care..... Art

Four-State Alliance Support Group News:

Next 4SAPS Leader Board Meeting: November 9, 2019, 2019; Steve Silvius will be facilitating this meeting.

Chambersburg Parkinson's Support Group: The group will hold its next meeting on **Friday, October 18th**. 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, October 16th, 2019**, at 1:00 PM. Speaker will be from LUNBECK to talk about symptomatic neurogenic orthostatic hypotension and Northera.. 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, October 19, 2019**, at 12:00 PM. Their speaker will be Annette Waddell - Physical Therapist FMH Home Health: Exercises for Parkinson's. They meet at the YMCA at 1000 N. Market Street in Frederick, MD. Contact: Louise Houtz, houtzmom@hotmail.com for more information.

Caregiver Support Group: The Commission on Aging has a *Caregiver Support Group* that meets quarterly. It is free to attend and open to the public. Contact: Cebrina Young at 301-790-0275 x240 for information and/or directions.

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Heads Up, Caregivers!

Information at Your Fingertips Reduces Caregiver Stress

There are so many details involved in caregiving, nobody can possibly remember everything. That's where a good caregiver notebook can help. It's a central place to keep track of important information about your loved one.

Having everything you need to care for your loved one in one place saves time, reduces mental clutter, and decreases stress. For example, instead of searching for prescription details, dates of service, or policy numbers, you could take a 15-minute break to rest and recharge.

To make it easy to keep useful notes, there is an excellent, comprehensive, and free caregiver notebook template from Springwell. It covers all aspects of life – daily, medical, personal care, financial, and legal. See the link at the bottom of the page to access the Springwell template.

How to get the most out of this caregiver notebook template

Springwell's caregiver notebook template has 36 pages to choose from. To keep things manageable, test out a few notebook pages to see how it will work for you. After you get more familiar with the notebook, you'll likely find additional pages that would be helpful. Keep the pages in a standard 3 ring binder that's only used for your caregiving notebook. Use dividers to create sections so it's easy to find what you're looking for. If you want to keep the pages from getting torn or disheveled, put them in plastic covers.

Here are 5 tips that should be helpful:

- Pace yourself by choosing the pages and sections that are most relevant now and start there.
- Get creative. For example, the monthly calendar can be used for more than just medical appointments. You could create calendars for tracking calls to make, prescription refill dates, bills to pay, etc.
- To make certain pages more portable, you could keep them in a separate (smaller) "travel" binder.
- Photocopy important papers to put into the binder for reference but keep the originals in a safe place.
- Gathering financial information can be overwhelming. One way to start is by collecting a month's worth of mail. That gives you a snapshot of existing bills and monthly financial statements. The most recent tax return is another good source of financial information.

The notebook template consists of these sections:

Section 1 – "At A Glance" includes Critical Information, an Emergency Room Checklist, and a calendar.

Section 2 – "Care Providers" includes Caregiver Information, Professional Service Providers, and a Daily Activity Log.

Section 3 – "Medical" includes Medication and Pharmacy Information, Health Log, and Physicians.

Section 4 – "Call Log/Visit Notes" includes a Call Log and a list of Upcoming Doctor Visits.

Section 5 – "Legal, Financial and End of Life Information" includes Location of Key Documents (associated with insurance, banking, income and expenses, and bills).

Next Step [Get this free caregiver notebook template from Springwell](#)

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The Hagerstown Parkinson's Support Group September 20, 2019 Picnic



The Hagerstown Parkinson's Support Group held its fall picnic on September 20, 2019. Thirty-three persons associated with Parkinson's Disease enjoyed the day at Martin "Marty" L. Snook Memorial Park. It was a beautiful day for a picnic in the park. The group enjoyed fried chicken from AC&T, accompanied by a variety of dishes and desserts provided by the participants.



The host, Art Guyer, recognized the death of Patsy DeHaven, a long-time member and friend. He asked for a moment of silent prayer for the DeHaven family.

There were drawings for two \$10 gift certificates to the Western Sizzlin' Restaurant, a large bag of chocolate, and several other small prizes. The group was entertained by the singing of Darold Springer and John Berger, as well as the balloon antics of member, Jerry Mullenix. Board Member Carol Gaines called bingo for the group, giving away about 35 wrapped prizes brought by the members.

Photos by Art and Curtis Guyer

Darold Springer and John Berger

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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:

Name of Nominee who is a Caregiver: _____

Describe briefly why you recommend this individual for this award:

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 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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Reminders of upcoming events as of Friday, October 04, 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 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 Education & 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,
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, 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.
- 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

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- 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.
- 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.
- 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.
- 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.
- Monday, February 24, 2019, 11:30 AM – 2:00 PM Caregivers' Lunch: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, February 27, 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, March 5, 2020, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Jacinta Handon, Adama, with a Doctor
- Monday, March 16, 2020, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, March 23, 2020, 11:30 AM – 2:00 PM Caregivers' Lunch: 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