

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

January 2020

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

[Visit us on Facebook](#)

Volume 10, Issue 1

This Month's Meeting

January Meeting

There were **48** people at our December 5th Christmas Party. **Dean and Carol Cook** attended and I think they were the hit of the event, chatting with all of their old friends. It was a wonderful sight. **Dr. Stephen Ryan** also attended and gave a \$30 gift card to the group to raffle off – it was won by **Pat Souders**, one of the new members attending. **Jerry Mullenix** and **Carol Cook** sang holiday songs. Wrapped gifts were exchanged and everyone had a fun time seeing what they and others received.

Judy Fiery and Marie Fogarty each won \$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.

Thanks to **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, January 2, 11:45 AM

**Our Speaker Will Be
Amanda Distefano
Commission on Aging**

Newsletter Highlights

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Hagerstown Parkinson's Support Group 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
Sep 3, Robert Lindsay, Author, Communicating
Oct 1, Dr. Zach Levine, Neurosurgeon
Nov 5, Shannon Murphy, Physical Therapist
Dec 3, Our Holiday Party! No Speaker.

SPOTLIGHT

**Merry Christmas and
Happy New Year**

Elder Law Attorneys

Having legal documents in place gives you the legal rights to provide the best care for your loved one, now and at end of life. It's so important to find an expert lawyer that you trust to draw up the right documents.

Elder law is a specialized legal area focused on older adults and their adult children. This legal specialty focuses on specific needs, including:

- Power of attorney
- Long term care planning
- Medicare & Medicaid planning
- Veterans benefits
- Estate planning
- Disability planning
- Elder abuse

An elder law attorney helps by planning for the future and protecting assets and they will ensure legal documents are correct for your state. Laws are different for each state, so it's important the documents are prepared correctly. To find an attorney get a referral from someone you know or you can check the National Academy of Elder Law Attorneys.

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 **December 16th 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 **December 23rd 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 Photos



See [Page 6](#)

Senior Homes Activities

We had our last PD round table at Homewood at Williamsport on October 16, 2019; Carol Gaines and Art Guyer facilitated the session.

We have tentatively scheduled similar sessions at Homewood in 2020 on January 15th, April 15th, July 15th, and October 15th.

We still 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 December meeting date is on the **12th due to the Holiday**.

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 December

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

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)

Handling Medical Issues (This will be our topic for the next several months)

Record Keeping and Research – Compile a personal medical file. Use a 3-ring binder with dividers for each of the sections for easy access. Organize the binder into sections:

- **Family health history.**
- **Past illnesses.**
- **Dated summaries** of office appointments, tests, treatments, surgical procedures, hospitalizations, and copies of any medical test results.
- **Prescription log**, including names and dosages of medications, supplements, etc. and notes on why, when and how often taken.
- **Symptom log**, to track how you feel before and after the introduction of a new medication. Record any news symptoms or side effects. If you don't write symptoms down when they occur, you may forget about them when talking with your doctor.
- **Question and answer log**, to track questions for the doctor, along with answers you receive, including any follow-up actions or specific things the doctor asked you to do or consider.
- **Official medical records.**

Keep this file up to date and it will be invaluable over the years as your illness progresses and will be important for new doctors or specialists you need to see.

This and That Thoughts on my Mind by Art Guyer:

I hope you all had a nice Thanksgiving Day and that you will have a great holiday season, however you celebrate the upcoming holidays. And please have a safe, and happy new year. I'll be in Florida from December 30, 2019, until the February 28, 2020, so Carol Gaines and Mike Saterbak will be facilitating the January and February meetings. Jan and I have plans for New Year's Eve, bass fishing, some mini-trips, her son's wedding, a Super Bowl party, and two Nationals' Spring Training Games. I'll be in touch by email, however.

Take care..... Art

Four-State Alliance Support Group News:

Next 4SAPS Leader Board Meeting: March 14, 2020; Steve Silvius will be facilitating this meeting.

Chambersburg Parkinson's Support Group: The **group is no longer holding meetings**. Members of this group are welcome to attend the Hagerstown Parkinson's Support Group meetings.

Friends in Frederick PD Support Group: The next meeting of this support group will be on **Wednesday, December 18, 2019**, at 1:00 PM. This will be their Christmas Party. 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, December 21, 2019**, at 12:00 PM. This will be their Christmas Party. 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!

Here are some things I came across recently:

The World's First-Ever Razor designed with Caregivers In mind.

According to their ads, it offers a safer, easier, and more comfortable shave for anyone who needs help. Shaving another person can be extremely difficult, especially because razors are, in general, designed to be used on your own face and body. There have been over 4,000 different razors designed to shave yourself and exactly zero razors designed to shave others — that is, until Gillette launched this one a few years back. It's called the Gillette TREO and can be purchased online [here](#).

The Gillette TREO™ has built-in shave gel and is the first razor specifically designed to shave someone else. Designed with caregivers, for caregivers, TREO features a safety comb that helps protect the skin and prevent clogging, an ergonomic handle for great comfort and control, and a special non-foaming gel that hydrates the hair – no water required.



Do you have Blue Cross – Blue Shield Health Insurance?

Flu season is in full swing — **if you have BCBS** you can stay one step ahead by signing up for telehealth services by Teladoc®. You'll be able to chat with a doctor any time right on your phone or computer and get treatment for colds, the flu and other minor conditions.

They may diagnose, treat and prescribe medication, where medically required, for a wide range of conditions such as:

- Cold and Flu
- Bronchitis
- Pink Eye
- Sinusitis
- Skin Infection and Rash
- Upper Respiratory Infections
- Sore Throat
- Allergies
- Sprains and Strains



For care on the go, you can download the Teladoc app on the App Store® or Google Play™.

And it's available 24/7.

Click [HERE](#) to sign up or get more information.

SPECIAL REQUEST: Judy Frantz is looking for someone to help her Mother with her ADLs. Offering free Room & Board and a small stipend. Lives in Hagerstown across from North High. Contact me if you or someone you know is interested.

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Senior-Friendly Holiday Activity Ideas

There is a lot of pressure on people to enjoy themselves during the holidays. The reality, however, is that many people feel increasingly isolated and unhappy during this season of goodwill, and elders can have an especially hard time.

While aging can bring wisdom and experience, there are inevitable losses that even the healthiest seniors face. Loved ones and friends fall ill and pass away. Energy and mobility levels often decrease, resulting in feelings of lost independence and opportunities. Neighborhoods change over time, leaving even those well enough to remain in their own homes feeling lonely.

According to National Institute of Mental Health, older adults who are socially isolated are at higher risk for depression. The focus on family, friends and togetherness during this time of year can actually bring melancholy feelings to the forefront for many elders.

Everyone enjoys being included in holiday activities

The holidays can be lots of fun for older adults even if they have physical or cognitive limitations. It's all about spending time together, feeling included, and enjoying good company.

The activities you do don't have to be exciting to be special and meaningful. Simply joining in brings joy and helps your loved ones enjoy the season.

Here are some fun holiday activities for seniors that are perfect to enjoy with family and friends.

1. Decorate and fill stockings – try this cute stocking kit
2. Decorate the house adorable and easy to make
3. Prompt kids to ask about “the olden days” so they can learn about their grandparent's youth
4. Play simple card games or board games
5. Enjoy listening to your loved one's favorite tunes or seasonal music
6. Sing holiday songs together
7. Have a family movie night with popcorn, extra pillows, and warm blankets to cuddle under
8. Enjoy tea or coffee together as a group
9. Bake cookies
10. Look at family photos
11. Cook or prepare favorite holiday foods together
12. Have a gift wrap party – don't worry if things aren't perfectly wrapped, it's the fun that counts!
13. Get your loved one's help with holiday cards – writing, addressing, or sealing envelopes
14. Ask for their opinions or ideas while you're shopping online for gifts
15. Stroll around the mall and admire the holiday decorations – go early to avoid the crowds
16. Take a family walk around the neighborhood or through a local park
17. Enjoy a delicious meal at a favorite restaurant
18. Watch a feel-good holiday movie or fun comedy in the theater
19. Take in a local play or musical

Pace activities and modify as needed

Encourage loved ones to join in the holiday festivities whenever possible but be careful not to overdo it.

Many of these activities are low-key and can be easily modified to fit your loved one's energy level and abilities. But it's still wise to be on the lookout for signs of fatigue and proactively suggest breaks or a mid-day nap.

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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 Mike Saterbak by the end of the February meeting. Please be brief, but specific. We will present these awards at our March 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



Carol and Dean Cook



The Group!



Bonnie and Linda Embly



Carolyn, Judy, and Sam



Art & the Saterbaks



Jerry Mullinex

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Reminders of upcoming events as of Friday, December 06, 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 Silvius, 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
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.

- Thursday, December 12, 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 16, 2019, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD.
- 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, Washington County Commission on Aging
- Monday, January 20, 2020, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD.

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- 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, Admas, with a Doctor
- Monday, March 16, 2020, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD.
- Monday, March 23, 2020, 11:30 AM – 2:00 PM Caregivers' Lunch: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, March 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, April 2, 2020, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker will be Katy Kobel, FOX Rehab.
- Monday, April 20, 2020, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, April 23, 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, April 27, 2020, 11:30 AM – 2:00 PM Caregivers' Lunch: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, May 7, 2020, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker Dr. Justin Martello, Movement Disorder Specialist, Christiana Care Neurology.
- Monday, May 18, 2020, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD.
- **Tuesday, May 26, 2020**, 11:30 AM – 2:00 PM Caregivers' Lunch: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, May 28, 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.

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