

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

March 2020

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

[Visit us on Facebook](#)

Volume 10, Issue 3

This Month's Meeting

February Meeting

Thanks, **Mike Saterbak**, for facilitating the February meeting. **Mike and Carol Gaines** tell me the meeting went well and the speaker, Dr. Yaghi, was excellent. He addressed the need for medications when off periods occur.

There were **55** people at our February 6th meeting, including **5** newcomers. What a great turnout for Mike!

Roger Bowers, one of our new members 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. Thanks to **Judy and Sam Fieri and Carolyn and Holly McKee** and the other members who worked to set up the meeting and put things away. Without that support, we would not be able to hold the kinds of meetings we do. I appreciate your efforts so very much, my friends and look forward to seeing you all next month.

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, March 5th, 11:45 AM

**Our Speaker Will Be
Jacinta Handon with a Doctor**

Newsletter Highlights

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Hagerstown Parkinson's Support Group Meetings in 2020

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

**Washington County Resource Fair
Hosted by CARES**

This free event has been scheduled for **April 23, 2020** from 9:30am – 2:00pm at Otterbein United Methodist Church on the corner of Franklin and Locust, in downtown Hagerstown, Maryland.

There will be a multitude of vendors/resources for folks in the community, everything from nursing homes/assisted livings/senior communities to commission on aging and community action council, sheriff's department, and much more. More details will be provided later.

PFNCA Symposium info on Page 2.

Another Parkinson's Day By Dean Cook

I picture a man who just woke up from a fitful night of intermittent sleep where old friends, unwanted and without permission, sometimes visit. He sits on the side of the bed for several minutes to get his bearings and when he finally moves, it is with planned, methodical steps, holding on to whatever protrusions the house has to offer, a banister post, a doorknob, a wall.

Can he hold a toothbrush this morning or a comb? Yesterday he could, but every day is different. Memories are painful.

(Continued on Page 2)

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 **February 17th 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 **February 24th 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

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

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 had our last PD round table at Homewood at Williamsport on January 15th; **Carol Gaines, Judy Fiery and Linda Embly** facilitated the session. Thanks, ladies.

We have scheduled similar sessions at Homewood in 2020 on April 15th, July 15th, and October 15th. Judy Fiery, Carol Gaines, Linda Embly and Art Guyer will try to continue this effort.

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 February meeting date is on the 27th.

Accessible Home Health Care 
"We Guarantee Compassionate Care"

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.

PFNCA SYMPOSIUM

PFNCA is considering streaming their April 18th Symposium to a site here in Hagerstown. They would like to get an idea of how many people might support this event. If you might be interested in attending, please drop me an email as soon as possible. Seating is limited. Thanks.

Birthdays in February

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

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!

Another Parkinson's Day

By Dean Cook

(Continued from page 1)

Not long ago, he moved with athletic precision and could sink a fadeaway jump shot from thirty feet, leaving taller men baffled. Now he leans forward and shuffles, his feet making little chuffing sounds on the carpet. He makes it to the spare bedroom he uses as his office and where he spends much of his time these days.

His medications sit on a bookshelf like tiny soldiers awaiting instruction. He is often reminded of what a friend used to say to him, "Don't forget, on time every time." Funny how some things never leave you. The embossed "W" on his pill planner tells him it's Wednesday. He sits for a few minutes with his elbows on his knees, leaning forward, hands clenched, staring at the floor.

His wife, standing quietly in the shadows, is watching, as she often does. Gently she says, "Come on, Babe, the coffee is ready."

Dean Cook
January 2020

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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)

Doctors' Appointments:

- **When visiting your doctor, ask for clarification** if for any reason you are not satisfied with the explanations your doctor gives you. If your doctor uses medical terms you do not understand, or if you are not sure how serious your diagnosis is, say so. Say, for example, "Could you say that in layman's terms?" or "I'm not sure I understood that. Would you explain it again?" If you wish to hear another opinion, ask for a second opinion from another physician. Don't worry about hurting your doctor's feelings; any reasonable practitioner should understand your desire to cover all the bases. Trust your instincts.
- **If you have a medical test, protect yourself and your family by asking questions**, such as: Are the tests processed in the office or are they sent out to an off-site lab? How long will it take to get the results back? When can you expect a call? Can you get a copy of the test results to keep in your home medical file? If you don't hear from the doctor in the specified time, call until you get the information you need. Don't assume that "no news is good news." Sometimes test orders can be misplaced or delayed, so even if the doctor's office says they will contact you with the results, take the initiative yourself to find out the results.
- **If your doctor recommends a particular treatment**, ask to be put in touch with other PD patients who have undergone the same treatment, or discuss it in a PD support group with others. Find out how effective it was and whether they had any adverse reactions to it.

This and That Thoughts on my Mind by Art Guyer:

I can't believe another month has gone by already. Jan and I are enjoying our time together and have several events planned for this month. Then I will be headed home and see you all in March.

Also, Dean Cook touched base with the Emerys. Bonnie said Charles is doing very well.

Take care..... Art



Four-State Alliance Support Group News:

Next 4SAPS Leader Board Meeting: March 14, 2020.

Friends in Frederick PD Support Group: The next meeting of this support group will be on **Wednesday, February 19, 2020**, at 1:00 PM. Their speaker will be Scott Morrison, from the Law Offices of Scott Morrison. 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, February 15, 2020**, at 12:00 PM. Their speaker will be Dr. John Baker, from the Baker Rehab Group. 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!

Some common signs of hearing loss:

- 1. The household entertainment is loud.** If their TV is blaring, they should have a hearing exam.
- 2. They seem to be working hard to understand you.** You can usually tell when someone isn't comprehending what you're saying. It could be their hearing. Your loved one may also ask you to repeat yourself or complain that you or others are mumbling. (One more reason a hearing test is important is it can rule out dementia, which can easily be confused with hearing loss.)
- 3. Their responses don't match the conversation.** Higher frequencies are often the first to go when hearing becomes diminished. That means vowel sounds, which people tend to express more forcefully and in a lower pitch, come across more clearly than consonants, which are higher in frequency. The result: It's challenging to discern if someone is saying "That was a great fair" or "That was a great pear." If you notice they respond inappropriately to comments or questions, it may be because they're mishearing the words.
- 4. They're speaking loudly.** When in a restaurant, you can usually tell who has hearing loss because they're talking too loudly for the situation. We raise our voices when we can't hear ourselves properly.
- 5. Alarms don't get their attention.** A timer dings, the doorbell rings or their phone chimes and they don't seem to notice. Not hearing alarms is obviously concerning on many levels and is a definite sign they should see an audiologist.
- 6. Telephone conversations are harder for them.** People with hearing loss may struggle to understand what's said during phone calls because they can't see the other person's mouth moving. Take note if a loved one seems to have trouble hearing and/or is pausing to turn up their phone's volume while on a call.
- 7. They're a little unsure on their feet.** Walking is a multisensory experience: Your body is seeing, feeling and, yes, hearing the environment around you as you move through it, helping you keep yourself steady. You don't think about your auditory sensory response to the floor because you're used to it. When it's compromised, so is your balance. A study of more than 2,000 adults ages 40 to 69 published in the *Archives of Internal Medicine* found that people with a 25-decibel hearing loss, which is classified as mild, were nearly three times more likely to have a history of falling. Every additional 10 decibels of hearing loss increased falling risk 1.4-fold. If your loved one seems unsteady, hearing loss could be a cause.
- 8. They avoid or disengage during social situations.** There are many people who hear well enough to get by in the quiet of their home, but can't filter out the background noise from parties, restaurants or other bustling places to focus on normal conversations. Even a slight amount of hearing loss can cause problems in noisy environments. Notice if your loved one clams up during big family gatherings or seems frustrated or fatigued during conversations or at social events.

What to do when you notice signs of hearing loss

Telling someone that you suspect he or she may have hearing loss and encouraging them to have it checked, is not easy. Many people don't really want to address the issue, for many reasons. They don't want to be bothered; hearing aids cost money; they've grown accustomed to how they hear and think it's not really a problem; and, very common, they think wearing a hearing aid will make them seem old.

If your loved one is reluctant to see an audiologist, you can suggest they do a little at-home test using an online hearing test app like *uHear* and *Hearing Test*. Even though they aren't very accurate (because of issues such as background noise and headphone quality) and in no way replace an ANSI calibrated hearing test in a doctor's office, they may encourage your loved one to think about how well — or not well — they're hearing.

Finally, be sure to remind your loved one that treating hearing loss isn't just about improving their ability to perceive sounds; it can contribute to their overall health and well-being.



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Why Do You Need a Living Will?

There are many reasons to make a living will: to give guidance to your doctors and health care surrogates, provide clarity and closure to your loved ones, prevent conflict or disagreements among family members, and limit the emotional burden on your closest people at the time of your death. Most important is that you remain the captain of your own ship, with the authority to dictate how you want to live and die. Considering the majority of dying people are unconscious, in distress, or otherwise not able to speak, the living will serves as your voice when you may not have one.

Despite all these reasons, not many Americans have a living will. Well under 40 percent of U.S. adults have created a living will (or similar document). That means that 60 percent are rolling the dice on who will be making decisions for us at the end of our lives. Twenty-five percent report never having thought of end-of-life planning at all. Some simply do not know what the living will is or how it works.

A living will is a written, legally binding document that informs your doctors about your preferences for medical care at the end of life. Because these are legal documents, you may use a lawyer to help you understand and write a living will. However, you do not need to. With a little research and reflection, you may create your own living will with ease and for no cost.

Every state has different laws and practices, so please be sure to use a living will that your state recognizes. Some use standard forms, some allow you to draft your own. And be sure to follow your state's rules about what kind of witnesses you should use and whether the document needs to be notarized.

In general, your living will may have:

- A standard direction that you do not want life-prolonging procedures administered or continued if there is no probability of your survival.
- More specific directions about what care you do or do not want (for example, dialysis, mechanical ventilation to assist with breathing, artificial hydration and nutrition or CPR).
- Anatomical gift decisions (meaning, whether you wish to be an organ and tissue donor or donate your body to science or education).
- Palliative care wishes (like whether you wish to die at home or avoid invasive tests or procedures).
- Spiritual and religious considerations (your faith may have its own directions for how to create a living will).

Some people are concerned that doctors will not provide medical care if they have a living will. But remember: This is intended only to be an end-of-life document. It does not prevent routine medical treatment or care for conditions that are not life-threatening.

Your living will is not a script, however. One document can't anticipate every possible scenario and dictate exactly how things will go. Instead, consider it more of a conversation (and that conversation may change over time, because your feelings about death may be different when you're in good health than after a diagnosis of a terminal condition or debilitating disease).

Do not wait until confronted with an illness to create a living will. Consider that an unexpected illness or event can happen at any time. So, write your living will when you're in good health, but review and update it as needs and conditions change.

As you do this, talk to your doctors about your wishes. Have them put your living will on file or consider placing it in a registry. Also speak with your closest family and friends, particularly the ones who may be your caregivers one day, so they know what your wishes are. Having these talks and writing your living will ensures that you live according to your own terms until your last breath, while giving your loved ones a sense of peace when it matters most.



Amanda Singleton

The Hagerstown Parkinson's Support Group

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Blood Pressure

Take charge of your health with a portable blood pressure monitor. Take three consecutive readings one minute apart to ensure an accurate reading. Some devices have a built-in irregular heartbeat detector.

Your blood pressure is recorded as two numbers:

- Systolic blood pressure (the first number) – indicates how much pressure your blood is exerting against your artery walls when the heart beats.
- Diastolic blood pressure (the second number) – indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 139	or	80 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
<u>HYPERTENSIVE CRISIS</u> (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

These five blood pressure ranges as recognized by the American Heart Association:

Normal. Blood pressure numbers of less than 120/80 mm Hg are considered within the normal range. If your results fall into this category, stick with heart-healthy habits like following a balanced diet and getting regular exercise.

Elevated. Elevated blood pressure is when readings consistently range from 120-129 systolic and less than 80 mm Hg diastolic. People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.

Hypertension Stage 1. This stage is when blood pressure consistently ranges from 130-139 systolic or 80-89 mm Hg diastolic. At this stage of high blood pressure, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication based on your risk of atherosclerotic cardiovascular disease (ASCVD), such as heart attack or stroke.

Hypertension Stage 2. This stage is when blood pressure consistently ranges at 140/90 mm Hg or higher. At this stage of high blood pressure, doctors are likely to prescribe a combination of blood pressure medications and lifestyle changes.

Hypertensive crisis. This stage of high blood pressure requires medical attention. If your blood pressure readings suddenly exceed 180/120 mm Hg, wait five minutes and then test your blood pressure again. If your readings are still unusually high, contact your doctor immediately. You could be experiencing a hypertensive crisis.

If your blood pressure is higher than 180/120 mm Hg and you are experiencing signs of possible organ damage such as chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty speaking, do not wait to see if your pressure comes down on its own. Call 911.

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Reminders of upcoming events as of Monday, February 10, 2020

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.

- 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, Adamas, 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.

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- 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.
- Thursday, June 4, 2020, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker Lynda Janet, Somerford, Memory Loss.
- Monday, June 15, 2020, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD.
- Monday, June 22, 2020, 11:30 AM – 2:00 PM Caregivers' Lunch: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, June 25, 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.
- Thursday, July 2, 2020, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Group Discussion
- Monday, July 20, 2020, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, July 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, July 27, 2020, 11:30 AM – 2:00 PM Caregivers' Lunch: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, August 6, 2020, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker: Peter McMillin, Somerford, Resources in the Community

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