

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

April 2020

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

[Visit us on Facebook](#)

Volume 10, Issue 4

This Month's Meeting

April Meeting

There were 72 people at our March 5th meeting, including 6 newcomers. What a great turnout for Dr. Fahd Amjad, an MDS from Georgetown University Hospital. He spoke on PD movement and the drug Gocovri, made by Adamas Pharma.

Sheryll Kees 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 Fiery 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.

Also, thanks to you all who watched over things while I was in Florida. Jan and I love you all. She looks forward to meeting you all in May.

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, April 2nd, 11:45 AM

**Our Speaker Will Be
Katy Kobel, Fox Rehab
LSVT/BIG**

Newsletter Highlights

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

Hagerstown Parkinson's Support Group Meetings in 2020

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

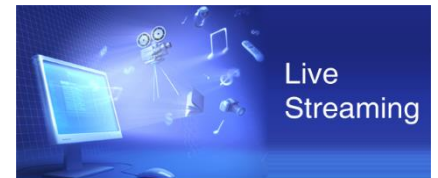
**Washington County Resource Fair
Hosted by CARES**

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

PFNCA is considering streaming their April 18th Symposium to a site here in Hagerstown. They will be making an announcement within 7-10 days and I will pass it on as soon as possible.



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 **March 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 **March 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

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 March meeting date is on the 26th.

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.

Birthdays in March

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!

Techniques That Can Help People With PD Overcome Freezing

- 1. Use music.** Humming or singing a song while walking to the rhythm can help keep you moving.
- 2. Try a metronome.** Metronomes keep a steady beat, and walking to the beat can help reduce freezing.
- 3. Change direction.** If you can't move straight ahead, try stepping to the side first, or take a step back, before going forward.
- 4. Shift your weight** from side to side before attempting a step can help initiate movement.
- 5. March in place**, lifting your knees as high as you can, before stepping forward.
- 6. Move another part of your body.** If your legs won't move, swing your arms first and then try moving your legs again.
- 7. Imagine a line in front of you.** Visualize a line in front of you and step over it. For spots in the house that are consistently tricky, like a doorway, you can use tape on the floor to create a line to step over.
- 8. Use a laser pointer.** Shine the laser in front of you and step on or over it.
- 9. Ask for help.** Ask a friend or family member for a gentle nudge.
- 10. Practice dancing.** The movements of dance are rhythmic and can help strengthen your balance and fluidity.
- 11. Exercise in intervals.** Interval training on a stationary bike involves changing the direction or rate of activity. This can help improve strength and motor functioning.

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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)

- Always ask your doctor or pharmacist for published information on any drug you've been prescribed.
- Ask specifically about every drug's side effects, the amount of time it will take for the drug to be effective, and whether there are potentially harmful interactions between your drugs.
- Ask if you can try a one-week supply of a new drug to see how well you will tolerate it.
- Ask your doctor to write the specific number of times per day a new drug is to be taken, when it should be taken, and whether it should be taken with or without food.
- Choose one pharmacy to fill all prescriptions, and one that has a computer system to flag harmful interactions.
- Familiarize yourself with some of the abbreviations used on prescriptions, such as: QD = Everyday, BID = 2 times per day, TID = 3 times per day, QID = 4 times per day, PO = by mouth, AC = before meals, PC = after meals, HS = at bedtimes.
- Ask your pharmacist for non-childproof bottles if you have trouble opening traditional lids.
- Keep a list of daily medications taped to the refrigerator, or elsewhere, so you can mentally checkoff each dose.
- Use a pill organizer to keep track of your medications. Fill it at the beginning of the week.
- Keep track of medication times by using an alarm on a watch or cell phone or another device.
- Take hard-to-swallow medications with a spoonful of applesauce or pudding.
- Discuss the specifics of pill splitting with your doctor. Effectiveness can be decreased when splitting pills.
- Never use household silverware to administer medication. You could be receiving an incorrect dosage. Use the appropriate oral dropper, cylindrical dosing spoon, syringe, or plastic medicine cup.

This and That Thoughts on my Mind by Art Guyer:

I've been thinking this evening about the great turnout we had at our meeting today. There were 72 people in that room including Dr. Amjad, 2 reps from Adamas, 6 new attendees, and a lot of old and new friends. Unfortunately, there were a number of our members who were not there. Please keep all of them in your thoughts and prayers.

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, March 18, 2020**, at 1:00 PM. Their speaker will be Katrina Wolf - Senior Fitness Specialist from Age Well Senior Fitness. 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, March 21, 2020**, at 12:00 PM. Their speaker will be Windy Irwin & Patricia Cash, FMH Pharmacists. 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!

10 Ways to Cope with Caregiving When You're Feeling Unappreciated

A caregiver's effort can go unappreciated. Feeling unappreciated when you do so much to care for your loved one is a common issue in caregiving. Not feeling valued causes resentment and increases stress, eventually leading to burnout.



- 1. Understand why seniors might not show appreciation.** Thinking about why your loved one doesn't show appreciation gives perspective on the situation and can make it easier to cope. Seniors who are living with serious chronic illness or pain and declining physical or cognitive abilities might be focused on their own suffering. They're less likely to be aware of your feelings and needs. Your loved one might have gotten used to the daily routine and no longer realizes how much you're actually doing and how much time and energy it takes. It's also possible that your loved one resents needing help.
- 2. Make self-care a priority.** When you're exhausted and stressed, it's easy for resentment and anger to creep in and occupy your mind. That's why self-care is essential for caregivers – it's not a treat or indulgence. Taking time for yourself is what keeps you mentally and physically healthy.
- 3. Appreciate yourself and celebrate accomplishments.** Celebrating your caregiving accomplishments might seem like something that others do for you, but it's essential that you also appreciate yourself. That's because the way you feel about yourself and how you talk to yourself has a bigger impact than what anyone else says.
- 4. Reward yourself. Caregiving is by nature a thankless job.** Rewarding yourself is another way to keep feeling positive about all the good you're doing. A reward could be anything – big or small. Maybe it's getting your favorite Starbucks drink once a week or it could be giving yourself permission to get respite care or hire caregiving help so you can go on a weekend getaway.
- 5. Use lighthearted humor to ask for appreciation.** Sometimes you need to let people know that you'd like some recognition and thanks. One way is to take a lighthearted approach and occasionally make jokes in a positive tone of voice.
- 6. Don't measure your performance in terms of their health.** The reality is that aging can't be cured. Serious chronic diseases will continue to get worse. Like the old saying goes, none of us gets out of here alive. That's why it's not fair to judge yourself based on your loved one's health or ability to recover from a health crisis.
- 7. Understand why others might not show appreciation.** Family or friends who haven't done any caregiving may not understand what you do or how hard it is. Some people have a hard time empathizing if they've never experienced something for themselves. That's why they might not be appreciative of all that you do.
- 8. Graciously accept thanks and appreciation.** When you've received far less appreciation than you deserve, it's easy to snap at someone who thanks you for something. Snapping at someone when they thank you only discourages them from doing it again. Even if you feel like their appreciation isn't enough, accept it graciously.
- 9. Model the behavior you'd like to see.** Sometimes the best way to get thanks is to give it first. If you'd like others to show appreciation toward you, start by showing them appreciation. If your loved one does something helpful, no matter how minor, recognize it and thank them.
- 10. See it as a compliment.** Unfortunately, the more capable, helpful, and reliable you are, the more likely you'll be taken for granted. After all, the person who gets everything done and knows exactly what they're doing doesn't stand out because they're not causing problems. This may be a small comfort, but it can help reframe the lack of appreciation as a compliment to your outstanding caregiving skills.

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Side Effects

By Dean Cook

*I went to see my neurologist, I said, "We need to talk.
Because of the meds you prescribe for me, I wobble when I walk.
It causes some to gamble, others alcohol,
But I crave lots of candy when I take Ropinerole.
While others may want salads or tuna fish for lunch,
I can't seem to get my mind off a Nestles' Crunch."*

*I went to see my family doc, he said, "Dean, what's the matter?
Your last two visits, I see a trend, I think you're getting fatter."
I said, "Doc, quit blaming me, the culprit's Ropinerole.
That's why you have seen a spike in my cholesterol.
The drug increases my desire and when I get the urge,
I reach for Russell Stover and sit right down and splurge."*

*I went to see my dentist, a visit we all dread.
After the examination, this is what she said:
"There's a cavity lurking back there underneath a crown.
That's what happens when we fail to turn those Snickers down."
I left her office quickly with a date to fix my tooth.
I'd eaten my last Reese's Cup, but I found a Baby Ruth.*

*Now the thing to do, as we all know, is practice self-control.
Put those Milky Ways aside, be glad there's Ropinerole.
Continue to take those meds your doctor thinks you should.
Learn to enjoy that fat free crap that doesn't taste so good.
And when you're overpowered by guilt and that temptation lingers
Be sure to stuff your pockets with lots of Butterfingers.*

February 2020



Outstanding Member Awards

Our outstanding member awards for the year 2019 were made at our March 5, 2020, meeting. The voting was close this year so the Board decided to give two awards for members with PD, as well as an award for a caregiver.

Caregiver Award:

Sam Fiery has been a great help to the Hagerstown Parkinson's Support Group. He helps make the meetings go smoothly by assisting with the set up and clean up and has taken on the arrangement and execution of the Group's sound system. Sam played a significant role in the execution of the April 2019 seminar we hosted. He has been a regular, supportive member of the Support Group and we can always count on him to pitch in where he can.

Persons with PD Award:

Carolyn McKee pitches in whenever she can to help make our meetings go smoothly. She helps with the set up and clean up and has participated in our Four-State Alliance for Parkinson's Support meetings. Carolyn, on occasion, has brought bouquets of fresh flowers to share with other members. Despite her own medical issues, she has been a regular, supportive member of the Support Group and she has organized singers for caroling for some of our members.

Judy Fiery has been a real benefit to the Hagerstown Parkinson's Support Group. She always helps make the meetings go smoothly by assisting with the set up and clean up and has helped facilitate our PD Roundtables at one of the local senior centers. Judy played a major role in the execution of the April 2019 seminar we hosted and she took the lead on re-evaluating our picnic planning, including securing an indoor location. Despite some serious medical issues of her own, she has been a regular, supportive member of the Support Group.

Photos of the presentations are on the next page.

In addition, the following **members were recognized for attending 11 out of 12 meetings**: Becky and Paul Corderman, Joyce Garland, Holly McKee, Jack Nazelrod II, Mike and Marci Saterbak, Betty and Jay Stouffer.

Those attending all 12 meetings: Judy and Sam Fiery, Marie Fogarty, Art Guyer, Carolyn McKee, and Karen and Robert Calandrelle.

Karen and Robert Calandrelle were also awarded the **Red Lanyard** for their continued support and attendance.

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Outstanding Members Award Photos



Carolyn McKee Award



Judy Fiery Award



Sam Fiery Award

PD Patients Report Orchestrating Daily Lives Around Decreased Balance Control

February 13, 2020

Steve Bryson PhD

People with Parkinson's disease reported a need for increased planning in their lives due to limited mobility and restrictions in everyday life caused by a decrease in their balance control, a study shows. Study participants described using specific movement and cognitive strategies as a consequence of not trusting their bodies' capacity to control balance. Their ability to engage in social and leisure activities was also profoundly affected. Reduced balance is one of the hallmarks of Parkinson's disease, often resulting in more frequent falls even before diagnosis. As a result, people with Parkinson's experience difficulties with daily tasks and activities which can lead to withdrawal from participating in daily life and social activities. Recommended guidelines suggest supervised exercise training programs that push the limits and capacity of people with the condition. However, some of the measured improvements in balance and walking were not always consistent with the perceived improvements from the patient's perspective. Many believed their balance and abilities could not be changed.

Few studies have explored how people with Parkinson's perceive their balance control and the impact it has on their daily life. To help fill this knowledge gap, researchers based in Sweden designed a study to explore how people with Parkinson's are affected by and manage their balance control problems. The study involved in-depth interviews with 18 people with Parkinson's between the ages of 46 and 83, who were different in sex, living status, time since diagnosis, and disease stage. The interviews were conducted in person by a researcher and a physical therapist, mostly in the home of the participant. The participants were asked open-ended questions in a semi-structured interview format.

Due to a feeling of uncertainty about their physical ability, participants would have to predict when fluctuations in mobility and balance occur. Not knowing when episodes of reduced mobility happen affected their participation in everyday activities. Walking limitations in public spaces were described by patients who had fallen or almost fallen in public. Walking inside cluttered spaces and crowded areas would trigger balance problems. Many participants reported a heightened awareness of basic movements such as standing up and turning around. A need to concentrate on what they were doing was a strategy used all the time or during times without medications.

Increased fear of walking on ice or snow, or uneven terrain was discussed. The use of cleats, canes, and other walking aids were common strategies to feel safer, and many avoided going outside in the winter.

Participants found that their reduced balance made it harder to plan, attend events, and keep social appointments, resulting in being confined to their homes. Over time, their personal freedom and social life were restricted.

An increase in the amount of planning and the need for strategies were required to perform everyday tasks with less fear. Participants also felt the need to be more aware of their personal hygiene and activities such as getting dressed.

"In conclusion," the researchers wrote, "people with mild to severe [Parkinson's disease] experience reduced balance and this affects their ability to participate in activities of everyday life and perform dual-tasks. This resulted in participants choreographing their life around current states of mobility and balance."

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Reminders of upcoming events as of Thursday, March 05, 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, 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.

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- 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
- Monday, August 17, 2020, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD.
- Monday, August 24, 2020, 11:30 AM – 2:00 PM Caregivers' Lunch: Hagerstown Family Diner, Hagerstown, MD.
- Thursday, August 27, 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, September 3, 2020, 11:45 AM, Hagerstown Parkinson's Support Group Meeting: Speaker: Robert Lindsay, an author who will be speaking on Communications.

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