

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

May 2020

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

[Visit us on Facebook](#)

Volume 10, Issue 5

### This Month's Meeting

### May Meeting

**Due to the coronavirus issues at hand, our April 2nd meeting has been cancelled. We have rescheduled our speaker, Katy Kobel, from FOX Rehab, for July 2nd.**

We felt it was better to be proactive in this matter and not risk further spread of the virus. We are a high-risk population. Let's pray that this will be under control by the time May rolls around.

We will issue two \$10 gift certificates for the Western Sizzlin' Restaurant at our next meeting. 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.

#### **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, May 7th, 11:45 AM**

**Our Speaker Will Be  
Dr. Justin Martello  
Movement Disorder Specialist  
Christiana Care Neurology**

#### **Newsletter Highlights**

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

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

Boxing Can Improve Quality of Life ([Page 5](#))

Sight and Sound Bus Trip ([Page 6](#))

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

#### **Hagerstown Parkinson's Support Group Meetings in 2020**

May 7, Dr. Justin Martello, Movement Disorder Specialist, Christiana Care Neurology  
June 4, Lynda Janet, Somerford, Memory Loss  
July 2, Katy Kobel, FOX Rehab, LSVT/BIG.  
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 going to be streaming their April 18<sup>th</sup> Symposium to the internet and if you register, it will be available on your home computer. See page 2 for details.**



The Hagerstown Parkinson's Support Group

Group Facilitator:

Art Guyer, 240-625-2722  
[4Parkinsons@gmail.com](mailto:4Parkinsons@gmail.com)

The Hagerstown Parkinson's Support Group  
is supported in part by:



17567 York Road, Hagerstown, MD  
Stop by for lunch or dinner to support them!

Thanks to Paul Romsburg, his family, and staff of the *Western Sizzlin'* for supporting our group.

**UNSUBSCRIBE:** If you no longer wish to receive this newsletter, please contact the Group Facilitator, Art Guyer.

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### Caregiver's Breakfast and Lunch

Our Caregivers' **Breakfasts** are on the 3<sup>rd</sup> Monday of every month. This month the breakfast is scheduled for **April 20th at 8:30 AM** at the **Hagerstown Family Diner**, located at 431 Dual Highway.

Caregiver's **Lunches** are on the 4<sup>th</sup> Monday of every month. This month the date will be **April 27th 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 15<sup>th</sup>; **Carol Gaines, Judy Fiery and Linda Embly** facilitated the session. Thanks, ladies.

We have scheduled similar sessions at Homewood in 2020 on April 15<sup>th</sup>, July 15<sup>th</sup>, and October 15<sup>th</sup>. 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 4<sup>th</sup> Thursday of every month at the Otterbein Church on East Franklin Street from 11:00 AM – 12:30 PM. The April meeting date is on the 23<sup>rd</sup>.

*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 April

Happy Birthday to members who have birthdays in April. We announced your names and will sing happy birthday to you at the meeting in May

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!

### From the PFNCA

In coordination with the PFNCA Medical Advisory Board and guidance from the CDC and state and local officials, the April 18, 2020 PFNCA Symposium will now be held as an online conference.

Those that register will receive a link to view lectures live on their computer, iPad or other device.

Pricing has been reduced as follows:

- If you register by April 1, the cost is \$40 per household.
- If you register after April 1, the cost is \$50 per household.

There will be one live question and answer session. Those that register will have the opportunity to submit questions in advance or during the program on April 18<sup>th</sup>.

Overall, the agenda will remain the same at this time. However, if there are slight changes, they will be announced.

We will miss the sense of spirit and camaraderie that the PFNCA Symposium is known for when held in person and look forward to it returning in person in 2021. In the meantime, we carry on with our important work to help you and others slow the progression of Parkinson's.

Join us for the 2020 PFNCA Symposium online! If you have not yet registered, click here to do so:

[Register](#)

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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)

**Dry mouth** – talk to your doctor if you are troubled by this syndrome. Many medications and medical conditions can cause it. Normal amounts of saliva are important to maintain healthy teeth and gums. Lack of it increases the incidence of decay and periodontal disease. Also, saliva aids in swallowing, digestion, and the ability to speak normally. Because dry mouth is very common, products have been developed for this condition. Consult your doctor or dentist to discuss possible treatments appropriate for you. Also, keep a glass of water hand to sip at during the day.

**Mood Shifts** – tell your doctor if you experience dramatic changes in your mood during the day, or from day to day. Up to 50 percent of people with PD experience mood swings. They can be caused by the disease or the medications you take.

**Eating** – keep track of how you feel after eating various kinds of meals and discuss potential dietary restrictions with your doctor. For some individuals, some PD medication effectiveness is affected by diet. Some people with PD have an issue with the absorption of levodopa when taken in conjunction with a high protein meal. Others may not tolerate it on an empty stomach. If medications do cause nausea, try taking it with ginger ale or a gingersnap cookie.

If you take carbidopa/levodopa, try dissolving it in a sugared, carbonated beverage to optimize its effectiveness.

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

*You all are probably thinking the same thing that's on my mind. When are we going to see the coronavirus issue settle down. I certainly hope that in a month things will be looking better. You know, since I was drafted into this position in April 2011, we have only had to cancel a meeting once, and that was due to the weather! So we have had a pretty good record. That is over 100 meetings – and only 2 missed. Let's hope that is all!*

*Take care..... Art*

### Four-State Alliance Support Group News:

Next 4SAPS Leader Board Meeting: July 11, 2020.

**Friends in Frederick PD Support Group:** The next meeting of this support group will be on **Wednesday, April 15, 2020**, at 1:00 PM. Their speaker will be Arita McCoy, RN - Johns Hopkins Movement Disorder Center. 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, April 18, 2020**, at 12:00 PM. Their speaker will be from Qigong Therapy. 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!

#### Three Essential Caregiver Stress Relief Tips

**Caregiving is stressful, there's no question about it.** But using effective stress reduction and management techniques can make a big difference in your physical and mental health. They help you keep going without burning out.

The American Heart Association suggests 3 essential techniques for reducing and managing stress. It explains how positive self-talk, emergency stress stoppers, and go-to stress-busting activities help stop stressful negative thoughts and improve your mood.

##### 1. Focus on positive self-talk.

We all have a voice in our heads – that's called self-talk. And we can speak positively or negatively to ourselves. Negative self-talk increases stress and makes you miserable. Positive self-talk reduces stress and helps you calm down and feel good about yourself.

With practice, you can learn to shift negative thoughts to positive ones. So, the next time you speak negatively to yourself, try turning it around to something positive, like in these examples:

- I can't do this. ► I'll do the best I can. I've got this.
- Everything is going wrong. ► I can handle this if I take one step at a time.
- I hate it when this happens. ► I know how to deal with this; I've done it before.
- I feel helpless and alone. ► I can reach out and get help if I need it.
- I can't believe I screwed up. ► I'm human, and we all make mistakes. I can fix it.

After practicing this technique, you'll be sure to notice a difference in your stress levels.

##### 2. Use emergency stress stoppers.

The American Heart Association suggests ways to stop stress fast. Here are 5 that may be especially helpful for caregivers:

1. Take slow, deep breaths until you feel your body start to relax.
2. Go for a walk, even if it's just to the restroom and back. It breaks the tension and gives you a chance to think things through.
3. Walk away from the situation for a while. Handle it later once things have calmed down.
4. Break down big problems into smaller parts. Take one step at a time, instead of trying to tackle everything at once.
5. Turn on some relaxing or inspiring music.

##### 3. Turn to stress-busting activities to break the cycle.

When stress is getting to you and you need to break the cycle, switch to an activity that makes you feel good – even if it's only for 10 or 15 minutes. To help you make the switch when you need it, keep a list of stress-busting ideas to draw upon so you can immediately refocus your energy.

Here are a few suggestions:

- Work on a scrapbook or photo album to focus on good memories.
- Read a book, short story, or magazine.
- Listen to your favorite music or watch an inspiring performance (watch videos online for free at YouTube).
- Take a walk in nature.
- Meditate or practice yoga



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## Boxing May Improve Quality of Life In People With Parkinson's Disease.

Rock Steady Boxing has become a popular exercise program designed specifically for persons with Parkinson's Disease. Some of the local locations include Hagerstown, Frederick, Chambersburg, Winchester, and Carroll County. Some of our members participate in this program

A preliminary study with these findings will be presented at the American Academy of Neurology's Annual Meeting, to be held in Toronto at the end of April.

"Moderate exercise has long been associated with having positive impact on some people with Parkinson's," Danielle Larson, MD, a neurologist at Northwestern University McGaw Medical Center and one of the researchers behind the findings, said in a press release, "but the outcome of this specific regimen seems particularly favorable for the majority of people."

The researchers looked at a boxing regimen called Rock Steady Boxing, a nonprofit program designed for people with Parkinson's. The program is non-contact: that is, people aren't hitting each other. Instead, participants attend 90-minute group classes, led by a coach, that feature boxing exercises aimed at increasing agility, speed, muscular endurance, coordination, footwork, and overall strength.

In the study, 1,709 people with Parkinson's, with an average age of 69, were given a survey on their quality of life. A total 1,499 of the survey respondents were either current or previous participants in the boxing program, while 210 had never participated. The two groups were similar in terms of time since diagnosis.

Among the boxing participants, on average, 43% attended three or more classes per week, 48% attended two classes per week, and 9% attended one class per week.

Overall quality of life was measured on a scale from 0 to 100, with 0 representing the best quality of life. Participants in the boxing program scored better than non-participants — 25 vs. 32 points.

Willingness to participate in an exercise regime was measured on a scale from 0 to 90, with 90 representing the greatest confidence in taking part in the regimen. Boxing participants scored higher than non-participants, with scores of 54 versus 48 points.



Further, 99% of current boxing participants and 94% of previous participants said they would recommend the program to other people with Parkinson's disease.

Among boxing participants, 70% reported a better social life, 63% had less fatigue, 62% felt less afraid of falling, 60% had mood improvements, and 59% felt less anxious. However, the survey was only administered once; scores were not actively followed for changes over time.

"This demonstrates that Rock Steady Boxing participants have improvement in the non-motor symptoms of the disease and, compared to non-participants, have significantly better quality of life and are more likely to feel confident engaging in continued exercise," Larson said.



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### WASHINGTON COUNTY CARES

### Bus trip to Sight and Sound for Queen Esther

Date: Tuesday, July 14<sup>th</sup>

#### Itinerary:

- Departure time: 7:30 am
- We will depart aboard a Varsity Charters Motor coach from the parking lot of the new Walmart (10420 Walmart Dr., Hagerstown, MD)
- Breakfast to be served on the bus at 9:00 am
- Show at 11:00 am
- Depart Theater: 2:15 pm
- Lunch at Bird in Hand Restaurant: 2:45 pm
- Depart for Hagerstown: 4:00 pm
- Stop for a quick dinner/bathroom break
- Arrive in Hagerstown: 7:30 pm

#### Cost \$120

Please make Checks payable to Washington County CARES. Registration forms and payment are due by Thursday, June 18<sup>th</sup>. Send Registration forms to **Somerford of Hagerstown, 10116 Sharpsburg Pike, Hagerstown, MD 21740** or to [pmcmillin@5ssl.com](mailto:pmcmillin@5ssl.com)

Included in the cost: Show tickets, breakfast, snacks, lunch, and transportation via motor coach with wheelchair accessibility



Registration form for Queen Esther Bus Trip

Name(s): \_\_\_\_\_

Phone Numbers: (Home) \_\_\_\_\_ (Mobile) \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

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### Reminders of upcoming events as of Friday, March 13, 2020

#### REGULAR EVENTS:

Event	Date, Time, Location	Contact for Information
Hagerstown Parkinson's Support Group Meeting	1 <sup>st</sup> Thursday @ 11:45 AM Western Sizzlin Restaurant, Hagerstown, MD	Art Guyer, 240-625-2722 4Parkinsons@gmail.com
Allegany, Garrett and Mineral Counties Parkinson's Support Group	1 <sup>st</sup> Friday @ 4:00 PM Grace Memorial Church, Cumberland, MD	Pam Dolly, 304-738-2196, <a href="mailto:Pameladolly@yahoo.com">Pameladolly@yahoo.com</a> Cathy Glessner, 301-729-1273 <a href="mailto:bearsden65@atlanticbb.net">bearsden65@atlanticbb.net</a>
Winchester PD Support Group Monthly Meeting	2 <sup>nd</sup> Tuesday @ 11:00 AM Winchester Church of God, Winchester, VA	Cheryl Reames, 540-662-4632 winchesterparkinsons@gmail.com
Central PA PD Support Group Meeting	2 <sup>nd</sup> Wednesday @ 1:30 PM Springfield Room, Bethany Village West, Mechanicsburg, PA	Dan Yother, 304-676-2053 oldred714@verizon.net Carol Cressler, 717-877-0624, cjcressler4040@gmail.com
Hagerstown Parkinson's Support Group Caregiver's Breakfast	3 <sup>rd</sup> Monday @ 8:30 AM Hagerstown Family Diner, Hagerstown, MD	Art Guyer, 240-625-2722 4Parkinsons@gmail.com
Hagerstown Parkinson's Support Group Caregiver's Lunch	4 <sup>th</sup> Monday @ 11:30 AM Hagerstown Family Diner, Hagerstown, MD	Art Guyer, 240-625-2722 4Parkinsons@gmail.com
Friends in Frederick PD Support Group Meeting	3 <sup>rd</sup> Wednesday @ 1:00 PM Mount Pleasant Ruritan Club, Walkersville, MD	Janet Silvius, 301-831-5609 janet@fifpdsg.org
Gettysburg PD Support Group Meeting	3 <sup>rd</sup> Wednesday @ 1:00 PM WellSpan Adams Health Center, Gettysburg, PA	Paula Chaplin, 717-337-4407 pchaplin@wellspan.org
PD Support Group of Frederick	3 <sup>rd</sup> Saturday @ 1:00 PM YMCA - 1000 N. Market Street, Frederick MD	Louise Houtz houtzmom@hotmail.com
Cross Keys Parkinson's Education & Support Group	3 <sup>rd</sup> Thursday @ 1:00 - 3:15 PM Cross Keys Village, New Oxford, PA	Daune Wynn, 717-495-5671 <a href="mailto:wynn574@crosskeysvillage.net">wynn574@crosskeysvillage.net</a> Helen Stratton, hmkstratton@gmail.com
Carroll County Parkinson's Support Group	2 <sup>nd</sup> Wednesday, every 2 months (Even Months, excluding 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, 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](mailto: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.

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- 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](mailto: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](mailto: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](mailto: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](mailto: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.
- Monday, September 21, 2020, 8:30 – 10:00 AM, Caregivers' Breakfast: Hagerstown Family Diner, Hagerstown, MD.

### MAKE TAX-DEDUCTIBLE DONATIONS TO THE HAGERSTOWN PARKINSON'S SUPPORT GROUP

You can make tax-deductible donations to our support group through the Maryland Association for Parkinson's Support, Inc. (MAPS), a non-profit organization that can receive charitable contributions for Parkinson's support groups, issue tax-deductible receipts to donors, and administer the funds to the designated group.

To contribute, **make your check payable to MAPS**. On the memo line write Hagerstown PD Support. You **must write that** to assure the money goes into our MAPS account. Mail donations to: MAPS Treasurer, Box 450, Brooklandville, MD 21022