

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

June 2020

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

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Volume 10, Issue 6

This Month's Meeting

? Meeting

Due to the coronavirus issues at hand, our April and May caregiver's breakfasts and lunches, as well as our May 7th meeting, have been cancelled. It is likely that June's meetings will not be held either, but we will let you know next month.

We felt it is 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 soon.

To keep our communications simple, I have decided to do a one-sheet newsletter until we can get back in full swing again.

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!



On a personal note, Jan and I are keeping safe here in Florida. We are staying at home. We have been getting groceries delivered to the house and that has been working out well. We hope you are doing the same – stay safe until we can be together again.

MARK YOUR CALENDARS

Join us for our next
Parkinson Support Group Meeting
at the

Western Sizzlin' Steakhouse
17567 York Road, Hagerstown, MD

Sometime Soon, I Hope!

MAY MEETING CANCELLED

PLEASE STAY HEALTHY
SO WE CAN MEET AGAIN

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

Please stay safe and follow the guidelines the medical community is promoting. Stay at home, wash your hands frequently and keep a proper distance from others.

I know most of you already know that our friend, our fellow board member, and one lovely lady, Ecile Shaw, passed away on March 17th.

Please keep Ragan and the family in your thoughts and prayers. It is hard to believe this wonderful person is no longer with us.

Many of you also know that our friend, Stephen Geer has been found. He had been missing since mid-February.

His body was recovered April 12, 2020. Please keep his family in your thoughts and prayers.

The Hagerstown Parkinson's Support Group

Group Facilitator:

Art Guyer, 240-625-2722
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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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Coronavirus and Seniors: What You Need to Know (From Daily Caring)

Americans stay home to slow the spread of infection

To slow the spread of the COVID-19 virus, millions of Americans have been asked to stay at home for protection and only go out for food or medicine, to provide care, or to exercise in their neighborhoods while staying 6 feet away from others. Taking these actions will slow the infection rate and reduce the number of people who get sick at the same time

Commonly known as "coronavirus," the COVID-19 virus is a respiratory illness. Currently, the risk of getting coronavirus in the U.S. is low if precautions are taken. But if the illness does spread in your area, seniors and people with chronic health conditions are at higher risk, just as they are with seasonal flu.

To reduce the spread of disease, CDC recommends using common-sense prevention practices:

- Get a flu shot, if you haven't already
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For people at higher risk of getting very sick from COVID-19, the CDC recommends:

- Stocking up on supplies
- Taking everyday precautions to keep space between yourself and others
- In public, keep away from others who are sick, limit close contact, and wash hands often
- Avoid crowds as much as possible
- Avoid non-essential travel
- During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed

Avoid dangerous fake coronavirus "cures," scams, and misinformation

IMPORTANT: DON'T attempt any coronavirus cures or treatments without first speaking with a qualified, reputable medical professional – preferably your regular doctor.

Be aware and avoid fake products that claim to cure coronavirus. Scammers and thieves take advantage of public fear and confusion to sell fake medications, supplements, or treatments – especially on the internet and through social media. Similarly, rumors and misinformation about supposed "cures" or "preventive measures" have been spreading like wildfire on the internet and social media.

Popular coronavirus scams include:

- Free store gift cards as COVID-19 stimulus packages in exchange for filling out a customer survey or registration
- Get free iPhones by clicking a link in a text message – loads malware that spies on you
- Counterfeit face masks and hand sanitizer
- Fraudulent home test kits for coronavirus
- Undelivered goods from fake sellers – they promise to sell you a sold out product like face masks, take your money, and don't deliver anything
- Emails, texts, apps, or websites that claim to track the spread of the virus, but get you to download ransomware onto your device that blocks your access and holds your phone or computer for ransom
- Fake supplements, lotions, toothpastes, teas, etc. that claim to cure or treat coronavirus
- Religious or faith-based miracle cures
- CBD-based cures and treatments
- Fake charity organizations
- Robocalls pitching a variety of scams
- Fake payday loans
- Fake work-from-home schemes