

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

October 2020

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

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Volume 10, Issue 10

### This Month's Meeting

### ? Meeting

**Due to the coronavirus issues at hand, none of our meetings in September will be held, including the picnic.**

**We will let you know about upcoming meetings sometime next month.**

We feel it is better to be safe in this matter and not risk further spread of the virus since we are a high-risk population. Let's pray this will be under control soon.

**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, I am still in Florida. We are staying in the house; we have only been out a few times since the end of March. We have groceries delivered to the house. When we do have to go out, we wear masks and keep our distance from others as much as possible. 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!

### SEPTEMBER MEETING CANCELLED

### SEPTEMBER CAREGIVERS MEETINGS CANCELLED

PLEASE STAY HEALTHY  
SO WE CAN MEET AGAIN

**If you are interested in viewing or participating in some of the virtual activities that are out there now, please let me know and I will put you on a special mailing list so you know what's coming up.**

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

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, wear masks if you do go out, wash your hands frequently and keep a proper distance from others.**

**COVID-19 affects people** in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Cough
- Shortness of breath/difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

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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### 12 Ideas for Exercise and Physical Activities for Seniors

Physical activities for seniors boost self-esteem and has many other benefits for seniors. Exercise is an excellent, non-drug way to improve well-being. The important thing is to find exercises that are enjoyable and safe for the respective ability level. Exercising is an effective way to reduce fall risk and can reduce pain. Staying active also improves sleep, strength, flexibility, and circulation. Plus, it's a great way to boost mood and self-esteem.

How to encourage someone to exercise: Getting someone to exercise may not always be easy, especially if they haven't exercised regularly in the past. It may help if you don't consider it as exercise, but treat it as just another regular task in the daily routine or as a fun special activity like a "dance party." It's helpful to exercise with your loved one because many of us struggle to start activities on our own and remember the sequences. That way, you can demonstrate the movements, slow the pace as needed, and provide help when needed.



Being able to mimic your movements and not having the pressure of having to remember what to do makes it a more enjoyable activity for your loved one. Leading them in exercise may seem like yet another thing to pack into your nonstop day, but it can help reduce challenging behaviors and improve sundowning symptoms – plus it helps you get active too.

#### 12 ideas for physical activities for seniors

##### Simple

- Walking – one of the best exercises around (and it's free!). Walking around the house, the yard, or outside for any amount of time is wonderful for body and mind. You could even combine the walk by doing an errand together like walking the dog or going to the grocery store.
- The sit to stand exercise – strengthens muscles needed for essential activities like using the toilet
- Stay balanced in a standing position (hold on to a support when needed) – improves balance and posture, can be a standalone exercise or part of an everyday activity like washing dishes
- Sit unsupported for a few minutes each day (with constant supervision to prevent falls) – strengthens the abdominal and back muscles needed for posture
- Stretch while lying in bed – move various body parts and stretch stiff muscles, this can be done with assistance or independently

##### Moderate

- Stretches and/or strength exercises – try this simple chair stretching routine or this easy strength and balance routine
- Tai chi – try these routines that can be adapted for a variety of physical conditions
- Gardening – something simple like raking or pulling weeds gives a sense of accomplishment and is a great workout
- Household chores – basic chores can be great exercise, like folding laundry, dusting, light vacuuming, or washing the car

##### Advanced

- Dancing – this is a fun activity that doesn't feel like exercise. Play your loved one's favorite dance music at home and lead them in a private dance party in the living room. Or, look for social events at senior centers that include dancing.
- Exercise class – some senior centers or similar organizations offer classes specifically for people with PD
- Water exercise – consider going with your loved one to a local class at the YMCA or senior center

How much exercise is recommended? Each person's health, personality, and cognitive abilities are different, so it will take some experimenting to find the amount and type of exercise that works well for your loved one. In general, aim for the amount that helps them feel good, both physically and mentally. And make sure to start slow and build up slowly. Any amount of exercise is great, no matter how small. Pushing too hard doesn't help and could cause injuries.

For example, some people may enjoy a few 10 minute sessions throughout the day. Others might like to do 30 minutes all at once. And some may need to start with only 2 minutes and slowly build up from there.

The benefits of exercise will vary depending on the person. But in general, being active improves health and well-being in many ways.

Exercise is helpful in many ways for seniors, but the top priority is safety before, during, and after physical activities.