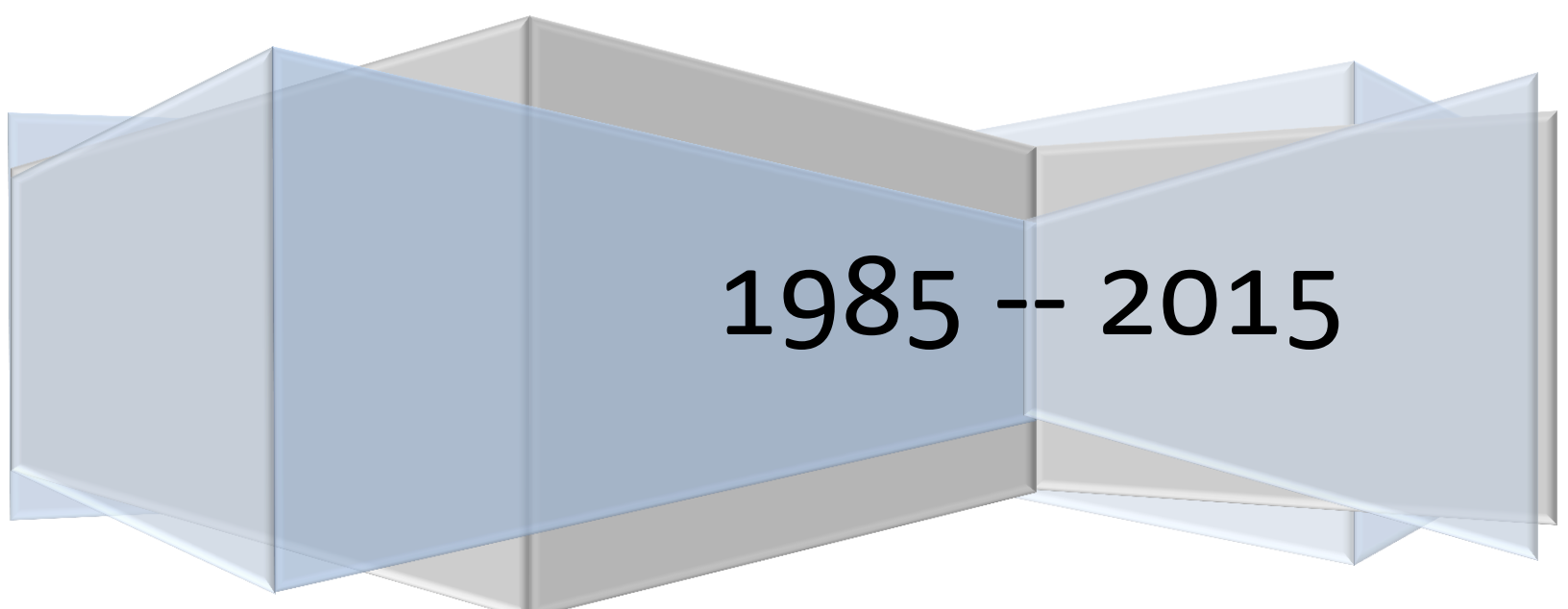


History of the Hagerstown Parkinson's Support Group

The First 30 Years.....

Art Guyer, Facilitator



1985 -- 2015



History of the Hagerstown Parkinson's Support Group

By Art Guyer, November, 2015

I t has been an interesting exercise, putting this information together. I am happy I undertook the task and pleased with the results. I have to admit up front, however, the early years are a little sketchy and some of the dates don't exactly match up, but it is a close representation of what occurred. Please contact me if you see errors or have any additional material or photos that would be appropriate to include.

1984 – 1986 Don Barron indicates he and his wife Peg helped organize the original Parkinson's support group in Hagerstown. According to a 1994 newspaper article, there were approximately 14 members in the group at that time. When the current support group presented an award to Don in 2011, members learned he had 27 years of service with the group. That would make it 1984 when he became involved. However, the newspaper article indicates Peg was diagnosed with Parkinson's disease in 1986. So let us say the Hagerstown Parkinson's Support Group's ancestor began forming sometime in the mid-1980s.

1987 Barbara Fitzsimmons, RN, (Director of Nursing Education for Neurology/ Neurosurgery at JHU) recalls:

"I assumed the PD Nurse Coordinator position in September 1985 after Pat O'Donnell left for maternity leave. I attended the September 1986 American Parkinson Disease Association (APDA) Symposium where we were encouraged to start support groups in our communities. I think the first meeting was in the Hagerstown Public Library most likely in late 1986 or early 1987. I remember Hagerstown members attended the PD Symposium in 1988. I left the PD Center in March 1989."

1988 Hagerstown Support Group members attended the 1988 APDA Symposium.

Based on written records and conversations I've had about the early days of this support group, it is clear that Don and Peg Barron were instrumental in revitalizing and continuing the Parkinson's disease support group in Hagerstown, MD. From the mid- 1980s, they were involved until Don Barron resigned in 2011. The group went through several formations during its history until it ended up where it is now.

This article is based on research of material passed on to me when I became the facilitator for the Hagerstown Parkinson's Support Group, as well as information provided from a number of relevant individuals, including a meeting with Don Barron in September 2015, and email communications with Becky Dunlop RN, MS, Associate Director, Johns Hopkins Parkinson's Disease and Movement Disorders Center; Lisette Bunting-Perry, RN, PhD (Founder of the Edmund Safra Visiting Nurse Faculty in PD and author of Comprehensive Nursing Care of PD); and Barbara Fitzsimmons (Director of Nursing Education for Neurology/Neurosurgery at JHU).

The written material consists of meeting notes, member lists, and a newspaper article. The more current history is based on information in our newsletters, data bases, and my memory. I have selectively added names here and there because they are familiar to many of us. For more details for the years 2011 until the present, visit our website at: www.fareshare.net/Parkinsons/ where you can find all of our newsletters archived as well as other information. I want to thank Dean Cook and Jon Pearson for the assistance they provided through extensive, critical editing.

1989 Lisette Bunting-Perry, PHD, RN, recalls:

"I have very fond memories of Peg and Don Barron and my travels from Johns Hopkins to Hagerstown. It was indeed a long time ago and I was a very young nurse.

I would estimate the Hagerstown Support group was started by Barbara Fitzsimmons in 1987 or 1988 when I was working in the Department of Psychiatry and collaborating with Barbara on a PD research project. I took over the Hagerstown group when Barbara was promoted in 1989.

At that point in time the nurses in the Johns Hopkins Parkinson and Movement Disorder Center were funded partly by a grant from the APDA to support activities of the Hopkins Information & Referral Center. The vision of APDA was to expand regional support groups, which was the genesis for Barbara to start the Hagerstown and Salisbury support groups at about the same point in time."

1993 The first written record available was dated February 3, 1993, and consisted of support group and Executive Committee meeting notes for "*The Parkinson Support Group of Washington County*" which met at the Washington County Free Library. At this meeting it was recognized Don and Peg Barron had been serving as chairpersons for the group. The main topic was a discussion during which the group decided to apply to become a charter chapter of the American Parkinson Disease Association (APDA). It was decided the new name of the group would be the "*Western Maryland Chapter of the APDA, Inc.*" Don Barron was elected to serve as chairperson for the organizational meeting. Iris Fryer was asked to serve as Secretary to record the minutes for the meeting. A committee was appointed to nominate officers that would serve until the end of 1994 consisting of Stanley Smith as Chairman, Dan Johnson as Co-chairman, and members Ed Spurrier, Dan Martin, Don Morgan, and Iris Fryer. There were 39 members at this organizational meeting.

In March of 1993 Stanley Smith of the nominating committee reported out the committee's recommendations. As a result the group elected Peg Barron as President, Don Barron as 1st Vice President, Kass Spurrier as 2nd Vice President, Iris Fryer as Secretary, and Dan Martin as Treasurer. The group discussed the annual Walk-a-Thon to be held in May at Doub's Woods Park, the proceeds of which would go to the APDA. The speaker at that meeting was Paula Goldberg, the Nurse Coordinator at Johns Hopkins. Thirty-eight members attended that meeting. Later that month the Executive Committee met at the Sheraton Inn. They decided they would institute an annual family membership fee of \$10. They also decided the support group would meet each month from September through June and the December meeting would be a Christmas Luncheon. A variety of program suggestions for the next year was discussed including: Game Day, Parkinson Information Day, a visit to Ravenwood Center, and separate meetings for persons with PD and their caregivers. Participating in an upcoming Senior Fair and sending meeting announcements to the newspaper were also discussed. Kass Spurrier was made Publicity Chairman and Iris Fryer was identified as Chairman of the Telephone Callers.

The August 1993 Executive Committee meeting was held at the Homewood Retirement Center in Williamsport, MD. Gwen Bishop was now identified as the Treasurer. Finances were discussed including the amount in the treasury and contributions to APDA. Plans for the Christmas luncheon at the Sheraton were discussed. It was also decided not to take notes at future support group meetings unless it was to record the results of group votes.

Paul Smedberg, the APDA Regional Representative and Director of the Washington, DC Office, was the speaker for the September 1993 support group meeting.

In November 1993, the Executive Committee met at the Sheraton Inn. It was reported that 28 families had paid their membership fees and they had a bank balance of \$673.77. A total of 34 reservations had been made for the Christmas Luncheon. Activities that were to be coming up in 1994 -- including the Senior Fair, the Walk-a-Thon, and a symposium to be held at the BWI Marriott in the fall of 1994 -- were discussed. Peg Barron described the support group leaders meeting she had attended at Johns Hopkins.

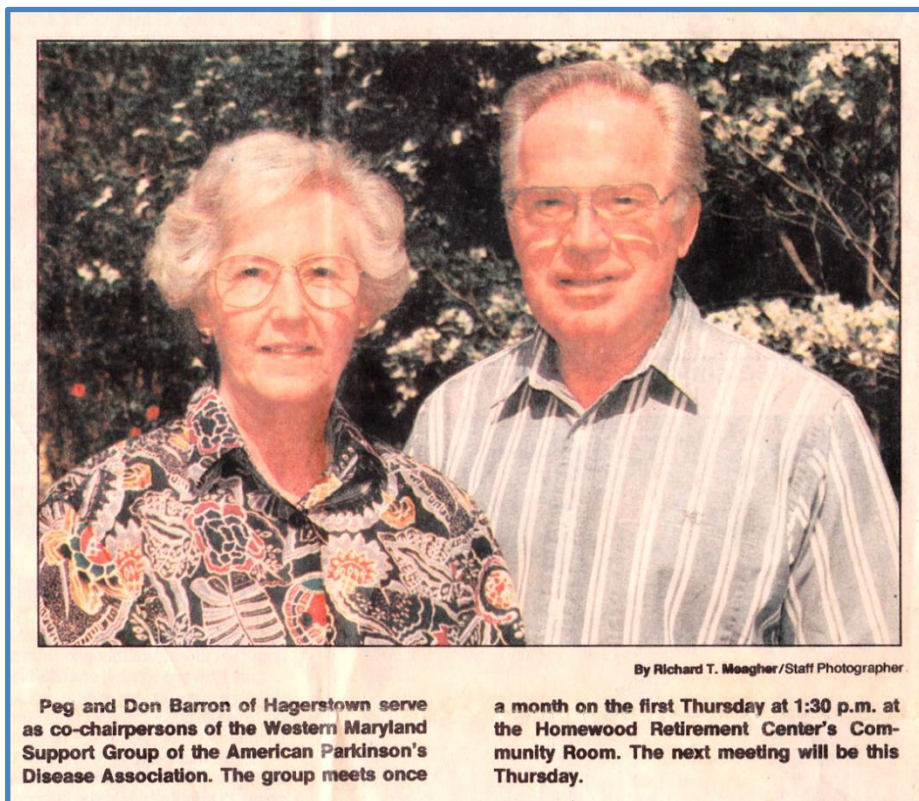
1994 The Executive Committee met again in February 1994 at the Sheraton Inn. The Treasurer reported a balance of \$374.77. Much of the discussion centered on the Senior Fair coming up in May and how they would participate. They decided to look for a booth sponsor and provide handouts at the fair. It was announced that Dr. Stephen Reich, the group's medical advisor from Johns Hopkins, would be the speaker at the May support group meeting. *[Note: Dr. Reich is now at the University of Maryland]*. The possibility of having a spring luncheon at the Homewood Retirement Center in place of the June support group meeting was discussed.

Early in May of 1994, The Hagerstown "Daily Mail" ran an article about the support group and Peg and Don Barron, Co-Chairpersons of the Western Maryland Support Group of the American Parkinson's Dis-

ease Association. Don is quoted as saying "There were about 14 members when we started going and now there are about 85." The article indicated the group was meeting at the Homewood Retirement Center Community Room once a month on the first Thursday at 1:30 PM.

The August 1994 Executive Committee meeting was held at the Sheraton Inn. The Treasurer reported a balance of \$276.76 and announced the May 1994 Walk-a-Thon had generated over \$3,100 that was sent to APDA. The Barrons reported on the National Parkinson Conference they had attended in Florida. They indicated research (at that time) was progressing to the point that a cure for Parkinson's disease could be found within the next 8 – 10 years. There was also an an-

nouncement about the start of the group's exercise class at Hagerstown Community College. The Johns Hopkins Symposium at the BWI Marriott was discussed including the fact that a bus would be provided to take members to the event. It was indicated the symposium registration fee was \$20.



The Hagerstown Daily Mail, May 3, 1994

In November 1994 the support group met at the Homewood Retirement Center and the slate of officers for 1995 – 1996 was presented by Dan Johnson, Chairman of the Nominating Committee. The officers nominated were:

Co-Presidents -- Peg and Don Barron

Vice President – Dan Johnson

Secretary – Iris Fryer

Treasurer – Kass Spurrier

Members-at-Large – Bill Bishop, Paul Fryer, Al Losch, Ed Spurrier, and Pat Zilch.

The slate was accepted by the group as nominated. Keith Boppe was also shown to be at this meeting; Keith continued to attend meetings off and on until November 2012. Julie Barr, from the local Red Cross Chapter, was the guest speaker at this meeting.

1995 In January 1995, the Executive Committee met at the Venice Inn. A balance of \$654.98 was reported and it was announced at that meeting that Bobby and Jackie Fouche had given a \$200 donation to the support group. It was also made known that the APDA was seeking assistance in getting the Morris K. Udall Parkinson's Research, Education, and Assistance Act passed in the 104th Congress. During this meeting it was decided not to sponsor a Walk-a-Thon in 1995, but instead a donation campaign would be held to collect money for Parkinson's research. It was also decided not to participate in the 1995 Senior Fair. Dan Johnson was asked to serve as Program Chairman.

At the March Executive Committee meeting, Pat Zilch was introduced as a new member of the Executive Committee. Pat and Don Zilch continued to attend meetings when possible through November 2012. Kass Spurrier, Treasurer, reported a balance of \$584.26. Al Losch reported on the progress of the fund raising effort for ADPA. This campaign consisted of writing letters to clubs, businesses, and professionals; persons with Parkinson's disease; and friends and family of persons with Parkinson's. Individual letters for each group were drafted.



Pat and Don Zilch, 2011

In August 1995, the Executive Committee met at the Homewood Retirement Center. The Treasurer reported a balance of \$552.02. It was announced the fund raising efforts allowed over \$4,300 to be sent to APDA. The committee discussed acquiring videos to be shown at two of the upcoming meetings in the fall. The cost of printing a newsletter was also discussed. Some of the members shown in lists as of December 1995 were the Barrons, Keith Boppe, the Fouches, the Zilches, and Jack Nazelrod. Jack was the father of current member Jack Nazelrod II.

1996 To this point documentation of meetings of the Executive Committee and the Support Group was handwritten. In July 1996, the first typed notes appeared. The Executive Committee met that month in the Community Room at Homewood. The Treasurer reported a bank balance of \$453.89. It was reported the 1996 Walk-a-Thon resulted in the collection of over \$5,300. Some discussion was held addressing low meeting attendance. Don Zilch volunteered to mail meeting notices to all members. There was also discussion of an upcoming seminar and the possibility of renting a bus or van for members of the group to attend.

1997 The Executive Committee met in February 1997 at the Howard Johnson's Motor Inn. It was decided to conduct a fund-raising effort through a letter campaign again. Selected members were assigned the responsibility of planning programs for upcoming months. Becky Dunlop, RN, currently the Associate

Director for the Johns Hopkins Parkinson's Disease and Movement Disorders Center, became involved in PD support group activities and began her long-term relationship with the local support group.

1998 In 1998 member listings, other familiar names appeared: Ed and Miriam Timmons and George and Vesta Myers. A letter went out in August of that year to members announcing that meetings would resume in September and be held on the first Thursday of each month at 1:30 PM in the Community Center building at Homewood Retirement Center. It also reminded members there was a \$10 per family charge to cover operating expenses.

That was the end of the meeting notes provided by Don Barron. At some point during our history, Don Zilch took over the chairmanship of the support group for a year or so. Both Don Barron and Jackie Fouche have indicated that fact but I was never able to pin down the exact time frame.

2004 A mailing list dated March 2004 showed additional names some current members should remember: Woody and Joanne Crider, Dave and Patsy DeHaven, Doris and Clyde Fearnow, Paul and Kiem Romsburg, Roger and Mary Lou Koontz, and Dan Yother (who now lives in Mechanicsburg, PA and is a support group facilitator there and a part of the Four-State Alliance for Parkinson's Support).

2005 – 2006 In 2005, Glenn and Ina May King, Karen Kelley, and Ragan and Ecile Shaw appeared on the membership lists. In 2006, Larry Keys was shown on a membership list. That was the last membership list provided. It appears that in 2005, the group separated its involvement with the APDA and became the "Hagerstown Parkinson's Support Group" based on the records and conversations with Don Barron. As Don explained, being a local chapter of the APDA meant the group had to continuously try to raise money and that money went to the APDA. This became too much of a one-way street and too much of an effort to continue. That was about the time meeting months were changed from March through November, eliminating December, January and February due to potentially bad weather.

2007 – 2010 In 2007 or 2008 Doris and Art Guyer began attending the support group meetings and immediately became regulars. In 2010, Homewood undertook new construction and rehabilitation and, as a result, the meeting location was shifted to the Hilltop Assisted Living facility at Homewood. Peg Barron passed away during the latter part of 2010.

2011 Early in 2011, Don Barron resigned as chairperson of the support group and as a member. At the March meeting of that year the group asked Doris and Art Guyer to take over leadership of the group. At the same time, Kathy Lanham became Homewood's coordinator for the group. During the rest of the year a number of projects were undertaken: a website for the group was established, a tri-fold brochure was created, and a one-page monthly newsletter was published. During this period, while Art formatted and wrote it, Homewood bore the cost of reproducing the newsletter (which replaced their meeting flyer) as well as the postage required to send it to all members. Speakers in 2011 included Diane Burgan, Clinical Manager of Physical Therapy at Homewood; Deb Hart from the Homewood Food Service Department; neurologist Dr. Zoltan Mari from Johns Hopkins Parkinson and Movement Disorder Center; Becky Dunlop also from Johns Hopkins; and Judy Barron from the Washington County Health Department. Several of the 2011 meetings were group discussions so mem-



**Art Guyer Presenting
Award to Don Barron, Oc-
tober 2011**

bers could get to know each other better. In October of 2011 the group had a special program in which they and Becky Dunlop from Johns Hopkins honored Don Barron for his 27 years of service to the Parkinson's community.



Becky Dunlop & Don Barron,
October 2011

2012 Many changes took place in calendar year 2012. The newsletter grew to 2 (or more) pages covering more topics; it also was issued throughout the winter months when the group did not meet. During 2012, the group's meeting place changed back to the Community Center in one of the dining rooms, and the pharmaceutical company that had been paying for lunches stopped its support. Dave DeHaven and Art Guyer negotiated lunch content and price with Homewood and arrived at a price of \$6.50 per person, including a beverage. Individuals volunteered to bring dessert for the group. The group had its first picnic (in recent history) in June of that year at the St. James Brethren Church on Lappans Road. It was so successful the group decided to have another in September at the same location. Peg Hayzlett, Lorre Jones and her mother, Nancy Starliper, coordinated the picnic effort. There were 21 attendees at the first picnic. Two picnics have been held every year since then. A survey to collect members input on meeting topics, meal arrangements and ways to improve the group in general was conducted. In March 2012 the group started to record attendance at the meetings. That March meeting had 26 attendees. The attendance grew over the year, showing ups and downs, with a low of 20 and a high of 48; the average for the 10 months was 34. The group also began identifying birthdays so they could celebrate each month during meetings.

Speakers during 2012 included Sharon Wilson, the facilitator for the Greater Winchester Parkinson's Support Group; John Provo, a lecturer; Arita McCoy, a nurse from the Johns Hopkins Parkinson's Disease and Movement Disorders Center; Dr. Liana Rosenthal, and Becky Dunlop also from Johns Hopkins; Dr. Linda Sigmund, a Parkinson/Movement Specialist from Virginia; and Candice Valencia, a Senior Yoga and Exercise Personal Trainer. In March of 2012, the group held its first Caregivers' Breakfast and has had one every month since then. Another initiative was undertaken to gather email addresses for as many members as possible. Distribution of the newsletter and other information by email began this year.



Ecile Shaw and Peg Hayzlett at Breakfast

In May of 2012, Bailey Vernon began working at the Johns Hopkins Parkinson's Disease and Movement Disorders Center, as a Health Educator. Bailey attended the August meeting with Becky Dunlop and quickly became involved with the Hagerstown Parkinson's Support Group (and others, of course) and has been a major help to the group since that time.

In August of 2012, Art Guyer made a presentation on "*Parkinson's Disease and Support Groups*" for the Hospice of Washington County. About 90 people showed up for the evening presentation and a number of new contacts were made that resulted in new members over the next few years.

At the end of the year, group leaders were informed that Homewood would no longer be able to provide support to the Hagerstown Parkinson's Support Group. After considering several alternatives, Art Guyer met with Paul Romsburg, his family and staff to seek permission to meet at the Western Sizzlin' Restaurant for their monthly meetings. Paul and his family not only provided the group with a meeting place, but a great deal of support in other ways including the purchase of a digital projector and screen and the do-

nations of restaurant gift certificates to the group to use as needed. To cover operational costs of the group, it was decided to take up a collection at each meeting to help pay for paper, envelopes, ink, postage, etc. The first meeting at the Western Sizzlin' Restaurant took place in December 2012 and it was decided to begin meeting year-round.

2013 In 2013, it was clear the winter meetings (December, January, and February) were going to be a success as long as the weather cooperated. The warm welcome the group got at the new location, the selection of food, the ease of parking, and the support of the owners contributed significantly to a growth in attendance that year. In addition, advertising in newspapers in Hagerstown, Chambersburg, and Waynesboro had good results. The Hagerstown Parkinson's Support Group settled on a meeting format as follows: 11:45 AM was designated as the arrival time, 12 Noon as the time for the speaker to begin, and about 1:00 PM lunch would take place for those staying to eat.

Speakers during 2013 included, Dr. Paul Dash, a Johns Hopkins neurologist; Kathy Fisher, Director of the Washington County Senior Center; Dr. Liana Rosenthal, a Johns Hopkins movement specialist; Liz Porteus, a speech and voice therapist; Jodi Ramsey from Hospice of Washington County; Bailey Vernon and Becky Dunlop from Johns Hopkins; Dr. Samina Anwar, a local neurologist; Jennifer Reinke, a Meritus pharmacist; Bill Bug, a Frederick County author on caregiving; and Dr. Steven Ryan, a local physical therapist.



Totem Pole Playhouse Group

One of the initiatives started in 2013 was attending a summer theater production at the Totem Pole Playhouse in Fayetteville, PA, followed by a group dinner. The group saw "*A Closer Walk with Patsy Cline*" by Dean Regan. This turned out to be a very popular event. Another initiative tried this year without the same success was a "Dance for PD" exercise program. A number of people attended the demonstration put on by the Bowen McCauley Dance company,

but the group was not able to sustain enough interest or financing to make it a regular activity. In 2013 members of the group helped support a new Parkinson's Support Group in Chambersburg, PA. Another major effort began this year, as the group began planning for an education program for the Parkinson's Community to be held in the Hagerstown area. Dave and Patsy DeHaven decorated a tree for the December meeting and the group had its first gift exchange for the holidays.



Dave and Patsy DeHaven Decorating Tree

In 2013 the group had its picnics at the Martin L. Snook Memorial Park in Hagerstown, MD. This location had good parking and on-site facilities and was more central for the members. There were 27 attendees at the June picnic including long-time former member Jackie Fouche as a special guest. Our fall picnic had 43 attendees. Bingo became a popular part of the picnics; called by Dave DeHaven.

Attendance for 2013 grew steadily. It showed a low of 37 and a high of 56; the average for the year was 45. And the newsletter grew to 6 pages. A new umbrella organization named the Maryland Association for Parkinson Support got started this year and made a lot of organizational progress.

2014 The year 2014 was very successful for the Hagerstown Parkinson's Support Group. In conjunction with the staff of the Johns Hopkins Parkinson and Movement Disorder Center, members of the group planned and executed an event in April at the Hospice of Washington County Facility. About 100 persons

attended the all-day event -- "Managing Parkinson's Disease: An Educational Program for the Community." Attendees came from the entire 4-state area around Hagerstown, including the Parkinson's Support



Attendees at the 2014 Seminar

Groups in the area and from distant locations such as Annapolis, MD and Glen Ridge, NJ. Hospice provided the facility and support at no cost and there were major contributions from Medtronic and TEVA. The energetic staff of the Johns Hopkins Parkinson's Disease and Movement Disorders Center -- Bailey Vernon and Becky Dunlop -- arranged for the speakers and provided other support. Dave DeHaven, Ecile Shaw, Mike Saterbak, Peg Hayzlett, Barb Harrell, and Sandy Phillips worked behind the scenes to help make the seminar a reality, including arrangements for refreshments and lunch, and the solicitation and collection of over 30 door prizes valued in excess of \$1,100. The event even got television coverage. As a result of generated income from the event, the Hagerstown Parkinson's Support Group donated money to Hospice's Doey House effort and Johns Hopkins' "Pacing for Parkinson's."

During 2014 the group also began playing cards on a somewhat regular schedule and duckpin bowling at Southside Bowls in Hagerstown. The alleys were set up for those who would have difficulty moving, lifting or even walking. There were 15 members at the first bowling event. The group also manned a table at the annual Senior Expo at Valley Mall in August. The newsletter grew to 8 pages and received a lot of recognition from other support groups under the auspices of Johns Hopkins and others. The trip to the Totem Pole during the summer was to see "*Ring of Fire: The Johnny Cash Tribute*" with a group dinner afterwards at Ryan's Restaurant in Chambersburg, PA.

Speakers in 2014 included: Michael Day, an elder care attorney; Padraic Keen, a pharmacist from Meritus; Hilary Lo from the Commission on Aging; Dr. Stephen Grill, a movement disorder specialist associated with Johns Hopkins; Kylie Osman, a speech therapist; Bailey Vernon and Becky Dunlop from Johns Hopkins; Dr. Paul Dash, a neurologist associated with Johns Hopkins; Doug DeHaven, the Hagerstown Fire Marshall; and Stephen Ryan, a physical therapist. In addition, Bob Teufel from Elizabethtown, PA spoke to the group about his journey with Parkinson's and what he had learned and things he found that helped him.

Attendance for 2014 continued to edge upward with low of 36 and a high of 73 (a new record); the average for the year was 49.

Two picnics were held at Snook's Park in Hagerstown in 2014. There were 39 attendees at the June picnic and 49 at the September event. Art Guyer began attending the "Hagerstown Coffee Talk" networking meeting held once a month in Hagerstown. It is a group open to professionals in the area who are in the senior services industry. It was an excellent fit for the support group and invaluable contacts were made. Art Guyer recorded a "Contemporary Retirement" Parkinson's disease segment with Attorney Michael Day and also participated in a live radio interview with Lou Scally on WJEJ.

In December of 2014, the group honored Paul and Kiem Romsburg and their family for their contributions to the Parkinson community in Hagerstown and the four-state area. A plaque was presented to Paul and it was hung near the entrance to the restaurant.



Romsburg's Community Service Award

Additionally in 2014, Art Guyer formulated the "Four-State Alliance for Parkinson Support" -- an alliance of local support group leaders from Cumberland, Frederick (2 groups), Winchester, Martinsburg, Mechanicsburg, Gettysburg, and, of course, Hagerstown. The initial meeting of this alliance took place at the Western Sizzlin' Restaurant in September of 2014. Representatives from the Maryland Association of Parkinson's Support also attended this meeting.

2015 The goal for 2015 was to increase participation in group meetings, breakfasts, and other social and/or exercise events. Barb Harrell volunteered to be the "Sunshine Committee of One" and send out cards to those in need. Art and Doris Guyer supported the startup of a new support group in Frederick, the Frederick County, MD, PD Early Onset or Newly Diagnosed Community Support Group. Members of the group also began supporting the Memory Café meetings at what was formally called Always Ron's Restaurant. Art Guyer, Dave DeHaven, and Mike Saterbak attended the PD Caregiver Training program sponsored by the Johns Hopkins Parkinson's Disease and Movement Disorders Center held in Ellicott City, MD. Art Guyer recorded another "Contemporary Retirement" Parkinson's disease segment with Attorney Michael Day.

In 2015, the following speakers addressed the group: Dr. Kelly Mills, a movement specialist (neurologist) from Johns Hopkins; Irene Plessinger, dietician; Stephanie Mahan addressing LSVT/BIG; Arita McCoy, RN from Johns Hopkins; Lori Markland, Assistive Technology; Becky Dunlop, Johns Hopkins; Richard Lewellen, Music Therapist; Dr. Joseph Savitt, a movement disorder specialist (neurologist); and Amanda Distefano from the Washington County Health Department who spoke on falls. The educational aspects of the July and December group meetings featured break-out sessions in which persons with Parkinson's disease met separately from their caregivers to hold discussions among themselves.

Attendance for 2015 picked up nicely. The low was 45 and the high was 73; the average for the year was 59. The group had to cancel the March meeting this year due to bad weather -- the first cancellation.

The group held two picnics again, one in June (35 attendees) and the other in September (47 attendees). An anonymous, generous donation of \$200 paid for the cost of the September picnic. At the fall picnic, the group was treated to live music by Act II, Ben and Connie Smith, friends of Carol and Dean Cook. Carol Cook belted out a few numbers also. The summer theater trip to the Totem Pole was to see "*Love-sick Blues: A Tribute to Hank Williams and Patsy Cline*," and the group ate dinner afterwards at the Chambersburg Family Diner. In December, members of the group attended another Totem Pole event, this time held at the Gettysburg College's Majestic Theater. The show was Charles Dickens' "*A Christmas Carol*," the group ate dinner together afterwards.

The year was saddened when long-time member Kiem Romsburg passed away on September 15, 2015. The support group donated \$256 to Johns Hopkins in the name of Paul and Kiem Romsburg as a memorial to Kiem and her family.

The "Four-State Alliance for Parkinson Support" leaders networking group met 3 times during 2015. Representatives from the Maryland Association of Parkinson's Support also attended these meetings.

Appendix A: History at a Glance

Year	Events	Leader Board	Speakers	Attendance
1984 -- 1986	Group Originated Meetings held in the Hagerstown Public Library Barbara Fitzsimmons, RN was the Johns Hopkins Nurse Coordinator	Don Barron Peg Barron		14
1988 -- 1989	Members attended APDA Symposium Lisette Bunting-Perry, PHD, RN was the Johns Hopkins Nurse Coordinator	Don Barron Peg Barron		
1993	Joined APDA Renamed "Western MD Chapter of the APDA, Inc. Elected officers Set membership fee at \$10 Walk-a-Thon held at Doub's Woods Park Christmas Luncheon held at the Sheraton Inn Paula Goldberg, RN was the Johns Hopkins Nurse Coordinator	Peg Barron, President Don Barron, 1 st Vice President Kass Spurrier, 2 nd Vice President Iris Fryer, Secretary Dan Martin, Treasurer	Paul Smedberg, APDA Rep	39
1994	Newspaper Article appeared in May Participated in the Senior Fair in May Walk-a-Thon held at Doub's Woods Park Meetings being held at the Homewood Retirement Center Community Room Started exercise classes at Hagerstown Community College Bussed members to the Johns Hopkins symposium at the BWI Marriott	Co-President, Peg Barron Co-President, Don Barron Kass Spurrier, Treasurer Iris Fryer, Secretary Members-at-Large: Bill Bishop, Paul Fryer, Al Losch, Ed Spurrier, and Pat Zilch	Dr. Stephen Reich Julie Barr, Red Cross	
1995	Walk-a-Thon not held this year Fund Raiser was based on a letter campaign	Pat Zilch became member of Executive Committee		
1996	Walk-a-Thon held at Doub's Woods Park			
1997	Becky Dunlop became involved in support group activities			
2005 -- 2006	Separated from ADPA Group became known as the Hagerstown Parkinson's Support Group			
2007 -- 2010	Due to construction in 2010, meetings were shifted to the Hilltop facility at Homewood			
2011	Don Barron resigned from the group Kathy Lanham became Homewood's coordinator for the group Website established for the group Tri-fold brochure created Newsletter began (1 page) Group and Becky Dunlop honored Don Barron for his many years of service to community	Art and Doris Guyer, Appointed Facilitators	Diane Burgan, PT, Homewood Deb Hart, Dietician, Homewood Dr. Zoltan Mari, Hopkins Becky Dunlop, Hopkins Judy Barron, WC Health	
2012	Newsletter expanded Meetings returned to the Homewood Community Center Drug company stopped paying for lunch Dave DeHaven and Art Guyer negotiated lunch price with Homewood First picnics held in recent history Began collecting birthday information Began caregivers' breakfasts Started sending newsletter by email where possible Bailey Vernon, Johns Hopkins, started working with the group Homewood announced they would no longer support the group Paul Romsburg and family agreed to let group meet at the Western Sizzlin' Restaurant	Facilitators, Art and Doris Guyer Board Members: Dave DeHaven, Ecile Shaw, Barb Harrell, Peg Hayzlett, Mike Saterbak, Sandy Phillips	Sharon Wilson, Winchester Group John Provo, Local Lecturer Arita McCoy, Nurse, Hopkins Dr. Liana Rosenthal, Hopkins Dr. Linda Sigmund, Specialist Candice Valencia, Yoga and exercise Becky Dunlop, Hopkins RN Samina Anwar, local neurologist	Low: 20 High: 48 Averaged: 34
2013	Group began meeting year round Began trips to the Totem Pole Playhouse Summer Theater; saw a Patsy Cline Review The Bowen McCauley Dance Company demonstrated "Dancing for Parkinson's Disease" Group began planning for an educational seminar to be held in April 2014	Facilitators, Art and Doris Guyer Board Members: Dave DeHaven, Ecile Shaw, Barb Harrell, Peg Hayzlett, Mike Saterbak, Sandy Phillips	Dr. Paul Dash, Hopkins neurologist Kathy Fisher, Director, Senior Center Dr. Liana Rosenthal, Hopkins neurologist Liz Porteus, Speech and Voice Therapist Jodi Ramsey, Hospice Bailey Vernon, Hopkins Educator Becky Dunlop, Hopkins RN Jennifer Reinke, Pharmacist Bigg Bugg, Author Dr. Steven Ryan, Physical Therapist	Low: 37 High: 56 Averaged: 45
2014	Along with Johns Hopkins staff, developed and conducted successful community seminar Began card games and bowling events Staffed a table at the Valley Mall Senior Expo The Totem Pole Playhouse Summer Theater trip was for a Johnny Cash Review Two picnics at "Snook's Park" were well attended Art Guyer recorded a "Contemporary Retirement" TV segment Art Guyer participated in a 20 minute live interview with Lou Scally on WJEJ Group honored Paul and Kiem Romsburg with a community service plaque Dave and Patsy DeHaven decorated a Christmas tree for the December meeting December meeting attendees exchanged gifts Picnics were held at the Marty Snook Memorial Park	Facilitators, Art and Doris Guyer Board Members: Dave DeHaven, Ecile Shaw, Barb Harrell, Peg Hayzlett, Mike Saterbak, Sandy Phillips, Carol Gaines	Attorney Michael Day Padraic Keen, Pharmacist Hilary Lo, Commission on Aging Dr. Stephen Grill, Movement Specialist Kylie Osman, Speech Therapist Bailey Vernon, Hopkins Educator Becky Dunlop, Hopkins RN Dr. Paul Dash, Hopkins neurologist Doug DeHaven, Hagerstown Fire Marshal Dr. Steven Ryan, Physical Therapist Bob Teufel, Lecturer	Low: 36 High: 73 Averaged: 49
2015	Barb Harrell volunteered to be the "Sunshine Committee of One" to send greeting cards Members began supporting the Memory Café meetings for those with memory issues Art Guyer recorded another "Contemporary Retirement" TV segment Dave and Patsy DeHaven decorated a Christmas tree for the December meeting December meeting attendees exchanged gifts Picnics were held at the Marty Snook Memorial Park Fall Picnic featured music by Ben and Connie Smith, Act II, friends of Carol and Dean Cook The Totem Pole Playhouse Summer Theater trip was for a Hank Williams tribute The group attended a second Totem Pole play, "A Christmas Carol," in Gettysburg	Facilitators, Art and Doris Guyer Board Members: Dave DeHaven, Ecile Shaw, Barb Harrell, Peg Hayzlett, Mike Saterbak, Sandy Phillips, Carol Gaines	Dr. Kelly Mills, Hopkins Neurologist Irene Plessinger, Dietician Stephanie Mahan, LSVT/BIG Arita McCoy, RN, Hopkins Lori Markland, Assistive Technology Becky Dunlop, RN, Hopkins Richard Lewellan, Music Therapist Dr. Joseph Savitt, Movement Specialist Amanda Distefano, WC Health Department	Low: 45 High: 73 Averaged: 59

For changes or additions, contact:

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