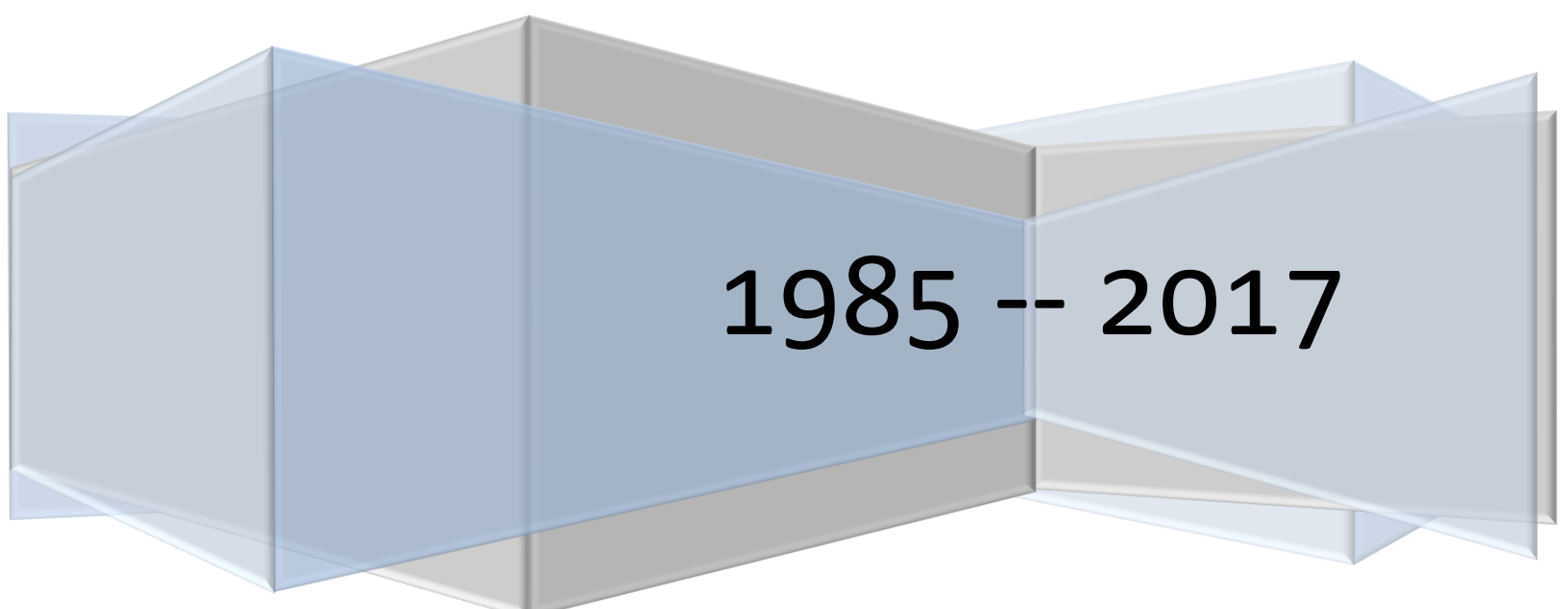


History of the Hagerstown Parkinson's Support Group

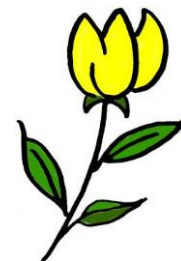
The First 30 Years Plus

Art Guyer, Co-Facilitator



1985 -- 2017

History of the Hagerstown Parkinson's Support Group



By Art Guyer, November, 2015 and January 2018

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 Disease 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 announcement

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.



By Richard T. Moegher/Staff Photographer

Peg and Don Barron of Hagerstown serve as co-chairpersons of the Western Maryland Support Group of the American Parkinson's Disease Association. The group meets once

a month on the first Thursday at 1:30 p.m. at the Homewood Retirement Center's Community Room. The next meeting will be this Thursday.

[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



**Art Guyer Presenting
Award to Don Barron,
October 2011**

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 members 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



Ecile Shaw and Peg Hayzlett at Breakfast

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.

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 donations 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 at-

tended 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 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



Attendees at the 2014 Seminar

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 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 Distanfano 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 "*Lovesick 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.

At the December 2015 meeting, Dean Cook and others surprised Art and Doris Guyer by bringing in 4 members of their family and making



Art & Doris Guyer and Family

a presentation to Art for facilitating the support group. The presentation included a beautiful plaque representing a Certificate of Honor and \$185 in gift cards and cash. Dean Cook's words brought tears to everyone in the room.



Dean Cook Presenting Award to Art Guyer

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.

In support of the initiative to improve attendance, Art Guyer purchased "Red Lanyards" to hold nametags. These lanyards were awarded to members with a high attendance record and/or those who offered extra support to the group during the year. A total of 27 lanyards were awarded this first year.

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

Ken and Shirley McKinney retired as Facilitators of the Cumberland Parkinson's Disease Support Group at the end of 2015.

2016 This year was filled with ups and downs. One of the "downs" was Doris Guyer taking a fall in July and breaking her femur near the hip. The break required surgery and 4-5 weeks in rehab in Hagerstown and then occupational and physical therapy at home and out. The surgery was not successful, and the bone did not knit resulting in her having a partial hip replacement in January 2017. As a result, Dean Cook volunteered to facilitate the support group meetings when necessary and Art Guyer kept up the administrative work from home. The joint effort worked out well.

At our February meeting, the first 2015 awards were made to two special individuals in the support group for their dedication, contributions, compassion and support. This became an annual event to recognize some of the outstanding members that make up the group. The first two awards were made to Dave DeHaven and Connie Hipp.



Art Guyer Awarding Connie Hipp

Dean Cook and Art Guyer did a live interview with Lou Scally on WJEJ in April to promote the group and the upcoming yard sale. Art also taped a "Contemporary Retirement" TV segment with Attorney Michael Day which was aired on May 29th. He also did a live radio interview with Mr. Day on Wednesday, June 1st on WJEJ, 1240 AM.



Art Guyer Awarding Dave DeHaven

The Yard Sale Group



It was a fun day and a very successful one. The group collected nearly \$2000 in sales and donations. More than a dozen members came out to help with the money-making event.

Other activities this year included an Essential Oil presentation on February 10th at the Western Sizzlin' Restaurant. This was a separate meeting and not in place of our regular meeting. Also NMS

The group held a yard sale in May of 2016. The idea was fostered by Carol and Dean Cook. They promoted the event, helped collect hundreds of items from all over the area, stored most of them at their house, priced them, and delivered them to the site on the morning of the sale by the truck load. The owners of the Western Sizzlin' Restaurant granted the group permission to use a corner of their parking lot to hold the all-day sale. In addition to the sale of items, the event featured a Parkinson's Disease Awareness tent with informational handouts and other material.



Yard Sale Activity

Healthcare of Hagerstown offered a free physical therapy assessment to our members and a number of the group met at their facility.

In March, Dave and Patsy DeHaven and Doris and Art Guyer attended the 20th anniversary celebration of the "Friends in Frederick Parkinson's Support Group" and recognized John Kraft for his tireless efforts in establishing and running the support group for 20 years. (*See Photo Right*).

In addition, in March, Dave and Patsy DeHaven and Doris and Art Guyer attended the PFNCA Symposium held in Falls Church, VA, and the University of Maryland Parkinson's Symposium in Baltimore in April. They also attended the *Spring*



Doris Guyer & Patsy DeHaven at Symposium

Support Group Leader Networking meeting the evening before the UM symposium. Lorraine and Bill Garret also attended the UM symposium. In May, the group manned an information table at the Washington County CARES 2016 Senior & Caregiver EXPO.



The support group had two picnics, one on June 17th with 45 attendees and the other on September 16th with 41 members including Ben and Connie Smith who entertained us with live music, and Talia Valencia with our bunny mascot, Blueberry.

The Maryland Association for Parkinson Support (MAPS) established points of contact in each area as Ambassadors for MAPS and to help communicate with the community about what is available for persons with Parkinson's and their caregivers. Dean Cook volunteered to be the local Ambassador and took the initial training.

This year included another great list of speakers including David and Carmine Kukor, Home Health Care; Cathy Hanson, Alzheimer's; Michelle Cines, RN from the University of Maryland Medical Center; Dr. Laxman Bahroo, neurologist from Georgetown University Medical Center, Attorney Michael Day, Elder Care Law; Candice Valencia, strength and yoga trainer; Becky Dunlop, RN, Johns Hopkins Movement Disorder Center; Shelley Steiner, Hospice of Washington County; Dr. Kelly Mills, Movement Disorder Specialist from Johns Hopkins; and Heinji Calara, RN, from Abbvie, speaking on Duopa.

The Caregivers' Breakfasts, Bowling and Cards continued to be popular, but the group was not supportive of a Dancing for Parkinson's exercise opportunity offered by Hugh McSweyn. Members did participate in the Operation Christmas Child Donations program promoted by Candice and Talia Valencia.

Attendance at the support group meetings in 2016 reached an all-time high. The average for the year was 61 with a low of 45 in February and a high of 90 in October when Dr. Kelly Mills, a movement disorder specialist from Johns Hopkins spoke. The "Four-State Alliance for Parkinson Support" leaders networking group met 3 times during 2016. Representatives from the Maryland Association of Parkinson's Support also attended these meetings.

The year was saddened by the loss of at least 6 members: Doris Fearnow, Rodger Shuman, Austin Gladhill, Fred Lockard, Connie Hipp and Don Phillips. They left friends and family behind, but they are finally at rest.

2017 The year 2017 saw the leadership of the Hagerstown Parkinson's Support Group firm up with Dean Cook and Art Guyer continuing to serve as co-facilitators. They worked together on many things, but Dean facilitated the meetings and Art continued to handle the administrative work. Also, it was decided it would be appropriate to set up an official checking account for the group. To carry that out the leadership had to create a charter and bylaws and appoint officers and signatories. The following board members were established to fulfill this requirement:

Co-Facilitators: Dean Cook and Art Guyer
Treasurer: Mike Saterbak
Secretary: Carol Gaines
Chaplain: Ecile Shaw

The facilitators and treasurer were designated signatories.

In January 2017, Becky Dunlop, the Associate Director of the Johns Hopkins Movement Disorder Center, announced she was leaving Hopkins after 19 years there and going to work at the Baltimore County Health Department. Becky had been an instrumental part of the Hagerstown Parkinson's Support Group's history. In February, a new Parkinson's Support Group held its first meeting in conjunction with "Physical Therapy Etc." Their goal is to hold meetings every other month.

At the January 2017 meeting, Dave DeHaven presented two outstanding member awards—one to Dean Cook and the other to Ecile Shaw, and a Special Service Award to Carol and Dean Cook for their amazing efforts in formulating and executing the very successful yard sale held in May 2016. In addition, another 5 Red Lanyards were awarded.



Dave DeHaven presenting
a Special Service Award for 2016
to Carol and Dean Cook, January 5, 2017



Dave DeHaven presenting
Outstanding Member of the Year 2016
to Ecile Shaw, January 5, 2017



Dave DeHaven presenting
Outstanding Member of the Year 2016
to Dean Cook, January 5, 2017

In May the group staffed 3 different information tables at Expos in the area. In July, Carol Gaines volunteered to take over the duties of the "Sunshine Committee" and began sending out greeting cards to those in need.

The Hagerstown Parkinson's Support Group Speakers in 2017 were Daniel Quirk, DPT, Regional Director of Fox Rehabilitation; Jaclyn Garrish, a Speech-Language Pathologist from Total Rehab; Sandra Mertz, from Lunbeck on Neurogenic Orthostatic Hypotension; Ernest Bizjak, FDA, Drug Approval Process; Colleen Brown, Clinical Specialist for Medtronic DBS; Eileen McLaughlin, Owner, Right at Home; Brian Bailie, Visiting Angels; Dr. Stephen Ryan, Physical Therapist (LSVT/BIG); and Dr. Kelly Mills, Neurologist, Johns Hopkins PD & Movement Disorder Center.

The board began preliminary planning for an all-day Parkinson's Disease seminar in April of 2019. Venues, speakers, and catering were the initial discussion points. In November, Dean Cook attended a Parkinson's Support Group Leader Networking Meeting in Towson, MD. That meeting was hosted by representatives of Johns Hopkins and the University of Maryland.

Attendance at the support group meetings in 2017 fell below the all-time high of 2016. However, we still averaged 51 per month with a low of 40 in December and a high of 70 in November. Once again, Dr. Kelly Mills from Johns Hopkins was the most popular speaker for the year.

Picnics were held in June (40 attendees) and September 15 (26 attendees) at the Marty Snook Memorial Park in Hagerstown and featured good food, bingo, and a lot of fun and conversation. The December meeting was the Christmas Party. This year the group did not have a speaker or event, but sang holiday songs, exchanged presents, and played games. Dean and Carol Cook decorated the Christmas tree.

A large number of our members passed away this year including Douglas Bean, Carolyn Leatherman, William "Bill" Schumacher, Shirley McKinney, Evelyn Annabelle O'Dell, Harold Leon Burgesser, Frank McConnell, Paul Baker, Michaela Ann Whitaker, Larry Glenn, and David Eugene Shaffer.

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		Year
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 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 Average: 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 Average: 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 Average: 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 Art Guyer presented with a Certificate of Honor for his service	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 Average: 59	

History of the Hagerstown Parkinson's Support Group

Year	Events	Leader Board	Speakers	Attendance
2016	<p>Dean Cook began to facilitate meetings due to Art Guyer's limited availability</p> <p>Outstanding member awards presented to Connie Hipp and Dave DeHaven</p> <p>Dean Cook and Art Guyer appeared on Lou Scally's radio show promoting yard sale</p> <p>Large yard sale held in May under the direction of Carol and Dean Cook</p> <p>Attended 20th anniversary celebration of the Friends in Frederick PD Support Group</p> <p>Attended the PFNCA Symposium in March at Falls Church, VA.</p> <p>Two picnics held at Snook's Park</p> <p>MAPS selects Dean Cook as local Ambassador</p> <p>December meeting attendees exchanged gifts</p>	<p>Facilitator, Art Guyer</p> <p>Board Members: Dave DeHaven, Ecile Shaw, Barb Harrell, Mike Saterbak, Sandy Phillips, Carol Gaines</p>	<p>Dave & Carmine Kukor, Home Health Care</p> <p>Cathy Hanson, Alzheimer's;</p> <p>Michelle Cines, RN from University of MD ;</p> <p>Dr. Laxman Bahroo, Georgetown Univ.</p> <p>Attorney Michael Day, Elder Care Law</p> <p>Candice Valencia, strength trainer</p> <p>Shelley Steiner, Hospice of Washington Co.</p> <p>Dr. Kelly Mills, MDS from Johns Hopkins</p> <p>Heinji Calara, RN, Abbvie, Duopa</p>	<p>Low: 45</p> <p>High: 90</p> <p>Average: 61</p>
2017	<p>Dean Cook and Art Guyer continue to serve as co-facilitators</p> <p>The Board members set up an official checking account for the support group</p> <p>The Board created a charter and bylaws and officially appointed officers</p> <p>Becky Dunlop resigned from Johns Hopkins</p> <p>A new support group was established in Chambersburg, PA</p> <p>Awards were given to Dean and Carol Cook for their efforts on the 2016 yard sale</p> <p>Awards were also given to Dean Cook and Ecile Shaw as outstanding members</p> <p>Carol Gaines took over the duties of "Sunshine Committee"</p> <p>The Board began preliminary planning for an all-day seminar in 2019</p> <p>Two picnics held at Snook's Park</p> <p>The December meeting was designated as a "party" only event and no speaker.</p>	<p>Co-Facilitators: Dean Cook and Art Guyer</p> <p>Treasurer: Mike Saterbak</p> <p>Secretary: Carol Gaines</p> <p>Chaplain: Ecile Shaw</p>	<p>Deniel Quirk, Fox Rehabilitation</p> <p>Jaclyn Garrish, Speech-Language Path.</p> <p>Sandra Mertz, Lunbeck on NO</p> <p>Ernest Bizjak, FDA Drug Approval Process</p> <p>Colleen Brown, Specialist Medtronic DBS</p> <p>Eileen McLaughlin, Owner, Right at Home</p> <p>Brian Bailie, Visiting Angels</p> <p>Dr. Stephen Ryan, PT (LSVT/BIG)</p> <p>Dr. Kelly Mills, MDS from Johns Hopkins</p>	<p>Low: 40</p> <p>High: 70</p> <p>Average: 51</p>

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