

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

September 2012

Highlights of the August Meeting

Another great meeting this month. There were 39 people in attendance, including 6 new individuals. Dick Naugle offered the blessing for the group.

Becky Dunlap and a new staffer from JHU, Bailey Vernon, visited with us this month. They enjoyed socializing through lunch and Becky did a great presentation and Q&A session following our lunch. Bailey will be assuming some of Becky's coordination responsibilities and we look forward to working with her.

Karen Kelley and her son, Brian, brought ice cream and sundae toppings for dessert this month. What a great treat that was! In September, the Masters and the Naugles are bringing dessert, and the Cravers are on the schedule for October. We still need volunteers for November to close out the year. Call Art if you want to show off your favorite dessert this year.

Picnic

By popular demand we have scheduled another picnic to be held at the same place as our first one. It will be on Monday, September 24th at 1:00 PM at the St. James Brethren Church. Come and bring a dish or dessert and we will provide fried chicken at cost. Reservations will be required. Sign up at our next meeting or call Art if you plan to attend.

The Hagerstown Parkinson's Support Group Contacts

Kathy Lanham @ Homewood:
Phone: 301-582-1750
E-mail: kdlanham@hmwd.org

Group Facilitator, Art Guyer:
Phone: 240-625-2722
E-mail: aguver42@myactv.net

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

September Meeting

MARK YOUR CALENDARS

Join us for our Parkinson's Support Group Meetings At Homewood at Williamsport

Thursday, September 6, 2012

Debora Bergstrom
Chemist and Early Onset Leader

Reservations Required.

Our lunches and follow-on meetings are held at the Community Center Dining Room at 1:00 PM.

Cost for lunch per member: \$6.50

Please call
Kathy Lanham @ Homewood
301-582-1750

For reservations or if you need directions.

Don't miss the
Hospice of Washington County
Notice on Page 2!

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



Volume 2, Issue 9

Upcoming Events

Future Meetings

September 6, Debora Bergstrom,
Chemist and Early Onset Leader
October 4, Arita McCoy, RN, BSN, JHMC
November 1, Dr. Linda Sigmund

Educational Activities

JHM PD101, An Introduction, September 10 (410-955-8795)

JHM PD201, Managing Care, October 12 (410-955-8795)

UMMC Parkinson's Seminar, October 16
Achieving Your Goals, BWI Westin

JHM DBS Information Sessions,
November 5 (410-955-8795)

Caregivers' Breakfast, Monday,
August 20, 2012, 8:30 am
Call Art Guyer for Information.

Picnic, Monday,
September 24th, 1:00 pm
Call Art Guyer for Information.

Please let us know of any events you would like to see publicized.

Reminder! If you use email and are not receiving this newsletter that way, please send an email to Art asking to be put on our email list. You get the newsletter sooner by email!

UNSUBSCRIBE: If you no longer wish to receive this newsletter, please email: aguver42@myactv.net

Or

Call: Kathy @ Homewood
301-582-1750

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Caregiver's Breakfast.

In July, Dave DeHaven, Mike Saterbak, Peg Hayzlett, and Art Guyer enjoyed the Caregivers' Breakfast together. This month, caregivers will meet for breakfast on **Monday, August 20th**, at the Railroad Junction Family Restaurant in Hagerstown, at 8:30 AM.

This restaurant has a good breakfast, lots of coffee, and we provide conversation and fellowship. You are encouraged to participate in this if at all possible. Caregivers should call Art by Friday, August 17th, if you plan to attend this breakfast. If transportation is a problem, let Art know when you call.

Birthdays

We're collecting birthdates (not years, just day and month) so we can celebrate a little at each meeting for those with birthdays that month.

To participate, sign up at the next meeting or contact Art who is keeping a master schedule for the group.



August Birthdays: Rodney Miller, Dick Naugle, and a new member, Bill Schumacher.

Research Opportunity: Cognition in Relation to Parkinson's Disease

Research scientists at Bates College in Lewiston, Maine have reached out to support groups for individuals with Parkinson's disease to help in a new research study. The study evaluates the possibility that the drug, Azilect (rasagiline), can improve some of the cognitive weaknesses associated with Parkinson's disease which often worsen as the disease progresses.

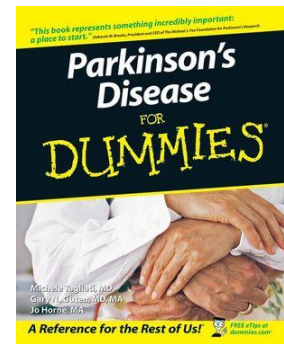
Specifically, the researchers hope to evaluate individuals who are taking Azilect and compare them to individuals who have never been prescribed this drug.

Participants will be asked to partake in tests, which are paper-and-pencil puzzles or "brain teasers" that assess language, memory, visual-spatial skills, and problem solving skills. They will come to the Hagerstown area to do the assessments, going to individuals homes for the sessions, or alternatively, a quiet meeting place at Homewood, if available.

Participants will not be asked to alter their drug therapies, or to make any adjustments to their ongoing treatment.

The attachments provide more details and contact information.

Parkinson's Disease for Dummies



One of our new members, Pat Myers, recommends this book as an easy to understand reference for Parkinson's Disease. Thanks, Pat.

The Herald-Mail
Saturday, August 4, 2012

Hospice of
Washington County, Inc.
Presents
Free Workshop

PARKINSON'S DISEASE

Learn more about the disease
and caregiver support

Wednesday, August 15
5:30 PM – 7:00 PM

Presented by Art Guyer

Reserve your seat by calling
301-791-6360
747 Northern Avenue
Hagerstown, MD 21742

Cognition in Relation to Parkinson's Disease

Research scientists at Bates College in Lewiston, Maine are reaching out to support groups for individuals with Parkinson's disease. They are conducting a new research study to advance scientific knowledge about effective treatment options for people with Parkinson's disease. The study evaluates the possibility that an often-prescribed drug, Azilect (rasagiline), can improve some of the cognitive weaknesses associated with Parkinson's disease. Cognitive symptoms of Parkinson's Disease include: decline in memory, decreased attention abilities, and difficulty problem-solving. These often worsen as the disease progresses.

Most research about Parkinson's disease focuses on motor symptoms and most drug therapies for Parkinson's are designed to help only the motor symptoms. Changes in thought and mood are often "hidden" symptoms of Parkinson's disease; the Bates College researchers are interested in how they might address these hidden symptoms. One research study published last year in Europe indicated there may be some improvement in cognitive as well as motor symptoms associated with the drug Azilect. This latest study is meant to extend this important research to see exactly what areas of thought and mood improve over time.

To participate in this study, you must (1) have been diagnosed with Parkinson's from a neurologist; (2) be right-handed; (3) have no history of a serious brain injury; (4) be under the age of 90; and (5) have normal color vision. Patients with DBS, a pallidotomy or a thalamotomy are all welcome to participate.

The Bates College researchers have no connection with any pharmaceutical company and do not represent any pharmaceutical interests. They have no financial interest in "proving" this medication helps cognition. As neuroscientists based at Bates College, their overarching goal is to evaluate treatment options to ultimately help people with Parkinson's disease.

Specifically, the researchers hope to evaluate individuals who are taking Azilect and compare them to individuals who have never been prescribed this medication (but who are likely taking other medications to treat Parkinson's). Participants will be asked to partake in neuro-psychological tests, which are paper-and-pencil puzzles or "brain teasers" that assess language, memory, visual-spatial skills, and problem solving skills. They will test participants at two points in time, spaced 12 weeks apart, to see whether cognition changes over time. Each test session would last about 2 hours. They would come to the Hagerstown area to do the assessments, going to individuals homes for the sessions, or alternatively, a quiet meeting place at Homewood, if available.

The study does not involve any changes to the patient's ongoing treatment plan. Participants will not be asked to alter their drug therapies, or to make any adjustments to their ongoing treatment.

The following flyer provides more details and contact information.