

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

February 2013

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

[Visit us on Facebook](#)

Volume 3, Issue 02

January Meeting Highlights

We had 47 attendees at our January meeting, including 8 new individuals. It was a full house! Dr. Paul Dash, a neurologist from Johns Hopkins was our guest speaker at this meeting, discussing medications and answering many questions about treating Parkinson's Disease. His contact information is:

Phone: 410-522-9940

Location: Johns Hopkins, Canton Crossing
Address: 1501 South Clinton Street #200,
Baltimore, MD 21224

Ecile Shaw asked the blessing and everyone enjoyed the food and conversation at the tables. We were also happy to see Kim and Paul Romsburg, our hosts, at part of our meeting. Thanks for your help!

I want to thank all of you who made cash contributions at the meeting to help offset the cost of sending out our newsletters and other expenses. It was very generous and helps a lot!

We are sorry to report that our friend Huck Hayzlett passed away at home on Wednesday, December 19th. His memorial service was held on Saturday, December 29th. Our condolences go to Peg and family.



We also ask that you keep Mike and Marci Saterbak and Dick and Peggy Naugle in your thoughts. They are having some medical issues and trying to recover so they can rejoin our meetings. We miss them all.

The Hagerstown Parkinson's Support Group Contact

Group Facilitator, Art Guyer:
Phone: 240-625-2722
E-mail: aguyer42@myactv.net

February Meeting

MARK YOUR CALENDARS

Join us for our next
Parkinson Support Group Meeting
at the
Western Sizzlin Steakhouse
17567 York Road, Hagerstown, MD
(301) 791-7560

Directions are on page 2 and on our website.

Thursday, February 7, 2013, 12 Noon.
Please come 15 minutes early.

Remember our winter meetings will take place unless the Washington County School System closes for the entire day.

**Our Speaker will be
Kathy Fisher, Manager
Senior Center**

Caring for Someone with the Flu
See Page 3

"A Closer Walk with Patsy Cline"
On June 19, 2013 at 2:30 PM
Totem Pole Theater Information
See Page 4

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



17567 York Road Hagerstown, MD
(301) 791-7560

Stop by for lunch or dinner to support them!

Upcoming Events

Future Meetings

February 7, Kathy Fisher, Senior Center
March 7, Dr. Liana Rosenthal, JHU
April 4, Liz Porteus, Speak and Voice
May 2, Jodi Ramsey, Hospice
June 6, Bailey Vernon, JHU Educator
July 11, Becky Dunlap, JHU RN, BSN
August 1, Meritus Pharmacist
Sept. 5, Dr. Samina Anwar, Neurologist
October 3, Bill Bugg, Author
Nov. 7, Steven Ryan, Physical Therapy
December 5, Break Out Sessions

Educational Activities

Hospice Obesity Workshop
January 15, 2013 – 301-791-6360

Winchester Parkinson's Support Group
February 12, 2013 – Art Guyer will be the guest speaker presenting Caring for the Caregiver. Call 304-285-0496.

April 19, 2013 – Dr. Linda Sigmund will be their guest speaker. Call 304-285-0496.

PFNCA Annual Symposium
February 23, 2013. All day Parkinson's Symposium in Bethesda, MD.
Call 703-734-1017 for more information.

Caregivers' Breakfast

Tuesday, January 22, 2013, 8:30 am
Call Art Guyer for Information.

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

UNSUBSCRIBE: If you no longer wish to receive this newsletter, please email: aguyer42@myactv.net

Or call him at: 240-625-2722

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Caregiver's Breakfast.

Last month, Dave DeHaven, Ecile Shaw, and Art Guyer enjoyed the Caregivers' Breakfast together.

This month, caregivers will meet for breakfast on Tuesday, January 22nd, 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 at least 24 hours in advance, if you plan to attend this breakfast. If directions or 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.



January Birthdays:

Paul Embly and Kathryn Miller celebrate birthdays this month.

Senior Resources

For good senior resource information, look for the *Senior Compass* at your local grocery stores and on line at:

www.seniorcompassresourceguide.com

Directions to the Western Sizzlin Steakhouse:

The Western Sizzlin Steakhouse is located just off Halfway Boulevard on York Road, about "halfway" between Valley Mall and Virginia Avenue. The street address is:

17567 York Road
Hagerstown, MD

From I-81, take Exit 5A, travel east 1.1 miles on Halfway Boulevard; at the second traffic light, turn right on York Road and take an immediate left.

Coming from east of Hagerstown (travelling west) on I-70, take Exit 28, travel west 1.7 miles on Halfway Boulevard; at the third traffic light, turn left on York Road and take an immediate left.

Coming from west of Hagerstown (travelling east) on I-70, take Exit 28, turn left on Downsville Pike, turn left at first traffic light, travel west 1.6 miles on Halfway Boulevard; at the second traffic light, turn left on York Road and take an immediate left.

Need Transportation or Just a Break?

Remember, if you need transportation to our meetings or other events, please let us know.

If you would like a couple of hours of free time and we can take your spouse for a short day trip, we will be happy to try to work something out for you.

Give Art a call or send him an email.



In The Hospital?

If you or your spouse, or a member you know is not doing well and/or is in the hospital, please let us know. We like to visit our friends when possible.

MARYLAND ASSOCIATION FOR PARKINSON'S SUPPORT

This is a grass roots effort to improve the lives of people impacted by Parkinson's disease in the region. The purpose of this effort is to create a local organization that will provide resources, information, and support to the people with Parkinson's disease (in Maryland). Your ideas and input are important as a coordinated resource group is developed that will offer support, information, and resources for the regional Parkinson's community.

If you would like to participate in this developmental effort or have any suggestions or comments on this effort, please contact Bailey Vernon, *Johns Hopkins*, by phone at 410-616-2811 or email her at bvernon1@jhmi.edu.

Reminder!

We no longer mail hard copies of our newsletter to those on our mailing list with email addresses. We will make exceptions by individual request.

If you would like to receive this newsletter by email, send a note to Art asking to be put on our email list. You get the newsletter sooner by email! Plus you get extra, quick turn-around information.

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Caring for Someone with the Flu (Provided by Flu.gov)

Here are the rules to go by:

- Keep your loved one comfortable and follow the recommendations of his or her health care provider.
- Keep others in the home healthy by washing hands and household surfaces frequently.
- Ensure that all medications are taken as directed.
- Keep your loved one in a separate space from other members of the household.
- Everyone in the home, including the sick person, should clean their hands with soap and water or an alcohol-based hand rub frequently.

Get immediate medical care if your loved one experiences:

- Difficulty breathing or shortness of breath
- Purple or blue discoloration of the lips
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Seizures
- Flu-like symptoms that improve, but then return with fever and worse cough

How to keep yourself and others from getting the flu:

- Keep the sick person away from other people as much as possible, especially those who are at high risk of complications from the flu. You can do this in your home by creating a sick room. Keep your loved one in a room away from common areas of the house.
- If you have more than one bathroom, have the sick person use one and well people use the other.
- Clean the sick room and bathroom daily with household disinfectant.
- The sick person should not have visitors other than caregivers. An email, text message, or phone call is safer than a visit.

Take these additional steps to protect yourself and people in your home from getting the flu:

- You and all healthy people in the house should clean their hands with soap and water or an alcohol-based hand rub frequently, including after every contact with the sick person, the sick person's room or bathroom, or items used or touched by the sick person.
- Remind the sick person to cover coughs and clean his or her hands with soap and water or an alcohol-based hand rub often, especially after coughing or sneezing.
- Avoid being face-to-face with the sick person and, if possible, have only one adult in the home take care of the sick person. People at increased risk of severe illness from flu should not care for the sick person.
- Hold small children who are sick with their chin on your shoulder so that they will not cough in your face.
- Ask your healthcare provider if well people in your home—particularly those contacts who are at increased risk of severe illness—should take antiviral medications to prevent getting the flu.
- Maintain good ventilation in shared household areas (keep windows open in restrooms, kitchen, etc.).
- Follow proper cleaning and disposal procedures:
 - Throw the sick person's tissues and other used disposable items in the trash.
 - Keep surfaces clean (especially bedside tables, surfaces in the bathroom, doorknobs, phones, and children's toys) by wiping them down with an approved household disinfectant.
 - Clean linens, eating utensils, and dishes used by the sick person thoroughly before reusing. You do not need to wash items separately.
 - Wash linens (such as bed sheets and towels) with laundry soap and tumble dry on a hot setting.
 - Avoid "hugging" laundry to your body before washing it to prevent contaminating yourself.

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**Join the Hagerstown Parkinson's Support Group
in an afternoon of entertainment at the Totem Pole Playhouse**

We are going to the Theater to see:

A Closer Walk with Patsy Cline

By Dean Regan

Wednesday, June 19, 2013, 2:30 PM

"Celebrate the life of country legend Patsy Cline, who rose from humble roots to fame and fortune. This show includes over 20 of her memorable hits including 'Crazy,' 'Walkin' After Midnight,' 'Sweet Dreams,' 'She's got You,' and 'I Fall to Pieces' as it follows her climb from obscurity to international stardom. This musical is sanctioned by the Patsy Cline estate, and is a first-time production for the Totem Pole."

The Totem Pole's contact information is:

www.TotemPolePlayhouse.org

Totem Pole Playhouse
PO Box 603
9555 Golf Course Road
Fayetteville, PA 17222-0603

Box Office: 717-352-2164
Toll-Free: 888-805-7056

This season the price of tickets has increased due to the financial trouble the theater got into by underpricing tickets over the years. The tickets run \$19.50, \$29.50, \$39.50 and \$49.50 plus \$4.00 fee for each ticket. Of course, the higher the price, the closer to the stage and the better the seat.

If you want to see this show with us, check on their website or call the Totem Pole Box Office for ticket availability.

If transportation is an issue, let me know and I will see if we can help out with that.

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