

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

January 2014

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

[Visit us on Facebook](#)

Volume 4, Issue 1

### This Month's Meeting

We had 44 attendees at our December meeting. I want to thank all those who attended and contributed generously to the servers' gratuity (\$90) and to our expenses box.

We did breakout sessions for the Persons with Parkinson's and the Caregivers. As usual, once everyone got started they wanted to keep on going and we had to cut off for lunch.

We also had our first holiday present exchange. Everyone brought an inexpensive wrapped gift and they were piled up under our tree which was nicely decorated by **Dave and Patsy DeHaven**. Photos of the tree being decorated are on page 5.

We all enjoyed opening the presents and seeing what each other received. Thanks to all the elves that helped hand out the presents.

I want to thank **Ecile Shaw** for her inspirational reading and for asking the blessing. **Lou Mattern** won the \$10 gift certificate to the Western Sizzlin Restaurant donated by **Paul Romsburg** and his family; **Anita Masters** won a small, live ornamental holiday tree donated by **Doris Guyer**.



### January 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

Thursday, January 2, 2014, 11:45 AM

**Attorney Michael G. Day**  
Elder Law Specialist

#### Highlights

Exercise for Seniors ([Page 3](#))

Message from Art Guyer ([Bottom Page 4](#))

Christmas Tree Photos ([Page 5](#))

Johns Hopkins Research Study ([Page 6](#))

**Neurologists -- If you have not yet done so, please send me the name of your neurologist. We are adding this info to our data base to be able to respond to folks with questions.**

HAPPY HOLIDAYS and HAVE A HAPPY,  
SAFE NEW YEAR

### Upcoming Events

#### Future Meetings

January 2, Michael Day, Attorney of Elder Law  
February 6, Padraic Keen, Pharmacist, Meritus  
March 6, Hilary F. Lo, Commission on Aging  
April 3, Dr. Stephen Grill, Neurologist  
May 1, Kylie Osman, Speech Therapy  
June 5, Breakout Sessions  
July 3, Bailey Vernon, JHM Health Educator  
August 7, Becky Dunlop, JHM Nurse Coord.  
September 4, Dr. Paul Dash, JH Neurologist  
October 2, Doug DeHaven, Fire Marshall  
November 6, Stephen Ryan, Physical Therapist  
December 4, Breakout Sessions

#### Educational and Other Activities

##### Caregivers' Breakfast:

Third Monday of every month, 8:30 AM at the Railroad Junction Family Restaurant. December's meeting is the 16<sup>th</sup>. Call Art Guyer for information.

Continued on Page 2. Please let us know of any events you would like to see publicized.



This publication supports:

The Hagerstown Parkinson's Support Group

Contact:

Group Facilitator, Art Guyer:  
Phone: 240-625-2722  
E-mail: [aguyer42@myactv.net](mailto:aguyer42@myactv.net)

Address:

22215 Troy Lane  
Hagerstown, MD 21742

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!

Thanks to Paul Romsburg, his family, and staff of the *Western Sizzlin* for supporting our group. They have done a wonderful job in providing us a place to meet and a great lunch.

**UNSUBSCRIBE:** If you no longer wish to receive this newsletter, please email: [aguyer42@myactv.net](mailto:aguyer42@myactv.net)

Or call him at: 240-625-2722

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

January 2014

### Caregiver's Breakfast

We have established the 3<sup>rd</sup> Monday of every month as the morning for our Caregiver's Breakfast; that way you can plan in advance. In November, Dave DeHaven, Ecile Shaw, Barbara Harrell, Phyllis Davis, Peg Hayzlett, and Art Guyer enjoyed the Caregivers' Breakfast and discussed some of the aspects of the upcoming seminar we are planning for April 4<sup>th</sup>.

This month, caregivers will meet for breakfast on December 16th, at the Railroad Junction Family Restaurant, at 8:30 AM. The restaurant is located at 301 S. Burhans Blvd E, still in Hagerstown.

You are encouraged to participate if possible. It gives caregivers the opportunity to seek advice in a safe environment and it allows feedback for future meetings and activities.



### Birthdays in December

Happy Birthday to 5 of our members who have December birthdays: Kathy Ashway, Linda Embly, Clyde Fearnow, David Fleming, and Timothy Minter

So we can celebrate your birthday at our meetings, contact Art who keeps a master schedule for the group.



### Newly Diagnosed?

If you have been diagnosed with Parkinson's Disease recently, The National Parkinson Foundation has a special online service that may be useful to you. "First Connect - My Page" is a free service that allows you access to articles, videos and other resources that addresses your concerns. To receive periodic emails with feature articles and access other resources:

sign up at: <http://mypage.parkinson.org/>



### Card Sharks?



Harry Davis, Art Guyer, Cliff Smith, Dave DeHaven

Do you like to play cards or would you just like to get away for a couple of hours? We have been playing about once a month, including Jerry Harrell who could not make this game. We'd like to get some more players so we could have two games going when we play. We can provide transportation if necessary. Dave DeHaven is our point person on this activity. See him at a meeting or call him at 301-582-2815.



Clifton Smith

### Upcoming Events (Cont. from Page 1)

#### Johns Hopkins Educational Seminars (Registration is required for all):

**Managing Parkinson's Disease: A Community Symposium:** All day seminar at Hospice of Washington County, Hagerstown, MD. See Page 6 for Details. April 4, 2014 9:00 AM – 4:00 PM

**Parkinson's Disease 101:** For recently diagnosed patients and family. To Be Scheduled 5:00 PM – 8:30 PM

**Parkinson's Disease 201:** For patients diagnosed for at least 5 years, and family. To Be Scheduled 5:00 PM – 8:30 PM

**Deep Brain Stimulation:** A session on the innovative technique to provide relief for people with Parkinson's Disease. To Be Scheduled 6:00 PM – 7:30 PM

For more information on these JHU events, contact **Bailey Vernon** at 410-616-2811 or [bvernon1@jhmi.edu](mailto:bvernon1@jhmi.edu).

### 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.

Dave DeHaven will have his second knee surgery on January 7<sup>th</sup>. Keep him in your thoughts.

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

January 2014

### The Surprising Extra Benefits of Exercise for Seniors

By: Janet Crozier

We've all heard about the many benefits of exercise — a healthier heart, stronger bones, improved appearance and flexibility — but exercise has many additional benefits, especially for seniors.

"Many characteristics we associate with older age — like the inability to walk long distances, climb stairs, or carry groceries, are largely due to a lack of physical activity," explains Dr. John Montgomery, a family physician, medical epidemiologist and vice-president of Senior Care Solutions with Blue Cross and Blue Shield of Florida.

However, according to AARP, 40 percent of people between 45 and 64 are considered sedentary. For people over 64, that number jumps to 60 percent.

"Some are worried that exercise will cause illness or injury," said Montgomery. "Others think exercise means they have to do something strenuous, which they may not be capable of. What they may not realize is that it could be more of a risk not to exercise," explains Montgomery.

Seniors can benefit tremendously from regular exercise. The Centers for Disease Control reports that seniors have even more to gain than younger people by becoming more active because they are at higher risk for the health problems that physical activity can prevent.

Even moderate physical activity can help seniors to:

#### **Increase mental capacity**

Research links physical activity with slower mental decline. Exercise increases blood flow to all parts of your body, including your brain, and might promote cell growth there. Exercise — particularly if it starts early and is maintained over time — is beneficial in preventing dementia and Alzheimer's disease. (Source: Senior Journal.com)

#### **Prevent disease**

Exercise may delay or prevent many diseases associated with aging, such as diabetes, colon cancer, heart disease, stroke, and others, and may reduce overall death and hospitalization rates, according to the National Institute of Aging.

#### **Improve healing**

Injuries and wounds take longer to heal as people age. Regular exercise by older adults may speed up the wound-healing process by as much as 25 percent. (Source: Senior Journal.com)

#### **Improve quality of life**

A new study has found that previously sedentary senior citizens who incorporated exercise into their lifestyles not only improved physical function, but experienced psychological benefits as well. (Source: SeniorJournal.com)

#### **Increase balance**

This helps prevent falls, a major cause of broken hips and other injuries that often lead to disability and loss of independence. (Source: Senior Journal.com)

#### **Increase life expectancy**

Benefits are greater among the most active persons, but are also evident among those who reported moderate activity, according to the CDC.

*(Continued on Page 4)*

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

January 2014

### Exercise for Seniors (Continued)

#### A little goes a long way

"When it comes to exercise for seniors, consistency is more important than intensity," explains Montgomery. Researchers have found that you don't have to engage in strenuous exercises to gain health benefits. "Moderate exercise, such as walking five or more days a week, can lead to substantial health benefits. Even brief amounts of physical activity, say 10 minutes at a time, can be beneficial."

#### Never too late

According to the National Institute of Aging, exercise isn't just for seniors in the younger age range. People who are 80, 90 or older can also benefit greatly from physical activity. Exercising regularly can help prevent or delay some diseases and disabilities as people age. In some cases, it can improve health and independence for older people who already have diseases and disabilities, if it's done on a long-term, regular basis.

"The key is to find something geared to your fitness level that you enjoy doing," says Montgomery. "And it's important to start at a level you can manage and work your way up slowly." Start by seeing your doctor before beginning an exercise program.

#### Tips for sticking with an exercise program:

- **Have a plan**

Identify obstacles and find ways around them. For instance, your fitness routine easily could run off track during the holidays and vacations. Look for hotels with a health club, and include a walking or biking tour of scenic or historic places in your vacation plans.

- **Review your goals**

If you start to feel it's just not worth it, think about why you decided to change in the first place. Maybe you wanted to lose weight. Perhaps you've lowered your blood pressure or are beginning to control your diabetes. Reminding yourself of the goals you've realized and the ones you're still striving for will help you push ahead.

- **Mobilize your support system**

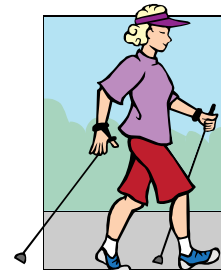
Call on friends, family members, or neighbors who have been your cheerleaders. They can encourage you to stick with it.

- **Be easy on yourself**

Falling off track doesn't mean throwing in the towel. Remind yourself that change takes time.

(Source: AARP)

Janet Crozier has more than 30 years of experience working with older adults. Ms. Crozier holds a Graduate Certificate in Aging and Adult Services and is a Certified Senior Advisor. She has served on Northeast Florida Area Agency on Aging's Board of Directors for many years and has been recognized nationally for her service to Medicare beneficiaries by the federal Medicare program. Currently, Ms. Crozier is a full time Senior Educator with Blue Cross and Blue Shield of Florida.



+++++

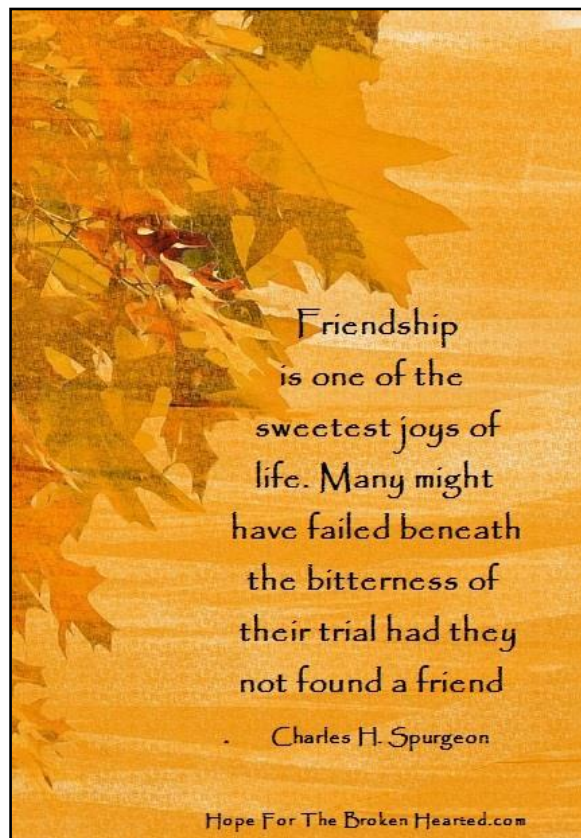
Message from Art Guyer: In the spring of 2011 Doris and I were asked to assume the role of facilitators for the Hagerstown Parkinson's Support Group. We were quickly faced with major changes that included having to negotiate charges for lunch when they were no longer funded by a drug sponsor, and having to relocate our meeting venue. Since early 2011 we have developed a multi-page, monthly newsletter; a website; caregiver breakfasts; potluck picnics; and a number of other forms of interaction. In that same timeframe we have grown our group to a level that now averages about 45 attendees monthly. We have developed a loosely knit group of persons who help in all aspects of our work, but more importantly we have become a family. I love to watch the interaction among all of you when we are together. I am proud to be a part of this group and thank you for supporting our efforts and for all the kind words of praise and encouragement you all provide. We look forward to another growing year in 2014 that will include hosting an all-day community education program in April. Let's keep moving.

# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

## Monthly Newsletter

January 2014



Patsy and Dave DeHaven Decorating Our Tree



# The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

January 2014

## Johns Hopkins Parkinson's Research Study



Are you interested in participating in Parkinson's disease (PD) research that aims to improve both the diagnosis and treatment of the disease? If so, you may be eligible to participate in the NIH sponsored MARK-PD study at Johns Hopkins as either a Parkinson's disease participant or as an individual without neurological disease.

Today, PD is a clinical diagnosis, based exclusively on the patients' history and physical examination. In addition, treatments for PD are suboptimal in that they lead to bothersome side effects and do not treat all aspects of the disease. In the "MARK-PD study: Biomarkers for Parkinson disease (PD) and PD-related cognitive impairment" we are looking to identify biomarkers that have the potential to lead to a test to screen for PD and improve treatment of this illness.

As a MARK-PD study participant, we will ask for you to undergo extensive clinical testing as well as a blood draw, urine collection and other tests. We will analyze blood samples for genes related to PD. The investigators, Dr. Ted Dawson, Dr. Liana Rosenthal, and their colleagues, will then compare the proteins in individuals with PD to the proteins in individuals without PD. Our goal is to see if these proteins and gene mutations identify individuals with PD or predict the way the disease will change over time.

We are looking for participants both with and without PD. If you are over 30 years old and interested in learning more about the investigation, please contact Nadine Yoritomo, RN at 410-616-2822 or nyorito@jhmi.edu. Liana Rosenthal, MD, PI; RPN: A\_00031749.

The consent form, which provides additional information, can be acquired from the above contact, by contacting Art Guyer, or at this website: [http://www.fareshare.net/Parkinsons/FINAL\\_Rosenthal\\_NA\\_00031749\\_CF\\_Parkinsonism\\_101013\\_Logo.pdf](http://www.fareshare.net/Parkinsons/FINAL_Rosenthal_NA_00031749_CF_Parkinsonism_101013_Logo.pdf).

+++++

### Managing Parkinson's Disease: An educational program for the community

#### Agenda (Preliminary)

- 9:00 AM Registration
- 9:30 AM Opening Remarks: Art Guyer, Hagerstown Parkinson's Support Group
- 9:45 AM Introduction to Parkinson's Disease: Becky Dunlop, RN, BSN, Johns Hopkins
- 10:45 AM Break
- 11:00 AM Parkinson's Disease Treatment Overview: Dr. Liana Rosenthal, Johns Hopkins
- 12:00 PM Lunch
- 1:00 PM PD Community Support: Art Guyer, Hagerstown Parkinson's Support Group
- 1:15 PM Speech and Swallowing, Danielle Walters, MS, CCC/SLP, Better Speech
- 2:00 PM Break
- 2:15 PM Exercise and Physical Therapy, TBD
- 3:00 PM Your PD Management Plan, Bailey Vernon, MPH, Johns Hopkins
- 3:45 PM Concluding Remarks

#### Friday, April 4, 2014

9:00 AM – 4:00 PM  
Hospice of Washington County  
747 Northern Avenue  
Hagerstown, MD

Presented by:  
Hagerstown Parkinson Support Group

Johns Hopkins Parkinson's Disease and Movement  
Disorders Center

Supported by: Johns Hopkins Medicine, TEVA, and  
Medtronic.

Register by mailing this form to Art Guyer, 22215 Troy Lane, Hagerstown, MD 21742, along with a check made payable to JH PDMD Center. Fee includes lunch. Contact Art Guyer for information or reservations at 240-625-2722 or [aguyer42@myactv.net](mailto:aguyer42@myactv.net).

\_\_\_\_\_ Early Bird Registration on or before March 14, 2014 (\$10 each)      \_\_\_\_\_ Registration after March 14, 2014 (\$15 each)

Names: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Amount Enclosed: \$ \_\_\_\_\_ Check Number: \_\_\_\_\_