

# September Newsletter

John Nicodemus – Group Leader

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## Welcome Dr Kelly Mills

The most important part of the treatment plan for anyone affected by Parkinson's disease or other movement disorder is a dedicated team of specialists who can monitor your progress and support your optimal health with the latest therapies. Led by **Kelly Mills, M.D.**, the director of the movement disorders division, our team of neurologists, neurosurgeons, psychiatrists, fellows, nurse practitioners and nurses work together to help you explore your treatment options.

## Happy September

Well it's that time of year again to talk about non mandatory dues/donation of \$20.00 per Family for the year. These funds pay for Ads in the newspaper, senior blue book, the library, postage, post office box, web page, lunch, supplies for the luncheon, brochures, and any miscellaneous item that may come up during the year. If you want to make a tax deductible donation you would make the check out to M.A.P.S.

Maps website:  
[marylandparkinsonsupport.org](http://marylandparkinsonsupport.org)

(Maryland Association for Parkinson's Support Inc). On the Memo line specify Friends In Frederick Parkinson's support group. Maps will send our group the funds. They will send you a letter for your tax deduction. You can also go to their website and fill out the form to designate our group for the donation.

M.A.P.S  
P.O . Box 450  
Brooklandville Md  
21022  
Ph 443-470-0279

We can also send it for you if you prefer. Should you have any questions please see Mary Kraft, treasurer.

MAPS has a lot of great information- check it out



## Upcoming Meetings

- Oct 16, 2024 – Country Meadows - mindfulness
- Nov 20, 2024 – Beth Brouillard Fox Rehab
- Dec 18- Christmas Party

## John's Joke Corner.

**What did one plate whisper to the other plate?**

**Dinner is on me.**

**Did you hear about the famous pickle?**

**He was a big dill.**



**CAREGIVERS  
Virtual Roundtable.**

**Next meeting:  
Thursday Sept 12, 2024**

**And**

**Thursday Oct 10, 2024**

**Important Dates**

- **October 6, 2024 - Walk Off Parkinson's - Parkinson Foundational Capital Area [--CLICK HERE--](#) for more information and registration**
- **October 20, 2024 - LIVING WITH PARKINSON's 2024 Symposium - Parkinson's A Very Personal Disease - Maryland Association for Parkinsons Support in person symposium. Edward Meyerberg Center - Valet parking and Lunch included**

**Did you know?**

- 1. Lunch for Sept meeting is Sloppy Joes. If you'd like to contribute please feel free to bring a salad or dessert to share.**
- 2. Maxwell's Burgers in Frederick partners with us and hekps raise funds every year. Make sure you are patronizing this wonderful establishment. Burgers are amazing.**



**The Library**

Knowledge is power. So don't forget to check out our library. We have books and pamphlets to help support you and increase your knowledge. This helps you to advocate for you and your love one.

