



“Friends In Frederick” Newsletter
September 2020
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Hello everyone,

Eventually all pieces fall into place. Until then, laugh at the confusion, live for the moment and know everything happens for a reason.

I hope you all have been well these last six months, it really has been something I never thought I'd see in my life time! Life goes on and we learn a “new normal” whether we like it or not.

Our September meeting will be different. We plan to hold a “Drive-in meeting” in the Mt. Pleasant Ruritan Club parking lot, 8101Crum Road, Walkersville MD. The guest speaker, Kriste Kidd of Oasis Senior Advisors, will be at the front of the parking lot. You are asked to park every other parking space, facing the building. You will see the meeting through your windshield and listen on your car radio (91.3 Mhz FM). It's just like a Drive- In movie only live and during day with no movie screen or popcorn (of course you can bring your own but, no sharing!

By parking every other parking space, you will be able to maintain social distance, even if you roll down your windows. People parking in the second row of cars, should park in the space behind the empty space in the first row. **PLEASE**, do not park in the row of parking spaces up next to the building.

Bring a pad of paper and a pencil or pen, so you can write down questions for Ms. Kidd. These will be picked up by a masked messenger with a grabber.

The September meeting is on the third Wednesday, Sept. 16 at 1:00 – 2:00 PM.

Note: We will not be doing refreshments for this meeting. Also, we will not have access to the inside of the building – including the restrooms. We expect the meeting to last about one hour. We plan to have the meeting even if the weather is wet. Right now Steve said” J. Gruber’s Hagers-Town and Country Almanac indicates great weather, and if you can’t trust the almanac, who can you trust?”

Steve has checked, and to the best of his knowledge NOBODY has EVER done a Drive-in Parkinson’s support group meeting ANYWHERE. Everything has been tested and we think we are ready to go.

Remember: You can come as you are, because you STAY in your CAR!



Guest speaker

Our Guest speaker is Frederick County native, Kriste Kidd of Oasis Senior Advisors. She will be talking about how to start looking at senior living options. Whether you are ready for a move, or just wondering how it all works: this program should be of interest.

Library

First, our sincere THANK YOU to whomever put away the library after our February meeting. It was very ordering when we went to pull some things earlier in August. If you have library materials to return, you may do so at our September “Drive – IN meeting.” Many of our library materials are now listed on our website <http://www.fifpdsg.org/library>. The materials are currently located at the Masked Librarian’s house. If you email Stephen@fifpdsg.org, Steve will bring the requested book or other material to the meeting. In order to maintain social distancing, we will NOT have any library books or material at our September “Drive in meeting”

Dues

We will NOT be collecting dues at the September “Drive-in Meeting.”

University of Maryland Symposium

The symposium: Within our reach will be held virtually on October 2, 2020. They had really hoped to hold this event live, but that hasn’t worked out. The cost is just \$25.00 per family. There is a link on our website <http://www.fifpdsg.org> in the Coming Events section.

Online and Virtual

Have you tried any of the Online and virtual exercises classes, boxing, or webinars in the program? There is a listing on our website.

The Rock Steady boxing that I attended is closed but one of the coaches Brandon Faulk has started an online class using zoom. Rhythmic Rehab consist of warmup & stretching exercise, air boxing and also cognitive exercise, please let Bonnie know and she will get you started. My contact info is at the end of the newsletter.



Sept. 21 John Hardison

Sept. 28 John Nicodemus

Oct. 19 Janet Silivous



Sept. 11 – Mary & John Kraft

Sept. 27 – Tom & Cathy Kutz

Note from Editor: Please let me know of any changes in any contact info. Also, please let know of corrections needed. Blawson25@ao.com or 410-775-7821