

Perspective
Information
Encouragement
Support

Friends in Frederick Parkinson's Disease Support Group

December 2025 Newsletter

Next Group Meeting: Wed., 12/17/25, Noon—2 PM



Up, Up and Away!
FIFPDSDG ascends to its 30th!

Save the Date

Wednesday, April 15, 2026, will be our 30th Anniversary celebration! Since this date is that of our regular monthly meeting, it will be our only time to be together in April. But it will be no ordinary meeting! Those in attendance at our 12/16 meeting will find out more....

Puzzle Piece

What is the only letter not found in a list of our 50 U.S. states?

Parkinson Pointer

Your fearless but somewhat embarrassed leader offers this as potentially helpful: A bedside urinal can save steps and frets.

Let John know of a tip/technique that might help persons with PD!

What's Next?

12/17 Sweet Adelines—Season Songs
1/21/26 Fox Rehab—PT/OT
2/18 Kriste Kidd—Oasis Sr. Advisors
3/18 Kathi Smith—Stress Free Sol'ns
4/15 TBD!
5/15 Dr. Laura Brosbe
6/17 Annual picnic!
July and August—No meetings

It's hard to believe that—some 50 years ago— I was a member of the WHS "Glade Valley Crooning Co." We prided ourselves as Maryland's first male barbershop chorus. Under the leadership of the now legendary William Eyler, we belted-out 4-part harmonies to tunes like "Yes, Sir, That' My Baby" and "Bicycle Built for Two." These tunes have resonated in my mind over those 50 years....



This month at our FIFSGPD meeting we get to hear the voices of the "Sweet Adelines," an off-shoot of the Catoctones. They sang

(and at times got all of us singing) some seasonal songs, and many in our group commented to the effect that we had to bring them back next year. Set aside a few hours on Wed., 12/17, for a special time of song and merriment. You won't be disappointed!

Prior to the musical, we'll enjoy a festive holiday meal of fried/baked chicken, mac & cheese, baked beans, and many other side dishes. You may bring along a side dish of fruit or a dessert, but in no way is this required. Hope to see *you* on the 17th!

PS—Your Leadership Team (LT) has been considering ways to shorten both the Welcome Table and food lines. With respect to the former, you'll be in one of two lines (A-L and M-Z), and you'll register your attendance with a checkmark. For the meal, you may go to one of those 2 lines upon arrival—no joking, the jokes will come around 1 PM, then the program. ☺