

Perspective
Information
Encouragement
Support

Friends in Frederick Parkinson's Disease Support Group
March 2026 Newsletter
Next Group Meeting: Wed., 3/18/26, Noon—2 PM



Up, Up and Away!

DON'T FORGET!

On Wednesday, April 15, 2026 we will celebrate FIF turning 30 years young! 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 gathering, as it will include a catered lunch, awards and proclamations given by a local dignitary, a special program, and mega door prizes.

**RSVP to Louise:
(610)334-8335**

Puzzle Piece

What is the only U.S. state that has no letters in common with those of its capitol city?

Parkinson Pointer

Always have at least a small amount of your go-to medicine with you. This “rescue dose” for many of us begins working almost immediately, especially if chewed instead of swallowed whole. It’s a great comfort to have this “miracle drug” handy at all times!

What's Next?

3/18 Kathi Smith—Stress Free Sol'ns
4/15 30th Anniversary celebration
5/15 Dr. Laura Brosbe
6/17 Annual picnic!

Thoughts from your Group Leader, John C. Nicodemus

“I don’t have to make (Parkinson’s Disease) my bully.” Thus says Michael J. Fox, who was diagnosed with PD when he was 29 years young. Now 64, this “poster-boy” of the disease, is a relentless optimist, though in recent years he has tempered his hopeful outlook with the reality of living with it long-term. “The thing you have to acknowledge is that Parkinson’s is more powerful than you. It’s going to have the last word, but you can’t be afraid of dealing with it or negotiating around it.”

It’s hard, but perhaps fruitful, to argue to the contrary with someone who’s been diagnosed with PD for some 35 years. I have travelled neither as far nor as intensely the road that MJF continues to traverse. From my perspective, the “gift of Parkinson’s” has been evident and abundant. (Michael agrees that it is a gift...but claims it is one that keeps on taking, not giving!) I know most, if not all, of us struggle greatly from time to time with our symptoms. No need to sugar-coat—the PD path is often strewn with pain and problems, not peace and pleasure....

So it is life-changing to me that there is a Source of ultimate Power. I’m not fighting these battles alone, and I am convinced that “the One that is in (me) is greater than the one who is in the world.” (I Jn. 4:4) Ultimately, “thanks be to God! He gives us the victory through our Lord Jesus Christ. (I Cor. 15:57) (As said in a radio ad: Not a sermon, just a thought....)

Persevere, my friends! Hope to see you on the 18th!
John :)

Our program on Wed., 3/18, will feature Kathi Smith of Stress-Free Solutions. So far as our meal that day is concerned, it’s been reported that our Dining Committee is really *stewing* about what to have. (Perhaps they should confer with Kathi Smith!) Don’t forget **you are invited to bring a dessert or fruit** to share. Some of you have said that you’d rather donate a few dollars instead of bringing food—a free-will donations box will be available. Donations are accepted but not expected!

A reminder about inclement weather: Our general rule is **we are cancelled if FCPS classes are cancelled. If FCPS classes are 2 hours late or on-time, we’ll see you at the Ruritan Club as usual!** You’re welcome to call John (240)815-0080 or Ellen (240)529-6959 to confirm before you head out....Be safe!