

Perspective  
Information  
Encouragement  
Support

Friends in Frederick Parkinson's Disease Support Group  
October 2025 Newsletter  
Next Group Meeting: Wed., 10/15, Noon—2 PM



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

**Puzzle Piece**  
(from AARP Aug./Sept. magazine)

There's only one common  
uncapitalized word in English  
that contains the consecutive  
letters HCR.

What is the word?

Hoping to see you on  
the 15th, John  
John C. Nicodemus,  
FIFPDSG Group Leader

**P S — B R E A K I N G  
NEWS: Save the date of  
Wed, 4/15/26! Details to  
be announced soon....**

**4/15/26!**

Q: What did the pirate say when he turned 80?  
A: (To be revealed at 10/15 meeting!)

“

*“What's Next?”*

10/15 Dr. Tamara Kyle—FHH ER  
11/9 Christina Forbes—Daybreak  
12/17 Sweet Adelines—Songs of the Season  
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!

Hello to the many of you who have been waiting with bated breath for your Oct. 2025 FIFPDSG update! Did you know we had a September record attendance of 82 at our last meeting? With perhaps a crisp fall day on 10/15, we could be knocking on the door of our all-time highest....

Much more important than statistical records, however, are our 4 PIES objectives: Perspective, Information, Encouragement, and Support. There is so much to be gained from our monthly get-togethers! For a quick overview of our 2025/2026 programs, see the table below.



FIFPD SG Tentative Programs, 2024 Program Year  
(Check [www.fifpdsg.com](http://www.fifpdsg.com) for up-to-date info!)

<b>Mtg. Date</b>	<b>Tentative Program</b>
9/20/23	Country Meadows
10/18/23	Baker Brain & Balance
11/15/23	Sharing/Caring groups, I
12/20/23	Holiday-themed (w/Catoctones?)
1/17/2024	Dr. Liana Rosenthal, JHH
2/21/24	Amneal Pharmaceutical - Rytary
3/20/24	Fred. Co. Hospice
4/17/24	Sharing/Caring groups, II
5/15/24	Dr. Laura Brosbe Q & A
6/19/24	Annual End-of-Year Picnic