Parkinson’s Support Groups Around Virginia

Bluefield; 2nd Tuesday at 2 pm; Virginia Ave. United Methodist Church; Jean Brown; 276-22-5715; brown_rj3659@verizon.net.

Bridgewater; 3rd Tuesday at 2 pm; Bridgewater Retirement Community; Diana Koepp; 540-828-4799

Charlottesville
2nd Monday at 1:30 pm; Westminster Canterbury of the Blue Ridge (on Pantops). Susan Dietrich; 434-982-4482; sjd3c@virginia.edu

3rd Friday at 12:30 pm at ACAC; Albemarle Square Shopping Center; Susan Dietrich; 434-982-4482; sjd3c@virginia.edu

Carepartners Group 1st Thursday at 10:45 am; The Senior Center; Patsy Asuncion; patasuncion@yahoo.com; 434-529-8094

Chesapeake, Portsmouth, Suffolk
2nd Saturday, 1 pm, Church of St. Therese-Chesapeake. Pat & Steve Yaros; 757-637-7445; patyaros@cox.net

Danville; 2nd Wednesday at 2:00 pm, Trinity Methodist Church. Jim and Marjorie Hamilton; 434-791-4493; shopman33@comcast.net

Eastern Shore/Onancock; Last Monday at 3:00 pm, Kathy Bowen; 757-710-4826; kawade0713@gmail.com

Fishersville; 1st Saturday, 2:00 pm, Augusta Health; Community Care Bldg., Joyce Huddle; 540-943-2229; joyce229@comcast.net

Franklin; 3rd Tuesday, 7 pm; Southampton Memorial Hospital Auditorium; Doug Boyce; 757-562-4432; dboyce124@gmail.com

Fredericksburg; 4th Wednesday at 10:30 am; disability Resource Center; Jim & Earline Haney; 540-371-7334; scout1977@hotmail.com

Hampton; 1st Tuesday at 3:00 pm; Sentara. Susie Garrison; 757-827-2170; isgarris@sentara.com

Harrisonburg; 3rd Saturday at 1:00 pm, Rockingham Memorial Hospital. Eva Showalter; 540-810-5210; conniesuer@verizon.net

Hillsville; 2nd Wednesday at 1:00 pm; St. Joseph Rectory. Mary Ann Riccitiello 276-728-0130; mcox1753@gmail.com

Loudoun; 1st Tuesday at 1:30; Ashby Ponds, 21160 Maple Branch Terrace, Ashburn, VA. Gary Heinberg; 703-404-5563; gheinberg@verizon.net

Lynchburg; 3rd Tuesday at 2 pm at The Summit; Jimmy White; 434-239-2373; whokie57@aol.com

New Group!
“On Offense” is a positive focus support group formed by William Riley, a person with Parkinson’s Disease. Contact William.riley.8@us.af.mil (757) 344-4319

Norfolk
1st Wednesday, 10 am. St. Andrew’s United Methodist Church. 757-495-3062; info@hrparkinsons.com

3rd Thursday, 2:30 pm; Harbor’s Edge; contact Kori Poplin, 757-616-7937; kpoplin@harborsedgenorfolk.com

3rd Saturday at 10 am, St. Gregory’s Church, Damian Hall, 757-495-3062; info@hrparkinsons.com

Caregivers: 3rd Thursday; 1:30 pm; Art Studio Harbor’s Edge; Kori Poplin; 757-616-7937 kpoplin@harborsedgenorfolk.com

Northern Neck/Middle Peninsula
2nd Wed at 1 pm; Rappahannock Westminster Canterbury. Rita DePew; 804-435-9553; rita.depew@kaballero.com

Caregivers: 1st Monday; 10 am; R-WC

Orange
Last Wed. each month at 2 pm; Dogwood Village Senior Living; Ginny Stanley; 804-690-5696; pvstanley@verizon.net

Ritchmond
1st Tuesday of each month at 7:00 pm, (Discussion); Circle Center, 4900 W. Marshall St., (behind Krispy Kreme on Broad St.); Jay Burkhardt; 804-355-5717; jburkhardt@circlecenterads.org

October 7, 2016
Parkinson’s Support Groups Around Virginia

4th Thursday at 1 pm PADRECC, McGuire VAMC; Lynn Klanchar; 804-675-6952; www.parkinsons.va.gov/Richmond

(continued next page)

Richmond continued
Women’s PD Group; 2nd Friday at 10 am; Sarah Lageman; Sarah.lageman@vcuhealth.org; main # for PD Center: 804-360-4669

Last Wednesday; noon; Tarrant’s West Restaurant; Fred Woodlief, DDS; 804-378-7577; fpwoodlief@gmail.com

Roanoke
3rd Tuesday at 2:00 pm Ronald McDonald House.
Eric Anderson; 540-721-1994; parkinsonsyahgroup@gmail.com

Caregivers: 2nd Friday at 9:30 am; Colonial Baptist Church; Susan Young; 540-339-6708

Rocky Mount New Group!
Call 540-489-6368 for information

Staunton
2nd Tuesday at 2:00 pm; Legacy at North Augusta;
Emily Anderson; 540-213-8900; eanderson@legacyatnorthaugusta.org

Suffolk
4th Monday; 3 pm; Lake Prince Woods; Denise Brown; dbrown@uchas.org; 757-923-5513

Virginia Beach
1st Wednesday, 10 am. St. Andrew’s United Methodist Church. 757-495-3062
info@hrparkinsons.com

(continued)

3rd Thursday, 2:30 pm; Harbor’s Edge; contact Kori Poplin, 757-616-7937; kpoplin@harborsedgenorfolk.com

3rd Saturday at 10 am, St. Gregory’s Church, Damian Hall, 757-495-3062; info@hrparkinsons.com

Williamsburg
2nd Monday at 1:00 pm, Williamsburg Landing. Jack Hostetter; 757-221-0160; wpsg@cox.net

Winchester
2nd Tuesday; 11 am, Winchester Church of God.
Cheryl Reames; 540-662-4632; winchesterparkinsons@gmail.com

3rd Monday; 11 am, Shenandoah Valley Westminster Canterbury; contact info as above

Young Parkinson’s
4th Wednesday; 60 years and younger; Teresa Grigsby; 919-801-5199; tlgrig50@gmail.com

Mlee Parkinson’s Group of Central Virginia;
MLeeyoungonsetPD@gmail.com;
Blog: http://maulebach.blogspot.com/;
Twitter: MleeParkinson’s@Maulebach
Instagram: Maulego

Other Resources:
Hampton Roads Chapter, American Parkinson Disease Association; 757-495-3062, www.hrparkinsons.com

Richmond Metro Chapter, American Parkinson Disease Association
Kathy Morton; 804-261-5201, www.parkinsonrichmond.com

APDA National Office
135 Parkinson Avenue
Staten Island, NY 10305; 800-223-2732
www.apdaparkinson.org

APDA Information & Referral Center of Virginia
PO Box 80118; Charlottesville, VA 22908
Susan Dietrich, Coordinator; 434-982-4482

Southeast PADRECC; Parkinson’s Disease Research, Education, and Clinical Center
V.A. Medical Center; 1201 Broad Rd. Blvd.; Richmond, VA 23249; 804-675-5931; www.parkinsons.va.gov

VCU Parkinson’s Center
Neuroscience, Orthopaedic, and Wellness Center;
11958 West Broad Street, Richmond, VA 23233, main # 804-360-4669; vcuhealthnowcenter.org

Northern Virginia area
PFNCA; 703-734-1017; for information about groups in Alexandria, Arlington, Fairfax, Gainesville, Manassas, & Springfield;
www.parkinsonfoundation.org

CONTACT Susan Dietrich with changes; sjd3c@virginia.edu; 434-982-4482

October 7, 2016