

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;
katwade0713@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; jsgarris@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

Newport News

3rd Wednesday at 1:00 pm, Mary Immaculate
Conference Center. Cynthia Dowd;
757 -86-6381; cindy_dowd@bshsi.org

4th Wednesday, 5:30 pm, Riverside Regional Medical
Center, Medical Office Bldg.; Sandy Snapp; 757-534-
5837; sandy.snapp@rivhs.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@harborsedge-norfolk.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@harborsedge-norfolk.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

Richmond

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

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

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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@legacynorthaugusta.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

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3rd Thursday, 2:30 pm; Harbor's Edge; contact Kori Poplin, 757-616-7937; kpopin@harboredgenorfolk.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; tigrig50@gmail.com

Mlee Parkinson's Group of Central Virginia;

MLEeyoungonsetPD@gmail.com;

Blog: <http://maulebach.blogspot.com/>;

Twitter: [@MleeParkinson's](https://twitter.com/MleeParkinson's)

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 801018; 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

The Melvin Weinstein Parkinson Foundation may be able to help those who cannot afford special equipment or supplies needed to manage the daily challenges of Parkinson's disease, Marsha Anthony, 757 313-9729; help@mwpf.org; OR www.mwpf.org

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