

# Parkinson's Disease Support Groups

## **Bluefield**

2nd Tuesday at 2 pm; Virginia Ave. United Methodist Church; Jean Brown; 276-322-5715;  
[brown\\_rj3659@verizon.net](mailto: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](mailto:sjd3c@virginia.edu)

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

Carepartners Group; 1st Thursday at 10:45 am; The Senior Center; Patsy Asuncion;  
[patasuncion@yahoo.com](mailto: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](mailto:patyaros@cox.net)

## **Danville**

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

## **Eastern Shore/Onancock**

Last Monday at 3:00 pm, Kathy Bowen; 757-710-4826; [katwade0713@gmail.com](mailto:katwade0713@gmail.com)

## **Fishersville**

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

## **Franklin**

3rd Tuesday, 7 pm; Southampton Memorial Hospital Auditorium; Doug Boyce; 757-562-4432; [dboyce124@gmail.com](mailto:dboyce124@gmail.com)

## **Fredericksburg**

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

## **Hampton**

1st Tuesday at 3:00 pm; Sentara. Susie Garrison; 757-827-2170;  
[jsgarris@sentara.com](mailto:jsgarris@sentara.com)

## **Harrisonburg**

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

## **Hillsville**

2nd Wednesday at 1:00 pm; St. Joseph Rectory. Mary Ann Riccitiello 276-728-0130; [mcox1753@gmail.com](mailto: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](mailto:gheinberg@verizon.net)

## **Lynchburg**

3rd Tuesday at 2 pm at The Summit; Jimmy White; 434-239-2373; [whokie57@aol.com](mailto:whokie57@aol.com)

## **Newport News**

3rd Wednesday at 1:00 pm, Mary Immaculate Conference Center. Cynthia Dowd; 757-886-6381;  
[cindy\\_dowd@bshsi.org](mailto:cindy_dowd@bshsi.org)

4th Wednesday, 5:30pm, Riverside Regional Medical Center, Medical Office Bldg. Sandy Snapp; 757-534-5837;  
[sandy.snapp@rivhs.com](mailto:sandy.snapp@rivhs.com)

# Parkinson's Disease Support Groups

"On Offense" is a positive focus support group formed by William Riley, a person with Parkinson's 4th Wednesday, 5:30pm  
[William.riley.8@us.af.mil](mailto:William.riley.8@us.af.mil)  
(757) 344-4319

## Norfolk/Virginia Beach

1st Wednesday, 10 am. St. Andrew's United Methodist Church; 757-495-3062;  
[info@hrparkinsons.com](mailto:info@hrparkinsons.com)

3rd Thursday, 2:30 pm; Harbor's Edge; contact Kori Poplin; 757-616-7937;  
[kpoplin@harborsedgenorfolk.com](mailto:kpoplin@harborsedgenorfolk.com)

3rd Saturday at 10 am, St. Gregory's Church, Damian Hall; 757-495-3062;  
[info@hrparkinsons.com](mailto:info@hrparkinsons.com)

Caregivers: 3rd Thursday; 1:30 pm; Art Studio Harbor's Edge; Kori Poplin;  
757-616-7937; [kpoplin@harborsedgenorfolk.com](mailto:kpoplin@harborsedgenorfolk.com)

## Northern Neck/Middle Peninsula

2nd Wed at 1 pm; Rappahannock Westminster Canterbury. Rita DePew; 804-435-9553;  
[rita.depew@kaballero.com](mailto: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](mailto: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](mailto:jburkhardt@circlecenterads.org)

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

Women's PD Group; 2nd Friday at 10 am; Sarah Lageman;  
[sarah.lageman@vcuhealth.org](mailto: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](mailto:fpwoodlief@gmail.com)

TOAD Support Group *New Group!* every 4th Friday from 2:00-3:30pm  
The Rec Room  
4116 W Broad St  
Richmond, VA 23230  
[TOAD-support@googlegroups.com](mailto:TOAD-support@googlegroups.com)  
Laura Wadsworth; 804-366-4140

## Roanoke

3rd Tuesday at 2:00 pm Ronald McDonald House. Eric Anderson; 540-721-1994;  
[parkinsonsyahgroup@gmail.com](mailto:parkinsonsyahgroup@gmail.com)

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

## Rocky Mount

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](mailto:eanderson@legacyatnorthaugusta.org)

## Suffolk

4th Monday; 3 pm; Lake Prince Woods; Denise Brown;  
[dbrown@uchas.org](mailto:dbrown@uchas.org); 757-923-5513

# Parkinson's Disease Support Groups

## **Williamsburg**

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

## **Winchester**

2nd Tuesday; 11 am, Winchester Church of God. Cheryl Reames; 540-662-4632; [winchesterparkinsons@gmail.com](mailto:winchesterparkinsons@gmail.com)

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

## **Young Parkinson's**

4th Wednesday; 60 years and younger; Teresa Grigsby; 919-801-5199; [tlgrig50@gmail.com](mailto:tlgrig50@gmail.com)

Mlee Parkinson's Group of Central Virginia;

[MLEeyoungonsetPD@gmail.com](mailto:MLEeyoungonsetPD@gmail.com);

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

Twitter: [@MleeGrp](https://twitter.com/MleeGrp)

## **Other Resources:**

**Hampton Roads Chapter, American Parkinson Disease Association;**  
757-495-3062;  
[www.hrparkinsons.com](http://www.hrparkinsons.com)

**Richmond Metro Chapter, American Parkinson Disease Association**  
Kathy Morton; 804-261-5201;  
[www.parkinsonrichmond.com](http://www.parkinsonrichmond.com)

**APDA National Office**  
135 Parkinson Avenue  
Staten Island, NY 10305; 800-223-2732;  
[www.apdaparkinson.org](http://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](http://www.parkinsons.va.gov)

## **VCU Parkinson's and Movement Disorders Center**

Neuroscience, Orthopaedic, and Wellness Center; 11958 West Broad Street, Richmond, VA 23233; clinic number: 804-360-4669; [pdcenter@vcuhealth.org](mailto:pdcenter@vcuhealth.org)  
[vcuhealthnowcenter.org](http://vcuhealthnowcenter.org)

## **Northern Virginia area**

PFNCA; 703-734-1017; for information about groups in Alexandria, Arlington, Fairfax, Gainesville, Manassas, & Springfield; [www.parkinsonfoundation.org](http://www.parkinsonfoundation.org)

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## **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](mailto:help@mwpf.org); OR [www.mwpf.org](http://www.mwpf.org)

CONTACT Susan Dietrich with changes; [sjd3c@virginia.edu](mailto:sjd3c@virginia.edu); 434-982-4482