

Parkinson's Support Groups Around Virginia

Bluefield; 2nd Tuesday at 2 pm; Virginia Ave. United Methodist Church; Kristen Pujari; 386-290-2913; kristen_pujari@yahoo.com.

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; Old Parish Hall of Church of Our Savior; 1165 Rio Rd. East; Susan Dietrich; 434-982-4482; sjd3c@virginia.edu

Care Partners Group 1st Thursday at 10:45 am; The Senior Center; Patsy Asuncion; 305-609-1864 patasuncion@yahoo.com;

Chesapeake, Portsmouth, Suffolk

2nd Saturday, 1:30 pm, Church of St. Therese-Chesapeake. Kendra Lapointe; 505-379-5982; kendra4pd@yahoo.com

Danville; 2nd Tuesday at 2:00 pm, Trinity Methodist Church. Have joined with Eden, NC, group, so do not meet every month in Danville; call Jim and Marjorie Hamilton for information 434-791-4493; shopman33@comcast.net

Eastern Shore/Onancock;

3rd Thursday at 2:00 pm; Eastern Shore Family YMCA; Debra Murray; 757-678-6459; debrakmurray@msn.com

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

Fluvanna; 1st Saturday at 10 am; Fluvanna County Library; **email to confirm:** fluvannaparkinsons@gmail.com ; 434-982-4482

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
Caregivers: 3rd Tuesday, 10:30 AM; contact Earline Haney; 540-371-7334

Front Royal; 4th Monday (unless holiday); 4:30-6:30 pm; Warren Memorial Hosp. Outpatient Ctr.; contact Dana Crone/Ashley Day; 540-635-0730.

Harrisonburg; 3rd Saturday at 1:00 pm, Sentara RMH Medical Center, Eva Showalter; 540-810-5210; conniesuer@gmail.com.

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

Loudoun; 1st Tuesday at 1:30; Ashby Ponds, 21170 Ashby Ponds Blvd., Ashburn, VA. Gary Heinberg; 703-303-4446; garyva544@gmail.com
Care Partners Group 3rd Tuesday; Sally Gehl; 571-258-3232; Sally.Gehl@loudon.gov .

Lynchburg; 3rd Tuesday at 2 pm at The Summit; Wendy Posey; 434-386-7002; wposey0001@yahoo.com.

Manassas; 2nd Saturday at 10 am; Church of the Brethren; Ron Farra; 518-744-8166; rfhiker@gmail.com

Newport News

3rd Wednesday at 1:00 pm, Mary Immaculate Conference Center. Sister Bernard Magill; 757-876-2711; Bernard_Magill@bshsi.org

4th Wednesday, 5:30 pm, Riverside Regional Medical Center, Medical Office Bldg.; Sandra Snapp; 757-534-5220; sandy.snapp@rivhs.com

Norfolk

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

Caregivers: 2nd 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. at 2 pm; Dogwood Village Senior Living; Ginny Stanley; 540-672-5696; vawstanley@gmail.com.

Richmond

1st Tuesday 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 (cont. next page)

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(Richmond continued)

4th Thursday (usually), most months; 1 pm; PADRECC, McGuire VAMC; 804-675-5931. Check website: www.parkinsons.va.gov/Richmond

Women's PD Group; 1st Friday at 10:30 am; VCU NOW bldg. 4th floor conference room. Susan Burns burnsse@msn.com; 804-379-8156.

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

Brandermill Woods; call for information; 804-521-8274; wloyd@brandermillwoods.com.

Roanoke

3rd Tuesday at 2:00 pm; Rebos Club Meeting Room, 4231 Garst Mill Rd.; Eric Anderson; 540-721-1994; roanokeparkinsonsgrp.org@gmail.com, <http://roanokeparkinsonsgroup.org/>

Caregivers: 2nd Friday at 10:00 am; Colonial Baptist Church; Susan Young; 540-339-6708; susan.young@cox.net.

Rocky Mount: LKFurrow@carilionclinic.org. Call 540-489-6368 for information

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 apdavis@apdaparkinson.org

3rd Saturday; 10 am, St. Gregory's Church, Tobias Room; 757-495-3062; apdavis@apdaparkinson.org

Warrenton

3rd Monday; 11 am – 1 pm; Chestnut Forks Tennis & Swim Club; (540) 222-6000; Kendal Blaser; blaserox4@aol.com aperk

Williamsburg

2nd Monday at 1:00 pm (except Jul & Aug), Williamsburg Landing Health Club & Spa; Jack Hostetter; 757-221-0160; wpsq@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
Carepartners: call for information on day & time

Young Parkinson's

4th Wednesday at 5 pm; 60 years and younger; Virginia Beach; Tricia Mayo; 757-486-5243; mayomail@verizon.net .

Mlee Parkinson's Group of Central Virginia;

MLeeyoungonsetPD@gmail.com;

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

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

Instagram: Maulego

Facebook: Mlee nonforprofit Parkinsons Group VA

@Mleeyoungonset

CONTACT Susan Dietrich with changes;

sjd3c@virginia.edu ; 434-982-4482

Other Resources:

Hampton Roads Chapter, American Parkinson Disease Association; 757-495-3062, www.apdaparkinson.org/va

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; sjd3c@virginia.edu

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 (groups/resources)

Parkinson Social Network; 703-378-7221; www.parkinsonsocialnetwork.org

PFNCA; 703-734-1017; www.parkinsonfoundation.org

The Melvin Weinstein Parkinson Foundation: If you cannot afford special equipment or supplies to manage the daily challenges of Parkinson's disease, 757 313-9729; help@mwpf.org; OR www.mwpf.org

February 4, 2019