

# Parkinson's Support Groups Around Virginia

**Bluefield;** 2<sup>nd</sup> Tuesday at 2 pm;  
Virginia Ave. United Methodist Church;  
Kristen Pujari;  
386-290-2913;  
[kristen\\_pujari@yahoo.com](mailto:kristen_pujari@yahoo.com).

**Bridgewater;** 3<sup>rd</sup> Tuesday at 2 pm;  
Bridgewater Retirement Community;  
Diana Koepp; 540-828-4799

## Charlottesville

**2<sup>nd</sup> 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)  
**3<sup>rd</sup> 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](mailto:sjd3c@virginia.edu)  
**Care Partners Group** 1<sup>st</sup> Thursday at  
10:45 am; The Senior Center; Patsy  
Asuncion; 305-609-1864  
[patasuncion@yahoo.com](mailto:patasuncion@yahoo.com);

## Chesapeake, Portsmouth, Suffolk

2<sup>nd</sup> Saturday, 1:30 pm, Church of St.  
Therese-Chesapeake. Kendra Lapointe;  
505-379-5982; [kendra4pd@yahoo.com](mailto:kendra4pd@yahoo.com)

**Danville;** 2<sup>nd</sup> 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](mailto:shopman33@comcast.net)

## Eastern Shore/Onancock;

3<sup>rd</sup> Thursday at 2:00 pm; Eastern Shore  
Family YMCA; Debra Murray; 757-678-  
6459; [debrakmurray@msn.com](mailto:debrakmurray@msn.com)

**Fishersville;** 2<sup>nd</sup> Saturday, 2:00 pm,  
Augusta Health; Community Care Bldg.,  
Joyce Huddle; 540-943-2229;  
[joyce229@comcast.net](mailto:joyce229@comcast.net)

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

**Fredericksburg;** 4<sup>th</sup> Wednesday at  
10:30 am; disability Resource Center;  
Jim & Earline Haney; 540-371-7334;  
[scout1977@hotmail.com](mailto:scout1977@hotmail.com)  
**Caregivers:** 3<sup>rd</sup> Tuesday, 10:30 AM;  
contact Earline Haney; 540-371-7334

**Front Royal;** 4<sup>th</sup> Monday (unless  
holiday); 4:30-6:30 pm; Warren  
Memorial Hosp. Outpatient Ctr; Dana  
Crone, [dcrone@valleyhealthlink.co](mailto:dcrone@valleyhealthlink.co), or  
Ashley Day; 540-635-0730.

**Harrisonburg;** 3<sup>rd</sup> Saturday at 1:00  
pm, Sentara RMH Medical Center, Eva  
Showalter; 540-810-5210;  
[conniesuer@gmail.com](mailto:conniesuer@gmail.com).

**Hillsville;** 2<sup>nd</sup> Wednesday at 1:00  
pm; St. Joseph Church Hall in  
Woodlawn. Mary Ann Riccitiello; 276-  
728-0130; [mcox1753@gmail.com](mailto:mcox1753@gmail.com)

**Loudoun;** 1<sup>st</sup> Tuesday at 1:30;  
Ashby Ponds, 21170 Ashby Ponds  
Blvd., Ashburn, VA. Gary Heinberg;  
703-303-4446; [garyva544@gmail.com](mailto:garyva544@gmail.com)  
**Care Partners Group** 3<sup>rd</sup> Thursday at  
1:30 p.m.; Gary Heinburg.; phone/email  
above

**Lynchburg;** 3<sup>rd</sup> Tuesday at 2 pm at  
The Summit; Wendy Posey; 434-386-  
7002; [wposey0001@yahoo.com](mailto:wposey0001@yahoo.com).  
**Caregivers:** 1<sup>st</sup> Tuesday at 3 p.m.; The  
Summit

**Manassas;** 2<sup>nd</sup> Saturday at 10 am;  
Church of the Brethren; Dale Walden;  
[dswalden@verizon.net](mailto:dswalden@verizon.net).

## Newport News

**3<sup>rd</sup> Wednesday** at 1:00 pm, Mary  
Immaculate Conference Center. Sister  
Bernard Magill;  
757-876-2711;  
[Bernard\\_Magill@bshsi.org](mailto:Bernard_Magill@bshsi.org)  
**4<sup>th</sup> Wednesday,** 5:30 pm, Riverside  
Regional Medical Center, Medical Office  
Bldg.; Sandra Snapp;

757-534-5220; [sandy.snapp@rivhs.com](mailto:sandy.snapp@rivhs.com)

## Norfolk

**2<sup>nd</sup> Thursday,** 2:30 pm; Harbor's Edge;  
contact Kori Poplin, 757-616-7937;  
[kpoplin@harborsedgenorfolk.com](mailto:kpoplin@harborsedgenorfolk.com)

**Caregivers:** 2<sup>nd</sup> 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

2<sup>nd</sup> Wed at 1 pm; Rappahannock  
Westminster Canterbury. Rita DePew;  
804-435-9553;  
[rita.depew@kballero.com](mailto:rita.depew@kballero.com)

**Caregivers:** 1<sup>st</sup> Monday; 10 am; R-  
WC

## Orange

Last Wed. at 2 pm; Dogwood Village  
Senior Living; Ginny Stanley; 540-672-  
5696; [vawstanley@gmail.com](mailto:vawstanley@gmail.com).

## Richmond

1<sup>st</sup> 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](mailto:jburkhardt@circlecenterads.org) (cont.  
next page)

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

## Richmond continued next page) (Richmond continued)

**Women's PD Group;** 1<sup>st</sup> Friday at  
10:30 am; VCU NOW bldg. 4th floor  
conference room. Susan Burns  
[burnsse@msn.com](mailto:burnsse@msn.com); 804-379-8156.

**Last Wednesday;** noon; Tarrant's West  
Restaurant; Fred Woodlief, DDS; 804-  
378-7577; [fwoodlief@gmail.com](mailto:fwoodlief@gmail.com)

**Parkinson's Dance Group;**  
**Brandermill Woods Clubhouse; each  
Tuesday, 3 pm; for information call**

# Parkinson's Support Groups Around Virginia

804-521-8274;  
[wloyd@brandermillwoods.com](mailto:wloyd@brandermillwoods.com).

## Roanoke

**3<sup>rd</sup> Tuesday** at 2:00 pm; Rebos Club Meeting Room, 4231 Garst Mill Rd.; Eric Anderson; 540-721-1994;  
[roanokeparkinsonsgrp.org@gmail.com](mailto:roanokeparkinsonsgrp.org@gmail.com),  
<http://roanokeparkinsonsgroup.org/>  
**Caregivers:** 2<sup>nd</sup> Friday at 10:00 am; Colonial Baptist Church; can contact phone/website above.

## Rocky Mount: Contact Letitia

Furrow [LKFurrow@carilionclinic.org](mailto:LKFurrow@carilionclinic.org);  
540-489-6368

## Suffolk

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

## Virginia Beach

**1<sup>st</sup> Wednesday**, 10 am. St. Andrew's United Methodist Church. 757-495-3062  
[apdavirginia@apdaparkinson.org](mailto:apdavirginia@apdaparkinson.org)

**3<sup>rd</sup> Saturday**; 10 am, St. Gregory's Church,  
Tobias Room; 757-495-3062;  
[apdavirginia@apdaparkinson.org](mailto:apdavirginia@apdaparkinson.org)

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

## Warrenton

3<sup>rd</sup> Monday; 11 am – 1 pm; Chestnut Forks Tennis & Swim Club; (540) 222-6000; Kendal Blaser; [blaserx4@aol.com](mailto:blaserx4@aol.com)  
aperk

## Williamsburg

2<sup>nd</sup> Monday at 1:00 pm (**except Jul & Aug**), Williamsburg Landing Health Club & Spa; Jack Hostetter; 757-221-0160; [wpsg@cox.net](mailto:wpsg@cox.net)

1<sup>st</sup> Thursday; 1-2:30 pm Brookdale – Williamsburg;  
**RSVP** to Elliott Bray:  
[ebray1@brookdale.com](mailto:ebray1@brookdale.com);

For info, call Kim Owens, 757-707-3955

## Winchester

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

**3<sup>rd</sup> Monday**; 11 am, Shenandoah Valley Westminster Canterbury; contact info as above  
**Carepartners: call for information on day & time**

## Wytheville

1<sup>st</sup> Tuesday; 6:30-7:30 pm; Heartland Health & Rehab; contact Debbie or Caroline: 276-228-6200

## Young Parkinson's

4<sup>th</sup> Wednesday at 5 pm; 60 years and younger; **Virginia Beach**; Tricia Mayo; 757-486-5243; [mayomail@verizon.net](mailto:mayomail@verizon.net) .

Mlee Parkinson's Group of **Central Virginia**;  
[MLEeyoungonsetPD@gmail.com](mailto:MLEeyoungonsetPD@gmail.com);  
Group Blog: <http://maulebach.blogspot.com/>;  
Twitter: [@MleeParkinson's](https://twitter.com/MleeParkinson's)  
Instagram: Maulego  
Facebook: Mlee nonprofit Parkinsons Group VA  
[@Mleeeyoungonset](https://www.facebook.com/Mleeeyoungonset)

## Other Resources:

**Hampton Roads Chapter, APDA**; 757-495-3062, [www.apdaparkinson.org/va](http://www.apdaparkinson.org/va)

**Richmond Metro Chapter, APDA**  
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; [sjd3c@virginia.edu](mailto: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](http://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](http://vcuhealthnowcenter.org)

**Northern Virginia area (groups/resources) Parkinson Social Network**; 703-378-7221; [www.parkinsonsocialnetwork.org](http://www.parkinsonsocialnetwork.org)

**PFNCA**; 703-734-1017;  
[www.parkinsonfoundation.org](http://www.parkinsonfoundation.org)  
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**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.mwfp.org**