

# Parkinson's Support Groups Around Virginia

**Bluefield;** 2<sup>nd</sup> Tuesday at 2 pm; Virginia Ave.  
United Methodist Church; Jean Brown; 276 -22-5715;  
[brown\\_rj3659@verizon.net](mailto:brown_rj3659@verizon.net).

**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 at ACAC; Albemarle Square  
Shopping Center; Susan Dietrich; 434-982-4482;  
[sjd3c@virginia.edu](mailto:sjd3c@virginia.edu)

Carepartners Group 1<sup>st</sup> Thursday at 10:45 am; The  
Senior Center; Patsy Asuncion;  
[patasuncion@yahoo.com](mailto:patasuncion@yahoo.com).; 434-529-8094

## Chesapeake, Portsmouth, Suffolk

2<sup>nd</sup> Saturday, 1 pm, Church of St. Therese-  
Chesapeake. Pat & Steve Yaros; 757-637-7445;  
[patyaros@cox.net](mailto:patyaros@cox.net)

**Danville;** 2<sup>nd</sup> 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;** 1<sup>st</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)

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

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

**Hillsville;** 2<sup>nd</sup> 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;** 3<sup>rd</sup> Tuesday at 2 pm at The  
Summit; Jimmy White; 434-239-2373;  
[whokie57@aol.com](mailto:whokie57@aol.com)

## Newport News

3<sup>rd</sup> Wednesday at 1:00 pm, Mary Immaculate  
Conference Center. Cynthia Dowd;  
757 -86-6381; [cindy\\_dowd@bshsi.org](mailto:cindy_dowd@bshsi.org)

4<sup>th</sup> Wednesday, 5:30 pm, Riverside Regional Medical  
Center, Medical Office Bldg.; Sandy Snapp; 757-534-  
5837; [sandy.snapp@rivhs.com](mailto: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](mailto:William.riley.8@us.af.mil)  
(757) 344-4319

## Norfolk

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

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

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

**Caregivers:** 3<sup>rd</sup> Thursday; 1:30 pm; Art Studio  
Harbor's Edge; Kori Poplin; 757-616-  
7937 [kpoplin@harborsedge-norfolk.com](mailto:kpoplin@harborsedge-norfolk.com)

## Northern Neck/Middle Peninsula

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

**Caregivers:** 1<sup>st</sup> 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

1<sup>st</sup> 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)

October 7, 2016

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

## **(continued next page)**

### **Richmond continued**

Women's PD Group; 2<sup>nd</sup> 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)

### **Roanoke**

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

**Caregivers:** 2<sup>nd</sup> Friday at 9:30 am; Colonial Baptist Church; Susan Young; 540-339-6708

### **Rocky Mount** *New Group!*

Call 540-489-6368 for information

### **Staunton**

2<sup>nd</sup> Tuesday at 2:00 pm; Legacy at North Augusta; Emily Anderson; 540-213-8900; [eanderson@legacynorthaugusta.org](mailto:eanderson@legacynorthaugusta.org)

### **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 [info@hrparkinsons.com](mailto:info@hrparkinsons.com)

## **(continued)**

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

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

### **Williamsburg**

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

### **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

### **Young Parkinson's**

4<sup>th</sup> Wednesday; 60 years and younger; Teresa Grigsby; 919-801-5199; [tigrig50@gmail.com](mailto:tigrig50@gmail.com)

Mlee Parkinson's Group of Central Virginia; [MLeeyoungonsetPD@gmail.com](mailto: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](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 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**

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; OR [www.mwpf.org](http://www.mwpf.org)

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