

Parkinson's Support Groups Around Virginia

Arlington

Side by Side Groups: 10:30 a.m. Caregivers: 2nd Tuesday; Those with PD & family, 4th Tuesday; Arlene Edwards; 571-286-5000; Our Lady Queen of Peace; info@parkinsonsocialnetwork.org. **ZOOM**

Blacksburg

1st Thursday 2:30-3:30 pm; Warm Hearth Village; Kenny Harrah; 540-443-3474; Judi McBride; kharrah@warmhearth.org; mcbridejudi@gmail.com

Charlottesville

3rd Friday at 12:30 pm; Positively Parkinson's; Church of Our Savior; 1165 Rio Rd. East; Susan Dietrich, 434-982-4482; sjd3c@virginia.edu.

2nd Tuesday; 7 p.m. Zoom with Charlie Voelmle
charlievoelmle@yahoo.com.

Care Partners: 1st Thursday; 10:30 am; **ZOOM;** Natasha Soudek; soudek1@gmail.com
In-person: 2nd Wednesday 10:30 am, The Center; Ellie Syverud; ellie7349@gmail.com.

MLee Parkinson's Group Virginia (all ages)
Maulebach@Yahoo.com; 434-882-8480;
#TeamMleePD; blog, Twitter, Instagram, FB

Chesapeake, Portsmouth, Suffolk

2nd Saturday, 1:00 pm, **ZOOM** 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., Emily Anderson; eanderson@thelegacyatnorthaugusta.org
NOT MEETING CURRENTLY

Franklin; 3rd Tuesday, 7 pm; Southampton Memorial Hospital Auditorium; Doug Boyce; 757-562-4432; dboyce_124@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); 4:30-6:00 pm; Warren Memorial Hosp. Outpatient Ctr; Dana Crone, dcrone@valleyhealthlink.co, or Noah Jordan; njordan@valleyhealthlink.com; 540-635-0730

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

Hillsville; PD & Essential Tremor; 2nd Wednesday at 1:00 pm; St. Joseph Church Hall in Woodlawn. Mary Ann Riccitiello; 276-728-0130; mcox1753@gmail.com; Stephen Turner; 276-728-8221; turneredwards@embargmail.com .

Lake of the Woods/Locust Grove; 2nd Thursday at 4:00 pm; Lake of the Woods Church; Lee Moore; 540-972-0395; Leeatstm@aol.com

Loudoun; 1st Tuesday at 2:00 **ZOOM;**
Sonia Gow; 703.375.9987; sonia.gow@inova.org

Lynchburg; 3rd Tuesday at 2 pm at Legacy Wealth Management; Wendy Posey; 434-386-7002; wposey0001@yahoo.com.

Manassas; 3rd Thursday at 10 am; **ZOOM**
Dale Walden; dswalden@verizon.net.

Northern Neck/ Middle Peninsula

NEITHER GROUP IS MEETING CURRENTLY

3rd Thursday at 2:00 pm; Rappahannock Westminster Canterbury; Rita DePew; 804-438-4838
rita.depew@kaballero.com

Care Partners: 1st Monday at 11:00 am; Rita DePew

Orange; Last Wed. at 2 pm; **ZOOM;** Ginny Stanley; 804-690-4505; vawstanley@gmail.com.

Richmond

1st Tuesday at 6:00 pm, (Discussion); Circle Center, 4900 W. Marshall St., (behind Krispy Kreme on Broad St.); Jay Burkhardt; 804-355-5717; **in-person AND Zoom**
jburkhardt@circlecenterads.org

1st Monday, 1 pm; PADRECC, combined **ZOOM/WEBEX** meeting with Philadelphia PADRECC – open to both veterans and non-vveterans.; 804-675-5931. Check website: www.parkinson.va.gov/patients/asp.

1st Friday, 10:30 am; Women's PO Group; VCU NOW bldg. 4th floor conference room. Vondra Harrell, MSW; vondra.harrell@vcuhealth.org ; 804-364-6633

Last Wednesday; noon; Tarrant's West Restaurant; Fred Woodlief; 804-378-7577; fpwoodlief@gmail.com
each Tuesday, 3 pm; Parkinson's Dance Group; Brandermill Woods Clubhouse; for information call 804-521-8274; wloyd@brandermillwoods.com .

ROANOKE

Please contact the support group (information below) for meeting dates and times.
roanokeparkinsonsgrp.org@gmail.com,
<http://roanokeparkinsonsgrp.org/>

September 29, 2021

Parkinson's Support Groups Around Virginia

Rocky Mount; Contact Letitia Furrow
LKFurrow@carilionclinic.org; 540-489-6368

Suffolk; 3rd Saturday; 3 pm; Lake Prince Woods;
Denise Brown; dbrown@uctias.org; 757-923-5513

Virginia Beach

1st Wednesday, 10 am. St. Andrew's United Methodist Church. Janessa Robbins; Robbins.Janessa.M@gmail.com
515-450-9815

3rd Saturday; 10 am, St. Gregory's Church,
Damien Room; 505-379-5982; Kendra Lapointe; **ZOOM**

Parkinson's Partners (Care Partner Support Group)
1st & 3rd Mondays at 2pm; Gloria Siegel, facilitator
veggigi@gmail.com; 757-339-3833; **ZOOM**

Warrenton

3rd Monday; 12:15-2 p.m.; Chestnut Forks Tennis & Swim Club; Ann Proctor; (540) 253-5407;
ahughey@live.com

Williamsburg

1st Thursday; 1-2:30 pm Brookdale - Williamsburg;
RSVP to Elliott Bray: ebay1@brookdale.com ;
Kim Owens, 757-707-3955

Winchester

2nd Tuesday; 11 am, **Not Currently Meeting**.
Cheryl Reames; 540-662-4632;
winchesterparkinsons@gmail.com

Wytheville

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

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Young Parkinson's

4th Wednesday at 6:30 pm; 60 years and younger; Virginia Beach; Wendy Wilkerson; 757.474.6300; wendy.wilkerson@empowerment-wellness.com. **ZOOM**

Other Resources:

Virginia Chapter, APDA; 757-495-3062,
www.apdaparkinson.org/va

VA Chapter, APDA Board Member;
Kathy Morton; 804-382-9382

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, & Clinical Center; VA Medical Center; 1201 Broad Rd. Blvd.; Richmond, VA 23249; 804-675-5931;
www.parkinsons.va.gov.

VCU Parkinson's Center

Neuroscience, Orthopaedic, and Well ness Center; 11958 West Broad Street, Richmond, VA 23233, main # 804-360-4669; vcuhealthnowcenter.org

Northern Virginia area (groups/resources):

PARKINSON SOCIAL NETWORK (PSN);
571-286-5000; www.parkinsonsocialnetwork.org

INOVA Parkinson's & Movement Disorders Center;
Sonia Gow at sonia.gow@inova.org ; 703.375.9987.
PFNCA; 703-734-1017

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; he Melvin Weinstein Parkinson Foundation

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

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