

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;
patasuncion@yahoo.com.; 434-529-8094

Chesapeake, Portsmouth, Suffolk

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

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

Eastern Shore/Onancock; *New Info!*

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

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@loudoun.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.; Sandy Snapp; 757-534-
5837; sandy.snapp@rivhs.com

Norfolk

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

Caregivers: 2nd Thursday; 1:30 pm; Art Studio
Harbor's Edge; Kori Poplin; 757-616-7937;
kpoplin@harboredgenorfolk.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;
jb Burkhardt@circlecenterads.org (cont. next page)

Parkinson's Support Groups Around Virginia

(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, "Women Going Forward"; 1st
Friday at 10 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; Rebo's Club Meeting Room,
4231 Garst Mill Rd.; Eric Anderson; 540-721-1994;
parkinsonsyahgroup@gmail.com;
<http://roanokeparkinsonsgroup.org/>

Caregivers: 2nd Friday at 10:00 am; Colonial Baptist
Church; Susan Young; 540-339-6708

Rocky Mount:

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
apdavirginia@apdaparkinson.org
(cont. next column)

3rd Saturday at 10 am, St. Gregory's Church, Damian
Hall, 757-495-3062; apdavirginia@apdaparkinson.org

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; Leslie Matson; 757-507-0604;
lamatson@sentara.com.

Mlee Parkinson's Group of **Central Virginia**;
MLEeyoungonsetPD@gmail.com;
Blog: <http://maulebach.blogspot.com/>;
Twitter: [MleeParkinson's@Maulebach](https://twitter.com/MleeParkinson's@Maulebach)
Instagram: Maulego

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

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

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

PFNCA; 703-734-1017; for information about groups
in Alexandria, Arlington, Fairfax, Gainesville,
Manassas, & Springfield;
www.parkinsonfoundation.org

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.mwfp.org

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

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