

Parkinson's Support Group Contact Information

Organization	Name	Phone Number	E-mail
University of MD PD & Movement Disorders Center	Michelle Cines, RN	410-328-3333	mcines@som.umaryland.edu
Maryland Association for Parkinson's Support	Rona Rosenbaum, President		ronaparkd@gmail.com
Delmarva Parkinson's Alliance	Art Cooley, President	410-749-8511 410-340-0812	art.cooley@gmail.com dlowershore@gmail.com

Maryland

Support Group Name	Group Information	Group Contact
Anne Arundel County Group	4th Tuesday at 12pm Elks Lodge in Severna Park 160 Truck House Rd Severna Park, MD 21146	Sandy and Gary Pollock 410-315-9953 Bball_sball@yahoo.com
Ginger Cove in Anne Arundel County	2nd Friday 4000 River Crescent Dr Annapolis, MD 21401	Harold Boyd 410-266-0733 Halb3@verizon.net
Lower Shore Parkinson's Support Group	3rd Wednesday at 2 pm MAC, Inc. 909 Progress Circle 21804 www.PDlowershore.org	Art Cooley, Delmarva Parkinson's Alliance President 410-749-8511 410-430-0812 Art.cooley@gmail.com pdlowershore@gmail.com
Lower Shore Parkinson's Caregiver Support Group	1st Wednesday at 2pm MAC, Inc. 909 Progress Circle 21804 www.PDlowershore.org	Dr. Kent Kimmel 410-749-3617 kentnkimmel@gmail.com
Howard County Young Onset/Early Diagnosed Support Group	3rd Monday at 7pm Parkinson's and Movement Disorders Center of Maryland 8180 Lark Brown Rd Suite 100 Elkridge, MD 21075	Deb Bergstrom 301-712-5381 dfbergstrom@comcast.net

Howard County Support Group	3rd Monday at 7 pm Parkinson's & Movement Disorders Center of Maryland 8180 Lark Brown Rd Suite 100 Elkridge, MD 21075	Kathleen Dougherty 301-490-1118 Kad1309@aol.com Charlotte Leer 443-755-0440 Cowgirl0419@verizon.net Celmark0419@verizon.net
Howard County Caregiver Support Group	2nd Tuesday at 1:30 pm Vantage House 5400 Vantage Point Rd Columbia, MD 21044	Lynada Johnson 410-992-1120 lynadadavid@gmail.com
Easton Support Group	2nd Tuesday at 1:30 pm Immanuel Lutheran Church 7215 Ocean Gateway Easton, MD 21601	Elsie Gerdom 410-901-8415 pgerdom@atlanticbb.net
Easton Caregiver Support Group	3rd Wednesday at 3:30pm Eastern Shore Smile Solutions 29276 Erickson Dr Easton, MD 21601	Donna O'Neil 410-827-8574 Donnam520@gmail.com Elsie Gerdom 410-901-8415 pgerdom@atlanticbb.net Kathy Hiers 443-521-5828 khiers@comcast.net
Harford County Support Group	1st Thursday at 2pm McFaul Activity Center 525 W MacPhail Rd Bel Air, MD 21014	Cliff Ishmael 410-241-8389 Cishmael33@gmail.com Marty Green 410-692-6025 K2plf@aol.com Lynette Chambers 443-243-2379 Lynnettechambers02@yahoo.com
Hagerstown Support Group	1st Thursday at 11:45 am Western Sizzlin' Steakhouse Restaurant 11567 York Rd Hagerstown, MD 21740	Art Guyer 240-625-2722 Aguyer42@myactv.net
Cumberland Support Group	1st Friday at 4 pm Grace Memorial Community Church 1005 Bishop Walsh Rd Cumberland, MD 21502	Shirley McKinney 301-729-1427 sjmckinney@atlanticbb.net

Westminster Support Group	4th Thursday at 2pm Carroll Hospital Learning Center Classroom 200 Memorial Ave Westminster, MD 21157	Julie Lee, RN 410-871-6164 Jlee2@carrollhospitalcenter.org
Leisure World Support Group	2nd Tuesday at 3pm Leisure World Clubhouse 2 3300 N Leisure World Blvd Silver Spring, MD 20906	Manny Horowitz 301-598-9704 Ehorowitz01@comcast.net
Friends in Frederick Support Group	3rd Wednesday at 1 pm Mt Pleasant Ruritan Club 8101 Crum Rd Walkersville, MD 21793 www.fifpdsg.org	Janet Silvius 240-446-9925 301-831-5609 jsilvius@yahoo.com John Kraft 301-845-6514 Bonnie Lawson 410-775-7821 blawson25@aol.com
Ocean Pines/Berlin Support Group	2nd Tuesday at 2:30 pm Ocean Pines Branch/Worcester Co. Library 11107 Cathell Rd Berlin, MD 21811	Ron & Mary Leidner 410-280-0525 worcesterPD1@gmail.com ron.leidner@yahoo.com leidnermary@yahoo.com
Bowie Support Group	4th Monday at 10 am 14900 Health Center Dr Bowie, MD 20716	Carter and Wayne Rardon 301-464-1596 301-412-0835 Carter2278@live.com carter@realestatemd.us
Kensington Support Group	Fridays at 10 am St. Paul's Methodist Church Heavener Hall 10401 Armory Rd Kensington, MD 20985	Gaby Rosenberg 301-384-9670 Gabs_online@yahoo.com
Charleston Senior Living Support Group	1st Thursday of every other month 10 am Brookside classroom 2 715 Maiden Choice Ln Catonsville, MD 21157	Amy Sarro, LSCW 410-247-3400 ext 8459 Amy.sarro@erickson.com
Oak Crest Senior Living Support Group	3rd Thursday at 1:30 pm Oakcrest Community Town Center Classroom 8800 Walther Blvd Baltimore, MD 21234	Jodi Stevens, LBSW 410-882-3262 Jodi.stevens@erickson.com

Dancing with PD	Roland Park Place in Baltimore & Megan Rich Physical Therapy in Timonium	Ellen Talles 410-878-7164 ellentalles@comcast.net
Riderwood Senior Living Support Group	1st Thursday at 10 am Riderwood Montgomery Station Classroom 3128 Gracefield Rd Silver Spring, MD 20904	Kathleen Tastet 240-560-7533 Bobkat150@comcast.net
Ingleside King Farm Senior Living Support Group	1st and 3rd Wednesday at 2pm 701 King Farm Blvd Rockville, MD 20850	Nancy Tietjen 240-912-4229 dellmar@comcast.net

Delaware

Support Group Name	Group Information	Group Contact
New Castle Support Group	1st Thursday at 10 am New Castle Library 424 Delaware St New Castle, DE 19720	Gary Chard 302-332-8791 G195dude@yahoo.com
Dover Support Group	1st Thursday at 5pm Modern Maturity Center East Conference Room 1121 Forrest Ave Dover, DE 19904	Cindy Clark 302-734-1200 ext. 186 Mmc_caregiver@hotmail.com
Sussex County Parkinson Education and Support Group-Lewes/Rehoboth	1st Monday at 2 pm Lutheran Church of Our Savior 20276 Bay Vista Rd Lewes, DE 19971	Dennis Leebel 302-644-3465 410-615-7732 blleebel@verizon.net Kathy Landis Caregiver Coordinator 302-856-5187
Seaford Support Group	3rd Monday at 10 am Nanticoke Senior center 1001 N Locust St Seaford, DE	Dennis Leebel 302-644-3465 410-615-7732 blleebel@verizon.net Kathy Woolman 302-854-2886

Newark Support Group	1st Thursday at 10:15 am Newark Senior Center 200 White Chapel Drive Newark, DE	David Kaplan 302-239-1190 PDyodah@yahoo.com
Newark Caregiver Support Group	Tuesdays at 10:30 and Thursdays at 9:30 Newark Senior Center 200 White Chapel Drive Newark, DE	Alexis Morris 302-737-2336 amorris@newarkseniorcenter.com
Wilmington Support Group at Kirkwood Library	2nd Sunday at 2 pm Kirkwood Library 6000 Kirkwood Highway Wilmington, DE 19808	David Kaplan 302-239-1190 PDyodah@yahoo.com
Wilmington Support Group at Shipley Manor	3rd Monday at 5:30 pm Shipley Manor 2723 Shipley Rd Wilmington, DE 19810	Gary Chard 302-332-8791 G195dude@yahoo.com Kathy Scott 302-477-8813 kcscott@5sqc.com

Virginia

Support Group Name	Group Information	Group Contact
Onancock, Eastern Shore of VA Support Group	Hospice & Palliative Care of the Eastern Shore 165 Market St Onancock, VA	Betty Armsey 757-787-3310 barmsey@hpces.org
Young Onset Support Group		Carol Best 703-569-5913 cmfrayblogger@gmail.com
Alexandria Support Group	1st Wednesday at 1pm Hollin Hall Senior Center 1500 Shenandoah Rd Alexandria, VA 22308	Talley Fulghum 703-768-8232 Talleyful@verizon.net
Manassas	3rd Saturday 10 am	Phil Gesotti 703-794-9326

Fair Oaks Support Group	4th Saturday at 10 am Sunrise at Fair Oaks 3750 Joseph Siewick Drive Fairfax, VA 22030	Bill Moore Donna Seder 703-716-8720 mabymoores@verizon.net fairoaks.pdgrp@gmail.com
Winchester Support Group	2nd Tuesday at 11 am Winchester Church of God 2080 N Frederick Pike Winchester, VA 22603	Cheryl Reames 540-662-4632 cwreames@gmail.com
Fairfax City Support Group	2nd Monday at 7 pm Green Acres Community Center Room 110 4401 Sideburn Rd Fairfax, VA 22030	Karl and Angela Robb 703-277-9666 301-464-1596(h) therobbs@cox.net
Fairfax Caregiver Support Group	4th Sunday at 1:30 pm Fairfax County Library 10360 North St Fairfax, VA 22030	Susan Thomson 703-823-2914

Pennsylvania

Support Group Name	Group Information	Group Contact
Lancaster County	3rd Monday at 2pm Landis Homes 1001 East Oregon Rd Lititz, PA 17543-9206	Ruth Johnson 717-509-5494 curtruth@verizon.net
Chambersburg Support Group	3rd Tuesday	Kathy Smith 717-263-3524 kathy.smith@embarqmail.com Carol & Warren Leach 717-264-2908 skipl815@aol.com

West Virginia

Support Group Name	Group Information	Group Contact
Berkeley County Support Group	4th Wednesday at 6:30 pm Otterbein United Methodist Church 549 N Queen St Martinsburg, WV 25404	Debi Corbin 304-886-8594 danicasgma@aol.com

Washington, D.C.

Support Group Name	Group Information	Group Contact
Sibley Group	2nd Thursday at 3pm Grand Oaks Assisted Living Club Room 5901 MacArthur Blvd. NW	Marti Bailey 202-660-5680 Mbaile35@jhmi.edu
IONA Parkinson's Group	Fridays at 11 am IONA Senior Services 4125 Albermarle St NW 20016	Leon Paparella 202-966-4450 301-884-8171 ext 466 leonpaparella@comcast.net
Georgetown Group	3rd Monday at 2pm Georgetown University Pasquerilla Health Center on the 4th Floor Urology Dept. Conference Room 3800 Reservoir Rd NW 20007	Leon Paparella 202-966-4450 301-884-8171 ext 466 leonpaparella@comcast.net