



Alaska Parkinson's Support Groups

During COVID, please choose a virtual group for your own safety and the safety of others.

Please contact the facilitator before attending the first time.

City	Day of Month	Meeting Time	Facilitator	Contact Info	Meeting Location	Notes
Statewide			Center for Chronic Illness	info@thecenterforchronicillness.org	Virtual	Offers groups such as "Living Mindfully w Chronic Illness," "Rare Chronic Illness" etc
Statewide			Miran Hothi	206.946.6519; miran@nwpf.org	Virtual	DBS Connect: "Bionic Brain Club" Sponsored by NW Parkinson's Foundation
Anchorage	3 rd Saturdays	3:30-5 PM AK	Adrian Dube	907.441.0131 (text preferred); 3407amd@gmail.com	Zoom (formerly Anchorage Pioneer Home, 5 th Floor)	
Fairbanks	1 st Saturdays	12-1:30 PM AK	Lois Henderson	907.378.2321, loisinak@gmail.com	Zoom (formerly Bahn Thai Restaurant)	People w PD & Carepartners
Homer	1 st Fridays	1-2 PM AK	Maynard Gross	907.235.7330; maynard_gross@yahoo.com	Homer Senior Center	People w PD & Carepartners
Juneau	4 th Tuesdays	6:30-7:30 PM AK	Nils Dihle & Tammy Guiler	907.463.6163	Juneau Pioneer Home	On Hiatus as of 3.2.21 People w PD & Carepartners
Juneau	3 rd Tuesdays	6 PM AK	Denny Darby	Denise.darby@ccsjuneau.org	St. Brenden's Episcopal Church &	People w PD & Carepartners



Alaska Parkinson's Support Groups

During COVID, please choose a virtual group for your own safety and the safety of others.

Please contact the facilitator before attending the first time.

					online via zoom	
Sitka			Marjorie Parmelee	907.747.3461; mparmelee@hotmail.com		
Statewide			Alzheimer's Assn of Alaska	24/7 Helpline (800.272.3900) or https://www.alzconnected.org/		Dementia-related Support Groups