



Washington State 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			Miran Hothi	206.946.6519; miran@nwpf.org	Virtual	DBS Connect: "Bionic Brain Club" Sponsored by NW Parkinson's Foundation
Statewide			Alzheimer's Assn of WA State & No Idaho	Alz Assn Support Groups	Virtual or Phone	
Statewide			Center for Chronic Illness	info@thecenterforchronicillness.org	Virtual	Offers groups such as "Living Mindfully w Chronic Illness," "Rare Chronic Illness" etc
Statewide	2 nd Wednesday	6:30-7:30 PM	Nicol Walsh	nicol@nwpf.org	Zoom	Spanish Speaking People w/ PD and their Carepartners
Anacortes	3 rd Thursdays	1:30-3 PM	Lynn Karns	602.502.9677; lckarns@gmail.com	Zoom (formerly Island Hospital)	
Arlington	TBD	10am	Jean Oien	jeanoien24@gmail.com	Olympic Place	
Bellevue	1 st Wednesdays	7 PM	Suzanna Eller, MA, LMHC	206.320.2084; suzannaapda@gmail.com	Zoom (formerly North Bellevue Comm Center)	Sponsored by APDA
Bellingham	2 nd & 4 th Tuesdays	1:30 – 3 PM	Barbara Mathers-Schmidt	360.319.8184 Bmschmidt81@gmail.com	Zoom	People w PD; occasional events that include Carepartners
Bellingham	2 nd Mondays	2-3:30 PM	Deb Ivancovich	360.961.5168; deb.ivancovich@gmail.com	Cornwall Church	People w/ PD & CarePartners



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Bothell	3 rd Tuesdays	10 AM	Janet Zielasko, MSW	425.286.1035; janetz@mynorthshore.org	Zoom (formerly Northshore Senior Center)	Sponsored by Northshore Senior Center
Bremerton	1 st Tuesdays	1-2 PM	Cele & Spike Sterling	360.627.7855; sterlingca@hotmail.com	St. Paul's Episcopal Church	In-person Meetings
Burlington	1 st Tuesdays	10-11 AM	Leanne Hickman	360.755.5550; leaneh@cascadeliving.com	Creekside Continuing Care Community	
Chehalis	2 nd Thursdays	1-2:30 PM			Bethel Church	Currently w/o a group leader 3.14.22
Covington	2 nd Fridays	11:15 AM – 12:30 PM	Mike Sellars	425.830.4472; fight@rocksteadyskc.com	18527 SE 272 nd St	People w/ PD & CarePartners
Ephrata			Kristin Wenke	509.398.3408; wenke.witt@gmail.com		Inactive Call Kristin if need help.
Everett	4 th Saturdays	2 PM	James & Suzette Voyta; Shawn Brown; Suzanne & Al Taitingfong	James & Suzette: 425.377.1230; suzette.voyta1@gmail.com Shawn: sbrownmc@aol.com Suzanne & Al: 425.220.9377	Zoom (formerly Providence Colby Campus, Rainier Room)	
Everett	1 st Mondays		Richard Fynn	206.498.0162; rf7923@gmail.com	Varies	Men only. On Hiatus as of 3.2021
Everett/ Mill Creek	Every Wednesday	10-11:30 AM	Gael Gebow, Senior Program Director	425.312.6973 ggebow@ymca-snoco.org	Mill Creek Family YMCA	On Hiatus as of 3.2021 Discussion group follows Pedaling for Parkinson's class.
Federal Way	3 rd Tuesdays	1:30-3 PM	Mike Carr	253.735.5867; mcarrhdsoftail@yahoo.com	Brookdale Foundation House Courtyard Lounge	



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Ferndale	1 st & 3 rd Fridays	9:30-11 AM			Haggen Food Court	Men only.
Friday Harbor	3 rd Mondays	4-5:30 PM	Cindy Lonsinger	360.317.4767; cindy.longsinger@gmail.com Suz LeFever, PT: 360.378.4112; suz@rockisland.com	Staying connected via email during COVID. Mullis Community Center	People w PD & Carepartners. Sponsored by Suz LeFever of San Juan Physical Therapy
Hoquiam	Last Tuesdays	6-7 PM	Betsy Seidel Bob Martin	360.533.5968; betsycamel@yahoo.com bmartin152@yahoo.com	Hoquiam Library (Dinner at 5 PM at Roses Tienda & Taqueria)	People w/ PD & Carepartners
Kirkland	2 nd Tuesdays	3-4 PM	Pam Salas	spsalas@evergreenhealth.org	Zoom starting April 2021. (formerly Evergreen Hospital DeYoung Pavilion)	Women w PD only
Kirkland	2 nd & 4 th Tuesdays	3-4:30 PM	Dr. Marci Nemhauser, PsyD	206.946.6517; Dr.Marci@nwpf.org	Zoom (formerly Evergreen Hospital DeYoung Pavilion)	Carepartners only. Sponsored by NW Parkinson's & EvergreenHealth
Kirkland	2 nd Tuesdays	3-4:30 PM	Dr. Brad Tyson	425.899.3140; bradgtyson@gmail.com	Zoom (formerly Evergreen Hospital DeYoung Pavilion)	Men only. Sponsored by EvergreenHealth
Lacey	3 rd Tuesdays	11am	Lenora Andres	360-923-1584 lenora10@comcast.net	At Jubilee Lodge	People w/ PD and Carepartners (only for residents of Jubilee Lodge)
Lakewood (American)	2 nd Fridays	11-12:30 PM	Mary Dyrland; Anisa Young,	Mary Dyrland; 206-277-6977; mary.dyrland@va.gov	Zoom (formerly on Seattle and	Veterans & their Carepartners



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Lake & Seattle VA)			Neuro Nurse Coordinator	Anisa Young; 206.277.3777; anisa.young@va.gov	American Lake VA campuses)	
Longview	3 rd Wednesdays	1:45-3:15 PM	Sue Watson	360.425.9634; suemooatson@hotmail.com	Canterbury Inn	Not meeting right now
Lopez Island	Last Mondays	1-2:30 PM	Jackie Ashe	360.468.2435 jackieashe@rockisland.com	Hamlet House – Gathering Place	
Lynden	1 st Thursdays	10am	Virginia Diephvis	360-354-1137 rvdiep@comcast.net	Lynden Senior Center	People w/ PD and Caregivers
Mercer Island	1 st Tuesdays	6-7:30 PM	Dr. Marci Nemhauser, PsyD	206.946.6517; Dr.Marci nwpcf.org	Zoom (formerly Aegis Mercer Island)	Adult Children only. Sponsored by NW Parkinson's
Mercer Island	1 st Wednesdays	2:30 – 4 PM	Marjorie Carlson	206.275.7752;	Luther Burbank Park Bldg	Caregivers of Memory Loss
Moses Lake	Tuesdays and Thursdays	1:30 - 3:30 PM	Dee Schwab	Dee: 509.750.6728; dolschwab@gmail.com	Call Dee Schwab for location 509-750-6728	Movement/ exercise class with Abbie Williams instructor. Wonderful new program
Olympia	Every Wednesday	11AM – noon	Diane Hutchins	360.237.4895; southsoundpd@gmail.com	Zoom (formerly Olympia Senior Center)	
Olympia			Diane Hutchins	360.237.4895; southsoundpd@gmail.com		Carepartners
Palouse (Moscow ID & Pullman WA)	Last Wednesdays	2 PM			Not currently meeting	Note: group is without a facilitator as of March 2021



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Port Angeles	3rd Wednesday	10:30 AM – noon	Debbie Noel	360.477.7692	Port Angeles Senior Center	Monthly newsletter. Has an informal caregiver group.
Port Orchard	3rd Wednesday	7 PM	Sally Jurvik	360-871-2248; saljuvik@gmail.com		In-person
Port Townsend	4 th Thursdays	3-4:30 PM	Lorena Bess, LICSW	360.385.2200 x2042; lbess@jeffersonhealthcare.org	Not meeting during COVID. Jefferson Healthcare Dirksen Conference Room	People w PD & Carepartners
Poulsbo/Bainbridge Island	1 st Mondays	1 PM	Phil Segadelli	206.769.8633; tsegad2607@aol.com	Zoom (formerly North Point Church)	People w PD & Carepartners
Redmond	3 rd Wednesdays	1-2:30 PM	John Waltner	425.556.8140; johnw@emeraldheights.com	Virtual Emerald Heights	
Richland	3 rd Mondays	1:30-2:30 PM	Bill Stevens	509.943.8455; msubzn1@msn.com	Microsoft Teams (formerly Kadlec Neuro Resource Center)	Sponsored by Kadlec Neuro Resource Center
Richland	3 rd Tuesdays	6:30-8 PM	Bill Stevens	509.943.8455; msubzn1@msn.com	Brookdale Meadow Springs	Hiatus until after COVID
Seattle	3 rd Mondays	1 PM	Carin Mack, MSW	206.297.0875; socialwkr@comcast.net Call Carin if interested	Zoom (formerly Greenwood Senior Center)	Lifetime partners only (not adult children. Restricted to Western WA)
Seattle	2 nd Tuesdays	2 PM	Jun Cheff, BSW	206.517.2266; jcheff@hearthstone.org	Zoom (formerly The Hearthstone)	Sponsored by The Hearthstone



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Seattle	2 nd Mondays	1:30 PM	Joan Kelly, LICSW	206.612.8571	Zoom	Sponsored by APDA.
Seattle & American Lake (Lakewood)	2 nd Fridays	11-12:30 PM	Mary Dyrland; Anisa Young, Neuro Nurse Coordinator	Mary Dyrland; 206-277-6977; mary.dyrland@va.gov Anisa Young; 206.277.3777; anisa.young@va.gov	Zoom (formerly on Seattle and American Lake VA campuses)	Veterans & their Carepartners
Seattle	2 nd Saturdays	10 AM	Leanne King- Devitt, MA, LMHC	206.794.1094; leanne@seattleelderconnections.com	Zoom	Flying Solo. Sponsored by APDA
Seattle	2 nd Mondays	12 PM (subject to change)	Leanne King- Devitt, MA, LMHC	206.794.1094; leanne@seattleelderconnections.com	Zoom	Carepartners. Sponsored by APDA
Seattle			Brian Harris	seayopd@gmail.com ; https://seayopd.com	In person, varies	Young Onset Activity Group
Shelton	2 nd Tuesdays	12:30-2:30 PM	Cyndy Armitage, Marilyn Olson, or Carroll Raether	Cyndy: 360.426.2600; cyndya@cascadeliving.com Carroll: 360.462.0230; Carr1@hcc.net ; fear710@hcc.net Marilyn: w7don@msn.com	Zoom (formerly Alpine Way Continuing Care Community)	
Shoreline/ Lake Forest Park	2 nd Tuesdays	10 AM	Giddiany Romero; Theresa LaCroix	giddiany@soundgenerations.org ; theresal@soundgenerations.org	Virtual (formerly Shoreline – Lake Forest Park Senior Center)	People w PD & Carepartners Sponsored by Sound Generations
Spokane	2 nd Tuesdays	1-3 PM	Mari Cleveland or Sally Sullivan	Mari: Text 509.990.4050 (Put Parkinson's in the subject line.) Mari: Cleve4952@gmail.com (Put Parkinson's in the subject line.) Sally: 509.499.5113; 22sullys@gmail.com	Zoom (formerly Riverview Retirement - Dining Room)	Women Affected by PD (Living with the diagnosis or caring for someone with the diagnosis)



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Spokane	Last Tuesdays	5 PM	Sally Sullivan	509.499.5113; 22sullys@gmail.com	Redeemer Lutheran Church	PD Connect
Spokane	2 nd Wednesdays	1-3 PM	Mari Cleveland or Sally Sullivan	Mari: Text 509.990.4050 (Put Parkinson's in the subject line.) Mari: Cleve4952@gmail.com (Put Parkinson's in the subject line.) Sally: 509.499.5113; 22sullys@gmail.com	Zoom (formerly Riverview Retirement - Dining Room)	PD Connect
Spokane	3 rd Wednesdays	2:30 PM	Bill Jennings	509.321.8201; bill.jennings@touchmark.com	In-person (formerly Touchmark on South Hill)	Sponsored by Touchmark at South Hill
Stanwood	2 nd Mondays	10 AM	David Corser	David: 425.229.3630 corserdavid@hotmail.com	Zoom	
Stanwood	2 nd Mondays	10-11:30 AM	Gail Barrett	360.629.7403	Lincoln Hills Retirement Community	Carepartners (Hiatus until after Covid)
Tacoma	Last Wednesdays	6 PM	Sharon Cagle	253.565.3679; smcagle47@gmail.com	Zoom (formerly Joeseppi's Restaurant)	People w PD & Carepartners
Vancouver & Southwest Washington			Parkinson's Resources of Oregon	jess@parkinsonsresources.org	Facilitated Telephone & Zoom Support Groups	General PD groups and separate Carepartner groups
Vancouver	3 rd Fridays	1:30-3:00 PM	Cal & Diana Roberts	360.892.1985; dstackrob@aol.com	In-person @ Messiah Lutheran Church/online via Zoom.	People w PD & Carepartners. Sponsored by Parkinson's Resources of OR
Vancouver	2 nd Wednesdays	10-11 AM	Austin Karn	360.944.6000	The Quarry Senior Living	People w PD & Carepartners. Sponsored by Parkinson's



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						Resources of OR (Limited to Quarry residents during covid)
Vancouver	Last Mondays	1 PM	Jan Beyer	360.433.6400; jcb@touchmark.com	Touchmark at Fairway Village	Newly diagnosed w/ PD Sponsored by Parkinson's Resources of OR
Vancouver	1 st Mondays	1 PM	Jan Beyer	360.433.6400; jan.beyer@touchmark.com	Touchmark at Fairway Village	Carepartners. Sponsored by Parkinson's Resources of OR
Vashon Island	1 st Fridays	1-2:30 PM	Faith Sohl	425.765.5839; fvsbiz@gmail.com	Vashon Island Lutheran Church	
Walla Walla	4 th Saturdays	4-5:30 PM	Debbie Christian; Richard Garcia	Debbie: 509.301.8625; debxiian@yahoo.com ; Richard: 509.529.1480; rsgarcia@charter.net	First Congregational Church	Not currently meeting Can contact Debbie for info
Wenatchee	3 rd Tuesdays	1:30 PM-2:30 PM	Diane Shannon	Diane: 509.264.4378 ddshannon@frontier.com	Zoom (formerly Confluence Health Sleep Center)	Everyone welcome
Wenatchee	2 nd Wednesdays	9:30 – 10:30 AM	Leigh Pobst	Leigh: 509.670.2874; leighpobst@gmail.com	Zoom	Carepartners
Whidbey Island	Every Tuesday	10 AM	Mel Watson, Volunteer & Support Group Coordinator	360.321.1623; mel@islandseniorservices.org	Zoom (formerly Oak Harbor Senior Center; Church of Trinity)	People w PD & their Family Caregivers
Whidbey Island	Every Wednesday	10 AM	Mel Watson, Volunteer & Support Group Coordinator	360.321.1623; mel@islandseniorservices.org	Zoom	Family Caregivers of Parkinson's Dementia or Lewy Body Dementia



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Yakima	2 nd Thursdays	2-3:30 PM			Yakima Covenant Church	