

# PARKINSON'S DISEASE COMMUNITY SUPPORT GROUPS

For questions or for help in starting a support group, please call the APDA Information & Referral Center at 651-241-8297 or toll free 888-302-7762. Before attending your first meeting, please contact the support group facilitator. For information about the APDA Center, visit [www.allinahealth.org/APDA](http://www.allinahealth.org/APDA).

Location	Site in the Community	Day of Week	Time	Facilitator/Contact	Contact Phone
Albert Lea	Senior Ctr.	4th Tuesday	9:30 AM	Anne Troska	507-874-3367
Aurora	White Community Hospital Cafeteria	2nd Thursday	6:00 PM	Barb Hammer	218-229-2493
Baxter	Excelsior Place	1st Thursday	1:30 – 2:30 PM	Jennifer Gillette	218-828-4770
Bemidji	WoodsEdge/WindSong Apts	3rd Tuesday	1:30-3:00 PM	Chuck and Ann Austad	218-444-9992
Big Lake (Under age of 60)	Saron Lutheran Church	2nd Tuesday	6:30 PM	Camille Johnson	763-350-7401
Bloomington	Friendship Village	1st Monday	10:45-11:45 AM	Chaplain Janell Weum	952-646-9027
Burnsville	Prince of Peach Church	2nd Thursday	6:00 PM	Leu Killion	952-898-9320
Burnsville	Regents of Burnsville	1st Wednesday	1:00-2:30 PM	Amber Haselberger	952-898-8728
Carlton	Interfaith Care Center	3rd Monday	2-3:30 PM	Kathy Waseen	218-389-6025
Coon Rapids	Coon Rapids Civic Ctr	2nd Thursday	2:00-3:30 PM	Glen Barcus	763-561-2494
Coon Rapids (Caregivers)	Mercy Hospital	4th Thursday	3:30-5:00 PM	Erin Vesey	763-236-8910
Duluth	Primrose Retirement Community	3rd Monday	10:30 AM-Noon	Catherine Larsen	218-233-9903
Eden Prairie	Victory Lutheran Church/Prairie Adult Care, INC	2nd Wednesday	1:30-3:00 PM	Kathleen Evanson Natalie Olive	952-949-3126 952-221-3228
Forest Lake	Birchwood Arbors Asst Living	1st Thursday	1:00-3:00 p.m.	Joyce Heimer	651-466-1025
Grand Rapids	Family YMCA	2nd Wednesday	1 PM	Jamie Myolsness	218-328-5378 218-326-2766
Hastings	Senior Ctr.	3rd Wednesday	2:00-3:30 PM	Laurie Thrush	651-480-7689
Mankato	1st Congregation UCC Church	3rd Tuesday	2:00-3:00 PM	Irene Pfeffer	507-304-7026
Maple Grove	Maple Grove Medical Center	2nd Tuesday	1:00-3:00 PM	Sara Dooley Susan Metcalf	763-898-1532 763-898-1533
Maplewood (Caregivers only)	Gladstone Senior Ctr.	2nd and 4th Monday	9:30 -11:00 AM	Lorna Breiter	651-770-8172
Marshall	Sr. Adult Ctr	1st Wednesday	3:00-5:00 PM	Terry Hennen	507-929-5624
Minneapolis	Veterans Adm Med Ctr	3rd Thursday	1:00-2:30 PM	Ann St. Jacque	612-467-1380
Minnetonka (YOPD/Women)	Byerly's Comm. Room	3rd Tuesday	7:00 PM	Ruth Lotzer	952-888-1734
New Ulm	Hillside Haven Room, Oak Hills	2nd Monday	1:30-2:30 PM	Jessica Herthing	507-794-3594
New Prague	Community Library	4th Tuesday	1-2:30 PM	Betty Tupy	952-758-3924
Prior Lake	McKenna Crossing	2nd Wednesday	6:00-7:00 PM	Mary Hagebusch	952-230-3303
Red Wing	Red Wing Area Senior Center	4th Thursday	2:00 PM	Patricia Kerman Patrice O'Reilly	651-327-2255
Richfield/Bloomington	Main St. Village	Last Monday	1:30- 3:30 PM	Sandy Varpness	952-888-2376
Rochester	Realife Cooperative	3rd Thursday	1:15-2:45 PM	Dorey Johnson Marita Olson	507-281-1843 507-286-9277
St. Cloud	St. Cloud Public Library	3rd Monday	1:00-2:30 PM	Pamela Tritz-Okia	320-217-5100
St. Paul	Fairview Rehab Services 2200 Univ. Ave. W	1st Friday	1:00-3:00 PM	Sue Metcalf Becky Horton	612-273-3868
St. Paul-Bethesda	Bethesda Hospital	3rd Thursday	10:00-12:00 N	Kathryn Gilbertson	651-325-2150
St. Paul-Bethesda (Young PD)	Bethesda Hospital 1st Floor Board Room	3rd Wednesday	6:00-8:00 PM	Tanya Rand	651-232-2202
St. Paul-Como	Health Partners Clinic 2500 Como Ave.	3rd Friday	1:00 PM	Sue Knight Nancy Andrews	651-653-1045 651-698-4158
Springfield	St. John's Lutheran Home	4th Wednesday	2:00-3:00 PM	Dottie Delambent	507-723-8147
Stillwater	Boutwell's Landing Community Room	3rd Wednesday	10:00-11:30 AM	Aimee Stanton	651-241-3373
Virginia	Evelyth Health Park Services	3rd Wednesday	2:00-3:00 PM	Bonnie Saumer Mary Maki	218-638-2692 218-741-8069
Wadena	United Methodist Church	2nd Monday	12:15-1:15 PM	Beverly Richard	218-837-6323
Wilmar	Bethesda Pleasantview	2nd Wednesday	10 AM-Noon	Bunne Frost-Johnson	320-220-2512
Windom	Windom Hospital	2nd Tuesday	2:00-3:00 PM	Karen Denzer	507-831-0687