



Mark your calendar for the
2nd Saturday in April
and join us for our major PD
education and fundraising event!
31st & Atlantic Ave on the
Boardwalk in Virginia Beach, VA
10 am to 1 pm



To support Chapter initiatives,
consider these options...

Become a Chapter Associate

\$25, \$50, \$100 or more supports the
programs, resources, events and
research of APDA.

Memorial or Special Occasion Gifts

In memory of or to honor a friend or
loved one. An acknowledgement
card is sent.

Education & Fundraising Events

Make an impact by sponsorship,
donation, volunteering and/or
participating.

Matching Gifts

Many companies and corporations
will match your gift and double or
triple the amount realized.

American Parkinson Disease Assoc.

Hampton Roads Chapter

4560 Princess Anne Road

Virginia Beach, VA 23462

Phone: 757-495-3062

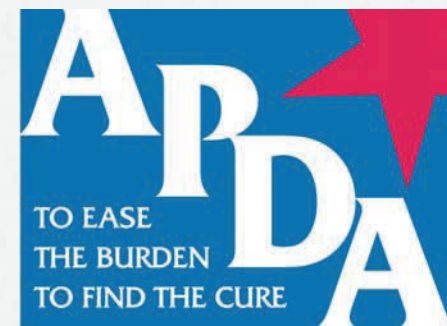
Email: info@hrparkinsons.com

Website: www.hrparkinsons.com

Online donations are accepted at
www.hrparkinsons.com
Checks can be mailed to the address above.

APDA, Inc. is a 501(c)(3) organization.
Donations are tax deductible to
the fullest extent of the law.

Parkinson Disease



American Parkinson Disease Association

Supporting the Hampton Roads Community

- ♦ Education
- ♦ Support Groups
- ♦ Resources
- ♦ National Research



What is Parkinson Disease

Parkinson Disease (PD) is a progressive disorder of the central nervous system affecting more than 1 million people in the US. PD is characterized by a decrease in spontaneous movements, gait difficulty, postural instability, rigidity, and tremor. Living with PD impacts all aspects of life. The long-term goal should be to remain healthy and active, to minimize PD's impact on daily undertakings, and to maintain the best quality of life possible.



People with PD are best served by a multi-disciplinary approach led by the expertise of a neurologist who prescribes appropriate medication and the support of therapies including physical, occupational and speech. These services are crucial for the development and maintenance of the highest level of physical, cognitive, and daily skills performance. Participation in a PD Support Group provides information and education valuable for considerations of quality of life for a person with PD.

Additional resource & event information

American Parkinson Disease Association
Hampton Roads Chapter
(757) 495-3062

Local email: info@hrparkinsons.com

Local website: www.hrparkinsons.com

National website: www.apdaparkinson.org

SUPPORT GROUPS

COFFEE BREAK GROUP

Meets 1st Wednesday of Month 10:00 am
St. Andrews United Methodist Church
717 Tucson Rd

Virginia Beach, VA 23462

Enter through the last door in the rear of the church lot.

LET'S TALK GROUP

Meets 3rd Saturday of Month 10:00 am
St. Gregory's Church-Damian Rm
5345 Virginia Beach Blvd.

Virginia Beach, VA 23452

60 YEARS AND YOUNGER

Meets 4th Wednesday of Month 5:00 pm
Sentara Neuroscience Institute
Sentara Princess Anne Complex
1950 Glenn Mitchell Dr. Ste 200

Virginia Beach, VA 23456

TIDEWATER PARKINSON'S DISEASE WEEKEND SUPPORT GROUP

Meets 1st Saturday of Month 1:00 pm
St. Therese's Catholic Church
4137 Portsmouth Blvd.

Chesapeake, VA 23321

HARBOR'S EDGE SUPPORT GROUP

Meets 3rd Thursday of Month 2:30 pm
Harbor's Edge Retirement Community
One Colley Ave

Norfolk, VA 23510

EASTERN SHORE/ONANCOCK

Meets Last Monday of Month 3:00 pm
Hospice & Palliative Care/Eastern Shore
165 Market Street

Onancock, VA 23417

FRANKLIN-ISLE OF WIGHT-SOUTHAMPTON SUPPORT GROUP

Meets 3rd Tuesday of Month 7:00 pm
Southampton Mem. Hosp. Aud. East Pavilion
100 Fairview Dr.

Franklin, VA 23851

WILLIAMSBURG PARKINSON'S SUPPORT GROUP

Meets 2nd Monday of Month 1:30 pm
Williamsburg Landing Health Ctr, lower level
3000 The Mall

Williamsburg, VA 23185

HAMPTON

Meets 1st Tuesday of Month 3:00 pm
Sentara Care Plex Hospital
3000 Coliseum Dr.

Hampton, VA 23666

NEWPORT NEWS

Meets 3rd Wednesday of Month 1:00 pm
Mary Immaculate Hospital
2 Bernadine Dr.

Newport News, VA 23602

NEWPORT NEWS

Meets 4th Wednesday of Month 5:30 pm
Riverside Regional Medical Center
Medical Office Bldg
500 J. Clyde Morris Blvd.

Newport News, VA 23601

For additional information and updates,
call 757-495-3062.

RESOURCES

Loveable Loaners

APDA-HR loans movement disorder support devices and mobility enhancement equipment to the PD community for a one month trial period at no cost to the user. A list of available equipment can be found on the chapter website.

Educational Materials

- ◇ PD essential information
- ◇ Exercise, diet and therapy
- ◇ Regional PD resources
- ◇ PD research initiatives
- ◇ Local events and seminars