



2014 Parkinson's Disease Education & Support Group

DAY: usually 4th Thursday of Month (* indicates a different date)

TIME: 1:00 – 3:00 pm

PLACE: Room 2K-113/115, McGuire VAMC, 1201 Broad Rock Blvd., Richmond, VA

Please note: if marked with an asterisk (*), the day, time or place has been adjusted

Date	TOPIC and Speaker
January 30 *	"Be Organized + Plan Ahead = Peace of Mind" presented by Nancy Watson, CPO-CD®, Professional Organizer, Harmony at Home Organizing, Virginia Beach
February 27	"Ageless Grace® - exercise that focuses on health longevity of the body and mind, based on natural, everyday movements" presented by Sarah Broughton, Certified Ageless Grace Educator, Richmond, VA
March 27	"Non-Motor Symptoms of PD" presented by Jessica Lehosit, D.O., Associate Director of Clinical Care, Southeast PADRECC
April 24	"A Soft Voice in a Noisy World" presented by Karl Robb, Author, Speaker, Reiki Master, and Young Onset Parkinsonian, Fairfax, VA
May 22	"Depression and Parkinson's Disease" presented by Kimberly Woodyard, MD, MSW, Psychosomatic Medicine Fellow, VCU, McGuire VAMC
June 26	"Am I Safe to Drive with Parkinson's Disease?" presented by Dave Martinez, Kinesiotherapist, Driver Rehabilitation Therapist, McGuire VAMC
July 24	Presentation by Peggy Roberge, RN, Clinical Coordinator, PADRECC Southeast
August 28	"Deep Brain Stimulation (DBS) Surgery for PD" presented by Miriam Hirsch, RN and Jackie Johnson, RN, DBS Team, PADRECC Southeast
September 25	"Sleep Issues and Parkinson's Disease" Edmund Cornman, MD, Neurologist and Sleep Medicine Doctor, McGuire VAMC
October 23	"PD Medications" presented by Emily Peron, PharmD, Assistant Professor, VCU School of Pharmacy
November	NO MEETING - Happy Thanksgiving!
December 11 *	"Leisure Activities and Energy Conservation" presented by Kathleen Klebert, CTRS and Kimberly Powell, OT, McGuire VAMC; plus the Annual Holiday Event

General Meeting Format

1st hour (1 – 2 pm): Education-Speaker presentation

- This portion is held at the McGuire Richmond VAMC, Room 2K-113/115
- Also broadcast to VA Community Based Outpatient Clinics (CBOCs) in Charlottesville, Fredericksburg, and Emporia using tele-medicine technology.
- Veterans planning to attend at the CBOCs should register by calling (804) 675-5931.
- **Please be aware that some Veterans who attend may be subject to a co-payment.**

2nd hour (2:15 – 3 pm): Separate discussion groups for patient & caregiver support

- At the present time, this portion of the meeting is offered only at the Richmond site.

Questions? Contact Lynn Klanchar, RN, MS, PADRECC Education Coordinator at **(804) 675-6952**