



Nebraska and Iowa Support Groups

We do our best to maintain a current list, but we advise that you call the number prior to attending to ensure the group is still active. Unless otherwise specified, these listings are independent and unaffiliated with the Parkinson's Foundation. This list is not an endorsement or recommendation of a specific resource or service.

*An asterisk denotes a program funded by a [Parkinson's Foundation Community Grant](#).

[Nebraska](#)

[Iowa](#)

If you would like to be added to this list, or if the details of your group need to be updated, please contact us by emailing heartland@parkinson.org.

January 2025



Heartland Support Groups

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

Nebraska

Norm Waitt Sr. YMCA - Parkinson's Support Group

Location: Norm Waitt Sr. YMCA, South Sioux City, NE – *Meeting in-person 2nd Monday each month.*

For more information contact Lanay Larson llarson@nwsymca.org or Bianca Garcia bgarcia@nwsymca.org or 402-404-8439

Link to website [here](#).

Bellevue Parkinson's Education and Outreach Group-Nebraska Medicine, Nebraska Medical Center

People with Parkinson's, their caregivers and loved ones, providers, and anyone interested in attending are welcome.

Location: Bellevue Medical Center, Omaha, NE – *Meeting in-person and online 3rd Tuesday each month 10-11:30am*

For more information, contact Andrew Starck Astarck@nebraskamed.com or Lauren Kesteloot lakesteloot@nebraskamed.com (402)763-3737

Link to website [here](#).

Heartland Neurological Therapy and Wellness Center – Multiple Support Groups

Location: 2546 River Road Drive Building C, Waterloo, NE – *Meeting in-person as follows:*

- Lewy Body Dementia Support Group & Wellness Program - 3rd Monday each month at 9:30-11am
- Men's Care Partner Support Group - 4th Wednesday each Month at 10:30-11:30am
- Parkinson's Disease Support Group - 4th Wednesday each month at 11:30am - 1:30pm

Location: Waterloo Public Library, Waterloo, NE – *Meeting in-person as follows:*

- Caregiver Support group – 4th Wednesday each month at 10-11am.

For more information, contact Cheri Prince cprince@heartlandneurological.com or 531-444-8945.

Link to website [here](#).

Kearney Area Parkinson's Support Group (KAPS)

Location: Kearney Family YMCA, Kearney, NE – *Meeting in-person 2nd Tuesday each month at 1pm.*

For more information, contact Anne Johnson 308-237-9622 or ymcakearney@kearneyymca.org.



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Lincoln Parkinson's Disease Support Group

Location: Lincoln, NE – *Meeting in-person and online 4th Sunday each month 2-4pm.*
For more information, contact Karla Frese 402-780-1211 or
Karla@HomeCarePartners.com
Link to Website [here](#).

Iowa

American Parkinson Disease Association

Multiple groups and locations available.

Location: Various locations.
Link to Website [here](#).

Family Caregivers Center of Mercy-Cedar Rapids, IA

Support, education and social opportunities available at no cost for caregivers assisting adults living with chronic medical conditions.

Location: 9000 C Avenue NE, Cedar Rapids, IA 52402– *Meeting in-person and online*
For more information, contact fcgc@mercyCare.org or 319-221-8866
Link to website [HERE](#).

Dubuque Parkinson's Support Group

Location: Finley Hospital, Woodward Auditorium, 350 N. Grandview Ave. – *Meeting in-person 3rd Saturday each month at 10am.*
For more information, contact Gerry Osterhaus at judyosterhaus@gmail.com or (563)-583-7827.

***YMCA of Forest City Parkinson's Disease Support Group**

Group meetings to share education and resources.

Location: YMCA of Forest City, IA – *Meeting in-person monthly*
For more information, contact Betsy Marmaras 641-585-5220 or
bmarmaras@forestcityymca.org
Link to Website [here](#).

Young Onset Support Group of Iowa City/Cedar Rapids (Updated 12/23)

Education, resources, and support for Young Onset people with Parkinson's and their care partners.

Location: Iowa City/Cedar Rapids– *Meeting in-person and online 1st Sunday each month 2-4pm*

Facebook Virtual Group: Young Onset Parkinson's of Iowa and Beyond
For more information, contact Michelle Lorey mlorey1968@gmail.com or 515-336-4736



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Shenandoah Medical Center Parkinson's Support Group

Education, resources, and support for people with Parkinson's and their care partners.

Location: Shenandoah Medical Center, 1 Jack Foster Dr., Shenandoah, IA 51601–

Meeting in-person 2nd Thursday each month 11am-12pm in the Hartman Room.

For more information, contact Anna Ruppelt aruppelt@smchospital.com or Ph: 712-246-7049

The Parkinson's Support Group of Iowa City, IA

Education, resources, and support for people with Parkinson's and their care partners.

Location: Coralville, IA 52241– *Meeting in-person 3rd Tuesday each month 6-7pm.*

For more information, contact Gloria Drapac at Gloria.drapac@gmail.com / 319-621-5224 OR Angie Longou at angie@angielongou.com / 319-631-2385

Family Caregiver Support Group-Davenport, IA

Support Group for family caregivers with loved ones facing cognitive, physical, and/or social limitations. Each session includes interactive activities, resources, and caregiver discussion to give family caregivers the opportunity to unite with others and focus on their daily struggles, needs, hopes, and future plans.

Location: Davenport, IA 52806– *Meeting in-person*

For more information, contact Mikael Gibson mjgibson@casiseniors.org or 563-386-7477 x246

Quad City IA/IL Support Group – Davenport, IA; Bettendorf, IA; Rock Island, IL; Molina, IL

Location: Palmer Hills Independent Living Community, Bettendorf, IA – *Meeting in person 3rd Saturday each month 10am-12pm.*

For more information, contact Rick and Janet Martin martin40803@gmail.com / 563-940-5783 or Julie Norman-Geerts at Julie@LivWellSeniors.com / 563-230-4940

***Cedar Rapids Metro Parkinson's Association**

Support, exercise, and wellness for people with Parkinson's.

Location: Cedar Rapids, IA 52402 – *Meeting in-person and online*

For more information, contact Kris Cameron 319-361-7673 or

kriscameron@crmetroparkinsons.com.

Link to Website [here](#).

Educational Programs for People with Parkinson's in Iowa, Iowa State University

Location: Ames, IA – *Meeting in-person and online*

For more information, contact Elizabeth Stegemoller at esteg@iastate.edu

Link to website [here](#).

On With Life PD Support Group

Offering PD support for people with Parkinson's and their caregivers.



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Location: Ankeny, IA 50131 – *Meeting in-person monthly and online*

For more information, contact Gail McGaughy 515-289-9656 or

gail.mcgauhy@onwithlife.org

Link to Website [here](#).

Leon, IA – DCH Parkinson's Support Group

Support group for people living with Parkinson's disease or other neurological conditions.

Location: Leon, IA – *Meeting monthly in-person.*

For more information, contact Shannon Erb serb@d-c-h.org or 641-446-2345

Link to Website [here](#).

Mason City Parkinson's Support Group

Location: Southbridge Mall, Mason City, IA – *Meeting in-person 3rd Thursday of each month at 2:30pm*

For more information, contact Jana Mentzer at 641-525-2601 or

mrom.rsbsmc@gmail.com

Link to Website [here](#).

Sioux Center Health - PD Support Group

Offering education, support, resources, discussion, and activities in an upbeat and encouraging environment for individuals with Parkinson's disease and their caregivers.

Location: Sioux Center, IA 51250 – *Meeting in-person.*

For more information, contact Brittney Moser 712-722-8125 or

Brittney.Moser@siouxcenterhealth.org

Link to website [here](#).

Sioux City/Woodbury County

Location: Sioux City, IA – *Meeting in-person and online.*

For more information, contact: Sally Reinert 712-253-2104 or sreinert@evertek.net

Kalona Area PD Support Group

Support for people with Parkinson's and their care partners.

Location: Kalona YMCA Kalona, IA - *Meeting in-person 3rd Monday each month at 5pm.*

For more information, contact Judy Bontrager 319-656-5347 or 48ford@kctc.net

Waverly Area Parkinson's Support Group

Support group for people with Parkinson's disease and their caregivers.

Location: Waverly, IA 50677 – *Meeting in-person*

For more information, contact Mary Ochoa 319-352-4961 or

mochoa@waverlyhealthcenter.org.



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Link to website [here](#).

Cedar Valley Support Group

Offering Parkinson's resources, connection, and education for the Cedar Valley area.

Location: Prairie Wind at Western Home Communities, 5313 Caraway Ln, Cedar Falls, IA 50613 (3rd Floor Conference Room) - *Meeting In-person 1st Wednesday each month 3pm.*

For more information, contact Kate Chilcote 319-202-4739 or

katharine.chilcote@westernhome.org

Link to website [here](#).