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## Nebraska and Iowa Support Groups

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*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 2021 Community Grant](#).

[Nebraska](#)

[Iowa](#)



## 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

#### **\*Delay the Disease Expansion, Parkinson's Support Group and Care Giver**

##### **Workshops**

**Location:** Norm Waitt Sr. YMCA, South Sioux, NE

For more information contact Jacque Perez at [jperez@nwsymca.org](mailto:jperez@nwsymca.org).

Link to website [here](#).

#### **Norm Waitt Sr. YMCA - Parkinson's Support Group**

**Location:** South Sioux City, NE 68776

For more information contact: Dawn Welch at 402-404-8439

Link to Website [here](#).

#### **The Beatrice Area PD Support Group/ Blue Rivers Area Agency on Aging**

*All Parkinson's patients/partners/spouses/family members welcome.*

**Location:** Beatrice, NE – Meeting in-person and online

For more information contact: Kathy Erickson, RN, BSN at

[Kathy.Erickson@blueriversaaa.org](mailto:Kathy.Erickson@blueriversaaa.org)

#### **Nebraska Medicine / UNMC**

*Parkinson's CAREGIVERS Support Group, Parkinson's Support Group for Women and Parkinson's Disease Support Group.*

**Location:** Omaha, NE

For more information, contact Julie Pavelka at 402-559-8600.

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

**Location:** Omaha, NE

For more information, contact Lauren Kesteloot at [lakesteloot@nebraskamed.com](mailto:lakesteloot@nebraskamed.com)

Link to website [here](#).

#### **Parkinson's Nebraska**

**Location:** Various locations

For more information, contact Dan Lombardo at 402-896-0855 or

[dlomb1313@gmail.com](mailto:dlomb1313@gmail.com).

Link to Website [here](#).

#### **PDWELL Community Grant, PDWELL/Ensign Services,**

**Location:** Elkhorn, NE

For more information, contact Cheri Prince at [cheprince@ensignservices.net](mailto:cheprince@ensignservices.net)

Link to Website [here](#).

#### **\*Play, Move, and Create Workshop Series, Parkinson's Nebraska**

**Location:** Omaha, NE

For more information, contact Jessica Buss at [jess@parkinsonsnebraska.org](mailto:jess@parkinsonsnebraska.org)

Link to Website [here](#).

#### **Lincoln Parkinson's Disease Support Group**

**Location:** Lincoln, NE – Meeting online

For more information, contact Rich or Joyce Starr at 402-489-5341.

Link to Website [here](#).

### Iowa



## Heartland Support Groups

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### **American Parkinson Disease Association**

*Multiple groups and locations available.*

**Location:** Various locations.

Link to Website [here](#).

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

**Location:** Bettendorf, IA

For more information, contact Tom Vaccaro at 563-468-3059 or [tvaccaro54@gmail.com](mailto:tvaccaro54@gmail.com)

### **Iowa City PD Support Group**

**Location:** Iowa City, IA 52240 - *Meeting in-person.*

**Fee:** No

For more information, contact Wanda Crombie at 319-358-0306 or [w.crombie@mchsi.com](mailto:w.crombie@mchsi.com).

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

*Support, exercise and wellness.*

**Location:** Cedar Rapids, IA 52404 – Meeting online

**Fee:** No

For more information, contact Kris Cameron at 319-361-7673 or [kriscameron@crmetroparkinsons.com](mailto:kriscameron@crmetroparkinsons.com).

Link to Website [here](#).

### **Outreach Programs for Persons with PD in Rural Areas, Iowa State University Foundation**

**Location:** Ames, IA

For more information, contact Elizabeth Stegemoller at [esteg@iastate.edu](mailto:esteg@iastate.edu)

Link to website [here](#).

### **On With Life PD Support Group**

*Offer monthly PD support group, Wellness programming including Boxing, Aquatics and Cognitive Fitness. Also offer LSVT BIG/LOUD therapy.*

**Location:** Ankeny, IA 50131. *Meeting in person and virtually.*

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

[gail.mcgaughy@onwithlife.org](mailto:gail.mcgaughy@onwithlife.org)

Link to Website [here](#).

### **Leon, IA – DCH Parkinson's Support Group**

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

For more information, contact Jen Barker at 641-446-2229 or [jbarker@d-c-h.org](mailto:jbarker@d-c-h.org)

**Fee:** No

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 Cell or 402-987-3516 or

[sreinert@evertek.net](mailto:sreinert@evertek.net)

### **Washington Area PD Support Group**

*The Washington Area Parkinson's Support Group is for both PWP and their care partners.*

**Location:** Washington, IA 52353 – *Meeting in-person and online.*



### **Heartland Support Groups**

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**Fee:** No

For more information, contact Julie Gentz at 319-461-1403 or [julie.gentz@gmail.com](mailto:julie.gentz@gmail.com)

### **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 at 319-352-4961 or [mochoa@waverlyhealthcenter.org](mailto:mochoa@waverlyhealthcenter.org).