



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](#)



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 (Updated 2/24)

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

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

Link to website [here](#).

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

(Updated 2/24)

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

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

For more information contact: 402-223-1376

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

Link to website [here](#).

Parkinson's Nebraska

Location: Various locations

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

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

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

Link to Website [here](#).



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.

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

American Parkinson Disease Association

Multiple groups and locations available.

Location: Various locations.

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 virtually 1st Sunday each month 2-4pm

Facebook Virtual Group: Young Onset Parkinson's of Iowa and Beyond

For more information, contact Michelle Lorey at mlorey1968@gmail.com or Ph: 515-336-4736

Shenandoah Medical Center Parkinson's Support Group (Updated 12/23)

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 at aruppelt@smchospital.com or Ph: 712-246-7049

The Parkinson's Support Group of Iowa City (Updated 9/23)

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 / Ph: 319-621-5224

OR Angie Longou at angie@angielongou.com / Ph: 319-631-2385

Fee: No

Family Caregiver Support Group-Davenport, IA (Updated 9/23)

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



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.

For more information, contact Crystal Hughes at chughes@caseniors.org or Ph: 563-386-7477 x246

Fee: No

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

Location: Bettendorf, IA

For more information, contact Rick and Janet Martin at martin40803@gmail.com

Ph: 563-940-5783 or Julie Norman-Geerts at

julie.geerts@atriaseniorliving.com Ph: 563-271-7690

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.

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

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

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

Fee: No

Link to Website [here](#).

Sioux Center Health - PD Support Group (Updated 3/24)

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



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.

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

For more information, contact Brittney Moser at 712-722-8125 or Brittney.Moser@siouxcenterhealth.org

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

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.*

Fee: No

For more information, contact Julie Gentz at 319-461-1403 or 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.

Cedar Valley Support Group *(Updated 5/23)*

Consists of resources, connections, 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)

In-person group meeting the first Wednesday of each month at 5pm.

For more information, contact Kate Chilcote at 319-202-4739 or katharine.chilcote@westernhome.org