

# Philadelphia & Richmond PADRECC

## 2025 Education/Support Group Program

The Philadelphia & Richmond VA PADRECCs offer a video support/education group where you can join from the comfort of your home either by computer or phone. Groups will be held on the 1st Monday of the month from 1-2pm EST. Please contact Jess Kaplan, RN if you have any questions: [jessica.kaplan2@va.gov](mailto:jessica.kaplan2@va.gov) or call 804-675-5931.

January 6th - Laughter is the Best Medicine/ Resolutions

February 3rd- Advocacy and PD (Larry Gifford)

March 3rd- Psychosocial aspects of PD:  
loneliness/stigma/demoralization/overall wellness (Bradley McDaniels, PhD)

April 7th- Ask the Movement disorder specialist (Dr. Mark Baron)

May 5th- Voiding Dysfunction as it relates to incontinence and  
constipation (Megan Wiley, DPT)

June 2nd- How to get yourself (or someone else) off of the floor  
(Cameron Gordon, PT)

July 7th- Role and ID changes with PD (Emily Hall, LCSW and Gretchen  
Glenn, LCSW)

August 4th- Palliative care through the stages (Cameron Jennings, NP)

October 6th- Medication & Research updates (Jessica Lehosit, DO)

November 3rd- PD vs Atypical Parkinsonisms (Megan Super, MD)

December 1st- Hospitalization and PD (Jess Kaplan, RN)



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Parkinson's Disease Research,  
Education & Clinical Centers



Use this QR code to  
attend!