

Essential Tremor

Patient Advocacy Groups



<http://tremoreducation.com>



<https://www.fusfoundation.org>



<http://www.essentialtremor.org>

HopeNet

<http://thehopenet.org/blog2/>



<http://www.diannshaddoxfoundation.org>



<http://tremoraction.org>

Essential Tremor

Local Support Groups



	LOCATION	CONTACT	
Alabama	Central Alabama	support group meets quarterly in Gardendale, just north of Birmingham	Suzanne sfrazier1031@charter.net
	Gardendale	/	Mrs. Suzanne Frazier sfrazier1031@charter.net 205.602.4332
Arizona	Sun City West	St. Joachim & St. Anne Catholic Church 11625 N 111th Ave 85351	Mr. Ross Stapleton ofs40@yah 623.428.6954
Arkansas	Little Rock	72227	Mr. Eric Twombly et_ark@yahoo.com 501-773-5528
California	East Bay Essential Tremor Support Group San Ramon	/	Sharon@EastBayET@comcast.net http://www.eastbayet.com/ 925-487-5706
	Monterey Bay ET	4th Saturday of every month from 10 a.m-12 p.m. beginning February 25. Meetings will be held at Oldemeyer Center 986 Hilby Ave Seaside CA 93955	MontereyBayET@gmail.com phone 831 224-6677

	LOCATION	CONTACT	
California	Gilroy St. Louise Regional Hospital	9400 No Name Uno Gilroy, CA - 95020 Shirley Place	shirleyblue2@att.netCalendar 831.637.0859
	Palm Desert	First Saturday on odd months. 10-noon	Ms. Janine Judy desertcharm55@aol.comCalendar 760.285.0411
Connecticut	State-wide	Rotates throughout state	Ms. Helen Moser hbmoser@optimum.net 203.922.2521
Illinois	AuroraAurora	/	Ms. Donna Sperlakis dsperlakis@rushcopley.com 630.499.6619
	Winfield	60107	Ms. Lynn Bernau Lbb1219@yahoo.com 630.497.2142
Iowa	Council Bluffs	/	Annette Kruse annettemkruse@juno.com 402-690-8156
Florida	Essential Tremor Support Group Gainesville	3450 Hull Rd. We meet on the 1st Wednesday of the month on the 4th floor	Amanda amanda.fessenden@neurology.ufl.edu 352-294-5434
	Halifax Health Medical Center Daytona Beach	303 N Clyde Morris Blvd France Tower - Room G 32114	Mrs. Janet Hirst janethirst@gmail.com 386.801.3906
	Lady Lake	St. Timothy's Ministry Bldg 1352 Paige Place 32159	Mr. Ken Taylor kstaylor62@usa2net.net 352-787-3866

	LOCATION	CONTACT	
Florida	Alzheimers/Parkinsons Association Vero Beach	2nd & 4th Wednesday @2pm	Joan Marie Barringer Joanmarie5@aol.com 703-628-1286
Georgia	Savannah Essential Tremor Support Group	2nd fl. conference room Lewis Cancer & Research Pavilion, Reynolds Ave. 1st thursday of the month except July & August, 3:00 p.m – 4:30 p.m.	Phil and Nancy Bowden savnano@bellsouth.net 912-352-7921
	Leesburg	/	Mrs. Rebecca Long rebeccalong22@yahoo.com 229.940.8599
Kentucky	Louisville	/	Ms. Erika Ganong Erika.ganong@gmail.com 502.291.3676
Maryland	Silver Spring	Leisure World of Maryland Clubhouse One 1st Thursday @ 1:00 pm	Dan Miller danmiller100@comcast.net 301-384-1139
Michigan	Grand Rapids	/	Julie Dyke robjulie0895@att.net 616.322.1973
	Pontiac	/	Mr. Tom Pilarski tomsabrina@me.com 248.672.8448
Minnesota	St. Paul	/	Sandra Varpness 651.335.4852

	LOCATION	CONTACT	
Mississippi	Gulf Port	/	Katelyn Swackhamer 601.530.6578 kswackhamer94@gmail.com
Missouri	Chesterfield	St. Luke's Hospital 3rd Saturday @ 10:30am	/
	St. Louis	St. Louis University 2nd Saturday odd # months @ 10:30am	Harold Bruner Jhb7275@msn.com 314-487-7407
	Lee's Summit	/	John Martin mcaliberjon@aol.com 816-966-9496
New Hampshire	Concord	/	Ms. Eileen Keim travlr1776@gmail.com 603.224.7829
New Jersey	Freehold	Centrastsate Medical Center 901 W Main St Jack Aronson Conf Ctr Rm C	Mr. Morton Meiskin 732.462.8304
New Mexico	Albuquerque	/	Mr. Ken Whiton kwhiton43@icloud.com 505-255-4419
New York	Hauppauge	11752	Mr. Harvey Glasser hglas34832@aol.com 631.493.9203

	LOCATION	CONTACT	
New York	Beth Israel Medical Center	/	Ms. Margaret Mackey toddmackey@ny 212.673.8207
	Independence	/	Mr. Eric Hendrickson ehendrickson@essntltremor-cle.org 216.212.0488
Ohio	Mogadore	/	Ms. Brenda Libbey brendafaye01@hotmail.com 330.980.4155
	Eugene	97477	Mr. Nick Richmond nmrichmond@aol.com 541.689.3323
Oregon	Providence Portland Medical Center	4805 Gilsan St. Room HCC-1 97213	Mr. Stephen Loaiza 503.260.1577
	Hazleton	/	Karla Foose etinhazletonarea@gmail.com 570.582.7594
Pennsylvania	Munhall	15218-2223	Ms. Darla Yesko dfyesko@gmail.com 412-351-4564
	Turbotville	/	Mrs. Marianne Yeagley smyeagley@verizon.net 570.850.6223
South Carolina	Moore	/	Mr. John Remley jr_20619@yahoo.com 240.925.7922
	York	/	Sylvia Jameson lorip1958@gmail.com 815.419.8624

	LOCATION	CONTACT
Tennessee	Nashville	/ Mr. Jim Crowley bflo1937jim@yahoo.com 615.509.2386
Texas	Essential Tremor of East	Texas Support Group meets quarterly; March, June, September and December. It is open to persons with ET, caregivers and friends of those with ET. 253 County Road 3527 Bullard, 75757 elizabeth@elizabethguthrie.com (903) 316-9700
	Abilene	/ Bob Kolquist abilene.et@gmail.com 325.668.2063
Virginia	Falls Church	Little River Glen Senior Center 2nd Thursday @ 7:30pm Peter Muller solutionspmm@peoplepc.com 703-543-8131
	Centerville	/ Ms. Shani Alcorn shaniVA2016@gmail.com 703.502.0645
	Charlottesville	Senior Center 1180 Pepsi Place Charlottesville, 22901 Mr. John Watterson 434-973-2510
	Chesapeake	/ Sharon Powell make-a-note@att.net 757.482.3221
	Richmond	/ Ms. Diana Campbell ET.RichmondVA@yahoo.com 804-556-2345
	Roanoke	Grandin Court Baptist Church 2660 Brambleton Ave SW Roanoke, 24015 Dee Janis dianejanis@gmail.com 540.266.7893

	LOCATION	CONTACT	
Washington	Kirkland	/	Mr. Robert Delf bobdelf0523@gmail.com 206.601.9217
Wisconsin	Middleton Senior Center	Middleton Senior Center 7448 Hubbard Ave, 53562	Ms. Kathy Muirhead madmidet@charter.net 608.824.9130

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	LOCATION	CONTACT	
	Havering and Essex	Tom Schubert 01375 373993	
	Primary Orthostatic Tremor	Jenny Beckingham 01708 386399	
	Northwest	Tom and Joan Reader 0151 4753252 June Jones 01942 246050	
	Hull	Nicky Kelly 07809 467841 n-13@hotmail.co.uk	
	Norfolk	Toby Howes 01508 470200	
	Scotland	Mary Ramsay 07972 205782	

— ONLINE GROUPS

Diann Shaddox Foundation

Facebook | <https://www.facebook.com/diannshaddoxfoundation/>

Essential Tremor Worldwide Support Group

FaceBook | <https://www.facebook.com/groups/228566427550821/>

Young Adult Essiential Tremors Awareness

Facebook | <https://www.facebook.com/groups/487763604686756/>

A community for young adults ages 16-30 with Essential Tremor. A place to talk with people relative to your own age facing similar challenges!

Living Life with Essential Tremor

Facebook | <https://www.facebook.com/LivingLifewithEssentialTremor/>

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www.essential-tremor.com