

# alzheimer's association®

Central and Western Virginia Chapter

## **PROGRAMS AND EVENTS CALENDAR JULY – DECEMBER 2009**

### **DEMENTIA BASICS**

#### Danville

Alzheimer's Association office  
12:00 – 1:00 pm – Bring your lunch  
August 8  
November 11

#### Harrisonburg

Bath County Senior Center  
10 AM  
July 29<sup>th</sup>

Sunnyside Retirement Community  
3-4 PM  
August 10th

#### Roanoke

Edinburgh Square Retirement Community  
2:00-3:30 pm  
July 7

Williamson Road Business  
Holiday Inn, Ordway Dr.  
12noon – 1:30 pm  
September 15

Blacksburg Lutheran Church  
12:15 – 1:30 pm  
October 4

## **MEMORY U CLASS SCHEDULE:**

### **Charlottesville**

Dates of classes to be determined at Family Orientation

\*\*\*see confident caregiver package

### **Lynchburg**

The Summit

1400 Enterprise Drive

4 pm – 5 pm.

September 8, 15, 22, 29

October 6, 13, 20, 27

November 3, 10

## **BRAIN HEALTH AND HEALTHY AGING**

### **Danville**

Alzheimer's Association Office

12 – 1:00 pm - bring lunch

July 8

September 14

### **Harrisonburg**

Gypsy Hill Apt

11 am

June 16th

Plaza Apt

10:30 am

June 18th

Elkton Senior Center

9:15-10:15 AM

July 27th

Plaza Apt

10:30 – 11:30 AM

August 11th

### **Roanoke**

Carilion Stonewall Jackson Hospital

Lexington, VA

10:30-11:30 am

July 6

## **PARTNER WITH YOUR DOCTOR**

### **Danville**

Alzheimer's Association office  
Gena Godfrey  
12:00 – 1:00 pm – Bring your lunch  
August 19  
October 13

## **ESPECIALLY FOR THE CAREGIVER**

### **Charlottesville**

Confident Caregiver Package – To register call Annie Marrs in the Charlottesville Office

\$35

*Includes: Family Orientation, Memory University Series, and a Private Care Consultation*

Family Orientation Dates:  
Tuesday, August 11th  
11:00am -12:30pm

OR

Thursday, August 13th  
4:00pm -5:30pm.

### **Danville**

*Stress Management for Caregivers: Connie Fletcher, PHD, Clinical Psychologist*  
Alzheimer's Association office  
12:00 – 1:00 pm – Bring your lunch  
September 30

*Why My Family Chose Hospice - We Made the Right Choice*  
Alzheimer's Association office  
12:00 – 1:00 pm – Bring your lunch  
Tuesday, October 13

*Overview of Alzheimer's – Caregiver Tips with Carolyn Scales*  
Alzheimer's Association office  
12:00 – 1:00 pm – Bring your  
September 23

*Caregiver Training to reduce Stress*  
Barbara Wright  
Loyalton of Danville  
12:00 – 1:00 pm – Light refreshments provided  
November 4

*Caregiver 101 – Techniques to Make Your Caregiving Job Easier with Kathy Gray*

Alzheimer's Association office  
12:00 – 1:00 pm – Bring your lunch  
December 10

Caring 101: Knowing What Your  
Community Resources Are  
Westminster Presbyterian Church  
2:00 - 4 PM  
August 13<sup>th</sup>

### **Harrisonburg**

Time for a Care Change  
Oct 15<sup>th</sup>  
10:00 – 11:30 AM  
Virginia Mennonite Retirement Com

## **LEGAL AND FINANCIAL**

### **Danville**

*Aging with Dignity - The 5 Wishes Directive*  
Brynn Hughes  
Alzheimer's Association office  
12:00 – 1:00 pm – Bring your lunch  
July 14

*Reverse Mortgage can be the Answer in Difficult Economic Times*  
Paula Haynes  
Alzheimer's Association office  
12:00 – 1:00 pm – Bring your lunch  
July 29

*Smart Financial Choices in Tough Economic Times*  
Jim Abercrombie, Edward Jones  
12:00 – 1:00 pm – Bring your lunch  
October 28

*Ask the Elder Law Attorney*  
Robert Vaughan  
Alzheimer's Association office  
12:00 – 1:00 pm – Bring your lunch  
November 18

*Reverse Mortgage can be Your Answer in Difficult Economic Times*  
Paula Haynes  
Alzheimer's Association office  
12:00 – 1:00 pm – Bring your lunch  
December 3

## **PROFESSIONAL TRAININGS**

### **Charlottesville**

Foundations of Dementia Care: A 12-Hour Training

Piedmont VA Community College

9 am – 4 pm both days

July 15th and 22nd

Or:

September 19th and October 3rd

\$89

To register call PVCC

### **Harrisonburg**

Accepting the Challenge: Physical Approach

Living Waters, Timberville

1:30 pm - ???

June 16th

Environment & Safety

Sunnyside Retirement Community

10-11 am

July 15th

Medication & Memory

Virginia Mennonite Retirement Com

10-11:30 AM

July 16th

Understanding Behaviors

Virginia Mennonite Retirement Com

7:00 – 8:30 PM

August 13<sup>th</sup>

Reducing Pain

Virginia Mennonite Retirement Com

10:00 – 12 Noon

Sept 17<sup>th</sup>

Dementia Training for First

Responders

Virginia Mennonite Retirement Com

7:00 - 8:30 PM

Nov12th

Environment and Safety Issues

For the Person with Impaired

Judgement

Virginia Mennonite Retirement Com

10:00 – 11 AM

Dec 17<sup>th</sup>

## **TEEPA VISITS REGION FOR 3 DAYS IN JULY!!!!**

**Accepting the Challenge with Teepa Snow  
REGISTER TODAY BY CALLING THE OFFICE NEAREST  
YOU!!!**

Tuesday, July 21  
Abingdon Place  
149 Executive Court  
Danville, VA 24540

Wednesday, July 22  
Friendship Retirement Community  
327 Hershberger Road  
Roanoke, VA 24012

Thursday, July 23  
Morningside Assisted Living  
491 Crestwood Dr.  
Charlottesville, VA 22902

**Annual Education Conference: Best Practices in  
Dementia Care  
November, 6, 2009  
Salem Civic Center, Salem**

Just Rewards, 9<sup>th</sup> Annual Day for Caregivers  
Senior Center  
2-6pm  
November 17<sup>th</sup>

**TO SCHEDULE A WORKPLACE PRESENTATION ON THE TEN WARNING SIGNS  
OF ALZHEIMER'S CALL THE OFFICE NEAREST YOU**