

# alzheimer's association

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## central and western virginia chapter newsletter

674 Hillside Drive, Suite 1  
Charlottesville, VA 22901

Summer 2008

[www.alz.org/cwva](http://www.alz.org/cwva)  
800.272.3900 toll free  
434.973.6122

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## Celebrating 25 Years and Growing!

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### A BRIEF HISTORY

In our region prior to 1983, if you heard the diagnosis of Alzheimer's for yourself or a loved one, you could look forward to a lonely battle. The national Alzheimer's Association was barely three years old, and no groups existed locally to provide answers and support. That, however, was about to change with the founding of the Charlottesville-Piedmont Chapter. That chapter's first president, Joan Thomasson, with a six-member board, set the vision of the group and affiliated it with the national association.

Alzheimer's, as we know, cares little about geographic boundaries and chapters were forming across Central and Western Virginia to answer the growing need. The next logical step was to join forces; in January 2001 the Charlottesville-Piedmont Chapter partnered with the Shenandoah Valley Chapter (Harrisonburg) to become the Piedmont-Valley Area Chapter. Then in November of the same year, the Chapter expanded yet again, merging with the Central Virginia/Lynchburg Chapter (which included Danville) and the Blue Ridge (Roanoke) Chapter to form what we now know as the Central and Western Virginia Chapter.

### MEASURING SUCCESS

Today, thanks to the continued support of generous contributors and volunteers, and dedicated staff, the Central and Western Virginia Chapter delivers an enviable list of services. For FY 2007 (July 1, 2006 - June 30, 2007), we served nearly 12,000 individuals through our programs:

- \* 3,127 participated in 41 support groups;
- \* 5,628 attended awareness/education programs and workshops, including our two conferences;
- \* 1,117 professionals received training, particularly those working in long-term care facilities;
- \* 1,205 HelpLine callers were received and assisted;
- \* 595 area residents dealing with Alzheimer's were registered with Safe Return+MedicAlert;
- \* 93 Respite Grants were awarded.

### AND MORE TO COME

The next three years hold even greater promise. Building on the Alzheimer's Association core principles, the Chapter will focus on:

- serving as our region's "go to" organization; for the Alzheimer's cause (care and concern, awareness, research;)
- increasing the number of Champions who advance the cause;
- creating opportunities for and encouraging those with the disease to speak out;
- increasing the number of advocates;
- accelerating the progress of research through new partnerships and new opportunities;
- increasing access to, and quality of, culturally sensitive care, services, education and support.

It's an ambitious agenda, and one the original board could only have dreamed about in 1983. But thanks to our growth and development, these goals are all within our reach during our next quarter century of growth and care.

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[www.alz.org/cwva](http://www.alz.org/cwva)

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# From the President's Desk

Dear Friends and Neighbors:

We invite you to join with us as we celebrate our 25th Anniversary throughout this year! Watch for special events and activities.

During this Anniversary year, we will also look ahead! With 42,000 individuals diagnosed with Alzheimer's in our 37 county region (2007 data from National Association), we have touched a little more than 28% through the direct services detailed in our cover story. The National data projects a 30% increase in the number of Central and Western Virginians diagnosed with Alzheimer's disease just within the next few years.

Sue's  
Headshot  
here  
(on file)

### We can do more...and with your help, we will!

Our needs assessment of programs and services indicates the following priority needs of our 37-county region for the next three years.

- #1 Expand our 24-hour, toll-free HelpLine capability by 33%;
- #2 Double the number of trained support group facilitators to 82; thereby doubling our number of support groups;
- #3 Double the number of individuals who benefit from our education/awareness programs on Alzheimer's disease and brain health issues to 11,200;
- #4 Initiate a comprehensive education/awareness outreach to employers in each of six major cities: Harrisonburg, Waynesboro/Staunton, Roanoke, Lynchburg, Danville and Charlottesville;
- #5 Identify and learn from those with early Alzheimer's diagnosis, as early detection increases, concerning their service/program needs; AND develop and implement these programs/services in each region of the Chapter;
- #6 Double the number of professionals receiving our nationally recognized training to 2,300;
- #7 Expand our partnership programming with hospitals, college/university centers; and
- #8 Double our home visitation program.

Thank you for your past support. With your continued involvement and support, we can enhance the programs and services available to those with Alzheimer's and their family and friends. Please join us in this important and moving opportunity,

[signature here ]-on file with printer

P.S. Be sure to see our calendar on page 4 for 25th Anniversary Chapter Conferences.

**HelpLine 1-800-272-3900**

## central and western virginia chapter

### Board of Directors

Ronald Feinman, Esq, *Chair*  
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Annette Clark, *Roanoke*  
*Regional Director*  
Wendy DeLawder, *Harrisonburg/*  
*Mid-Valley Regional Director*  
Melanie L. Vaughan, *Danville*  
*Regional Director*  
Lynn Larson, *HelpLine Specialist*  
Ed Russell, *Volunteer Analyst*  
Carter Harrison,  
*Public Policy Specialist*



**Introducing Brett Spitale**

Before accepting the position of Vice President, Development with the Chapter, Brett Spitale was Director of Community Development for The Arc of the Piedmont. Brett has also served as Manager, Membership Marketing for the American Society of Civil Engineers (ASCE) and as Director of Communications for the American Society for Parenteral and Enteral Nutrition (A.S.P.E.N.) Prior to deciding on a career in communications, Brett served in the United States Air Force.

He holds a Masters in Nonprofit Management and a Bachelor of Arts in Communications from George Mason University.

**...and Linnie Larson**

Certified as both a personal care aide and an administrative aide, HelpLine Specialist Linnie comes to the Alzheimer's Association from Piedmont Virginia Community College where she was Administrative Assistant to WorkForce Services. Her multifaceted background includes tenures as marketing director for an architectural firm, community director for Charlottesville March of Dimes, manager of a local vineyard and winery, and flight attendant/supervisor with PanAm Airways.

Linnie holds a BA in Communications from the University of Washington in Seattle.



**2008 MEMORY WALKS**

HARRISONBURG  
September 13  
★

LYNCHBURG  
September 20  
★

AUGUSTA COUNTY  
October 11  
★

DANVILLE  
October 25  
★

CHARLOTTESVILLE  
September 27

ROANOKE & BLACKSBURG  
September 27

**MAY A PERSON WITH ALZHEIMER'S VOTE?**

The simple answer is, "yes," according to Stephen McConnell, V.P. for Advocacy & Public Policy with the Alzheimer's Association. "A lot of thought has gone into this issue in the past few years, mostly to ensure that people with cognitive impairments retain their constitutional right to vote and have opportunities to exercise that right, even if in an institution. At the same time, there are potential abuses that must be guarded against."

The National Board's Public Policy Committee has published a position statement on the issue, which recommends among other points that residents in long-term care facilities who express a desire to vote should be presumed competent to do so, unless proven otherwise using criteria prescribed by state law.

It is also important to note that, once a person has lost the capacity to vote, it is unlawful for any person, including family members, to vote on behalf of an incapacitated person.

Lastly, the statement urges educating and training long-term care staff and election officials about the rights of voters in long-term care facilities.

[www.alz.org/cwva](http://www.alz.org/cwva)

# Coping & Treatments

## Partnering with Your Doctor

### HARRISONBURG

Thursday, May 15

Virginia Mennonite Ret. Community

1:30 -- 3:30 pm

Wendy DeLawder 540.437.7444

### CHARLOTTESVILLE

Friday, May 2

Morningside Assisted Living

491 Crestwood Drive

10:00 -- 11:00 am

Sydney Taylor 434.981.8889

### DANVILLE

Tuesday, June 24

United Way Building

Meeting Room

1225 West Main Street

12:00-1:00 pm Brown Bag Lunch and Learn Series

Melanie Vaughan 434.792.3700 x30

### ROANOKE

June 25

The Court at Roanoke

1127 Persinger Road

1:00 – 3:00 pm

Annette Clark, 540.345.7600

**NEW Program**  
**Early Stage Memory Strategies**  
**Breakfast Club Memory Class**  
**(8 weeks)**

**CHARLOTTESVILLE**  
 Thursday, June 19 - August 7  
 UVA Center at Milmont  
 9:30 – 11:30 am  
 Ellen Phipps 434.973.6122

## 25th Anniversary – Chapter & Community Conferences

### Healthy Aging Conference featuring Lisa Gwyther from Duke University

April 24th

8:00 am – 4:00 pm

Danville

Melanie Vaughan, 434.792.3700 x 30

### Beard Center on Aging and Alzheimer's Association Conference

Aging Well in Mind, Body, Spirit

May 22nd & 23rd

Lynchburg College

8:00 am – 4:00 pm – both days

Cindy BonDurant, 434.845.8540

### Virginia Assisted Living Conference

April 30th

Charlottesville

804.332.2111 or [jhackler@vala.org](mailto:jhackler@vala.org)

### Dementia Care Conference with Teepa Snow

*Nationally known  
specialist in dementia  
care and Alzheimer's*

July 2nd and 3rd

Quality Inn

Salem

8:30 am – 4:30 pm

Annette Clark, 540.345.7600

### 7th Annual Alzheimer's Education Conference

October 29, 2008 \* James Madison University

Ellen Phipps, 434.973.6122

## Caregiver Workshop Series

ORANGE

Fridays, March 28 – April 25

Orange County Nursing Home

6:30 – 8:30 pm

Ann Anderson, 540.832.7806 or  
Nancy Rhodes 540.672.1536

## Caregiver Day: Tai Chi and Relaxation

ROANOKE

Wednesday, April 23

The Court at Roanoke

1127 Persinger Road

Noon – 2:00 pm

Annette Clark, 540.345.7600

## Caring for the Caregiver

MONETA

Monday, April 28

Resurrection Catholic Church

Smith Mountain Lake

3:00 – 4:00 pm

Cindy BonDurant

434.845.8540 (Lynchburg)

Annette Clark

540.345.7600 (Roanoke)

## Safety at Home

MONETA

Monday, May 5

Resurrection Catholic Church

Smith Mountain Lake

3:00 – 4:00 pm

Cindy BonDurant (Lynchburg)

434.845.8540

Annette Clark (Roanoke)

540.345.7600

## Caregiving 101

HARRISONBURG

Thursday, May 29

11:00 am – Noon

Gypsy Hill Apartments

Wendy DeLawder 540.437.7444

## When is it Time for a Care Change?

ROANOKE

Monday, June 23

Alzheimer's Association Office

2728 Colonial Ave.

3:00 pm

Annette Clark, 540.345.7600

## Caregiver Series: Fit & Fabulous while Caregiving

ROANOKE

Thursday, July 10

The Court at Roanoke

1127 Persinger Road

1:00 – 3:00 pm

Annette Clark, 540.345.7600

## Project Lifesaver and Safe Return + MedicAlert

Moneta

Monday, April 14

Resurrection Catholic Church

Smith Mountain Lake

3:00 – 4:00 pm

Cindy BonDurant (Lynchburg)

434.845.8540

Annette Clark (Roanoke)

540.345.7600

## The 40-70 Rule

MONETA

Monday, April 21

Resurrection Catholic Church

Smith Mountain Lake

3:00 – 4:00 pm

Cindy BonDurant (Lynchburg)

434.845.8540

Annette Clark (Roanoke)

540.345.7600

## Create a Memory Book

MONETA

Monday, May 19

The Court at Roanoke

1127 Persinger Road

11:00 am – 2:00 pm

Annette Clark, 540.345.7600

***Registration is required for all programs.***

***All programs are FREE and open to the public unless otherwise noted.***

# Maintain Your Brain



## Brain Games

### ALTAVISTA

Tuesday, April 29  
Altavista YMCA  
10:30 – 11:30 am  
Marcia McCracken 434.845.0973

### CHARLOTTESVILLE

Friday, June 6  
Morningside Assisted Living  
491 Crestwood Drive  
Sydney Taylor 434.971.8889

## Maintain Your Brain

### LYNCHBURG

Wednesday, April 2  
Thomas Rd Baptist Church Rm 2413  
6:15 – 7:15 pm  
Cindy BonDurant 434.845.8540

### MONETA

Wednesday, April 9  
Waterfront Country Club  
10:30 – 11:30 am  
Cindy BonDurant 434.845.8540

Saturday, May 19

Resurrection Catholic Church  
Smith Mountain Lake  
3:00 – 4:00 pm  
Cindy BonDurant (Lynchburg)  
434.845.8540  
Annette Clark (Roanoke)  
540.345.7600

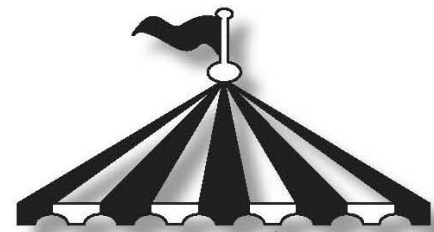
### ROCKY MOUNT

Maintain Your Brain –  
Healthy Lifestyles  
Sunday, April 27  
Franklin County Library  
1:00 pm  
Annette Clark 540.345.7600



## Step Right Up

Exhibit open May 24 – September 7, 2008



## Amazing Feats of Aging

Sponsored by:

alzheimer's association®



## Virginia Museum of NATURAL HISTORY

IN ASSOCIATION WITH THE SMITHSONIAN INSTITUTION

21 Starling Avenue, Martinsville, VA 24112  
276.634.4141 • www.vmnh.net

HelpLine 1-800-272-3900

## **ABC's of Alzheimer's Disease/Overview of Alzheimer's Disease**

MONETA

Monday, April 7

Resurrection Catholic Church

Smith Mountain Lake

3:00 – 4:00 pm

Cindy BonDurant (Lynchburg)

434.845.8540

Annette Clark (Roanoke)

540.345.7600

ROANOKE

Saturday, April 19

Good Shepard Lutheran Church

1887 Electric Road

10:00 – 11:00am

Annette Clark 540.345.7600

STANARDSVILLE

Thursday, May 8

EverGreene Nursing

7:00 – 8:00 pm

Free, dinner included,

Registration required

Michelle Pitts 434.985.4434

## **Aging & Memory: What's Normal and When Should I Be Worried?**

CHARLOTTESVILLE

Friday, July 11 & August 1

Morningside Assisted Living

491 Crestwood Drive

10:00 – 11:00 am

Ellen Phipps 434.973.6122

Monday, April 21

ACAC Fitness Center

Albemarle Square Shopping Center

Noon – 1:00 pm

Ellen Phipps 434.973.6122

## **Memory, Medicare and Medications: What You Need To Know** (Educational Series)

CHARLOTTESVILLE

April 15 – Legal & Financial

May 20 – Memory & Aging

June 17 – Medications

Winterhaven Assisted Living

220 South Pantops

6:30 – 8:00 pm (all lectures)

Ellen Phipps 434.973.6122

## **Frequently Asked Questions About Alzheimer's**

DANVILLE

Wednesday, May 21

United Way Building Meeting Rm

1225 West Main Street

Noon -1:00 pm, Lunch included

Reservations required

Melanie Vaughan 434.792.3700 x30

## **Everything You Always Wanted to Know About Alzheimer's But Were Afraid to Ask**

HARRISONBURG

Friday, May 16

2:30 – 4:00 PM

Loyalton of Staunton

1900 Hillsmere Lane

Wendy DeLawder 540.437.7444

Thursday, July 2

Sunnyside Retirement Community

2:00 – 4:00 pm

Wendy DeLawder 540.437.7444

## **Senior Services offered at Ballou Recreation Center**

DANVILLE

Wednesday, July 10

United Way Building Meeting Rm

1225 West Main Street

Noon -1:00 pm

Melanie Vaughan 434.792.3700 x30

## **How Do I Know If I Have Alzheimer's?**

DANVILLE

Wednesday, July 16

United Way Building

Meeting Room

1225 West Main Street

Noon -1:00 pm, Lunch included

Reservations required

Melanie Vaughan 434.792.3700 x30

*\*Building Skills for Dementia Care costs \$45 per person per class unless otherwise noted.*

*Registration is required for all classes.*

*For more information, or to schedule a class at your facility, please call your local office or 1-800-272-3900.*

## Building Your Skills

Thursday, April 17  
Virginia Mennonite Ret Comm  
Strite Auditorium  
1501 Virginia Avenue  
1:00 – 4:00 pm  
Wendy DeLawder 540.437.744

## Project Lifesaver and Safe Return + MedicAlert

MONETA  
Monday, April 14  
Resurrection Catholic Church  
Smith Mountain Lake  
3:00 – 4:00 pm  
Cindy BonDurant (Lynchburg)  
434.845.8540  
Annette Clark (Roanoke)  
540.345.7600

## Building Your Skills for Dementia Care: Communication

LYNCHBURG  
Thursday, April 3  
The Oaks, Murrell Road  
2:30 – 3:00 pm  
Cindy BonDurant 434.845.8540

Thursday, July 17  
Bridgewater Ret Community  
1:30 – 3:30 pm  
Wendy DeLawder 540.437.7444

## Understanding Signs & Symptoms of Alzheimer's

DANVILLE  
Wednesday, April 16  
United Way Building  
Meeting Room  
1225 West Main Street  
12:00-1:00 pm Brown Bag Lunch and Learn Series  
Melanie Vaughan 434.792.3700 x30

## Building Your Skills for Dementia Care: Behavior

LYNCHBURG  
Thursday, May 15 OR  
Thursday, July 10  
The Oaks, Murrell Road  
2:30 – 3:00 pm  
Cindy BonDurant 434.845.8540

CHARLOTTESVILLE  
Saturday, July 12 & July 19  
Piedmont Virginia Community College  
9:00 am – 4:00 pm both days, \$75 total  
Dr. Lyn VanDersommen 434.961.5284

## Improving Communication – Training for Facility Staff

HARRISONBURG  
Friday, April 18  
2:00 – 3:00 pm  
Greenfield Reflections  
Wendy DeLawder 540.437.7444

## Building Your Skills for Dementia Care: Training for Facility Staff

BRIDGEWATER  
Wednesday, April 9  
Bridgewater Retirement Community  
302 North Second St.  
9:00 am – 4:00 pm  
Wendy DeLawder 540.437.744

Third Thursdays, April-September  
Morningside Assisted Living  
2:00– 3:00 pm  
Ellen Phipps 434.973.6122

## Building Your Skills for Dementia Care: Safety/Environment – Training for Facility Staff

LYNCHBURG  
Thursday, July 10  
The Oaks, Murrell Road  
2:30 pm – 3:00 pm  
Cindy BonDurant 434.845.8540

## Activities of Daily Living – Training for Facility Staff

HARRISONBURG  
**Part 1** Thursday, April 17  
**Part 2** Friday, April 18  
2:00 – 3:00 pm  
Stuarts Draft Christian Home  
Wendy DeLawder 540.437.744

## Legal Planning

MONETA

Monday, May 12

Resurrection Catholic Church

Smith Mountain Lake

3:00 – 4:00 pm

Cindy BonDurant (Lynchburg)

434.845.8540

Annette Clark (Roanoke)

540.345.7600

## Legal Issues: What You Need to Know

DANVILLE

Tuesday, April 8

United Way Building Meeting Rm

1225 West Main Street

12:00-1:00 pm Brown Bag Lunch and Learn Series

Melanie Vaughan 434.792.3700 x30

## Medical Deductions: Ask the CPA

DANVILLE

Thursday, July 24

United Way Building Meeting Rm

1225 West Main Street

Noon -1:00 pm Brown Bag Lunch and Learn Series

Melanie Vaughan 434.792.3700 x30

## Legal and Financial Planning

CHARLOTTESVILLE

Tuesday, May 13, June 24, OR

August 12

Vitt Law Offices

880-A Rio East Court

Choose 10:00 am OR 7:00 pm

Dana 434.971.3025

## Legal Issues: What You Need to Know

DANVILLE

Monday, May 5 OR Tuesday, June 10

United Way Building Meeting Rm

1225 West Main Street

12:00-1:00 pm Brown Bag Lunch and Learn Series

Melanie Vaughan 434.792.3700 x30

## Professional Training & In-Service, continued

### Understanding Behaviors – Training for Facility Staff

TIMBERVILLE

Thursday, April 25

Timberview Crossing, Hwy 211

1:30 – 2:30 PM

Wendy DeLawder 540.437.7444

### Compassionate Communication with Persons Diagnosed with Memory Loss

DANVILLE

Thursday, May 29

Stratford House

1111 Main Street

6:30 - 7:30 pm

Melanie Vaughan 434.792.3700 x30

### Understanding Behaviors – Training for Facility Staff

ELKTON

Thursday, May 1

Journeys Crossings

12:00 – 3:00 pm

102 North Stuart Ave

Wendy DeLawder 540.437.7444

### Support Group Facilitator Training

STAUNTON

Thursday, June 5

Loyalton of Staunton

1900 Hillmere Drive

11:00 am – 3:00 pm

Annie Peterson 434.973.6122

*New Program!*

# Start Planning Now!

*for the*  
**7th Annual Alzheimer's Education Conference**

Wednesday  
**October 29, 2008**  
**James Madison University**  
Harrisonburg, VA

for details call  
**Ellen Phipps, 434.973.6122**

# Support Groups & Resources (by city/town)

## Amherst

Fairmont Crossing & Rehab Center  
173 Brockaman Park  
Amherst, VA 24521  
4th Tuesday, 6:00 pm  
Melissa Morris 434.946.2856

## Bedford

Carillon Adult Care Center  
behind Bedford Memorial Hospital  
1613 Oakwood Street  
Bedford, VA 24523  
3rd Mondays, 3:00 – 4:00 pm  
Annamarie Hackman 540.587.3409

## Blacksburg

VA Tech Adult Day Care Center  
102 Wallace Hall  
Blacksburg, VA 24060  
1st and 3rd Mondays, 7:00 – 8:00 pm  
Allison Gallway 540.231.3161

## Bridgewater

Bridgewater Retirement Community  
Houff Community Center  
302 North 2nd St  
Bridgewater, VA 22812  
2nd Wednesdays, 10:00 – 11:30 am  
Wendy DeLawder 540.437.7444

## Charlottesville

Aldersgate United Methodist Church  
1500 East Rio Road  
Charlottesville, VA 22901  
Tuesdays, 1:30 – 3:00 pm  
Dawn Rigney 434.973.5806

## Alzheimer's Association Office

674 Hillsdale Drive, Suite 1  
Charlottesville, VA 22901  
1st & 3rd Tuesdays, 9:30 – 10:30 am  
Annie Peterson 434.973.6122

## Colonnades

2600 Barracks Road  
Charlottesville, VA 22901  
2nd & 4th Thursdays 1:30–3:00pm  
Annie Peterson 434.973.6122

## Senior Center, Inc.

1180 Pepsi Place  
Charlottesville, VA 22901  
4th Mondays, 1:00 – 2:30 pm  
Madeleine Chandler 434.243.4646

## For persons with early stage memory loss

Club Pathways  
JABA  
674 Hillsdale Dr. Suite 5  
Charlottesville, VA 22901  
Suzanne Brower 434.817.5267

Early Memory Loss Support Group  
Call for registration and information:  
Ellen Phipps 434.973.6122

The Breakfast Club  
Memory Classes and more!  
For information and registration,  
Ellen Phipps 434.973.6122

## Clifton Forge

Adult Care of Highlands  
Moody Building, 550 Time Street  
Clifton Forge, VA 24422  
2nd Mondays, 7:00 – 8:00 pm  
Michelle Leduc 540.862.2972

## Culpeper

Amerisist of Culpeper  
215 Southbridge Parkway  
Culpeper, VA 22701  
3rd Thursdays, 10:00 – 12:00 noon  
Lynette Scott, 540.825.3100 x.3464

## Danville

Loyalton of Danville  
432 Hermitage Dr.  
Danville, VA 24541  
1st Tuesdays, Noon (with lunch)  
3rd Tuesdays, 5:00 pm  
Melanie Vaughan 434.792.3700, x 30

## Forest

Runk & Pratt Forest **New Day!**  
208 Gristmill Drive  
Forest, VA 24551  
1st Tuesdays, 6:00 pm  
Patty Perdue 434.385.8506

## Harrisonburg

Generations Crossing  
Parkview Mennonite Church  
1600 College Avenue  
Harrisonburg, VA 22802  
1st Thursdays, 9:00 – 10:00 am  
Wendy DeLawder 540.437.7444

Park Gables @VMRC, Confrnc Rm  
1491 Virginia Avenue  
Harrisonburg, VA 22802  
4th Tuesdays, 7:00 – 8:30 pm  
Wendy DeLawder 540.437.7444

Sunnyside Retirement Community  
3935 Sunnyside Drive  
Harrisonburg, VA 22801  
3rd Thursdays, 2:00 – 3:00 pm  
Wendy DeLawder 540.437.7444

## Keswick

Zion Hill Baptist Church  
1133 Zion Hill Road  
Keswick, VA 22947  
3rd Saturdays, 10:00 – 11:30 am  
Martha Yates 434.974.6209

## Locust Grove

Lake of the Woods Church  
One Church Lane  
Locust Grove, VA 22508  
3rd Wednesdays, 10:00 – 11:00 am  
Olga Soehnjen  
540.288.9353 (office) or  
540.226.9681 (cell)

## Luray

Valley Care Management  
124 N. Hawksbill St **NEW**  
Luray, VA 22835  
4th Tuesdays, 2:00 – 3:30 pm  
& 6:00 – 7:00 pm  
Paula Kibler 540.843.3280

**HelpLine 1-800-272-3900**

# Support Groups & Resources (by city/town)

## Lynchburg

Medical Care Center **New Day!**  
2200 Landover Place  
Lynchburg, VA 24501  
2nd Tuesdays, 7:00 pm  
Sandy Abbott 434.846.4626

## The Summit\*

\*Two Groups: One for Persons with Memory Loss; One for Caregivers  
Community Room, 2nd floor  
1400 Enterprise Drive  
Lynchburg, VA 24502  
2nd Wednesdays, 3:30 pm  
Karen Preston 434.582.1503

## Westminster-Canterbury

Weissert Chapel  
501 V.E.S. Road  
Lynchburg, VA 24503  
3rd Thursdays, 10:00 am  
June Harvie-McNamara 434.386.3544

## Martinsville

Southern Area Agency on Aging  
204 Cleveland Avenue  
Martinsville, VA 24112  
2nd Wednesday, Noon  
Carolyn Scales 276.632.6442

## Mineral

Louisa County Library  
881 Davis Highway  
Mineral, VA 23117  
3rd Tuesdays, 1:00 – 2:30 pm  
Annie Peterson 434.973.6122

## Orange

Amerisist of Orange  
680 University Lane  
Orange, VA 22960  
3rd Wednesdays, 10:00 – Noon  
Ann Anderson 540.832.7806

The Village at Gordon House  
501 North Main St  
Gordonsville, VA 2294  
3rd Tuesday, 10:30 – 12:00 noon  
Ann Anderson 540.832.7806

## Roanoke

Alzheimer's Association  
2728 Colonial Ave, Suite 2  
Roanoke, VA 24015  
Last Mondays, 5:30 – 6:30 pm  
Kelli Ramsey 540.343.4900

Liberty Adult Care Center  
2707 Williamson Rd  
Roanoke, VA 24012  
4th Tuesdays, 1:30 – 3:00 pm  
Annette Clark 540.345.7600

Roanoke Memorial Rehab.  
Corner S. Jefferson & McClanahan Sts  
Roanoke, VA 24014  
2nd Saturdays, 10:00 – 11:30 am  
Jill Bass 540.981.7653

### *For persons with early stage memory loss and their caregivers*

Center for Healthy Aging  
2118 Rosalind Ave SW  
Roanoke, VA 24014  
3rd Tuesday, 4:00 – 5:00 pm  
Annette Clark 540.345.7600

## Salem

Adult Care Cntr of Roanoke Valley  
1970 Roanoke Blvd, Building 76  
Salem, VA 24153  
2nd Tuesdays, 1:30 – 3:00 pm  
Annette Clark 540.345.7600

## Staunton

Birch Gardens  
12 Royal Drive, Fishersville  
Staunton, VA 24401  
4th Tuesdays, 7:00 – 9:00 pm  
Terry Team 540.949.4151

Loyalton of Staunton  
1900 Hillsmere Lane  
Staunton, VA 24401  
4th Tuesdays, 6:00 – 7:00 pm  
Karen Bourne 540.885.9500

## Strasburg

Greenfield Reflections  
304 Bowman Mill Road  
Strasburg, VA 22657  
3rd Sunday, 2:30 pm – 3:30 pm  
Wendy DeLawder 540.437.7444

## Timberville

Timberview Crossing **NEW**  
351 New Market Rd  
Timberville, VA 22853  
2nd Tuesdays, 6:00 – 7:00 pm  
Tina Conner 540.896.9858

## Warrenton

Adult Day Care  
430 E. Shirley Avenue  
Warrenton, VA 20186  
1st Wednesdays, 10:00 – 11:30 am  
Molly Snurr 540.347.2797

## Waynesboro

Free Methodist Church **NEW**  
Corner Ivy St/Hopeman Pkwy  
Waynesboro, VA 22980  
3rd Monday, 3:00 – 5:00 pm  
Terry Team 540.949.4151

## Woodstock

Shenandoah Memorial Hospital  
Hospital Library, 759 South Main St  
Woodstock, VA 22664  
1st Thursday, 7:00 – 9:00 pm  
Mertie Funkhouser & Nan Hilton  
540.856.2654

Skyline Terrace  
123 Lakeview Drive  
Woodstock, VA 22664  
2nd Wednesdays, 6:00 – 7:00 pm  
Crystal Brinkley 540.459.537

*Save the date!*

*10th Annual*  
**BILL HOWARD  
GOLF TOURNAMENT**

TO BENEFIT THE CENTRAL & WESTERN VIRGINIA CHAPTER OF THE

**alzheimer's  association**

Thursday, May 1st - Tournament at Birdwood Golf Course.  
Friday, May 2nd - Dinner, Dancing with the House Rockers  
and a Silent Auction at the Charlottesville Omni Hotel.



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