

Support Groups for Caregivers and Persons with Memory Loss

* To keep up to date on Support Group additions and changes, please sign up for our E-Newsletter by visiting www.alz.org/cwva.

* Please call to confirm the date, time, and location as these listings may change from time to time.

* Some support groups offer respite care, call to ask the facilitator listed.

CHARLOTTESVILLE

Charlottesville

Aldersgate United
Methodist Church
1500 East Rio Road
Every Tuesday
1:30pm - 3:00pm
Dawn Rigney (434) 960-0531

Alzheimer's Association Office
1160 Pepsi Place, Suite 306
1st and 3rd Tuesday
9:30am - 11:00am
Annie Marrs (434) 973-6122

Rosewood Assisted Living at Hollymead
2029 Lockwood Dr.
2nd Thursday
6:00pm - 7:30pm
Beth Czaplinski
(434) 963-7673

Winterhaven Assisted Living at Pantops
220 South Pantops Drive
3rd Wednesday
2:00pm - 3:00pm
Wendy Heifetz (434) 977-0002

Culpeper

Powell Wellness Center
ConferenceRoom
1005 Golf Dr.
3rd Tuesday
6:00pm - 7:30pm
Annie Marrs (434) 973-6122

Fluvanna/Fork Union

Coming Soon - Call Annie Marrs to share your interest.
(434) 973-6122

Locust Grove

Lake of the Woods Church
1 Church Street
3rd Wednesday
10:00am - 11:30am
Norma Ervin (540) 972-0652
Call if interested in evening group.

Louisa

Amerisist of Louisa
440 West Main Street
2nd Monday
1:00pm - 2:30pm
Jane Unbehagen (540) 872-2394

Madison

Piedmont Episcopal Church
214 Church St.
Date and Time to be Announced
Jane Dalton
(540) 923-4552

Rappahannock

The Link
12018 Lee Hwy
Sperryville
1st and 3rd Thursdays
10:00am - Noon
Larry Stillwell (540) 675-2531

Warrenton

Adult Day Care
430 East Shirley Avenue
1st Wednesday
10:00am - 11:30am
Molly Snurr (540) 347-2797

DANVILLE

Danville

Emeritus at Danville
432 Hermitage Dr.
1st Tuesday
Noon - 1:00pm (lunch provided)
Barbara Wright
(434) 791-3180

Gretna

Gretna Christian Church - Social Hall
111 Leftwich St.
1st Tuesday
6:30pm - 8:00pm,
Becky Bennet, Frances Peterson
Pat Davis (434) 250-6604

Martinsville

Southern Area Agency on Aging
204 Cleveland Avenue
2nd Wednesday
Noon - 1:00pm, Refreshments Provided
Carolyn Scales (276) 632-6442

HARRISONBURG

Bridgewater

Bridgewater Retirement
Houff Community Center
302 North 2nd Street
2nd Wednesday
10:00am - 11:30am
Annie Marrs (434) 973-6122

Edinburg

Our Place
508 Piccadilly Street
2nd and 4th Wednesday
2:00pm - 3:00pm
Mertie Funkhouser (540) 856-2654

Harrisonburg

Generations Crossing
Massanutten Springs Road
1st Wednesday
9:00am - 10:00am
Annie Marrs (434) 973-6122

Emeritus of Harrisonburg
2101 Deyerle Avenue
4th Tuesday
6:30pm - 8:00pm
Maggie Amick (540) 574-2982

Sunnyside Retirement
Community
3935 Sunnyside Drive
3rd Thursday
2:00pm - 3:00pm
Annie Marrs (434) 973-6122

Luray

Valley Care Management
Page County Chamber of Commerce
18 Campbell St.
4th Tuesday
2:00pm - 3:30pm
Jeannette Suter (540) 843-3280

Staunton

Emeritus of Staunton
1900 Hillsmere Lane
3rd Thursday
6:30pm - 8:00pm
Vicky Armstrong (540) 885-9500

Strasburg

Greenfield of Strasburg
304 Bowman Mill Rd.
Last Wednesday of the month
Noon to 1:30pm
(Lunch provided with RSVP)
Connie Clem (540) 623-5588

HARRISONBURG *continued*

Waynesboro

Free Methodist Church
Corner Ivy St./Hopeman Parkway
3rd Monday
3:00pm - 5:00pm
Terry Team (540) 949-4151

Woodstock

Consulate Health Care
803 South Main St.
3rd Wednesday
2:30pm - 3:30pm
Donielle Weatherholtz (540) 459-5676

Greenfield of Woodstock
935 Ox Rd.
3rd Thursday
Noon - 1:30pm
(Lunch provided with RSVP)
Connie Clem (540) 459-2525

LYNCHBURG

Appomattox

Appomattox Health &
Rehab-Conference Room
235 Evergreen Avenue
2nd Tuesday
4:00pm - 5:00pm
Jane Thomas (434) 352-7420

Lynchburg

Heritage Green
200 Lillian Lane
1st Tuesday
6:00pm - 7:00pm
Robert Maxwell (434) 385-5102

The Summit -
Community Room, 2nd floor
1400 Enterprise Dr.
2nd Wednesday
2:00pm - 3:30pm
Brenda Dixon and Andrea Ayers
(434) 385-0321

Westminster-Canterbury
501 V.E.S. Rd.
Weissert Chapel
3rd Thursday
10:00am - 11:30am
June Harvie-McNamara
(434) 846-6270

Smith Mountain Lake

Trinity Ecumenical Church
40 Lakemount Drive at Rt. 122
1st Monday
3:00pm - 4:00pm
[2nd Mon. if 1st Mon. is a holiday]
Lynn Tarbell (540) 297-9215
Tami Akin (540) 721-4330

ROANOKE

Blacksburg

VA Tech Adult Day Care Center
102 Wallace Hall
1st and 3rd Monday
7:00pm - 8:00pm
Alison Galway (540) 231-3161

Buchanan

Buchanan Presbyterian Church
19559 Main St.
1st Thursday
7:00pm - 8:00pm
Marina Gopadze (540) 254-1320

Christiansburg

Christiansburg Recreation Center
1600 North Franklin Rd.
3rd Wednesday
12:30pm - 1:30pm
Alison Galway (540) 231-3161

Wheatland Hills Assisted Living
201 Wheatland Court
3rd Thursday
5:30pm - 6:30pm
Charity Hughes (540) 382-5200

Franklin/Rocky Mount

Franklin County Library
Rocky Mount
4th Thursday
1:00pm - 2:00pm
Annette Clark (540) 345-7600

LEXINGTON

Kendall at Lexington
Sunnyside House
170 Kendal Dr.
2nd Thursday
2:00pm - 3:30pm
Cathy Lewis (540) 464-2609

Radford

Wheatland Hills Assisted Living
7486 Lee Highway
3rd Tuesday
4:00pm - 5:00pm
Becky Wheeler (540) 639-2411

ROANOKE *continued*

Roanoke

Center for Healthy Aging
2001 Crystal Spring Ave., Suite 302
2nd Saturday
10:00am - 11:30am
Jill Blass (540) 981-7653

Center for Healthy Aging
2001 Crystal Spring Ave., Suite 302
3rd Tuesday
4:00pm - 5:00pm
Leah Mayne & Kathy Wolford
(540) 981-7653

Salem

Adult Care Center of Roanoke Valley
2321 Roanoke Blvd.
2nd Tuesday
1:30pm - 3:00pm
Annette Clark (540) 345-7600



Charlottesville Early Stage Group participants

Early Stage Discussion Series

We offer a series for individuals with early stage memory loss and their care partners. For information or registration, call the numbers below:

Charlottesville area:
Annie Marrs (434) 973-6122

Danville area:
Wyona Witcher (434) 799-4540
Cynthia Stinson-Jones
(434) 799-1930

Harrisonburg area:
Annie Marrs (434) 973-6122

Lynchburg area:
Annie Marrs (434) 973-6122

Roanoke area:
Leah Mayne and Kathy Wolford
(540) 981-7653

Staunton area:
Karen Bourne (540) 885-7016

CALENDAR OF PROGRAMS FOR THE CHAPTER AREA

January - July, 2011

All programs are free and open to the general public unless otherwise noted. **Registration is required** for all programs, call toll free (800) 272-3900 for information.

alzheimer's  association®

KNOWthe
10 SIGNS

EARLY DETECTION MATTERS

Scheduled Presentations

To schedule a workplace or group presentation on the 10 Warning Signs of Alzheimer's disease, call (800) 272-3900.

Harrisonburg

Know the 10 Signs

February 3, 2:00pm - 3:00pm
Stuarts Draft Christian Home
144 Patton Farm Rd.
Stuarts Draft
Contact: Ellen Phipps
(434)973-6122

Know the 10 Signs

February 16, 2:00pm - 3:30pm
James Madison University
Contact: Ellen Phipps
(434) 973-6122

Know the 10 Signs

April 12, 2:00pm
Bentley Commons
1410 N. Augusta St.
Staunton
Contact: Ellen Phipps
(434) 973-6122

Lynchburg

Know the 10 Signs

January 27, 11:30am
Lakewood Baptist Church
2469 Sunburst Rd., Evington
Contact: Annette Clark
(540) 345-7600

Know the 10 Signs and Q&A with Alzheimer's Association expert

February 23, 1:30pm - 2:30pm
Q&A, 2:30pm - 3:30pm
Westminster Canterbury
501 VES Rd.
Contact: Jen Muncy
(434) 386-3528

Know the 10 Signs

February 24, 2:00pm - 3:00pm
Heritage Green Assisted Living
200 Lillian Lane
Contact: Annette Clark
(540) 345-7600

Know the 10 Signs

May 10, 11:00am - 12:00pm
Madison Heights Baptist Church
329 Main St., Madison Heights
Contact: Annette Clark
(540) 345-700



Want to give to the Alzheimer's Association in a creative and easy way? Make a contribution in the form of a vehicle donation, stock, estate gift, bequest, create a web page to honor someone special or explore the many ways you can help us to create a world without Alzheimer's disease. For more information contact Brett Spitale at (434) 973-6122 or brett.spitale@alz.org.



Physical Activity and Diet May Benefit Brain Function

Evidence from three long-term, large-scale studies (Framingham Study, Cardiovascular Health Study, NHANES III) supports the association of physical activity and certain dietary elements (tea, vitamin D) with maintaining cognitive ability and reducing dementia risk in older adults. Plus, a new study in an animal model of Alzheimer's reported at AAICAD 2010 suggests that an antioxidant-rich diet with walnuts may benefit brain function.

10th Annual Education Conference

Best Practices in Dementia Care

Details coming soon.

Visit www.alz.org/cwva to sign up for our e-newsletter so you don't miss it!

VOLUNTEER TRAINING

Charlottesville

Speaker's Bureau Training
February 23, 9:30am - 11:30am
Charlottesville office
Contact: Ellen Phipps
(434) 973-6122

Lynchburg

Connections Home Visitation Training
January 28, 4:00pm - 5:00pm
Lynchburg College
Contact: Ellen Phipps
(434) 973-6122

BRAIN HEALTH AND HEALTHY AGING

Lynchburg

Conference on Aging: Aging Well in Mind, Body & Spirit

May 24, 8:00am - 5:00pm
Lynchburg College
Beard Center on Aging
(434) 544-8456

LEGAL and FINANCIAL WORKSHOPS

Roanoke

Legal and Financial Issues

February 7, 3:00pm - 4:00pm
Elder Law Attorney Mark Dellinger
Trinity Ecumenical Church
40 Lake Mount Dr., Moneta
RSVP: (540) 721-4330

LIVING WITH ALZHEIMER'S disease: COPING and CARING programs for Caregivers

Charlottesville

Rosewood Village (all programs)
2029 Lockwood Dr.
Fee: \$15 for 3 sessions and
Caregiver Notebook
Contact: Annie Marrs
(434) 973-6122

Series One
What You Need to Know
February 8, 3:00pm - 5:00pm

What You Need to Plan For
March 8, 3:00pm - 5:00pm

What You Can do Now
April 13, 3:00pm - 5:00pm

Series Two
What You Need to Know
May 12, 6:00pm - 8:00pm

What You Need to Plan For
June 9, 6:00pm - 8:00pm

What You Can do Now
July 14, 6:00pm - 8:00pm

Harrisonburg

**First United Methodist Church
(all programs)**
Rt. 250, Fishersville
Lunch will be provided.
Fee: \$15 for 3 sessions and
Caregiver Notebook
Contact: Terry Team
(540) 949-4151

Series One
What You Need to Know
March 14, 11:00am - 1:00pm

What You Need to Plan For
March 21, 11:00am - 1:00pm

What You Can Do Now
March 28, 6:00pm - 8:00pm

Lynchburg
**Bentley Commons Lunch & Learn
(all programs)**
Lunch provided
1604 Graves Mill Rd.
Contact: Lisa Baity (434) 316-0207
RSVP one day prior for lunch
Contact: Annette Clark
(540) 345-7600

What You Need to Know
February 21, 12:00pm - 1:00pm

What You Need to Plan For
February 28, 12:00pm - 1:00pm

What You Can do Now
March 7, 12:00pm - 1:00pm

Roanoke

Salem Terrace at Harrogate
1851 Harrogate Dr., Salem
Fee: \$15 for 3 sessions
Caregiver Notebook
Contact: Annette Clark
(540) 345-7600

What You Need to Know
February 3, 2:00pm - 4:00pm

What You Need to Plan For
February 17, 2:00pm - 4:00pm

What You Can do Now
March 3, 2:00pm - 4:00pm

Kendal at Lexington
106 Kendal Dr., Lexington
Fee: \$15 for 3 sessions and Caregiver
Notebook
Contact: Annette Clark
(540) 345-7600

Series Two
What You Need to Know
May 4, 2:00pm - 4:00pm

What You Need to Plan For
May 18, 2:00pm - 4:00pm

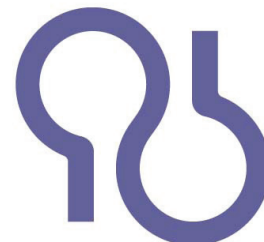
What You Can do Now
June 1, 2:00pm - 4:00pm

The Glebe
200 The Glebe Blvd., Daleville
Fee: \$15 for 3 sessions
Caregiver Notebook
Contact: Annette Clark
(540) 345-7600

Series Three
What You Need to Know
June 2, 2:00pm - 4:00pm

What You Need to Plan For
June 9, 2:00pm - 4:00pm

What You Can do Now
June 23, 2:00pm - 4:00pm



Lunch Box Series at Virginia Mennonite Retirement Community

Harrisonburg

Lunch Box Series at Virginia Mennonite Retirement Community

1501 Virginia Ave.
 All programs 12:00pm - 1:00pm
 For registration or information, please contact VMRC Marketing at (540) 564-3418 or toll free (888) 564-8672



April 7 - What's Normal Aging and When Should I be Worried?
 Speaker: Kathleen Fuchs, PhD; UVA Memory Clinic
 April 14 - How to Communicate with My Parent with Alzheimer's Disease?
 Speaker: Shirley Thomas, RN
 April 21 - Staying Safe
 Speaker: Annie Marrs, LCSW, Alzheimer's Association
 September 8 - What's Normal Aging and When Should I be Worried?
 Speaker: UVA Memory Clinic Specialist
 September 15 - When Is it Time for a Care Change?
 Speaker: Annie Marrs, LCSW, Alzheimer's Association
 September 22 - Brain Health and Aging
 Speaker: UVA Memory Clinic Specialist
 Evening Event on March 22 featuring Mary Sharp

SPECIAL EVENTS

Charlottesville

Caring for our Elders: 4th Annual Conference

March 2-3
 University Holiday Inn
 For direct care staff
 \$65/day or \$120/2 days
Featuring Teepa Snow
 Positive approaches to working and communicating with persons with dementia.
 Better jobs for better care; reducing staff turnover.
 Caregivers as leaders; developing teams, teaching peers.
 Stress reduction and self-care as a component of successful caregiving.
 Pressure ulcer prevention and oral care.
 Elder mistreatment prevention, identification and reporting.
 Reducing dangers in the care setting for both staff and residents.
4 hrs. DSS approved dementia specific training will be offered. Visit <http://www.justice4all.org> for more information.

Alzheimer's Art Project

Community Tour - For persons with memory loss
 March 10
 UVA Art Museum
 Rugby Rd.
 Registration required
 Contact: Caroline Even
 (434)973-6122

Harrisonburg

Save the date!
 June 16
All Day Educational Seminar on Alzheimer's
 Location: James Madison University

In lieu of flowers, you can suggest donations be made to the Alzheimer's Association.

