

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

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

### CHARLOTTESVILLE REGION

#### 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 Tuesdays  
9:30am - 11:00am  
Annie Marrs (434) 973-6122

Colonnades  
2600 Barracks Road  
2nd and 4th Thursdays  
1:30pm - 3:00pm  
Mary Cail (434) 978-1896

Rosewood Assisted Living at Hollymead  
2029 Lockwood Dr.  
2nd Thursdays - **Starting Feb. 11**  
6:00pm - 7:30pm  
Beth Czaplinski & Krista McMullen  
(434) 963-7673

Winterhaven Assisted Living at Pantops  
220 South Pantops Drive  
3rd Wednesdays  
2:00pm - 3:00pm - **Starting Feb. 17**  
Wendy Heifetz (434) 977-0002

#### **For persons grieving:**

Hospice of the Piedmont  
675 Peter Jefferson Parkway, Suite 300  
2nd Monday, 5:30pm - 7:00pm  
Hospice (434) 817-6900

#### Culpeper

Amerisist of Culpeper  
215 Southridge Parkway  
3rd Thursday  
10:00am - Noon  
Lynette Scott (540) 825-3100 ext 3464

#### 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

#### Warrenton

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

**Call (434) 973-6122 if you have interest in a support group in Fluvanna County.**

### DANVILLE REGION

#### Danville

Loyalton of Danville  
432 Hermitage Dr.  
1st Tuesday  
Noon - 1:00pm  
Barbara Wright  
(434) 791-3180

#### Martinsville

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

### HARRISONBURG REGION

#### Bridgewater

Bridgewater Retirement  
Houff Community Center  
302 North 2nd Street  
2nd Wednesday  
10:00am - 11:30am  
Wendy DeLawder (540) 437-7444

#### 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  
Wendy DeLawder (540) 437-7444

#### Loyalton

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

Park Gables @VMRC  
Conference Room  
1491 Virginia Avenue  
4th Tuesday  
7:00pm - 8:30pm  
Wendy DeLawder (540) 437-7444

#### Sunnyside Retirement Community

3935 Sunnyside Drive  
3rd Thursday  
2:00pm - 3:00pm  
Wendy DeLawder (540) 437-7444

#### Luray

Valley Care Management  
124 N. Hawksbill Street  
4th Tuesday  
2:00pm - 3:30pm  
Wendy DeLawder (540) 437-7444

#### Staunton

Loyalton  
1900 Hillsmere Lane  
3rd Thursday  
6:30pm - 8:00pm  
Mary Wilhelm (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)  
Susan Spangler (540) 459-2525

Skyline Terrace  
123 Lakeview Drive  
4th Tuesday  
6:00pm - 7:00pm  
Crystal Brinkley (540) 459-3738

**LYNCHBURG REGION**

**Appomattox**

Appomattox Health &  
Rehab-Conference Room  
235 Evergreen Avenue  
2nd Tuesday  
4:00pm - 5:00pm  
Jane Thomas (434) 664-7325

**Bedford**

Carriage Hill Retirement Center  
1203 Roundtree Dr.  
2nd Tuesday  
2:00pm - 3:00pm  
Care for persons with moderate  
memory loss provided.  
Chirs Davis (540) 586-5982

**Lynchburg**

Heritage Green  
200 Lillian Lane  
2nd Tuesday  
6:00pm - 7:00pm  
Wanda Gills (434) 385-5102

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

**ROANOKE REGION**

**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, MSD (540) 297-9215  
Tami Akin (540) 721-4330

**Blacksburg**

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

**Christiansburg**

Wheatland Hills Assited 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

**Radford**

Wheatland Hills Assisted Living  
7486 Lee Highway  
3rd Tuesday  
4:00pm - 5:00pm  
Chris Davis (540) 639-2411  
Care available for those with mild  
memory loss

**Roanoke**

Center for Healthy Aging  
2118 Rosalind Avenue  
2nd Saturday  
10:00am - 11:30am  
Jill Blass (540) 981-7653

Friendship Health and Rehab  
327 Hershburger Road  
2nd Tuesday  
3:30pm - 4:30pm  
Renee Richardson (540) 265-2100  
Tissa Burrow (540) 265-2100

**Salem**

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

**EARLY STAGE SUPPORT GROUPS**

**For Individuals with Memory  
Loss and their Caregiver**  
(2 groups). Pre-registration  
required. Call (800) 272 -3900.

**Charlottesville area:**

Alzheimer's Association office  
1160 Pepsi Place, Suite 306

**Starting March 2010**

Facilitator: Elizabeth Shillue  
(434) 973-6122

**Danville area:**

Stratford Health Care  
508 Rison St.

**2nd & 4th Tuesday Starting 3/23**

3:00pm to 4:00pm  
(refreshments provided)

Facilitators: Wynona Witcher  
(434) 799-4540 or Cynthia  
Stinson-Jones (434) 799-1930

**Fishersville area:**

**Starting March 2010**

Facilitators: Helen Bojko and  
Karen Bourne

**Harrisonburg area:**

**Starting March 2010**

Facilitators: Wendy DeLawder and  
Kenyon Shaffer

**Lynchburg area:**

The Summit - Community Room,  
2nd floor

1400 Enterprise Dr.

2nd Wednesday,  
2:00pm - 3:30pm

Facilitators: Brenda Dixon and  
Andrea Dodd (434) 385-0321

**Roanoke area:**

Center for Healthy Aging  
2118 Rosalind Ave. S.W.

3rd Tuesday, 4:00pm - 5:00pm

Facilitators: Leah Mayne &  
Kathy Wolford (540) 981-7653

## CALENDAR OF PROGRAMS FOR THE CHAPTER AREA

### January - July, 2010

All programs are free and open to the general public unless otherwise noted. **Registration is required** for all programs, call the regional office in your area, or call toll free (800) 272-3900 for information. **Charlottesville Office:** (434) 973-6122, **Danville Office:** (434) 792-3700, ext. 237, **Harrisonburg Office:** (540) 437-7444, **Lynchburg Office:** (434) 845-8540, **Roanoke Office:** (540) 345-7600

#### INTRODUCTION TO ALZHEIMER'S DISEASE FOR THE GENERAL PUBLIC - Dementia Basics

##### **Charlottesville**

Dementia Basics  
March 11, 11:00am - 12:30pm  
Alzheimer's Association Office

Memory and Aging: Know the Warning Signs  
April 19, 12:00pm - 1:00pm  
ACAC at Albemarle Square

##### **Danville**

Ask the Neurologist  
Alzheimer's Association Office  
January 21, 5:15pm - 6:15pm  
Dr. Rafael Hurtado, Board Certified Neurologist

Overview of Alzheimers: How the SAAA Can Help  
March 9 Noon - 1:00pm. Bring your lunch.  
Alzheimer's Association Office  
Carolyn Scales, R.N., In-Home Services Administrator

Ask the Neurologist  
April 29  
Alzheimer's Association Office  
Dr. Rafael Hurtado, Board Certified Neurologist  
5:15pm - 6:15pm

Overview of Alzheimers: How the SAAA Can Help  
May 19, Noon - 1:00pm. Bring your lunch.  
Alzheimer's Association Office  
Carolyn Scales, R.N., In-Home Services Administrator

##### **Harrisonburg**

10 Warning Signs  
January 21, 2:00pm - 3:00pm  
Stuarts Draft Christian Home  
144 Patton Farm Rd., Stuarts Draft

Medication and Memory Loss  
January 21, 10:00am - 11:30am  
Virginia Mennonite Retirement Community  
1501 Virginia Ave.

##### **Lynchburg**

Overview of Alzheimer's  
February 16, 5:30pm  
First Presbyterian Church  
1215 VES Rd.

##### **Charlottesville: Confident Caregiver Series Package**

The Confident Caregiver Series offered in Charlottesville includes one Family Orientation Class, The Memory University Series of seven classes, and one private Care-Consultation. \$30 or \$5 per class. Scholarships available. For information and an application call Annie Marrs at (434) 973-6122.

**MEMORY U Classes - CANCELLED**  
(all held at the Alzheimer's Association office)

##### **Family Orientation to Alzheimer's**

March 4, 11:00am - 12:30pm

##### **Dementia Basics**

March 11, 11:00am - 12:30pm

##### **Communication With Those Who Have Memory Loss**

March 18, 11:00am - 12:30pm

##### **Guardianship, Power of Attorney, Wills**

March 25, 11:00am - 12:30pm

Presenter: Simon Stapleton, Elder Law Attorney

##### **When is it Time for a Care Change?**

April 1, 11:00am - 12:30pm

##### **How to Cope with Stress?**

April 8, 11:00am - 12:30pm

##### **Connections: Activities for all Stages of Dementia**

April 15, 11:00am - 12:30pm

Presenter: Ellen Phipps, CTRS

## IN – SERVICES AND TRAININGS FOR PROFESSIONAL STAFF

CNA, Nursing, Social Work, Activities, and Healthcare Professionals.

### Charlottesville

Foundations of Dementia Care: 12-hour Training  
Piedmont Virginia Community College  
April 14 and May 1 (2 Saturdays)  
9:00am - 4:00pm each day  
\$95 per person (includes both classes)  
Call PVCC to register. (434) 961-5284

Speaker's Bureau Training:  
TRAINING FOR VOLUNTEERS  
March 10, 10:00am to 12:00pm  
Alzheimer's Association office

Train the Trainer for Foundations of Dementia Care  
April 14, 10:00am - 3:00pm (Bring your lunch)  
Alzheimer's Association office

### Working Together: Third Annual Community Conference on Senior Care - A Conference for Direct Care Staff Charlottesville February 16-17

4 hours of DSS Approved dementia specific training will be offered.  
Positive approaches to working and communicating with persons living 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 care-giving; pressure ulcer prevention and oral care, elder mistreatment prevention, identification and reporting, reducing dangers in the care setting for both staff and residents.

**\$65 per day or \$120 for two days**

For more information, visit <http://justice4all.org>

**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](mailto:brett.spitale@alz.org).

### Harrisonburg

Accepting the Challenge: Understanding Behaviors  
February 18, 3:00pm - 4:00pm  
Stuarts Draft Christian Home

### Roanoke

The Connections Program: Activities for Persons Diagnosed with Dementia (for family and professional caregivers).  
Book signing to follow event.  
Author, Ellen Phipps will present on her new book  
April 28, 12:00 Noon  
Summerville at Ridgewood Gardens

Activities Based Alzheimer's Care (ABAC)  
June 30, 9:00am - 4:00pm  
Carilion Roanoke Memorial Rehabilitation Auditorium  
\$85 fee

## HOME VISITATION PROGRAM

**WHO?** Families interested in having a student volunteer visit one - two times per week.

**WHAT?** Students will visit with the person with memory loss and will help to engage them in meaningful activity through the use of our Connections Program.

**WHY?** Often, caregivers are at a loss for what to do at home all day, or they simply need a break from the 24/7 responsibilities of caregiving.

**WHERE?** Students will visit families in their own homes.

**HOW?** The student Home Visitation Program is free of charge. To register, call 434-973-6122 or, toll-free 800-272-3900. Your family member will be matched with a student volunteer.

\*\*\*\*Student Volunteers are from local colleges and universities and are trained in the Basics of Alzheimer's and the Connections Program by our Alzheimer's Association staff.

**BRAIN HEALTH AND HEALTHY AGING**

**Danville**

Partner With Your Doctor  
January 13  
June 9  
Alzheimer's Association office  
12:00pm - 1:00pm  
Bring your lunch

Treatment of Dementia:  
Beyond Medication  
March 16  
Alzheimer's Association office  
2:00pm - 3:00pm

Maintain Your Brain  
February 10  
June 16  
Alzheimer's Association office  
12:00 noon - 1:00pm  
Bring your lunch

**Harrisonburg**

Brain Aerobics  
January 8, 15, 22, 29  
February 5  
Baldwin Park  
31 Woodlee Rd., Staunton  
2:15pm - 3:15pm

Brain Aerobics  
January 12  
Gypsy Hill House  
C St., Staunton  
11:00am - Noon

**Lynchburg**

Brain Aerobics  
April 18  
Holy Trinity Church  
1000 Langhorne Rd.  
3:00pm - 4:30pm

Maintain Your Brain  
April 22  
Bentley Commons  
1640 Graves Mill Rd.  
2:30pm - 3:30pm

Brain Aerobics  
May 27  
Quaker Memorial Church  
5810 Fort Ave.  
11:00am - Noon



**2010**

**Memory Walk Dates**

**To Be**

**Announced Soon!**

**Visit**

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

**for details.**



**Anne Kelly, a professional caregiver from Staunton was the winner of the 1st Annual Alois Award given at our 2009 Education Conference in Salem. Anne is Senior Resident Assistant in the Alzheimer's Village "Well-spring" at Baldwin Park Retirement Community. Congratulations Anne!**

**9th Annual Education Conference  
November 4, 2010**

**Sheraton Roanoke Hotel and Conference Center  
We'll see you there....**

**Visit [www.alz.org/cwva](http://www.alz.org/cwva) for information**

**In Celebration  
of the new partnership  
between AIL and the  
Alzheimer's Association  
Central and Western Virginia Chapter**



**AMERICAN INCOME LIFE**  
insurance company

**Exclusive benefits through AIL will be offered to you.**

**Watch your mail within the next few weeks for more information. You will also be offered the opportunity to help us serve our Alzheimer families better by filling out a survey enclosed in the mailing.**

**Thank you in advance  
for your participation.**

**EDUCATION FOR THE FAMILY CAREGIVER**

**Charlottesville**

**Family Orientation to Alzheimer's Disease**  
June 10  
Alzheimer's Association office  
4:30pm - 6:00pm

**Harrisonburg**

**Caregiver Stress: Your Best is Good Enough**  
January 26  
Skyline Terrace Nursing Home  
123 Lakeview Dr., Woodstock  
6:00pm - 7:00pm

**Nurturing the Spirit**  
March 18  
Virginia Mennonite Retirement Community, Strite Auditorium  
1501 Virginia Ave.  
10:00am

**Lynchburg**

**Grieving and Benefits of Therapy for those Coping with Alzheimer's**  
February 18  
Dr. Patricia Pletke, Centra Hospice  
Jennifer Capone, Music Therapist  
Heritage Green Assisted Living  
200 Lilian Ln.  
6:00pm - 7:00pm  
(434) 385-5102

**Aging and Depression**  
May 13  
Dr. Peter Betz, Centra Bentley Commons  
1640 Graves Mill Rd.  
7:00pm - 8:00pm

**Danville**

**Hospital to Home - What services are available: What does insurance cover?**  
January 27  
Noon - 2:00pm (Panel Discussion)  
Alzheimer's Association office  
Lunch provided  
Registration required: (434) 792-3700, ext. 237

**Understanding Behaviors and Caregiver Relief Techniques**  
February 18  
Alzheimer's Association office  
Noon to 1:00pm  
Bring a lunch.

**Caregiver 101 - Techniques to Make your Caregiving Job Easier**  
April 14  
Kathy Gray, Stratford House  
Alzheimer's Association office  
Noon to 1:00p.m.  
Bring a lunch.

**When is it Time for a Care Change?**  
April 21  
Alzheimer's Association office  
Noon to 1:00pm  
Bring a lunch.

**Understanding Behaviors and Caregiver Relief Techniques**  
June 23  
Alzheimer's Association office  
Noon to 1:00pm  
Bring a lunch.

**Roanoke**

**Pathways to Aging Seminar Series**  
January 22 - Volunteerism and Activities - Life in an Assisted Living Facility  
January 29 - Alzheimer's Support Systems for Families  
Runk & Pratt Smith Mountain Lake Retirement Village  
115 Retirement Dr., Hardy, VA  
10:00am to Noon  
(540) 719-1300



To schedule a presentation on the **10 Warning Signs** of Alzheimer's disease at your workplace or organization, contact the Alzheimer's Association office nearest you or call (800) 272-3900.

**LEGAL AND FINANCIAL WORKSHOPS**

**Charlottesville**

**Seminars on Legal Planning**  
Vitt Law Offices (choose one)  
February 2 - 10am and 7pm  
March 2 - 10am and 7pm  
April 6 - 10am and 7pm  
May 4 - 10am and 7pm  
June 8 - 10am and 7pm  
Free, but registration required.  
Cheryl R. Smith (434) 971-3025  
cheryl@vittlaw.com

**Danville**

**Ask the Elder Law Attorney**  
Robert Vaughan, Elder Law Attorney and Specialist  
February 24, Noon - 1:00pm  
May 5, Noon - 1:00pm  
Bring a lunch  
Alzheimer's Association, Danville Office

**The 5 Wishes Directive Workshop**  
March 24, Noon to 1:00pm  
May 26, Noon to 1:00pm  
Brynn Hughes, Marketing Director, Liberty Healthcare & Hospice  
Bring a lunch  
Alzheimer's Association, Danville Office

**SPECIAL EVENTS**

HBO's Emmy Award Winning 4-part Documentary, *The Alzheimer's Project* will be screened with discussions following at various times and locations around our chapter area in 2010.

**Charlottesville**

**Boar's Head Inn**

Feb. 8  
Doors Open at 6:00pm  
Screening and discussion featuring UVA Vice President and Dean Dr. Steven T. DeKosky, an internationally recognized Alzheimer's researcher

**Danville**

**Danville Regional Medical Center**  
Hoover Theater  
March 4  
6:00pm - Doors Open  
Screening and discussion featuring our Medical Scientific Committee experts

**Harrisonburg**

**Virginia Mennonite Retirement Community**

1501 Virginia Ave.  
All screenings will be held in the Detwiler Auditorium beginning at 7:00pm.  
Program lasts til 8:30pm.  
February 18 - The Memory Loss Tapes  
April 15 - Momentum in Science Part 1  
June 17 - Momentum in Science Part 2

**Lynchburg**

**Bentley Commons**

1640 Graves Mill Rd.  
All screenings from 6:00 p.m. to 7:00pm.  
Refreshments at 5:00pm.  
January 29 - Screening and Discussion of HBO's The Alzheimer's Project  
February 2 - Memory Loss Tapes Part 1  
February 9 - Memory Loss Tapes Part 2  
February 16 - Grandpa, Do You Know Who I Am?  
February 23 - Momentum in Science Part 1  
March 2 - Momentum in Science Part 2  
March 9 - Caregivers

**Roanoke**

**The Glebe**

200 The Glebe Blvd.  
Daleville, VA  
All screenings from 3:00pm - 4:30pm  
January 13 - The Memory Loss Tapes Part 1  
January 20 - The Memory Loss Tapes Part 2  
January 27 - Grandpa, Do You Know Who I Am?  
February 3 - Momentum in Science Part 1  
February 17 - Momentum in Science Part 2  
February 24 - Caregivers

**Wheatland Hills**

201 Wheatland Court  
Christiansburg, VA  
All screenings from 3:00pm - 4:30pm  
March 3 - The Memory Loss Tapes Part 1  
March 10 - The Memory Loss Tapes Part 2  
March 17 - Grandpa, Do You Know Who I Am?  
March 24 - Momentum in Science Part 1  
March 31 - Momentum in Science Part 2  
April 14 - Caregivers

**Speaker's Bureau volunteers needed.**  
Contact **Mary Sandridge at (434) 973-6122** or **mary.sandridge@alz.org**

*Please join our vision of a world without Alzheimer's and donate through your workplace giving campaign.*

*We are a member of:*

*Community Health Charities (CHC 6095)*

*Commonwealth of Virginia Campaign (CVC 6095)*

*Combined Federal Campaign (CFC 11234)*

*This is a great and easy opportunity!*