



ALZHEIMER'S MATTERS



Post Diagnosis: What to do Next

An occasional bout of forgetfulness doesn't necessarily mean that someone has dementia. We all suffer memory lapses from time to time. However, when those memory lapses seem to occur more than occasionally, it may be time to see your family doctor for an evaluation. He or she may refer you to a neurologist for testing.

So, what do you do when you get the devastating news that you or a loved one has Alzheimer's or some other form of dementia? Your first step should be to learn as much about the disease as possible. There's no better place to gather that information than the Alzheimer's Association. Information is available online at www.alz.org/grva. Also, trained counselors are available on the association's helpline (800-272-3900) 24 hours a day, seven days a week.

One of the first things you will learn is that there is presently no known cure for Alzheimer's. The disease is currently the sixth leading cause of death in America. Those who acquire Alzheimer's will likely succumb to its effects, many within 10 years of receiving the diagnosis.

With no cure in sight, those persons diagnosed with Alzheimer's should begin immediately to get their legal affairs in order. Once an individual with Alzheimer's has lost competence, it is too late to designate the person(s) he or she wants to make his or her health care, financial- and estate-planning decisions.

There are four legal documents that a person with Alzheimer's should consider: a durable power of attorney; a health care power of attorney (POA); a will; and an advanced medical directive. *Continued on page 5*

Join the Walk to End Alzheimer's



Walk either one- or three-mile routes at one of the following locations:



Fredericksburg

Sept. 10, 10:00 a.m. • Hurkamp Park

Gloucester

Sept. 17, 10:00 a.m. • Botetourt Elementary School

Richmond

Oct. 1, 10:00 a.m. • Innsbrook (Markel Plaza, 4600 Cox Rd.)

Register on-line at www.alz.org/grva.

New this year!
Be part of our Promise Garden



Breakfast Raises More than \$200,000

More than 600 supporters of the Alzheimer's Association rallied in March at the chapter's third annual Reasons to Hope Breakfast.

The record crowd filled the ballroom of the new Hilton Richmond Hotel and Spa at Short Pump. The event raised over \$200,000, significantly more than that generated in 2010.

"We're delighted to have had such a big turnout. We're thankful that everyone was so generous," said Sherry Peterson, the chapter's CEO.

The event's 62 table hosts are credited with much of the success. Each host was responsible for inviting potential donors to fill a table. Also, a big thank-you goes to Genworth Financial (Title Sponsor); Dominion (Benefactor Sponsor); and the following Patron Sponsors: Door-to-Door Solutions; Hall & Hall Family Law; Parker, Pollard, Wilton and Peaden, P.C.; and Senior Solutions of Richmond Home Care.

The one-hour program featured a video about the chapter's services and remarks by Peterson and Matt Harper, chapter board president. Also, caregivers



CEO, Sherry Peterson with Table Host Mark Hubbard (center) and guest Rob Richardson

Maureen Baxter and Kitty Kennedy discussed their experiences in helping their husbands in their day-to-day struggles with Alzheimer's.

Plans are already underway for the 2012 Reasons to Hope Breakfast. Contact Ashleigh Moody at ashleigh.moody@alz.org or 804-967-2581 for more information.

Chapter Advocates Visit Congress

Washington lawmakers got an earful May 17 from a 30 member delegation of chapter staff and volunteers.

The group made the day trip to D.C. on a chartered bus, which picked up chapter supporters in Richmond and Fredericksburg. The advocates met with members of Virginia's Congressional delegation and their aides.

"Advocates asked legislators to support the **Alzheimer's Breakthrough Act**, which will help strengthen and increase the federal commitment to Alzheimer's research at the National Institutes of

Health. Advocates also encouraged support of the HOPE Act, which will provide Medicare coverage for a package of services, including: clinical diagnosis of Alzheimer's disease, care planning to provide those with the disease and their caregivers information about medical and non-medical options for treatment and support services," said Sherry Peterson, the chapter's CEO.

Those who wish to become advocates for the Alzheimer's Association can learn more at www.alz.org/grva or by calling 804-967-2580.



Tourney Pulls in \$44,000

The chapter raised more than \$44,000 at its 8th Annual *A Round to Remember* Golf Tournament April 29. The tournament, which was held at The Hollows Golf Club in Montpelier, attracted more than 160 golfers.

"We want to thank our many sponsors and golfers who stepped forward to help us. We couldn't have done this without them," said Sherry Peterson, the chapter's CEO. The event's Golden sponsor was Genworth Financial. Beverage cart sponsors were Our Lady of Hope Health Center and Reed Smith LLP.

McDonnell Presents Chapter with Check

Virginia Gov. Bob McDonnell recently donated \$3,500 to the Greater Richmond Chapter. The dollars were from surplus funds in his inauguration budget.

McDonnell, who lost his father to Alzheimer's, is a steadfast supporter of the Alzheimer's Association and its mission. He was honored by the chapter at its annual Alzheimer's Advocate Reception in 2007 when he was the state's attorney general. Earlier this year, McDonnell presented the Ronald and Nancy Reagan research award at the Alzheimer's Association's national gala in Washington.

TOP TEAMS



COTTAGE/LAKE: Hervie Riviere, Chuck Burcher, Scott Glaze, & Wayne Speight



ROAD/COTTAGE: Scott Paciocco, Matt Paciocco, Steve Roth, & Mike Keck



ROAD/LAKE: Todd Hening, Dennis Friese, Brent Osborne, & Mike Cardoz

Advocacy Quilt

Beauty is in the eye of the beholder and all of us who have been affected by a loved one with Alzheimer's know how beautiful that person is. Not necessarily always pleasant, but still at some point there is the slight smile, the little laugh, or the twinkle in the eye to let us know we are appreciated.

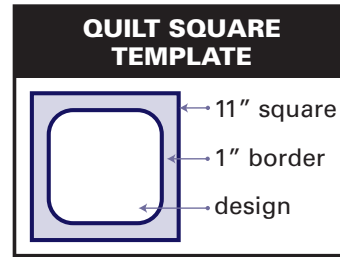
This year we will be putting together a quilt of memories, to let others know about the chapter and these wonderful folks who are diagnosed with Alzheimer's and related dementia diseases.

If you would like to take part in this, please follow the instructions for your quilt square.

Squares and a signed release must be completed and received by September 1, 2011, to be included in this year's quilts. Please include a brief memory of what the design is commemorating with your name and the name of the person if you would like. You also need to sign a release so that we may use your name and the name of your loved one when the quilt is displayed.

Instructions and Materials

- 11 inch square of good quality muslin
- ruler
- #2 pencil
- your memory/design to translate on to fabric



Draw a 1 inch border around the square using the #2 pencil. Center your design and complete the square. Design may be appliquéd, pieced or painted.

Release

_____ gives permission for the Alzheimer's Association, Greater Richmond Chapter to use my name and/or the name of my loved one when displaying the Alzheimer's Advocacy quilt.

Signature _____

Date _____

Alzheimer's Disease and Long Term Care

One of the biggest concerns to those diagnosed with Alzheimer's disease is the financial impact on the family. Because the duration of the disease generally can range from four to as many as 20 years after a diagnosis, the need for long term care support is essential, so the need for families to plan ahead before the need arises is critical.



The cost of Alzheimer's disease takes many forms. According to the Genworth 2011 Cost of Care Survey, the median cost of just one year in a nursing home is \$77,745.

In addition to the significant cost of paid care, unpaid caregivers, primarily family members, provided 17 billion hours of unpaid care valued at more than \$202 billion in 2010 alone.

Genworth's 2010 study, *Beyond Dollars: The True Cost of Long Term Caring*, draws out the often-overlooked costs to caregivers and families in terms of short-term impact on jobs, longer-term effect on careers, significant reductions in savings for the future (particularly retirement and college), and the broad and heartbreaking impact on family relationships.

Having the conversation around long term care planning can be awkward, but by talking now and taking charge, you

and your loved ones can be better prepared for life's twists and turns. The resources provided at www.caringtalk.com will help your family with tools and resources necessary to appropriately plan for potential long term care needs.

Genworth is proud to be a Platinum Level National Team of the Walk to End Alzheimer's.

Post Diagnosis: What to do Next

Continued from page 1

For Alzheimer's patients, empowering family members or trusted friends to make health care decisions (health care POA) and to make financial decisions with a durable power of attorney ensures that the caregiving effort won't freeze up due to a lack of resources or the absence of a decision maker.

With the assistance of the person with dementia, the next step is to identify the person or persons who will care for the individual when his or her dementia worsens. As the disease progresses, round-the-clock care may be necessary. Investigate providers of respite care, in-home care and adult day care.

Some people in the early stages of Alzheimer's may still be able to drive. Loved ones, however, should closely monitor their driving. Watch for poor judgment decisions. Eventually, the time will come to take the car keys and exchange the individual's license for a state ID card. Your doctor may help in providing the paperwork to terminate the license at the Department of Motor Vehicles.

Sixty percent of those with Alzheimer's may have a tendency to wander. They may be trying to find the house they grew up in or their old military base. They can easily become lost, even though they may be only a few blocks from home. The Alzheimer's Association offers a variety of programs that assist law enforcement in locating a person with dementia. More information about these programs is available at the chapter's website—www.alz.org/grva.

Those who provide care for a person with Alzheimer's can experience enormous stress. The Alzheimer's Association recognizes this and offers a wide variety of programs designed specifically to aid the caregiver. Workshops and seminars are offered each year, many of which are free. Furthermore, the chapter hosts support groups which meet monthly throughout the chapter's service area, which includes Fredericksburg, the Middle Peninsula, the Northern Neck, Richmond and the Tri-Cities area.

As the disease progresses, the person with Alzheimer's may need care day and night. Decisions will need to be made on how that care will be provided. The family caregiver may have to resign or retire from his or her job to meet the needs of their loved one. If that's not possible and no one else is available to help, alternatives need to be considered, such as professional in-home care, adult day centers, or a move to a long-term care facility.

These are all difficult and challenging decisions. Loved ones can feel some measure of comfort in knowing they are not alone. The Alzheimer's Association is there to help. Please call 1-800-272-3900.



Delicious Memories



The Chapter needs your recipes and your stories to create Delicious Memories, a cookbook that will share your family favorites and the memories that made them special.

The cookbook will include recipes and remembrances from families whose lives have been touched by Alzheimer's and other dementia diseases. All proceeds from the sale of this cookbook will go to the Greater Richmond Chapter. Help us by sending your recipes, photos, and stories to Ruth Carter at 4782 Chaney Lane, Gloucester, VA 23061 or by email to ruthacarter@netzero.net. Deadline for submission is September 15, 2011.

Family Education Programs

Advanced registration is required for all programs. Registration and/or payment must be received by the Alzheimer's Association at least four business days prior to training.

TO REGISTER CALL OR E-MAIL:

Fredericksburg: 540-370-0835, lori.myers@alz.org
Richmond: 804-967-2580, fran.foster@alz.org

FREDERICKSBURG AREA

HBO: THE ALZHEIMER'S PROJECT AND PANEL DISCUSSION Aug. 9, 6:00 p.m. – 8:00 p.m., Salem Fields Community Church, 11120 Gordon Rd. Fredericksburg

LIVING WITH ALZHEIMER'S AND DEMENTIA: THE EARLY STAGE

Aug. 15 — What you need to know
Aug. 22 — What you need to plan
Aug. 29 — What you need to do
6:30 p.m. – 8:00 p.m., Home Instead Senior Care, 111 Olde Greenwich Dr., Ste. 101, Fredericksburg

LIVING WITH ALZHEIMER'S AND DEMENTIA: FOR PEOPLE WITH THE DISEASE

Aug. 15 — Learning about the disease
Aug. 22 — Decisions and making choices
Aug. 29 — Coping with the disease
6:30 p.m. – 8:00 p.m., Home Instead Senior Care, 111 Olde Greenwich Dr., Ste. 101, Fredericksburg

LIVING WITH ALZHEIMER'S AND DEMENTIA: THE MODERATE STAGE

Sept. 26 — What you need to know
Oct. 3 — What you need to plan
Oct. 10 — What you need to do
6:30 p.m. – 8:00 p.m., Mary Washington Health Care, 2300 Fall Hill Ave., 2nd floor conference rm., Fredericksburg

MP/NN AREA

LIVING WITH ALZHEIMER'S AND DEMENTIA—EARLY THE STAGE

July 19 — What you need to know
Aug. 16 — What you need to plan
Sept. 20 — What you need to do
10:00 a.m. – 12:00 noon, Central United Methodist Church, 121 Church St., Mathews

SENIOR UNIVERSITY SPONSORED BY RAPPAHANNOCK GENERAL HOSPITAL

Aug. 2, Special Guest Speaker: Robert Schaefer, author of *Alzheimer's: The Identity Thief of the 21st Century*, Times to be determined, Rappahannock Westminster-Canterbury, 132 Lancaster Dr., Irvington. Pre-registration is mandatory. To register or for more information call 804-435-8662

HBO ALZHEIMER'S PROJECT AND PANEL DISCUSSION

Aug. 11, Doors open at 6:00 p.m. Program begins at 6:30 p.m. The Orchard – Magnolia Manor, 62 Delfae Dr., Warsaw

MP/NN: 804-695-9382, ellie.galloway@alz.org
Tri-Cities: 804-526-2359, felicia.epps@alz.org

LIVING WITH ALZHEIMER'S AND DEMENTIA: — THE EARLY STAGE

What you need to know, What you need to do, What you need to plan, October 25, 9:30 a.m. – 2:00 p.m., Lunch will be provided. River Meadows, 42 Mitchell Ave., Warsaw

RICHMOND AREA

LIVING WITH ALZHEIMER'S AND DEMENTIA—THE EARLY STAGE

Sept. 15 — What you need to know
Sept. 22 — What you need to plan
Sept. 29 — What you need to do
5:30 p.m. – 7:00 p.m., Gayton Terrace, 12401 Gayton Rd., Henrico

LIVING WITH ALZHEIMER'S AND DEMENTIA—THE MODERATE STAGE

Aug. 4 — What you need to know
Aug. 11 — What you need to plan
Aug. 18 — What you need to do
6:00 p.m. – 8:00 p.m., Southerland Place, 14006 Turnberry Ln. Midlothian

LIVING WITH ALZHEIMER'S AND DEMENTIA — THE MODERATE STAGE

Oct. 4 — What you need to know
Oct. 11 — What you need to plan
Oct. 18 — What you need to do
5:30 p.m. – 7:00 p.m., The Hermitage, 1600 Westwood Ave. Richmond

TRI-CITIES AREA

LIVING WITH ALZHEIMER'S AND DEMENTIA—THE EARLY STAGE

July 27 — What you need to know
Aug. 31 — What you need to plan
Sept. 28 — What you need to do
6:00 p.m. – 7:00 p.m., Dunlop House, 235 Dunlop Farms Blvd., Colonial Heights

CAREGIVERS FORUM: ALZHEIMER'S AND RELATED DEMENTIA DISEASES: WHAT'S NEW?

Sept. 14, 4:30 p.m. – 8:30 p.m. Colonial Heights Healthcare & Rehabilitation, 831 Ellerslie Blvd., Colonial Heights. \$10.00 Registration fee, Dinner will be provided. Respite available with registration.

CAREGIVER'S FORUM: HBO ALZHEIMER'S PROJECT AND PANEL DISCUSSION

Oct. 6, 9:00 a.m. – 1:00 p.m., First Baptist Church, 401 N. Second St., Hopewell. \$10.00 Registration fee, Lunch will be provided. Respite available with registration.

MONTHLY SUPPORT GROUPS

FREDERICKSBURG AREA

FREDERICKSBURG, 3RD TUESDAY, 7:00 P.M.
Carriage Hill Health & Rehabilitation Center, 6106 Health Center Ln., Judy Scheibe, 540-898-1378

FREDERICKSBURG, 3RD TUESDAY, 1:30 P.M.
Homecare America, 2017 Plank Rd. (Westwood Shopping Ctr.), Lori Myers, 540-370-0835

MP/NN AREA

KILMARNOCK, 4TH THURS., 10:30 A.M.
Commonwealth Assisted Living, 460 S. Main St., Respite care available with reservation. Maryanne Lee, 804-435-9896

URBANNA, 4TH THURSDAY, 1:30 P.M.
Port Town Village Apts., 111 Port Town Ln., Barbara Swain, 804-758-2386

GLOUCESTER, 2ND WEDNESDAY, 10:30 A.M.
Gloucester House, 7657 Meredith Dr., Respite care available with reservation, Ted Leonard, 804-642-9189

GLOUCESTER, 4TH TUESDAY, 10:30 A.M.
Gloucester House, 7657 Meredith Dr., Respite care available with reservation. Ruth Carter, 804-695-1347

GLOUCESTER, 3RD THURSDAY, 6:00 P.M.
Bay Aging Senior Center, 6650 Main St., Ellie Galloway, 804-695-9382

WARSAW, 2ND TUESDAY, 10:30 A.M.
The Orchard, 62 Delfae Dr., Respite care available with reservation. Jill White, 804-313-2446

MATHEWS, 3RD TUESDAY, 10:00 A.M.
Central United Methodist Church, 121 Church St. Rev. Suzanne Gibson, 804-725-2832

RICHMOND AREA

ASHLAND, 1ST TUESDAY, 7:00 P.M.
First Baptist Church, 800 Thompson St. Bob Junod, 752-2219

ADULT CHILDREN, 2ND TUESDAY, 7:00 P.M.
Bon Air Methodist Church, 1645 Buford Rd., Rm. 207, Lynda Gormus, 804-320-0619 & Al Larson, 804-320-3890

EARLY STAGE, 4TH THURSDAY, 1:30 P.M.
Call the Chapter Office for information, 804-967-2580

EAST END, 4TH SATURDAY, 12:00 P.M.
First Union Baptist Church, 3510 Dill Rd., Jacki Page, 804-321-2573

MECHANICSVILLE, 4TH TUESDAY, 7:00 P.M.
Covenant Woods, 7090 Covenant Woods Dr., Bob Junod, 752-2219 & Linnea Beason, 804-447-3007

MECHANICSVILLE, 2ND WEDNESDAY, 9:30 A.M.
Hanover Adult Day Center, 7231 Stonewall Pkwy., Vivian Bagby, 804-321-1649 & Barbara Allen, 804-782-1942

FAR WEST END, 3RD TUESDAY, 10:00 A.M.
Lakewood Manor, 1900 Lauderdale Dr., Mary Ann Johnson, 804-967-2582 & Frank Schwall, 804-521-9154

FAR WEST END, 1ST MONDAY, 10:00 A.M.
Mt. Vernon Baptist Church, 11220 Nuckols Rd., Jessica Samet, 804-321-0066 & Linnea Beason, 804-447-3007

SOUTHSIDE, 3RD TUESDAY, 2:00 P.M.
Bon Air Methodist Church, 1645 Buford Rd., Rm. 202, Nancy Lentz, 804-957-2586 & Al Larson, 804-320-3890

MIDLOTHIAN, 2ND WEDNESDAY, 10:00 A.M.
New Life United Methodist Church, 900 Old Hundred Rd., Bob Schaefer, 804-310-7991 & Leigh Hilldrup, 804-839-0236

MIDLOTHIAN, 3RD TUESDAY, 7:00 P.M.
Brandermill Woods Retirement Community, 14311 Brandermill Woods Tr., Merle Kahn, 804-967-2575

CHESTERFIELD, 3RD THURSDAY, 7:00 P.M.
Lucy Corr Village, 6800 Lucy Corr Ct., Classroom, Blanche Castelow, 804-748-5585

GOOCHLAND, 2ND WEDNESDAY, 6:30 P.M.
Dover Baptist Church, 8635 Manakin-Sabot, Suzanne Mills, 804-784-2025

YOUNGER ONSET – Call the Richmond office for information, 804-967-2580.

TRI-CITIES AREA

HOPEWELL, 1ST TUESDAY, 3:00 P.M.
River View on the Appomattox Nursing Home, 201 Eppes St., Conference Rm., Blanche Castelow, 804-748-5585 & June Gilliam 804-748-6668

PETERSBURG, 3RD THURSDAY, 11:30 A.M.
Greenfield Reflections of Petersburg, 550 Flank Rd., Conference Rm., Lunch & respite provided. Felicia Epps, 804-526-2359

COLONIAL HEIGHTS, LAST WEDNESDAY, 5:30 P.M.
Dunlop House Assisted Living & Specialized Alzheimer's Care, 235 Dunlop Farms Blvd., Felicia Epps, 804-526-1359 & Christina Dhir, 804-288-0122

BEREAVEMENT SUPPORT GROUP

We now have available a support group for those who have recently lost a loved one to a dementia disease. The group is time limited with six sessions and is only offered in Richmond at this time. Please call Mary Ann Johnson or Nancy Lentz at 804-967-2580. Registration is required and space is limited.

CONFERENCE ON DEMENTIA

Nov. 3, Ramada Plaza Richmond West

9:00 a.m. – 4:30 p.m. (Registration opens at 8:30 a.m.)

Featuring:

James Burke, M.D.
 Director of the Memory Disorders Clinic, Duke University
Where Are We Now and What Does the Future Hold?

Jason Karlawish, M.D.
 Professor of Medicine and Medical Ethics at the University of Pennsylvania
Challenging Ethical Issues When the Diagnosis is Alzheimer's Disease.

Rachel Kail and Mary Sharp
 Edcon Group
Learning the Joy of As Is and Tending the Desire to Contribute

Cost:

	before 10/1/11	after 10/1/11
Family Caregiver	\$ 30	\$ 35
Professional Caregiver*	\$ 60	\$ 70

**Professional Caregivers pay \$50 each for groups of four or more from the same organization.*

To Register:

Call 804-967-2580 or email fran.foster@alz.org

We're going green!

The Greater Richmond Chapter's newsletter is available via e-mail. If you wish to receive Alz Matters electronically and discontinue paper copies, please send your name, e-mail address, and street address to fran.foster@alz.org. It's that easy!

Third-party Fundraisers

Third-party Fundraisers are an important part of building awareness and raising funds for the Chapter. They are a great opportunity for church groups, youth groups, fraternities, sororities, businesses or individuals to show support for those struggling with Alzheimer's. The Chapter has a list of ideas for third party fundraisers and would be happy to discuss your ideas. If you are interested in hosting a third party fundraiser to benefit the Chapter, please contact Ashleigh Moody at 804-967-2581 or ashleigh.moody@alz.org.

Memorials

Since July 1, the Chapter has received over \$47,000 in tribute gifts in honor of or memory of a loved one, friend, or colleague. The Chapter greatly appreciates that so many people choose to remember their loved ones and the Alzheimer's Association in this way.

A listing of the memorials and tributes are listed on our website at www.alz.org/grva. Please contact the office if you would like more information about the memorial gift program.



Ashleigh Moody



Lori Myers

Moody and Myers Join Chapter Staff

Our chapter welcomed two new members to its staff earlier this year. Ashleigh Moody became director of development in February; Lori Myers was appointed to head our Fredericksburg branch in April.

As director of development, Moody is responsible for the chapter's fundraising. Moody, a longtime fundraising veteran, most recently served as director of development for the Salvation Army in Central Virginia. Previous to that, he worked for Prevent Blindness Virginia, the Richmond SPCA, and United Way Services.

Moody is a graduate of Virginia Commonwealth University and is a Certified Fundraising Executive (CFRE). He serves on the board of directors of the Central Virginia Chapter of the Association of Fundraising Professionals.

Moody can be reached at 804-967-2581 or ashleigh.moody@alz.org.

In her new job, Myers is responsible for implementing the chapter's programs in the Fredericksburg area. She most recently served as the activities director and volunteer coordinator for Greenfield Assisted Living of Stafford.

For the last four years, Myers has helped the Alzheimer's Association organize its annual Fredericksburg Memory Walk. Memory Walk (Now the Walk to End Alzheimer's) draws hundreds of walkers to downtown Fredericksburg each fall and generates thousands of dollars in contributions.

Myers, who resides in Stafford, has a bachelor's degree in social work from The Ohio State University.

The contact information for Myers is: 540-370-0835 and lori.myers@alz.org.

LEAVE A LEGACY OF HOPE:

Founders Society

The Founders Society of the Alzheimer's Association was established to recognize those who have made a bequest or other lifetime gift to the organization. In addition to providing a lasting gift of care, support and hope; members will receive these benefits:

- News about advances in Alzheimer's research, prevention, caregiving and advocacy efforts to make the Alzheimer's crisis a national priority
- Notices of local and national Association events and meetings
- Timely updates on how substantial estate planning and tax changes may affect you
- Special recognition in the Chapter's annual report and other publications
- The opportunity to take an active role in awareness and advocacy campaigns
- Free subscription to *Aspire Magazine*—A special publication of the Alzheimer's Association

Opportunities include gifts through a will bequest, living trust, charitable gift annuity, charitable life income trust, retirement plan, life insurance and real estate.

For more information about the Founders Society, please contact Ashleigh Moody at 804-967-2581 or ashleigh.moody@alz.org.

Upcoming Events in MP/NN

Walk to End Alzheimer's Kick-off

July 28, 5:30 p.m., Bay Aging Senior Center, 6650 Main St., Gloucester

2nd Annual Wine and Dine

Sponsored by Commonwealth Assisted Living, Oct. 7, 5:00 p.m. – 8:00 p.m., White Stone Event Center, 606 Chesapeake Dr., White Stone. Tickets \$25 per person—All proceeds benefit the Alzheimer's Association. Tickets available at Commonwealth Assisted Living and at the door.

Memories in the Making Art Reception

November 10, 5:00 p.m. – 7:30 p.m., Gloucester Arts on Main, 6580 Main St., Ste B, Gloucester

Board Elects Officers, New Directors

The chapter's board of directors elected the following officers for a second year term:

President—Matt Harper, MeadWestvaco Corp.
Vice President—Dianne Denny, The Crossings at Bon Air
Treasurer—Marie Kolendo, Genworth Financial
Secretary—Brenda Mitchell, Crater Community Hospice.

Also, the chapter elected a new member to its board for a two-year term, effective July 1: Frank McCarthy, Visiting Angels of Northern Neck & Middle Peninsula.

Professional Training

Advanced registration is required for all Professional Training. Registration and payment must be received at least four business days prior to the training.

FREDERICKSBURG AREA

All sessions will be held at Career Training Solutions, 100 Riverside Pkwy., Ste. 123, Fredericksburg. 8:30 a.m.–12:30 p.m. Cost for each session is \$30 per person. Registration required: call 540-370-0835 or e-mail lori.myers@alz.org.

4 HOUR DEMENTIA-SPECIFIC TRAINING

July 13 • Bathing; Reducing Pain; Late Stage Care

Aug. 10 • 4-Hour Dementia Orientation: Dementia: What Is It?; Communication; Behavior; Environment & Safety

Sept. 14 • Communication; Understanding Behavioral Changes; Environment & Safety

Oct. 12 • 4-Hour Dementia Orientation: Dementia: What Is It?; Communication; Behavior; Environment & Safety

Nov. 9 • Making Connections; Activities: Why and How?

Dec. 14 • 4-Hour Dementia Orientation: Dementia: What Is It?; Communication; Behavior; Environment & Safety

MP/NN AREA

All sessions will be held from 9:00 a.m. to 1:00 p.m. at Rappahannock Community College. Cost for each session is \$30 per person. Registration required: call 804-695-9382 or e-mail ellie.galloway@alz.org.

Warsaw Campus

4 HOUR DEMENTIA-SPECIFIC ORIENTATION TRAINING, Aug. 19

CNAS: DEMENTIA: WHAT IS IT?; COPING WITH STRESS; ENVIRONMENT & SAFETY, Oct. 21

Glenns Campus

CNA'S AND HOSPICE WORKERS: BATHING; REDUCING PAIN; LATE STAGE CARE, July 15

SOCIAL WORKERS: COMMUNICATION; UNDERSTANDING BEHAVIORAL CHANGES; ENVIRONMENT & SAFETY, Sept. 15

ACTIVITY DIRECTORS AND STAFF: MAKING CONNECTIONS; ACTIVITIES: WHY AND HOW?, Nov. 18

RICHMOND AREA

All sessions will be held from 1:00 p.m. to 5:00 p.m. at Senior Center, 4200 Innslake Dr., Glen Allen. Cost for each session is \$30.00 per person. Registration required: call 804-967-2580 or email fran.foster@alz.org.

4 HOUR DEMENTIA-SPECIFIC TRAINING

July 7 • Bathing; Reducing Pain; Late Stage Care

Aug. 4 • 4-Hour Dementia Orientation: Dementia: What Is It?; Communication; Behavior; Environment & Safety

Sept. 1 • Communication; Understanding Behavioral Changes; Environment & Safety

Oct. 6 • 4-Hour Dementia Orientation: Dementia: What Is It?; Communication; Behavior; Environment & Safety

Nov. 3 • Making Connections; Activities: Why and How?

Dec. 1 • 4-Hour Dementia Orientation: Dementia: What Is It?; Communication; Behavior; Environment & Safety

12-HOUR BUILDING YOUR SKILLS FOR DEMENTIA CARE, Dec. 7 & 8,

8:30 a.m. – 4:30 p.m., Markel Building, 4600 Cox Rd., Glen Allen. Space is limited. Fee \$50.00 per person includes lunch and materials.

TRI-CITIES AREA

All sessions will be held from 12:00 – 4:00 p.m. at Goodwill of Central Virginia, 65 Crater Cir., Petersburg. Cost for each session is \$30 per person. Registration required: call 804-526-2359 or e-mail felicia.epps@alz.org.

4 HOUR DEMENTIA-SPECIFIC TRAINING

July 27 • Bathing; Reducing Pain; Late Stage Care

Aug. 24 • 4-Hour Dementia Orientation: Dementia: What Is It?; Communication; Behavior; Environment & Safety

Sept. 28 • Communication; Understanding Behavioral Changes; Environment & Safety

Oct. 26 • 4-Hour Dementia Orientation: Dementia: What Is It?; Communication; Behavior; Environment & Safety

Nov. 16 • Making Connections; Activities: Why and How?

CHAPTER INFORMATION

BOARD OF DIRECTORS

Matt Harper
PRESIDENT
Dianne L. Denny, M.S.
VICE PRESIDENT
Marie Kolendo, M.B.A.
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CONTACT INFORMATION

RICHMOND CHAPTER OFFICE
4600 Cox Rd., Ste. 130
Glen Allen, VA 23060
804-967-2580

FREDERICKSBURG BRANCH OFFICE
2217 Princess Anne St., #106-1F
Fredericksburg, VA 22401
540-370-0835

MIDDLE PENINSULA/NORTHERN NECK
BRANCH OFFICE
P.O. Box 1881, 6650 Main St.
Gloucester, VA 23061
804-695-9382

TRI-CITIES BRANCH OFFICE
201 Temple Ave., Ste. E
Colonial Heights, VA 23834
804-526-2359

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