



# ALZHEIMER'S MATTERS



## Alzheimer's Expert Addresses Ethics at Annual Conference

It is not unusual for family members of people with Alzheimer's disease to struggle with a multitude of ethical issues as they care for their loved ones. That was the message of Jason Karlawish, MD of the Alzheimer's Disease Center, Center for Bioethics, University of Pennsylvania. He addressed the chapter's Annual Conference on Dementia held on November 3.

Karlawish said families often struggle with issues surrounding how to tell their loved ones about the diagnosis of Alzheimer's disease and the related issues such as safe driving, medication management, and financial management. Aspects of this challenge arise from the family dynamics that have evolved over the years among parents, children, siblings, and other family members who are closely involved with the family.

Family members and health-care providers become concerned with determining their loved one's competency to make critical decisions. Karlawish said competency may vary from situation to situation. For example, the person with Alzheimer's may be perfectly capable of taking his or her own medications but become confused when paying bills. Families must assess how aware their loved ones are of the impact of incompetent decisions and decide how and when to intervene while attempting to preserve their loved one's dignity.



The first challenge families face is when their loved ones should be told that they probably have the disease. Often, family members are afraid that telling their loved ones will somehow do harm to the person's psyche: that they will develop anxiety or depression as a result of this knowledge. Physicians and family members will need to rely on the loved one's ability to understand the probable diagnosis and allow the person to begin to plan for his or her future. If their loved ones are aware that they are having problems, if they have questions about their failing memory, then they are probably able

to understand the impact of the probable diagnosis of the disease.

The next challenge is to determine who is going to make decisions for the person with the disease. Once again, if the loved one is aware of the aspects of the disease, then he or she can begin to talk with family members about the future—who will make critical decisions when the person with Alzheimer's is no longer capable? It is critical to work with the loved one to monitor his or her financial capabilities and intervene when necessary.

Many families will eventually face a decision about their loved one's ability to safely operate an automobile. "Giving up the car keys" is often the most

*Continued on page 3*

# Three Walks Raise Nearly \$336,000

Fundraising walks held in the fall in Richmond, Fredericksburg and Gloucester attracted 2,597 walkers, a nearly 32 percent increase over last year. The annual events raised \$336,000 for the local chapter, an increase of 12.3 percent over 2010.

This year marked the 22nd anniversary of what had been known as Memory Walk. The Alzheimer's Association changed the name nationwide this year to Walk to End Alzheimer's.

The Chapter hosted walks in Richmond, Fredericksburg and Gloucester. Richmond's walk, traditionally the largest, attracted 1,642 walkers. Fredericksburg had 660 walkers, and 292 people walked in Gloucester.

Sandy Grady, who coordinated the walks for the chapter, said the new name wasn't the only change this year. Each walk featured, for the first time, a Promise Garden. The walkers were asked to make a

commitment to fulfill their promise to remember, honor, care and fight Alzheimer's disease.

The nylon Promise Flowers, which were available in four colors, represented the diverse reasons participants gathered.

Each color carried a different meaning: blue—I have dementia; yellow—I am supporting or caring for someone with dementia;

purple—I have lost someone to dementia; orange—I support the cause of the Alzheimer's Association and its vision of a world without Alzheimer's.



**Richmond's Promise Garden**

Each walker was asked to inscribe a hand-written message to further strengthen his or her dedication. When the messages were completed, participants came together for a heart-felt ceremony prior to the walk. Following the walk, the walkers could stroll through the garden and read the messages left by others. They were encouraged to take their flowers home.

Grady said planning is already underway for the 2012 walks. She said she hopes to make them bigger and better than ever.

The Chapter would like to thank all those who participated in this year's walks. A special thank you to our *Golden Sponsor*—Dominion Resources; *Major Sponsor*—The Crossings, Bon Air, Falls Run, Ironbridge; and *Signature Sponsors*—Brandermill Woods, Care Advantage, Mary Washington Healthcare, Our Lady of Hope Health Center, The Hermitage at Cedarfield, and Westminster Canterbury Richmond.



**Fredericksburg Walk Chairperson Jennifer Reynolds from Mary Washington Health Care and Rick Hurley, honorary Chair and President of University of Mary Washington.**



**"Don's Crew", one of the teams at Gloucester's Walk to End Alzheimer's headed by MP/NN Honorary Walk Chairperson Don Talbott (front). His son Kyle and his wife, Christy, are to his left.**

# Care Consultant Helps Families Develop Action Plans

Jessica Samet joined the chapter's staff last February as a part-time contracted care consultant. The newly created position is funded with a grant from Genworth Financial.

"We're delighted that Genworth stepped forward to fund this much-needed position," said Sherry Peterson, the chapter's CEO. "This will help us tremendously in guiding families as they develop a plan of care for loved ones suffering with dementia."

Samet conducts up to 20 hours of care consultation per week, significantly assisting the chapter's



program staff with the growing demand for care consultation. The addition of her position allows the chapter to

expand its service to an ever-increasing number of caregivers.

Samet's activities include:

- Conducting a psychosocial and functional assessment of the family.
- Creating a written action plan for the family, including referrals to various community resources, including programs offered by the chapter. The action plan has measurable objectives.
- Providing supportive interventions (active listening, empathy, emotional containment, etc.).
- Educating the family on one or more of the following topics: information about the disease; caregiving strategies and techniques; strategies to cope with the disease; information about stress and self-care; effective communication and coping skills; planning for future needs.
- Providing printed materials (in the appropriate language) and referrals to chapter programs and community resources, as appropriate, and
- Identifying barriers to managing care.

Following the initial consultation, Samet follows up with the families to assess their care needs.

"I feel honored that families allow me into their lives at a time when they are facing such enormous turmoil," she said.

Samet, a Columbia, Md., native has a bachelor of arts degree from Randolph-Macon College in French and sociology. She also earned a master's degree in social work from Virginia Commonwealth University (VCU). She has additional certification from the VCU School of Medicine.

Before joining the staff, Samet was a stay-at-home mom, raising two children. However, she has a long familiarity with the Alzheimer's Association. She served as a chapter volunteer for nearly 20 years, helping to facilitate support groups. Prior to that, she counseled families in the admissions unit of Piedmont Psychiatric Hospital in Burkeville.

---

## Annual Conference

*Continued from page 1*

difficult loss faced by persons coping with dementia. Families are often reluctant to have their loved ones give up this critical indicator of self-sufficiency and independence. Families must consider the risk to innocent persons if their loved one has an accident. In Virginia, families can enlist the assistance of the Department of Motor Vehicles (DMV). DMV will require the loved ones undergo a special driving test to assess their ability and if they fail, then DMV will ask them to give up their keys.

Another challenge for families is to assess how competent their loved one is in making decisions about health care and medication management. Families need to work with their loved ones to determine if they are capable of taking their own critical medications. Families must weigh the risks of medication mismanagement against their loved one's dignity and sense of self-worth as he or she copes with the disease.

Karlawish said many family members feel they cannot lie even in situations where the loved one's behavior may be self-destructive or dangerous to others (as in operating a motor vehicle). In these situations, family members must adopt the philosophy of "therapeutic fibbing". Persons with dementia are often unable to comprehend that their actions may be harmful to themselves or to others. It is imperative for family members to adopt an approach that allows them to provide loving support while engaging in activities that are necessary to protect their loved one as well as others in the community.

Thanks to Estes Express Lines, the conference title sponsor, and Care Advantage, the conference advertiser sponsor, for their support of the Annual Conference on Dementia.

# Chapter Honors Three Richmonders, Fredericksburg Hospital

The Alzheimer's Association bestowed honors in November on three Richmonders and a Fredericksburg hospital. The recognition took place at a reception at the Virginia Historical Society.

Those singled out included: Former Virginia Del. Franklin P. Hall; his elder-law attorney spouse, Phoebe Hall; Ayn Welleford, Ph.D., the chair of the Department of Gerontology at the VCU Medical Center; and Mary



**CEO Sherry Peterson with Alex Nyerges, COO of the Virginia Museum of Fine Arts.**

Washington Healthcare. Frank Hall has been a leading advocate for older Virginians throughout his long tenure in the state's General Assembly. As a budget conferee, he consistently fought for funding for services to assist the aging. He sponsored bills supporting such issues as long-term health care insurance, assisted living, and behavioral health.

Phoebe Hall became highly involved with the work of the Alzheimer's Association two years ago after attending a community briefing by the local chapter's president. As last year's co-chair of the chapter's Reasons to Hope Breakfast, she helped raise more than \$200,000 for the association. She has agreed to co-chair the event in 2012.

Dr. Welleford has been highly involved over the years with the local chapter of the Alzheimer's

Association. She has participated in the chapter's educational programs, its annual walks, and its fundraising breakfasts. Dr. Welleford served for seven years on the Virginia Alzheimer's and Related Disorders Commission.

Mary Washington Healthcare has donated more than \$30,000 to the chapter through its sponsorship of chapter events, including The Walk to End Alzheimer's. In addition, employees at the hospital have donated time, talent and dollars to the chapter's activities. Also, an executive from Mary Washington Healthcare twice chaired the chapter's Fredericksburg walk.



**Mark Trzcinski provided musical entertainment.**



**Board member Ivan Tolbert was the event master of ceremonies.**



**Alzheimer's Advocates: Dr. E. Ayn Welleford, The Honorable Franklin P. Hall, Phoebe P. Hall, and Xavier Richardson**

# Group Raised 'Unforgettable' \$10,000

The evening was unforgettable in more ways than one.

Several Richmond organizations came together to host "An Unforgettable Evening" Nov. 11 to raise money for the chapter. Tammy Tate of Senior Living Guide Magazine chaired the event, which was held at the historic 2300 Club on Richmond's Church Hill. Besides Senior Living Guide, major sponsors included Care Advantage and Imperial Plaza.

Guests enjoyed live music, hors d'oeuvres and drinks. They also participated in both live and silent auctions. When the evening was over, the group had raised more than \$10,000 for the chapter.

"Third-Party fundraisers, like the Unforgettable Evening, play a vital role in building awareness and generating funds for the chapter," said Ashleigh Moody, the chapter's director of development. "These are great opportunities for businesses, church groups, fraternities, sororities and others to show their support for those struggling with Alzheimer's."

Other recent third-party fundraising events included golf tournaments, "jeans days" at several businesses and a pancake breakfast.

Those wishing to learn more about hosting a third-party fundraiser for the chapter should contact Ashleigh Moody at [ashleigh.moody@alz.org](mailto:ashleigh.moody@alz.org) or 804-967-2581.

Supporters of the Alzheimer's Association enjoy "An Unforgettable Evening" Nov. 11 at Richmond's 2300 Club.



## Volunteer Training with the Alzheimer's Association!

*"Many Hands Make Light Work."*

Volunteer orientation will be held 4:30 p.m. – 7:30 p.m. on Monday, January 23, at 4600 Cox Rd., James A. Dinner will be provided. RSVP required at [merle.kahn@alz.org](mailto:merle.kahn@alz.org) or 804-967-2575.

## Memorials

Since July 1, the Chapter has received over \$19,000 in tribute gifts in honor of or in 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](http://www.alz.org/grva). Please contact the office if you would like more information about the memorial gift program.

# 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

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

## FREDERICKSBURG AREA

### CAREGIVER STRESS

Jan. 19, 1:30 p.m.–3:00 p.m., Scott Insurance & Financial Services, 2115 Lafayette Blvd., Fredericksburg 22408

### KNOW THE 10 WARNING SIGNS—WHEN TO TAKE ACTION

Feb. 15, 6:30 p.m.–7:30 p.m., Scott Insurance & Financial Services, 2115 Lafayette Blvd., Fredericksburg 22408

### LIVING WITH ALZHEIMER'S AND DEMENTIA: THE MODERATE STAGE

March 1 — What you need to know  
March 8 — What you need to do  
March 15 — What you need to plan  
5:30 p.m.–8:00 p.m., Comfort Keepers, 419 Chatham Square Park, Fredericksburg 22405

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

April 16 — What you need to know  
April 23 — What you need to do  
April 30 — What you need to plan  
6:30 p.m.–8:00 p.m., Home Instead Senior Care, 111 Olde Greenwich Dr., Ste. 101, Fredericksburg 22408

### LIVING WITH ALZHEIMER'S AND DEMENTIA: FOR PEOPLE WITH THE DISEASE (EARLY STAGE)

April 16 — Learning about the disease  
April 23 — Decisions and making choices  
April 30 — Coping with the disease  
6:30 p.m.–8:00 p.m., Home Instead Senior Care, 111 Olde Greenwich Dr., Ste. 101, Fredericksburg 22408

### LIVING WITH ALZHEIMER'S AND DEMENTIA: THE MODERATE STAGE

May 9 — What you need to know  
May 16 — What you need to do  
May 23 — What you need to plan  
5:30 p.m.–8:00 p.m., Comfort Keepers, 419 Chatham Square Park, Fredericksburg 22405

### GETTING STARTED: WHAT TO DO WHEN YOUR FAMILY MEMBER HAS BEEN DIAGNOSED WITH ALZHEIMER'S OR DEMENTIA

January 12, March 22, May 24, July 19,  
1:30 p.m.–3:30 p.m., 2217 Princess Anne St., 2nd floor Conference Rm., Fredericksburg 22401

## MP/NN AREA

### MEMORY LOSS, DEMENTIA, AND ALZHEIMER'S DISEASE: THE BASICS

Jan. 31, 9:30 a.m.–11:30 a.m., Daffodil Gardens, 5954 Garden Grove Ln., Gloucester 23061

### LIVING WITH ALZHEIMER'S: THE EARLY STAGE FOR CAREGIVERS AND THE PERSON WITH DEMENTIA

March 27 — What you need to know  
April 3 — What you need to do  
April 10 — What you need to plan  
9:30 a.m.–11:30 a.m., Middlesex YMCA, 11487 General Puller Hwy., Hartfield 23071

### LIVING WITH ALZHEIMER'S: THE MIDDLE STAGE

May 1 — What you need to know  
May 8 — What you need to do  
May 15 — What you need to plan  
9:30 a.m.–11:30 a.m., Middlesex YMCA, 11487 General Puller Hwy., Hartfield 23071

### LIVING WITH ALZHEIMER'S: LEGAL AND FINANCIAL

June 5, What you need to know, What you need to do, What you need to plan  
9:30 a.m.–11:30 a.m., Middlesex YMCA, 11487 General Puller Hwy., Hartfield 23071



## **RICHMOND AREA**

### **LEGAL AND FINANCIAL ISSUES**

March 13, 6:00 p.m.–7:00 p.m., Brandermill Woods (Clubhouse), 14311 Brandermill Woods Tr., Midlothian 23112

March 27, 5:30 p.m.–7:00 p.m., Morningside West End, 3000 Skipwith Rd., Henrico 23294

### **LIVING WITH ALZHEIMER'S AND DEMENTIA: FOR PEOPLE WITH THE DISEASE (EARLY STAGE)**

Jan. 18 — Learning about the disease

Jan. 25 — Coping with the disease

Feb. 1 — Decisions and Making Choices

Feb. 8 — Building your Team of Care

9:30 a.m.–12:00 p.m., A Grace Place Adult Care Center, 8030 Staples Mill Rd., Richmond 23228

### **LIVING WITH ALZHEIMER'S: THE EARLY STAGE**

Feb. 21 — What you need to know

Feb. 28 — What you need to do

March 6 — What you need to plan

5:30 p.m.–7:00 p.m., The Hermitage — Richmond, 1600 Westwood Ave., Richmond 23227

### **LIVING WITH ALZHEIMER'S: WHAT YOU NEED TO KNOW IN THE EARLY STAGE**

Feb. 16, 6:00 p.m.–7:00 pm, Brandermill Woods (Clubhouse), 14311 Brandermill Woods Tr., Midlothian, 23112

### **LIVING WITH ALZHEIMER'S AND DEMENTIA: THE MODERATE STAGE**

March 29 — What you need to know

April 26 — What you need to do

May 17 — What you need to plan  
4:00 p.m.–5:00 p.m., Circle Center Adult Day Services, 4900 W. Marshall St., Richmond, 23230

### **MAKING THE MOST OF YOUR DOCTOR'S VISIT**

March 20, 5:30 p.m.–6:45 p.m., Hanover Adult Center, 7231 Stonewall Pkwy, Mechanicsville 23111

## **TRI-CITIES AREA**

### **COMMUNITY RESOURCES: LEGAL & FINANCIAL**

Jan. 18, 12:00 p.m.–1:30 p.m., Goodwill of Central Virginia, 65 Crater Cr., Petersburg 23803

### **COMMUNITY RESOURCES: WHAT ARE MY OPTIONS?**

March 21, 12:00 p.m.–3:00 p.m. at Goodwill of Central Virginia, 65 Crater Cr., Petersburg 23803

### **CAREGIVER'S FORUM: CHICKEN SOUP FOR THE CAREGIVER: FEATURING BOB SCHAEFER**

March 13, Sign-in starts at 3:30 p.m. Program is from 4:00 p.m.–7:00 p.m. Holiday Inn, 401 E. Roslyn Rd., Colonial Heights 23834. Registration is free. Dinner will be provided. Respite available with registration.

### **LIVING WITH ALZHEIMER'S: MODERATE STAGE WHAT YOU NEED TO KNOW**

April 3, 1:30–3:30 p.m., Colonial Heights Healthcare & Rehabilitation Center, 831 Ellerslie Blvd. Colonial Heights 23834

### **LIVING WITH ALZHEIMER'S: MODERATE STAGES WHAT YOU NEED TO DO**

April 10, 1:30 p.m.–3:30 p.m., Colonial Heights Healthcare & Rehabilitation Center, 831 Ellerslie Blvd., Colonial Heights 23834

### **LIVING WITH ALZHEIMER'S: MODERATE STAGE WHAT YOU NEED TO PLAN**

April 17, 1:30 p.m.–3:30 p.m., Colonial Heights Healthcare & Rehabilitation Center, 831 Ellerslie Blvd. Colonial Heights 23834

### **LIVING WITH ALZHEIMER'S: LEGAL AND FINANCIAL ISSUES**

April 24, 1:30 p.m.–3:30 p.m., Colonial Heights Healthcare & Rehabilitation Center, 831 Ellerslie Blvd., Colonial Heights 23834

### **LIVING WITH ALZHEIMER'S: LATE STAGE**

May 16, 2012, from 12:00 p.m.–3:00 p.m., Goodwill of Central Virginia, 65 Crater Cr., Petersburg 23803

### **HBO PROJECT & PANEL DISCUSSION**

June 7, Sign-in starts at 1:30 p.m. Program is from 2:00 p.m.–5:00 p.m., Gilfield Baptist Church, 209 Perry St., Petersburg 23803. Registration is free. Respite available with registration

# TrialMatch Links People with Dementia, Clinical Studies

The Alzheimer's Association now offers a service that makes it easier for people with Alzheimer's disease and other forms of dementia to participate in clinical trials.

TrialMatch™, which is available at no charge and is confidential, provides participants with comprehensive clinical trial information. As the name implies, the service matches people with Alzheimer's disease and related forms of dementia with existing clinical studies. To date, TrialMatch has matched more than 3,000 people to Alzheimer's clinical trials based on their diagnosis, preferences and location.

TrialMatch is easily accessible 24 hours a day at [www.alz.org/trialmatch](http://www.alz.org/trialmatch). TrialMatch specialists are available via telephone at 800-272-3900, Monday–Friday, 6 a.m.–6 p.m.

The specialists at TrialMatch will not recommend any particular clinical trial, but will describe all studies for which the person is eligible. They will answer questions about the trial process and connect individuals with trial sites based on their unique profile.

The Alzheimer's Association created TrialMatch because recruiting and retaining participants for clinical studies is one of the greatest obstacles to developing the next generation of Alzheimer treatments. The immediate need for advances in diagnosis, treatment and prevention has led to an unprecedented call for clinical study participants.

Since the service launched in July 2010, more than 13,000 individuals have registered to search for Alzheimer's clinical trials. Currently, Alzheimer's Association TrialMatch lists 131 research studies with 545 local trial sites nationwide.



## SAVE THE DATE

### A Round To Remember

Friday, April 27

The Hollows Golf Club

For sponsorship opportunities and more information, contact Sherry Peterson at 804-967-2585 or [sherry.peterson@alz.org](mailto:sherry.peterson@alz.org).



TO BENEFIT THE

alzheimer's association

Greater Richmond Chapter

## Become an Advocate for Alzheimer's

Get involved today! Join the National Alzheimer's Advocate Network. Whoever you are, wherever you live, there is something you can do to make a difference.

Make your voice heard by joining with thousands of Alzheimer's advocates nationwide. Join us in helping achieve our vision of creating a world without Alzheimer's disease.

Become an Alzheimer's Advocate! Be kept up-to-date on advocacy issues and have the opportunity to participate in grassroots advocacy activities, including *Action Alerts!* when the Alzheimer's Association needs you to contact your elected officials.

To Sign Up—Go to [alz.org](http://alz.org); click on Join the Cause; click on Advocacy; click on Join us.

### Bus Trip to DC

Join us as we visit legislators and discuss why additional federal funding for Alzheimer's research and care is urgently needed.

Wednesday  
April 25, 2012

\$25 per person

To register, email [fran.foster@alz.org](mailto:fran.foster@alz.org)

# MONTHLY SUPPORT GROUPS

## FREDERICKSBURG AREA

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

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

**BOWLING GREEN, 2<sup>ND</sup> TUESDAY, 7:00 P.M.**  
Bowling Green, United Methodist Church, 112 S. Main St., Jimy Edwards, 804-512-1628

## NEW TO THE FREDERICKSBURG AREA

**Early Stage Support Group for Caregivers and those Diagnosed with Dementia** If you are interested, please contact Lori Myers at 540-370-0835 or [lori.myers@alz.org](mailto:lori.myers@alz.org)

## MP/NN AREA

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

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

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

**GLOUCESTER, 3<sup>RD</sup> THURSDAY, 6:00 P.M.**  
7335 Lewis Ave., Ellie Galloway, 804-695-9382

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

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

## RICHMOND AREA

**ADULT CHILDREN, 2<sup>ND</sup> 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, 4<sup>TH</sup> THURSDAY, 1:30 P.M.**  
Call the Chapter Office for information, 804-967-2580

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

**MECHANICSVILLE, 2<sup>ND</sup> 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, 3<sup>RD</sup> TUESDAY, 10:00 A.M.**  
Lakewood Manor, 1900 Lauderdale Dr., Mary Ann Johnson, 804-967-2582 & Frank Schwall, 804-521-9154

**FAR WEST END, 1<sup>ST</sup> MONDAY, 10:00 A.M.**  
Mt. Vernon Baptist Church, 11220 Nuckols Rd., Jessica Samet, 804-321-0066 & Linnea Beason, 804-869-2255

**SOUTHSIDE, 3<sup>RD</sup> TUESDAY, 2:00 P.M.**  
Bon Air Methodist Church, 1645 Buford Rd., Rm. 202, Nancy Lentz, 804-967-2586 & Al Larson, 804-320-3890

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

**CHESTERFIELD, 3<sup>RD</sup> THURSDAY, 7:00 P.M.**  
Lucy Corr Village, 6800 Lucy Corr Ct., Classroom, Blanche Castelow, 804-748-5585 & Edith Byrnes

**ASHLAND, 1<sup>ST</sup> TUESDAY, 7:00 P.M.**  
First Baptist Church, 800 Thompson St., Bob Junod 804-752-2219

**GOOCHLAND, 2<sup>ND</sup> 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, 1<sup>ST</sup> TUESDAY, 3:00 P.M.**  
River View on the Appomattox Nursing Home, 201 Epps St., Conference Rm., Blanche Castelow, 804-748-5585 & June Gilliam 804-748-6668

**PETERSBURG, 3<sup>RD</sup> THURSDAY, 11:30 A.M.**  
Greenfield Reflections of Petersburg, 550 Flank Rd., Conference Rm., Lunch & respite provided. Felicia Epps, 804-526-2359 & Teresa Brewer, 804-467-5155

**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

**DINWIDDIE, 2<sup>ND</sup> WEDNESDAY, 5:00 P.M.**  
Care Advantage, 25801 Cox Rd., Petersburg, Felicia A. Epps 804-526-2359

## 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.

## 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](mailto:ashleigh.moody@alz.org).

## State Dementia Plan Released

A new plan from the Alzheimer’s Disease and Related Disorders Commission calls on the Commonwealth to improve coordination of state services to better serve the increasing numbers of those with dementia. The Commission’s recommendations include hiring a “dementia services coordinator” to work with the Commission and review existing programs across state agencies to create a service delivery system, identify gaps in Medicaid, and reduce duplication of services.

The plan makes recommendations to achieve five goals:

- Coordinate quality dementia services in the Commonwealth
- Use dementia-related data to understand better the impact of dementia in Virginia
- Increase awareness and create related training for health care workers
- Provide access to quality, coordinated care for those with dementia in the most community-integrated setting
- Expand resources for related research and evidence-based practices

For more information, including the Commission’s report, “Dementia State Plan: Virginia’s Response to the Needs for Individuals with Dementia and their Caregivers,” visit [www.alzpossible.org](http://www.alzpossible.org).

### CHAPTER INFORMATION

#### BOARD OF DIRECTORS

Matt Harper  
PRESIDENT  
Marie Kolendo, M.B.A.  
TREASURER  
Brenda Mitchell  
SECRETARY

John Beasley  
Betty M. Fahed  
Nick Faraone  
Arlene Hayes  
Valerie Hopson-Bell  
Frank McCarthy  
Scott A. Paciocco  
Russell W. Perkins  
Shannon Riviere  
Lynne K. Seward  
Ivan K. Tolbert, M.P.A.  
Chet G. Wade  
Thelma Bland Watson, Ph.D.  
Andrea Yoak, Esq.  
Steven A. Zabel

#### CORPORATE COMMUNITY ADVOCATES

Mark S. Cross, MeadWestvaco  
William C. Hall, Jr., Dominion  
James L. Phillips, KPMG, LLP  
Buck Stinson, Genworth Financial

#### MEDICAL ADVISORY COUNCIL

Debbie Perkins, MS, APRN, GNP-BC  
Patricia W. Slattum, Ph.D.  
Holly L. Stanley, M.D.  
Victor Vieweg, M.D.

**MAILING LIST:** To request your name be removed from our mailing list contact Fran Foster at 804-967-2580 or [fran.foster@alz.org](mailto:fran.foster@alz.org)

# 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

Registration required: call 540-370-0835 or e-mail [lori.myers@alz.org](mailto:lori.myers@alz.org).

### 4 HOUR DEMENTIA-SPECIFIC TRAINING

will be held at Paul Scott Insurance & Financial Services, 2115 Lafayette Blvd., Fredericksburg 22408 from 8:30 a.m. – 12:30 p.m. Fee for each session is \$30 per person.

Feb. 15, April 18, June 20

### THREE LADIES ON A BENCH – DEMENTIA TRAINING THROUGH THE EYES OF A PERSON WITH DEMENTIA

June 14, 9:00 a.m. – 2:00 p.m. Lunch included,  
Location — Salem Fields Community Church,  
11120 Gordon Rd., Fredericksburg 22407

## MP/NN AREA

Registration required: call 804-695-9382 or e-mail [ellie.galloway@alz.org](mailto:ellie.galloway@alz.org).

### 4 HOUR DEMENTIA-SPECIFIC ORIENTATION TRAINING

April 20, 9:00 a.m. – 1:00 p.m., Gloucester Main Library Community Rm., 6920 Main St., Gloucester 23061. Fee for each session is \$30 per person

## RICHMOND AREA

Registration required: call 804-967-2580 or email [fran.foster@alz.org](mailto:fran.foster@alz.org).

### 4 HOUR DEMENTIA-SPECIFIC TRAINING

Markel Building, 4600 Cox Rd., Glen Allen 23060  
12:30 p.m. – 4:30 p.m. Fee for each session is  
\$30.00 per person.

Jan. 5, March 1, May 3

### 12-HOUR BUILDING YOUR SKILLS FOR DEMENTIA CARE

April 18 & 19, 8:30 a.m. – 4:30 p.m., Markel Plaza Building, Rm. James B, 4600 Cox Rd., Glen Allen. Space is limited. Fee \$50.00 per person includes lunch and materials.

## TRI-CITIES AREA

Registration required: call 804-526-2359 or e-mail [felicia.epps@alz.org](mailto:felicia.epps@alz.org).

### 4 HOUR DEMENTIA-SPECIFIC TRAINING

Goodwill of Central Virginia, 65 Crater Circle,  
Petersburg 23805. 12:00 p.m. – 4:00 p.m., Fee for  
each session is \$30.00 per person.

Feb. 15, April 18, June 20

#### STAFF

Sherry E. Peterson, M.S.W.  
CHIEF EXECUTIVE OFFICER  
Kevin Northrop, M.B.A.  
DIRECTOR OF FINANCE & OPERATIONS  
Ashleigh Moody, CFRE.  
DIRECTOR OF DEVELOPMENT  
Mary Ann Johnson, M.A.  
PROGRAM DIRECTOR  
Paul Miller  
DIRECTOR OF COMMUNICATIONS  
Nancy Lentz  
FAMILY CARE COORDINATOR  
Merle Kahn, Ph.D.  
PROGRAM ASSISTANT  
Jessica Samet M.S.W.  
CARE CONSULTANT

Sandy Grady  
WALK MANAGER  
John Peterman  
DEVELOPMENT ASSISTANT  
Alyssa H. McBride, M.P.A.  
GRANT WRITER  
Carter Harrison  
STATE PUBLIC POLICY DIRECTOR  
Fran Foster  
OFFICE MANAGER

#### BRANCH COORDINATORS

Lori Myers  
FREDERICKSBURG  
Felicia Epps, M.Ed.  
TRI-CITIES  
Ellie Galloway  
MIDDLE PENINSULA/NORTHERN NECK

#### 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, 7335 Lewis Ave.  
Gloucester, VA 23061  
804-695-9382

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

alzheimer's   
association®

# Alzheimer's Association

## GREATER RICHMOND CHAPTER NEWSLETTER

- 1 Annual Conference on Dementia
- 2 Walk to End Alzheimer's
- 3 Care Consultant
- 4 Chapter Honors Advocates
- 5 Unforgettable Evening Volunteer Training Memorials
- 6 Family Education
- 8 Trialmatch Golf Reminder Advocate Network
- 9 Support Groups
- 10 Dementia Plan Founders Society
- 11 Professional Training

# ALZ MATTERS

JANUARY | JUNE 2012

Published for donors, volunteers, advocates and friends of the Alzheimer's community.

The Greater Richmond Chapter serves a 24-county and five-city area of Virginia.



Alzheimer's Association office locations

**VISION**  
A world without Alzheimer's disease.

**MISSION**  
To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

alzheimer's association®

Greater Richmond Inc.

4600 Cox Road, Suite 130

Glen Allen, VA 23060

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

1-800-272-3900

Non-Profit Organization  
U.S. Postage  
Permit #2164  
Richmond, Virginia