

Support Group Meetings (October 2009)

Alzheimer's Association Greater Richmond Chapter
4600 Cox Road, Suite 130, Glen Allen, VA 23060
804-967-2580 ▪ 800-272-3900 ▪ www.alz.org/grva



Richmond Area

Adult Children, 2nd Tuesday, 7:00 pm

Bon Air Methodist Church, 1645 Buford Rd., Room 207
Lynda Gormus, 320-0619

Early Stage, 4th Thursday, 1:30 pm

Call the Chapter Office for information, 967-2580

East End, 4th Saturday, 12:00 pm

First Union Baptist Church, 3510 Dill Road
Jacki Page, 321-2573

Northside, 3rd Tuesday, 7:00 pm

Please note change from 2nd to 3rd Tuesday starting in Nov.

The Hermitage, 1600 Westwood Ave. (in the parlor)
Jodi Teitelman, 828-3553 & Bev Koerin, 740-2616

Lakeside, 3rd Friday, 10:00 am

Brookland United Methodist Church, 2501 Staples Mill Rd.
Jessica Samet, 321-0066

Mechanicsville, 4th Tuesday, 7:00 pm

Covenant Woods, 7090 Covenant Woods Dr.
Bob Junod, 752-2219 & Linnea Beason, 447-3007

Far West End, 3rd Tuesday, 10:00 am

Lakewood Manor, 1900 Lauderdale Dr.
Mary Ann Johnson, 967-2582

Far West End, 1st Monday, 10:00 am

Mt. Vernon Baptist Church, 11220 Nuckols Road
Jessica Samet, 321-0066 & Linnea Beason, 447-3007

Southside, 2nd Saturday, 2:00 pm

V.A. Hosp., Nursing Home Dining Rm,
1201 Broad Rock Blvd.
Vivian Bagby, 321-1649

Southside, 3rd Tuesday, 2:00 pm

Bon Air Methodist Church, 1645 Buford Rd., Room 202
Mary Ann Johnson, 967-2582 & Nancy Lentz, 967-2586

Midlothian, 2nd Wednesday, 10:00 am

New Life United Methodist Church, 900 Old Hundred Rd.
Bob Schaefer, 310-7991

Midlothian, 3rd Tuesday, 7:00 pm

(Beginning in October)
Brandermill Woods, 14311 Brandermill Woods Trail
Merle Kahn, 967-2575

Chesterfield, 3rd Thursday, 7:00 pm

Lucy Corr Village, 6800 Lucy Corr Ct., Classroom
Blanche Castelov, 748-5585

Ashland, 1st Tuesday, 7:00 pm

First Baptist Church, 800 Thompson Street
Bob Junod, 752-2219

Younger-Onset Group

We now offer a Support Group for individuals who were diagnosed with a dementia disease under the age of 65. Support Groups are offered at the same time for their caregivers, teenage children, and younger children. For information on this group, contact the Alzheimer's office at 967-2580.

Tri-Cities Area

Hopewell, 1st Tuesday, 3:00 pm

River View on the Appomattox Nursing Home
201 Eppes Street, Conference Room
Blanche Castelov, 748-5585 & June Gilliam, 748-6668

Petersburg, 3rd Thursday, 11:30 am

HealthSouth Rehabilitation Hospital
95 Pinehill Blvd., Conference Room
Lunch sponsored by Greenfield Reflections of Petersburg
Judy Tyree, 526-2359

Colonial Heights, Last Wednesday, 6:00 pm

Dunlop House Assisted Living & Specialized Alzheimer's Care
235 Dunlop Farms Blvd.
Toy Newcomb, 804-520-0050

Fredericksburg Area

Fredericksburg, 3rd Tuesday, 7:00 pm

Carriage Hill Health & Rehabilitation Center
6106 Health Center Lane
Judy Scheibe, 540-370-0835

Fredericksburg, 3rd Tuesday, 1:30 pm

Homecare America, 2017 Plank Rd., (Westwood Shopping Ctr.)
Judy Scheibe, 540-370-0835

Fredericksburg, 4th Tuesday, 1:00 pm

Fredericksburg United Methodist Church, 308 Hanover St.
Judy Scheibe, 540-370-0835

Middle Peninsula/Northern Neck Area

Lancaster/Irvington, 4th Thurs., 10:30 am

Rappahannock Westminster Canterbury, Irvington
Barbara Swain, 804-758-2386

Middlesex County/Urbanna, 4th Thursday, 1:30 pm

Port Town Village Apts., 111 Port Town Lane, Urbanna
Barbara Swain, 804-758-2386

Gloucester, 2nd Wednesday, 10:30 am

Gloucester House, 7657 Meredith Drive
Respite care is available during the meeting
Ted Leonard, 804-642-9189

Warsaw, 3rd Tuesday, 10:00 am

The Orchard, 62 Delfae Dr., Community Room
Robin Thompson, 804-313-2400

Why is a Support Group Important?

A support group is a gathering of caregivers, family, friends and/or persons with dementia to discuss issues surrounding Alzheimer's disease and related dementias. The purpose of the support group is to provide an opportunity to meet regularly for mutual support and to exchange coping skills with one another. The reasons people attend support groups vary. People may come to a group to gain a better understanding of the disease, because they are in crisis, or because they have specific caregiving struggles. They may be looking for advice a particular subject or just want to be with people who are having similar experiences. The group provides the opportunity for participants to help maintain their own health and well-being, and enhance their ability to care for the person with dementia.

One caregiver, who is caring for her father, says a support group "provides information about Alzheimer's disease and helps you realize that you are not alone- just being with others who understand the caregiver's situation helps. I find it hard to discuss my concerns with those who don't have experience with Alzheimer's as it sounds like I'm complaining- other caregivers understand." A support group can give you moral support and encouragement during a difficult time.

Tips for Caregivers

- The person who best understands a caregiver is someone who has been one. Find someone and talk.
- Become an educated caregiver- learn as much as you can about Alzheimer's disease, the stages and caregiving skills.
- Know what resources are available and make use of them; in home care, respite care, adult day care and meals-on-wheels are some community services which can help you.
- Don't smother the person for whom you are caring. Sometimes doing the right thing means doing less.
- Don't be a martyr. You don't have to do it alone. **Ask for help.**
- Take care of yourself-watch your diet, exercise, and get plenty of rest.
- Give yourself credit-if you are feeling unappreciated and overworked, try to set some time aside to treat yourself as the special person that you are.

For more information on Alzheimer's disease, community resources, caregiving techniques, or support groups, please call the Alzheimer's Association 24/7 Helpline at 800-272-3900 or call the office shown below in your area..

Greater Richmond Chapter 4600 Cox Road, Suite 130 Glen Allen, VA 23060 804-967-2580 800-272-3900	Tri-Cities Branch 201 Temple Ave., Ste. E Colonial Heights, VA 23834 804-526-2359 800-272-3900	Fredericksburg Branch 2217 Princess Anne St. Suite 106-1F Fredericksburg, VA 22401 540-370-0835 800-272-3900	Middle Peninsula / Northern Neck Branch PO Box 1881 Gloucester, VA 23061 804-695-9382 800-272-3900
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