



# ALZHEIMER'S MATTERS



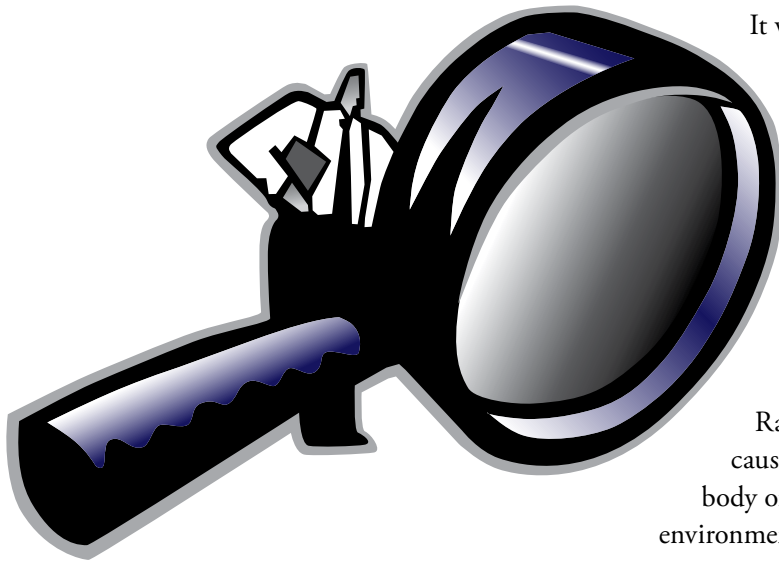
## Sleuthing the Meaning of Challenging Behaviors

A male nursing home resident with Alzheimer's disease sometimes hits other people in the face for no apparent reason. Some nursing homes might respond by calling a physician for medication to control the unruly behavior.

Paul Raia, Ph.D., suggests we should first take the time to closely analyze the individual's behavior. He suggests that there are usually reasons for troublesome behavior. Raia is vice president for clinical services at the Alzheimer's Association's Massachusetts Chapter.

Raia suggests that caregivers keep a behavioral log. The log would serve as a detailed record of exactly what occurred. The log should address the four "W's"—WHAT happened? WHEN did it happen? WHERE did it happen? WHO was around when it happened?

A close look at the behavioral log of the nursing home resident shows that his hitting never happened at night. Moreover, the hitting always occurred in the activity room, and the hitter never struck the same person twice.



It was also determined that the hitting did not take place every time the resident was in the activity room, only when he was seated on one particular side of the room. Further investigation showed that the hitter would strike out only when he was seated beneath a window when the sun was streaming in.

It was concluded that the sun's glare bothered the resident, which triggered his violence. When the shade was drawn, the hitting stopped.

Raia points out that every behavior has a trigger, a cause. Triggers can be either internal, in the mind or body of the person with Alzheimer's, or external, in the environment.

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## PURPLE with a PURPOSE

PURPLE is the color of passion. It's not surprising that the Alzheimer's Association has chosen purple as its official color. We're passionate about finding an end to this devastating disease. For more than 25 years, the Alzheimer's Association has served those in the Greater Richmond area who face the day-to-day struggles of Alzheimer's disease.

The Greater Richmond Chapter is planning a "Purple with a Purpose" campaign this summer and fall that includes "going purple" on World Alzheimer's Day (September 21) and at Memory Walks. To find out more about "Purple with a Purpose" and how you can help, follow us on Twitter at <http://twitter.com/gopurple4alz> or Facebook "Alzheimer's Association Greater Richmond Chapter" or our website [www.alz.org/grva](http://www.alz.org/grva).

## “Reasons to Hope” Breakfast Success

Over 400 supporters of the Alzheimer’s Association filled the ballroom of the Sheraton Richmond West Hotel March 18 at the chapter’s Reasons to Hope Breakfast. The event raised nearly \$125,000, significantly more than that generated in 2009.

“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.

Led by Table Host Chair Bob Jackson, the event’s 45 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 firms of Parker, Pollard, Wilton & Peadan and

ThompsonMcMullan (Patron Sponsors).

The one-hour program featured a video about the chapter’s services and remarks by Peterson, Mike Larkin, chapter board president, and Scott Paciocco, Board member and son of Tony Paciocco whose artwork was featured on this year’s program. Tony suffered from young-onset Alzheimer’s and passed away at the age of 61. Mark Hubbard of McGuire Woods consulting, LLC, a former local TV news anchor, served as emcee.

A testimonial by Bill Bailey and Kitty Kennedy, a local couple living a full life while living with Alzheimer’s, was produced into a short YouTube video as a follow-up to the event. Learn about this inspiring couple at: [www.youtube.com/watch?v=mj7tQg9SINE](http://www.youtube.com/watch?v=mj7tQg9SINE).

Plans are already underway for the 2011 Reasons to Hope Breakfast. Please contact Alyssa McBride at [Alyssa.mcbride@alz.org](mailto:Alyssa.mcbride@alz.org) or 804-967-2581 for more information.



Debra M. Girvin, Helene Bumbalo, Joyce Melchert

## Chapter Volunteer Helps Police Find Wanderers

The New York Times recently reported (May 4, 2010) on a unique program to train Virginia’s law enforcement officers on how to locate dementia wanderers. The article features Bob Schaefer, a long-time chapter volunteer, who helped create the program and leads the classes for the Virginia Department of Criminal Justice Services.

Schaefer, a retired FBI agent, lives in Chesterfield County. He cared for his wife Sarah for 20 years before she lost her battle with Alzheimer’s.

Schaefer tells his class that “you have to stop thinking logically,

because the people you are looking for are no longer capable of logic.” He also points out that many dementia wanderers will try to avoid detection, especially if the disease has made them paranoid of authority figures. He says it’s not unusual to find them in attics and closets.

About six in 10 people with dementia will wander. Many are trying to find their way back to a home from their earlier life. Some veterans have traveled huge distances in an effort to report to their base or the front lines.

Schaefer says a police officer should try to learn some of the individual’s life history before conducting a

search. Police were having difficulty locating one wanderer until they learned he used to be a dairy farmer. He was finally found in a nearby cow pasture. He had thought it was time for the morning milking.

The Alzheimer’s Association offers a program to assist families who are caring for a loved one who wanders called MedicAlert®+Safe Return®. In addition, the association offers another service called ComfortZone®, which uses the Internet to track the location of a person with Alzheimer’s. For more information, call the association at 800-272-3900.

## Workplace Campaigns

The Alzheimer’s Association Greater Richmond Chapter is a member of the Community Health Charities of Virginia (CHC). Through CHC, we participate in many workplace campaigns which normally take place in the fall. The following information should be helpful should you wish to support the Greater Richmond Chapter:

THE ALZHEIMER’S  
ASSOCIATION  
PARTICIPATES  
IN MANY  
WORKPLACE  
CAMPAIGNS.

Combined Virginia Campaign Code #6093

Combined Federal Campaign Code #88396

Local Government Campaign Code #6002

For all of these campaigns, we recommend that you check your campaign booklet regarding the number—check the listing for Alzheimer’s Association Greater Richmond Chapter.

In the Richmond area, CHC-VA sponsors workplace campaigns in several companies. If your company is one of these sites, look for Alzheimer’s Association

Greater Richmond chapter in the CHC-VA or company brochure.

Many United Ways also support donor option in their workplace campaigns. These programs are not always advertised by United Way solicitors. The Greater Richmond Chapter’s code for the United Way of Greater Richmond & Petersburg is 3015. It is suggested that you also write in Alzheimer’s Association Greater Richmond Chapter.

## Tourney Raises Over \$48,000

The chapter raised more than \$48,000 at its 7th Annual A Round to Remember Golf Tournament April 23. The tournament, which was held at The Hollows Golf Club in Montpelier, attracted 44 teams of four golfers each.

“We want to thank our many sponsors 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 and the Back Nine Sponsor was Dominion Resources. Beverage Cart Sponsor was Our Lady of Hope Health Center. Hole sponsors were: Car Pool; Concordia Home Health Services; Heritage Green; Hunton & Williams; Intelliject, Inc.—In Memory of Clara P. Marrs & Regina S. Edwards; KPMG; Lee Hecht Harrison; Maxim Healthcare; Scott Paciocco & MassMutual Financial Group; Squire, Sanders & Dempsey; The Crossings at Bon Air; and The Towers.

### and the winners are...

The Hollows features three sets of nine holes: the Cottage, the Lake and the Road courses. Three winners were selected, one from each of the eighteen-hole combinations:

#### LAKE/COTTAGE

S. Paciocco, M. Paciocco, M. Keck & S. Roth (56)

#### ROAD/LAKE

J. Baker, S. Springer, S. Allison, J. Costello (59)

#### COTTAGE/ROAD

M. White, R. Davidson, J. Fogg, D. Finerfrock (60)



## Memorials

Since July 1, the chapter has received over \$44,000 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 appears on our website at [www.alz.org/grva](http://www.alz.org/grva). Please contact the office if you would like more information about memorial gifts.



**Register  
Now!**

alzheimer's association  
**memory walk '10**

# WE'RE ON THE MOVE TO END ALZHEIMER'S

September 11 Fredericksburg [www.memorywalkfredericksburg.kintera.org](http://www.memorywalkfredericksburg.kintera.org)

September 11 Gloucester [www.memorywalkgloucester.kintera.org](http://www.memorywalkgloucester.kintera.org)

October 2 Richmond [www.memorywalkrichmond.kintera.org](http://www.memorywalkrichmond.kintera.org)

**1-800-272-3900** alzheimer's association®

## Meaning of Challenging Behaviors

*Continued from page 1*

Most difficult behaviors, he says, are attempts to communicate with those around him.

The following questions may be helpful in trying to find the triggers for bad behavior:

- Was there a sudden change in behavior? For those people with mid-stage Alzheimer's, a sudden change in behavior is usually caused by an internal trigger (pain, infection, hallucinations, delusions, constipation, etc.)
- Was the behavior caused by my approach? Did you offer to help the person too quickly? Did you use inappropriate body language or the wrong tone of voice?
- Was the behavior caused by the communication methods you were using? Never argue with the person. Never use the word "no." Never try to use reason or explain the reasons why the person may not be able to do something.
- Was the behavior caused by too much or too little stimulation? Some people in mid-stage Alzheimer's disease cannot easily distinguish relevant information from that which is irrelevant. A bombardment of stimulation can result in the person becoming agitated or withdrawn. On the other hand, if they have too little stimulation, they may show signs of paranoia, delusions, visual hallucinations, and/or anxiety.
- Was the behavior caused by the task that you asked the person to perform? Sometimes we may ask a person with Alzheimer's to perform a task that he or she is cognitively unable to do. This can cause, among other things, frustration, fear, embarrassment and anger.

Once you examine the evidence carefully, you can often identify the triggers for the offending behavior. Then, the challenge is to institute changes that will correct the behavior.



### Purple Pitch

Bill Bailey hurls a purple baseball as the first pitch at the Richmond Flying Squirrels game June 3. More than 200 purple-clad supporters of the chapter attended. The event marked the official kick-off of 2010 Memory Walk planning and organizing. Bailey, who lives in Chesterfield County, suffers from Alzheimer's Disease. He is a member of the national Early-Stage Advisory Group on Alzheimer's.

## Second Annual Silent AUCTION

Saturday, August 21

6 p.m. – 9 p.m.

BlackFinn Restaurant  
and Saloon

1001 Haxall Point  
Suite 100

Free, but \$5 suggested  
donation is appreciated

All proceeds will go  
to the Alzheimer's  
Association Greater  
Richmond Chapter



# 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, michelle.mahlan-dubois@alz.org  
Richmond: 804-967-2580, fran.foster@alz.org  
MP/NN: 804-695-9382, ellie.galloway@alz.org  
Tri-Cities: 804-526-2359, judy.tyree@alz.org

## FREDERICKSBURG AREA

**MEMORY, DEMENTIA, & ALZHEIMER'S: THE BASICS**, Aug. 24, 5 p.m. – 8 p.m. at Home Instead Senior Care, 111 Olde Greenwich Dr. #101, Fredericksburg., \$10

**DIAGNOSED WITH DEMENTIA: WHAT YOU NEED TO KNOW**, October 9, 9:30 a.m. – 1:00 p.m., Salem Church Library, 2607 Salem Church Rd. Fredericksburg, \$15

**CAREGIVER'S SYMPOSIUM: HELP IS HERE**, A community event to provide a forum for individuals caring for their aging relatives and to gather information on various community resources Saturday, November 6, 8 a.m. – 1:30 p.m. Fairview at River Club, 10835 Tidewater Tr., Fredericksburg

## MIDDLE PENINSULA & NORTHERN NECK

**PARTNERING WITH YOUR DOCTOR**, July 27, 9:30 a.m. – 11:00 a.m., Essex House, 17976 Tidewater Tr., Tappahannock

**PERSONAL CARE TECHNIQUES: CARING FOR THE MEMORY IMPAIRED IN THE HOME**, July 29, 9 a.m. – 2 p.m., Riverside Walter Reed Hospital, 7519 Hospital Dr., Rm. DCR 1, Gloucester, \$15 per person which includes lunch and materials.

**SENIOR UNIVERSITY AT RAPPAHANNOCK GENERAL HOSPITAL REHABILITATION CENTER COMMUNICATION TECHNIQUES: IT'S NOT JUST THE WORDS**, Aug. 10, 3 p.m. – 7 p.m., 43 Harris Rd., Kilmarnock, R.S.V.P., Rappahannock General Hospital, 804-435-8662

**MAKING THE MOST OF YOUR VISIT WITH THE PERSON WITH DEMENTIA**, Aug. 24, 9:30 a.m. – 1:00 a.m., Essex House, 17976 Tidewater Tr., Tappahannock

**MEMORY LOSS, DEMENTIA, AND ALZHEIMER'S DISEASE: THE BASICS**, Oct. 19, 9 a.m. – 1 p.m., West Point Downtown Business Center, 621 Main St., West Point, \$15 per person includes lunch and informational materials.

## RICHMOND AREA

**COMMUNICATION AND VISITS WITH PEOPLE WITH DEMENTIA**, July 13, 6:30 – 7:30 p.m., Elmcroft of Chesterfield, 1000 Twin Ridge Ln., Richmond

**FORGETFULNESS: WHEN IS IT A PROBLEM?**, Aug. 3, 12:00 – 1:00 pm, Winfree Memorial Baptist Church, 13617 Midlothian Tpk., Midlothian



**HBO: THE ALZHEIMER'S PROJECT**, Aug. 5, 6:30 p.m. – 8:00 p.m., Gayton Terrace, 12401 Gayton Rd., Henrico

**CHESTERFIELD COUNTY COUNCIL ON AGING CAREGIVING FORUM**, Nov. 4, 10:00 a.m. – 12:00, Lucy Corr Village, 6800 Lucy Corr Blvd., Chesterfield

## TRI-CITIES AREA

**MAINTAIN YOUR BRAIN: HOW TO LIVE A HEALTHY LIFESTYLE™**, Sept. 24, 2:30 p.m. – 3:30 p.m., Hopewell Health Care Center, 905 Cousins Ave., Hopewell, Light refreshments provided.

**CAREGIVERS FORUM**, Oct. 6, 9:00 a.m. – 2:30 p.m., Holiday Inn, 401 East Roslyn Rd., Colonial Heights. Lunch included and respite vouchers available.

This forum will provide information to enhance the knowledge base and skill level of persons taking care of their loved one with dementia. The cost is \$10 per person. Morning refreshments and lunch will be provided. Registration is required. Call 804-526-2359 to register and for information on receiving a voucher to pay for respite care by a licensed in-home or adult day service provider while you attend the conference.

# 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.), Bunny Chidester, 540-899-5434 & Michelle Mahlan-DoBois, 540-370-0835

## MIDDLE PENINSULA/NORTHERN NECK

**KILMARNOCK, 4<sup>TH</sup> THURS., 10:30 A.M.**  
Commonwealth Assisted Living, 460 S. Main St., Kilmarnock, Respite care available during the meeting. Barbara Swain, 804-758-2386 & Robin Thompson, 804-435-9896

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

**GLOUCESTER, 2<sup>ND</sup> WEDNESDAY, 10:30 A.M.**  
Gloucester House, 7657 Meredith Dr., Respite care is available during the meeting, Ted Leonard, 804-642-9189 & Clare Vergara, 804-693-3166

## RICHMOND AREA

**ADULT CHILDREN, 2<sup>ND</sup> TUESDAY, 7:00 P.M.**  
Bon Air Methodist Church, 1645 Buford Rd., Room 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

**LAKESIDE, 3<sup>RD</sup> FRIDAY, 10:00 A.M.**  
Brookland United Methodist Church, 2501 Staples Mill Rd., Jessica Samet, 804-321-0066 & Al Larson, 804-320-3890

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

**MECHANICSVILLE, 2<sup>ND</sup> WEDNESDAY, 9:30 A.M.**  
Hanover Adult Day Center, 7231 Stonewall Parkway, 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 Schewall, 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, 804-447-3007

**SOUTHSIDE, 3<sup>RD</sup> TUESDAY, 2:00 P.M.**  
Bon Air Methodist Church, 1645 Buford Rd., Rm. 202, Mary Ann Johnson, 804-967-2582 & Nancy Lentz, 804-957-2586

**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

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

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

**ASHLAND, 1<sup>ST</sup> TUESDAY, 7:00 P.M.**  
First Baptist Church, 800 Thompson St., Bob Junod, 804-752-2219 & Sue Somerville, 804-869-1124

## TRI-CITIES AREA

**HOPEWELL, 1<sup>ST</sup> TUESDAY, 3:00 P.M.**  
River View on the Appomattox Nursing Home, 201 Eppes St., Conference Rm., Blanche Castelow, 804-748-5585

**PETERSBURG, 3<sup>RD</sup> THURSDAY, 11:30 A.M.**  
Greenfield Reflections of Petersburg, 550 Flank Rd., Conference Rm., Lunch & Respite Provided, Judy Tyree, 804-526-2359

**COLONIAL HEIGHTS, LAST WEDNESDAY, 6:00 P.M.**  
Dunlop House Assisted Living & Specialized Alzheimer's Care, 235 Dunlop Farms Blvd., Toy Newcomb, 804-520-0050

## Volunteer Training with the Alzheimer's Association!

*"Many Hands Make Light Work."*  
Volunteer orientation will be held from 5:30 p.m. – 8:30 p.m. on Thursday, September 16, 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.



# CONFERENCE on DEMENTIA

November 3, 2010

Ramada Plaza Hotel Richmond West  
(formerly Sheraton Richmond West)  
6620 W. Broad St.

9 a.m.–4:30 p.m.

(Registration opens at 8:30 a.m.)

### Featuring:

James E. Galvin, MD, MPH

### Early Detection of Alzheimer's Disease & What's New in the Research

*Dr. Galvin is a professor in the Departments of Neurology and Psychiatry at New York University Langone School of Medicine.*

Karen Stobbe

### Stop, Look & Listen: Tips for Communicating

*Ms. Stobbe is the author of "Sometimes Ya Gotta Laugh." She is a nationally recognized speaker and innovative trainer in dementia care. She offers creative tips for communicating, drawing upon her own experiences as a family caregiver to both of her parents.*

Robert Schaefer, Sr., and Robert Schaefer, Jr.

### Meeting in the Middle

*A father and son discuss their 20 years of experience caring for a loved one with Alzheimer's disease.*

### Cost:

Registration fee includes lunch and breaks

	Prior to 9/15/10	After 9/15/10
Family Caregiver	\$30	\$35
Professional Caregiver*	\$60	\$70

\*Professional Caregivers pay \$50 each for groups of four or more.

### To Register:

Call 800-967-2580 or email [fran.foster@alz.org](mailto:fran.foster@alz.org)

## Board Elects New Officers, Directors

The chapter's board of directors elected the following new officers who took their posts on July 1:

#### 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 the following new members to its board for a two-year term, also effective July 1:

John Beasley  
MeadWestvaco Corp.

Katherine Kennedy  
Va. Dept. of General Services  
(also an Alzheimer's caregiver).

## We're going green!

The Greater Richmond Chapter's newsletter is available via e-mail. Help us save money and paper while continuing to benefit from current information on caregiving, research, family education, professional training, public policy, community resources and Alzheimer's Association services and activities. To sign up, all you have to do is send your name, e-mail address, and street address to [fran.foster@alz.org](mailto:fran.foster@alz.org). It's that easy!

## Mahlan-DuBois Replaces Scheibe at Fredericksburg Branch

Michelle Mahlan-DuBois took the helm June 14 of the chapter's Fredericksburg Branch. She replaced Judy Scheibe who retired after 10 years in the position.

Scheibe joined the staff of the Alzheimer's Association in 2000 after caring for her mother who battled the disease. She is credited with opening the first Alzheimer's Association office in Fredericksburg. During her tenure, she trained and provided counseling to thousands of local residents who care for loved ones suffering from

Alzheimer's and other forms of dementia. She also generated hundreds of thousands of dollars for the chapter through Memory Walk. We wish Judy the best in retirement and are pleased she will remain involved with the chapter as a volunteer.

Mahlan-DuBois had served for the past seven years as a public health nurse for the Rappahannock Area Health District. Among other things, she coordinated the breast and cervical cancer early detection program. Prior

to that, she coordinated and supervised staff education at Shell Point Retirement Community in Fort Myers, Fla.

Mahlan-DuBois is also a former teacher in the Spotsylvania and Stafford public school systems. Also, she served for 21 years in the U.S. Air Force Reserve, retiring in 2002 as a major.

Mahlan-DuBois graduated from Malloy College in Rockville Centre, N.Y., with a B.S. degree in nursing. She also holds a master's degree in education from



Michelle Mahlan-DuBois

Old Dominion University.

Mahlan can be reached at 540-370-0835 or [michelle.mahlan-dubois@alz.org](mailto:michelle.mahlan-dubois@alz.org).

## Chapter Hires Two New Development Staff



Sandra L. Grady

The chapter named Sandra L. Grady to the newly created post of Walk Manager, effective April 5. Grady will be responsible for overseeing the local chapter's Memory Walks in Richmond, Fredericksburg and Gloucester.

The three walks, held in the fall, attract more than 1,800 walkers and generate more than \$330,000 in contributions. Memory Walk is the Alzheimer's Association's biggest fund raising event, locally and nationwide.

Grady, a graduate of Lynchburg College, brings with her experience at managing volunteer walk events. She comes to the job from the Arthritis Foundation of Virginia where, among other things, she oversaw walks in Richmond, Williamsburg, Winchester, and Prince William County. Prior to that, she served as the marketing director for the local Chick-Fil-A franchise. Also, she worked for the American Heart Association in Lynchburg, Va., and more recently in Richmond.

Also, the chapter tapped Amber Berry as Development Assistant. Her job was effective April 12.

Berry graduated in 2007 from Virginia Commonwealth University with a bachelor's degree in mass communications. She is currently pursuing a master's degree from Savannah College of Arts and Design in Savannah, Ga.

Prior to joining the Alzheimer's Association, Berry worked as an intern in the development office of Wolf Trap Foundation for the Performing Arts in Fairfax County. She has also served as an intern with Richmond CenterStage.



Amber Berry

## Charitable Gift Annuities Provide Stability during Unstable Market

You won't find your certificate of deposit or money market fund offering you a rate of 7 percent or greater. Depending on your age, establishing a Charitable Gift Annuity (CGA) with the Alzheimer's Association will provide you with attractive rates (from 5.7 percent to over 11 percent). Establishing a CGA is simple and safe. Your benefits will include:

- A steady income regardless of the market
- An income tax deduction
- Favorably taxed payments
- Payments made to you monthly, quarterly, semi-annually, or annually
- The knowledge that you are supporting the Alzheimer's Association

Consult your financial planner and call or e-mail Alyssa McBride, Development Director, at 804-967-2581 or [alyssa.mcbride@alz.org](mailto:alyssa.mcbride@alz.org) for more information.

## Professional Training

### FREDERICKSBURG AREA

All professional training will be held at Career Training Solutions, 100 Riverside Pkwy, Ste. 123, Fredericksburg. Cost for each session is \$20 per person. Registration required: 540-370-0835 or email [Michelle.Mahlan-Dubois@alz.org](mailto:Michelle.Mahlan-Dubois@alz.org).

#### 4 HOUR DEMENTIA-SPECIFIC TRAINING

July 14, 8:30 a.m. – 12:30 p.m. • Orientation: Dementia Overview; Communication, Behavior, Environment and Safety.

Aug. 11, 12:30 a.m. – 4:30 p.m. • Enhancing Mealtime; Nutrition: It is More than a Meal

Sept. 8, 8:30 a.m. – 12:30 p.m. • Orientation: Dementia Overview; Communication; Behavior; Environment and Safety

Oct. 13, 12:30 a.m. – 4:30 p.m. • Reducing the Risk of Falls; Reducing Pain



Nov. 10, 8:30 a.m. – 12:30 p.m. • Orientation: Dementia Overview; Communication, Behavior, Environment and Safety.

Dec. 8, 12:30 a.m. – 4:30 p.m. • Understanding Wandering; Promoting Restraint-Free Care.

### MIDDLE PENINSULA & NORTHERN NECK

All professional training will be held from 9:00 a.m. to 1:00 p.m. at Rappahannock Community College. Cost for each session is \$20 per person. Registration required: 804-695-9382 or email [ellie.galloway@alz.org](mailto:ellie.galloway@alz.org).

#### Warsaw Campus

July 23 • Understanding Wandering; Reducing Risk of Falls

Sept. 17 • Late Stage Care; Improving Communication; Reducing Pain

Nov. 19 • Enhancing Mealtime; Promoting Restraint-Free Care

#### Glenns Campus

Aug. 20 • Making Connections; Activities: Why and How?

Oct. 15 • Orientation: Dementia Overview; Communication; Behavior; Environment and Safety

### RICHMOND AREA

All professional training 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 \$20.00 per person. Registration required: 804-967-2580 or email [fran.foster@alz.org](mailto:fran.foster@alz.org).

Aug. 5 • Orientation: Dementia Overview; Communication; Behavior; Environment and Safety

Sept. 2 • Understanding Wandering; Reducing Risk of Falls

Oct. 7 • Orientation: Dementia Overview; Communication; Behavior; Environment and Safety

Nov. 4 • Bathing; Late Stage Care

Dec. 2 • Orientation: Dementia Overview; Communication; Behavior; Environment and Safety

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

8:30 a.m.– 4:30 p.m., Markel Plaza Building, Room James B, 4600 Cox Rd., Glen Allen. Space is limited. Fee \$50.00 per person includes lunch and materials. Registration required: 804-967-2580 or email [fran.foster@alz.org](mailto:fran.foster@alz.org).

### TRI-CITIES AREA

All professional training is held from 12:00 – 4:00 p.m. at Goodwill of Central Virginia, 65 Crater Circle, Petersburg. Cost for each session is \$20 per person. Registration required: 804-526-2359 or email [judy.tyree@alz.org](mailto:judy.tyree@alz.org).

July 28 • Orientation: Dementia Overview; Communication; Behavior; Environment and Safety

Aug. 24 • Enhancing Mealtime; Nutrition: It is More than a Meal

Sept. 29 • Orientation: Dementia Overview; Communication; Behavior; Environment and Safety

Oct. 27 • Reducing the Risk of Falls; Promoting Restraint-Free Care

Nov. 17 • Orientation: Dementia Overview; Communication; Behavior; Environment and Safety

December 15 • Communication; Understanding Behavioral Change

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# Alzheimer's Association

GREATER RICHMOND  
CHAPTER NEWSLETTER

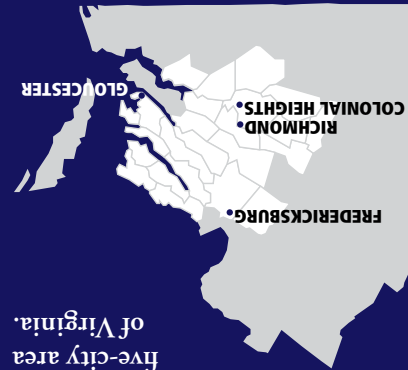
- 1 Sleuthing the Meaning  
Purple with Purpose
- 2 Ask Breakfast  
Volunteer Helps Police
- 3 Tourney Results  
Memorials  
Workplace Campaigns
- 4 Memory Walk
- 5 Purple Pitch  
Silent Auction
- 6 Family Education
- 7 Support Groups
- 8 Dementia Conference  
New Officers, Directors
- 9 Scheibe Replacement  
New Development Staff
- 10 Legacy of Hope  
Professional Training

# WHAT MATTERS

JULY | DECEMBER 2010

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

• Alzheimer's Association office locations



The Greater Richmond Chapter  
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of Virginia.

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  
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of brain health.

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