



# ALZHEIMER'S MATTERS



## Getting a Grip on Guilt

*By Bob Schaefer, former care partner*

Guilt is an obscure word that means little until it interferes with your everyday life.

Many care partner decisions generate 'guilt' in some way, shape or form, primarily because they affect the life of another human being. They might involve the wedding vows, driving, finances, being left alone, wandering, medications and disruptive behaviors. Hopefully, previous healthy discussions of those matters with your loved one and seeking outside help will reduce guilt.

One of the most significant sources of guilt appears at the thought of taking time away from your loved one. "How can I possibly go off and have fun, while my wife, Sarah, is left to suffer all by herself? How could I possibly do that when I believe that her care is my sole purpose in life?" This is further compounded by feeling that no one else in the world can take care of your loved one like you do.

Being a care partner is not easy; however, it can be rewarding to learn and understand that there are no right or wrong and no black or white answers. It is trial and error, practice, and experimentation and 'thinking outside the box' that gets the savvy care partner through the difficult years.

I use 'care partner' rather than caregiver, which leads me to the next step in controlling guilt. There are so many people and entities available to help you adapt to the guilt that can evolve. When the guilt becomes obvious, you need to acknowledge and adapt to it quickly so that it does not control you.

*continued on page 2*



## New Healthcare Law May Prompt Early Detection of Alzheimer's

Tucked within the 1,000-plus pages of the new healthcare reform law is a provision that may aid in early diagnosis of Alzheimer's disease.

The law creates a new benefit that provides for an annual wellness visit for every Medicare beneficiary. The legislation stipulates that these visits must include assessments for the detection of memory loss or cognitive impairment.

"We applaud the inclusion of this provision in the law," said Sherry Peterson, the chapter's CEO. "This will provide significant assistance to the millions of Americans who have undiagnosed cognitive impairment."

## Getting a Grip on Guilt

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Be proactive by joining a support group, talking to a best friend, member of the clergy, counselor or the Alzheimer's Association.

In short, Sarah, support groups, the Alzheimer's Association, family, faith and love were some of my best friends during the critical years. They enabled and encouraged me to recognize and adapt to the inevitable guilt. These entities educated me to better understand and monitor my own body for the early warning signs of stress and the accompanying guilt.

I watched my diet, exercised daily and visited my physician routinely. I also learned and acknowledged that I did not have control over everything in my life. I began to adapt to those things that I was not able to control. I explored the world of professional caregivers and was pleasingly surprised to learn that there are many, many loving and caring individuals available who definitely would come in as a close second to me in caring for Sarah.

Most importantly, I learned to regularly take a well-deserved break from my full-time job as a care partner and to put my trust in others. As you can see, combining all of the above helped to make me a 'survivor.'

My advice to all current and future care partners is to read and absorb the ideas that I have presented. Work in concert with them in the true sense of the word 'care partner' and you too will find yourself a happy and healthy "survivor."

## NYU Professor Keynotes Conference on Dementia

Some 200 caregivers from throughout the chapter's service area gathered Nov. 3 in Richmond for the 2010 Estes Express Conference on Dementia.

The conference featured James E. Galvin, MD, MPH, a professor in the departments of neurology and psychology at the New York University Langone School of Medicine. Galvin led off the meeting with comments on the early detection of dementia diseases. He also discussed some of the latest research associated with the disease.

"The earlier we detect the disease, the better," Galvin said. He added early detection depends on identifying a clear change in an individual and how that change interferes with his or her activities.

Galvin said the spouse of the patient may be the best person to aid in assessing behavioral changes. He designed a simple test, called AD8, to be administered to spouses or other close relatives. The eight questions call for "yes," "no" or "don't know" responses. One question asks if the patient repeats questions, stories or statements. Another question asks if the person has reduced interest in hobbies or activities.

"We need to find out why people's behavior changes. If we determine that, we can develop a therapy," Galvin said.

Galvin also reported that studies show that people who are obese have a two-fold risk of developing Alzheimer's. In addition, people with hypertension have a two- to three-fold risk of developing the disease. Also, those with diabetes are two- to four-times more likely to develop Alzheimer's.

He said statistics show that more educated people have less risk of developing the disease. He also suggested that "working your brain" could ward off the disease. He said reading, writing and playing board games can help.

Exercising, Galvin said, can reduce the risk of Alzheimer's by as much as 50 percent. He also advocated maintaining an active daily lifestyle. With regard to diet, he pointed out that research shows that the Mediterranean Diet can lower the risk of developing Alzheimer's by 40 percent.

### THANK YOU TO OUR SPONSORS OF THE 2010 CONFERENCE ON DEMENTIA

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The Lynmoore Assisted Living  
& Memory Care

Riverside PACE

Senior Connections

Senior Solutions of Richmond  
Home Care

Spring Arbor

## Alzheimer's Advocate Recognition Reception



The Chapter held its Annual Alzheimer's Advocate Recognition Reception in honor of National Alzheimer's Disease Awareness Month. Pictured are: Matt Harper, Chapter Board President; honorees: Secretary Marla Graff Decker representing the Alzheimer's Training for First Responders, VA Department of Criminal Justice; Peter A. Boling, M.D., VCU Medical Center, Geriatrics & General Internal Medicine; Patrice Lewis, representing Senator Mark R. Warner; Bruce Kay, VP of Investor Relations, Markel Corporation; and Sherry Peterson, Chapter CEO.

## Third-party Fundraisers

Third-party Fundraisers are an important part of building awareness and raising funds for the

### DOUBLE YOUR GIFT!

Many companies encourage their employees to make charitable contributions by matching their philanthropic support. Donors receive credit for their employers' matching gifts. The impact of corporate matching support can be enormous.

Matching gifts from Dominion, Genworth, GEICO, MeadWestvaco, Merck, Altria, Wellpoint, Markel, and others brought in thousands of dollars of revenue for the Chapter last year.

Hundreds of other companies have similar matching-gift programs. To find out if you work for one of them, please consult your human resources office and ask them for a matching gift form.

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.

Special THANKS for the many groups and individuals who have raised over \$3,000 in Third-Party Fundraisers from July 1–November 1, 2010. These efforts to raise FUNDS & FUN have included a golf tournament, a bike ride, a dance, baked good sales, casual days, pancake breakfasts, and much more!

Please consider a third-party fundraiser on behalf of the Chapter today! Please contact the Development office at 804-967-2581 for ideas or to let us know if you are planning an event.

## Memorials

Since July 1, the Chapter has received over \$15,000 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.

## 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 Monday, January 31, 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.



## Memory Walk Ends; Walk to End Alzheimer's Begins

The 2010 Memory Walks were held in the fall in Richmond, Fredericksburg, and Gloucester raising over \$285,000 and drawing nearly 2,000 walkers. Congratulations to Gloucester's Walk for surpassing both walker and income goals!

### WE WOULD LIKE TO RECOGNIZE THE TOP THREE INDIVIDUAL FUNDRAISERS AND TOP THREE TEAMS OF EACH OF THE WALKS.

#### FREDERICKSBURG

##### Top Walkers

Elizabeth McMaster  
Kate Van Hooser  
Kaitlyn Baumann

##### Top Teams

Galloping Geckos  
Laura Rutledge, *Team Captain*  
Elizabeth McMaster Attorney & Counselor at Law PLC  
Elizabeth McMaster, *Team Captain*  
Team Rehab  
Wally Hunt, *Team Captain*

#### GLOUCESTER

##### Top Walkers

Kristi Benton  
Julie Benton Olson  
Jacqueline Jones

##### Top Teams

The Benton Bunch  
Kristi Benton, *Team Captain*  
SunTrust Forget Me Nots  
Jacqueline Jones, *Team Captain*  
Gloucester House  
Maryanne Lee, *Team Captain*

#### RICHMOND

##### Top Walkers

Jim Buckle  
Betti Anne Osborne  
Mary Doddy

##### Top Teams

Cedarfield  
Marti Miller, *Team Captain*  
Genworth Financial Bldg. 2 (1st & 2nd floors)  
Mary Doddy, *Team Captain*  
Genworth Financial—Bldg. 2 (6th floor)  
Ellen Gray, *Team Captain*

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HCA Health System—Spotsylvania  
Regional Medical Center  
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The Towers, Beaufort Towers  
Retirement & Assisted Living  
Community  
ThompsonMcMullan  
Universal American  
VCU—Department of Gerontology  
Wilburn Gardens  
Woodmont Center/Genesis  
Healthcare



## New Report Shows Impact Of Alzheimer's on Women

Maria Shriver and the Alzheimer's Association jointly released in October a groundbreaking report on the impact of Alzheimer's on women as caregivers, advocates and people living with this disease.

Shriver is a caregiver, the author of six books and an Emmy and Peabody Award-winning broadcast journalist currently serving as California's First Lady. She chaired the recent California Women's Conference, a star-studded multi-day event for 30,000 participants, featuring newsmakers, cultural leaders, and opinion makers.

The Shriver Report: A Woman's Nation Takes on Alzheimer's demonstrates that women are at the epicenter of the Alzheimer's epidemic. According to the report, women make up almost two-thirds of all Americans with Alzheimer's. Moreover, 60 percent of the unpaid caregivers for family members and friends with Alzheimer's are women. That means there are 10 million women who either have Alzheimer's or are caring for someone with the disease.

The economic impact of Alzheimer's disease – on government, families and business – totals about \$300 billion per year. The cost of caring for a single person with Alzheimer's is \$56,800 a year, the bulk of it borne by family. With the baby boomers entering their mid-60s, an Alzheimer's tsunami is about to hit, with the number of people with Alzheimer's disease expected to triple, reaching as many as 16 million by 2050.

"This report gives us a glimpse of Alzheimer's in a different light. With 10 million women affected, Alzheimer's is a women's issue," said Angela Geiger, Chief Strategy Officer of the Alzheimer's Association. "One-third of the 6.7 million female caregivers are a part of the 'sandwich generation' caring for children and an adult with Alzheimer's disease simultaneously.

The report noted that 64 percent of women responding to a poll said they had to arrive late, leave early or ask for time off due to caregiving for a loved one with Alzheimer's. The majority of respondents found it more difficult to get employer support for elder care than child care.

An eBook edition of The Shriver Report is available wherever Simon & Schuster eBooks are sold. Portions of the report are available through the Alzheimer's Association at [alz.org](http://alz.org) or [ShriverReport.com](http://ShriverReport.com).

In 2011, the Alzheimer's Association will launch its new walk name, WALK TO END ALZHEIMER'S. Look for the new Walk websites in March 2011. For sponsorship or team information, contact Sandy Grady, Walk Manager, at [sandy.grady@alz.org](mailto:sandy.grady@alz.org) or 804-967-2517.

Save the Date



FRIDAY, APRIL 29 • THE HOLLOWES

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

Thank you to our dedicated sponsors and walkers.

# 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 MP/NN: 804-695-9382, ellie.galloway@alz.org  
Richmond: 804-967-2580, fran.foster@alz.org Tri-Cities: 804-526-2359, felicia.epps@alz.org

## FREDERICKSBURG AREA

### FORGETFULNESS: WHEN IS IT A PROBLEM?

Jan. 20, 2:00–3:00 p.m., Ladysmith Library, 7199 Clara Smith Dr., Ruther Glen

### HOW DO I DEAL WITH CAREGIVER STRESS AND DEMENTIA?

Feb. 17, 2:00–3:00 p.m., Ladysmith Library, 7199 Clara Smith Dr., Ruther Glen

### KEEPING YOUR LOVED ONE WITH DEMENTIA SAFE AT HOME

March 17, 2:00–3:00 p.m., Ladysmith Library, 7199 Clara Smith Dr., Ruther Glen

### MAKING THE MOST OF YOUR DOCTOR VISIT

April 21, 2:00–3:00 p.m., Ladysmith Library, 7199 Clara Smith Dr., Ruther Glen

### CAREGIVERS FORUM: PERSONAL CARE TECHNIQUES: CARING FOR THE MEMORY IMPAIRED AT HOME

May 19, 4:30–8:30 p.m., \$20 per person, dinner included. Chancellor's Village, 12100 Chancellor's Village Ln., Fredericksburg

### THE ALZHEIMER'S PROJECT—HBO PRESENTATION & PANEL DISCUSSION

March 24, 6:00–8:00 p.m., Salem Fields Community Church, 11120 Gordon Rd., Fredericksburg

### CAREGIVER HEALTH & WELL-BEING: COMMUNICATION & DEMENTIA

Jan. 18, 6:00–7:00 p.m., Carriage Hill Health & Rehabilitation Center, 6106 Health Center Ln., Fredericksburg

Feb. 15, 1:30–2:30 p.m., Homecare America, 2017 Plank Rd., Fredericksburg

### CAREGIVER HEALTH & WELL-BEING: DEALING WITH CAREGIVER STRESS

March 15, 6:00–7:00 p.m., Carriage Hill Health & Rehabilitation Center, 6106 Health Center Ln., Fredericksburg

April 19, 1:30–2:30 p.m., Homecare America, 2017 Plank Rd., Fredericksburg

### CAREGIVER HEALTH & WELL-BEING: DEALING WITH DIFFICULT BEHAVIOR

May 17, 6:00–7:00 p.m., Carriage Hill Health & Rehabilitation Center, 6106 Health Center Ln., Fredericksburg

June 21, 1:30–2:30 p.m., Homecare America, 2017 Plank Rd., Fredericksburg

## MP/NN

### HOW TO BE A GUILT-FREE CAREGIVER

Jan. 27, 10:30 a.m., Commonwealth Assisted Living, 460 S. Main St., Kilmarnock. Lunch will follow the presentation. Respite care is available with reservation. To register call Commonwealth Assisted Living at 804-435-9896.

April 12, 10:30 a.m., The Orchard, 62 Delfae Dr., Warsaw. Lunch will follow the presentation. Respite care is available with reservation. To register call The Orchard at 804-313-2446

### NURTURING THE SPIRIT

Feb. 8, 9:00 a.m.–11:30 a.m., St. Andrews Presbyterian Church, 435 E. Church St., Kilmarnock. For clergy, lay leaders, visitation committees, and interested caring parishioners. \$20.00 per person

### MUSIC, ART, DANCE AND DEMENTIA

March 8, 10:30 a.m.–12 noon, The Orchard, 62 Delfae Dr., Warsaw. Lunch will follow the presentation. Respite available with reservation. To register call The Orchard at 804-313-2446.

### TEN SYMPTOMS OF CAREGIVER STRESS

March 9, 10:30 a.m.–12:00 noon, Gloucester House, 7657 Meredith Dr., Gloucester. Lunch will follow the presentation. Respite available with reservation. To register call Gloucester House at 804-693-3116

April 28, 10:30 a.m.–12 noon, Commonwealth Assisted Living, 460 S. Main St., Kilmarnock. Lunch will follow the presentation. Respite available with reservation. To register call Commonwealth Assisted Living at 804-435-9896.

### THE CAREGIVER PERSONALITY

March 22, 10:30 a.m., Lancaster Community Library, 235 School St., Kilmarnock

April 7, 6:30 p.m., Main Street Preservation Trust Event Center, 6894 Main St., Gloucester (Main Street Center—next to Post Office).

Speaker: Robert B. Schaefer, Author, *Alzheimer's Disease: The Identity Thief of the 21st Century*

### TECHNIQUES FOR CHALLENGING BEHAVIORS AND WANDERING

May 11, 10:30 a.m., Gloucester House, 7657 Meredith Dr., Gloucester. Lunch will follow the presentation. Respite available with reservation. To register call Gloucester House at 804-693-3116.

## RICHMOND AREA

### BECOMING A CARE PARTNER: WHAT YOU NEED TO KNOW AND DO

Jan. 24, 10:00 a.m.–12:00 noon, Fourth Baptist Church, 2800 P St., Richmond

### CONVERSATION WITH A PHARMACIST: MEDICATIONS & DEMENTIA

March 7, 6:00–7:30 p.m., Our Lady of Hope, 13700 N. Gayton Rd., Henrico

### HBO PROJECT CARE GIVER TAPES AND PANEL DISCUSSION

April 4, 6:00–7:30 p.m., Our Lady of Hope, 13700 N. Gayton Rd., Henrico

### HBO: GRANDPA, DO YOU KNOW WHO I AM?

June 6, 6:00–7:30 p.m., Our Lady of Hope, 13700 N. Gayton Rd., Henrico

### JOURNEY ON THE ROLLER COASTER OF EMOTIONS,

Feb. 7, 6:00–7:30 p.m., Our Lady of Hope, 13700 N. Gayton Rd., Henrico

### LIVING WITH ALZHEIMER'S—EARLY STAGE

Jan. 22, 9:00 a.m.–12:30 p.m., Winfree Memorial Baptist Church, 13617 Midlothian Tnpk., Midlothian

### LIVING WITH ALZHEIMER'S—EARLY STAGE: WHAT YOU NEED TO KNOW

Jan. 12, 6:30–7:30 p.m., Dover Baptist Church, 635 Manakin Rd., Manakin-Sabot

Feb. 15, 6:30–8:00 p.m., Gayton Terrace, 12401 Gayton Rd., Henrico

### LIVING WITH ALZHEIMER'S—EARLY STAGE: WHAT YOU NEED TO DO

Feb. 9, 6:30–7:30 p.m., Dover Baptist Church, 635 Manakin Rd., Manakin-Sabot

Feb. 22, 6:30–8:00 p.m., Gayton Terrace, 12401 Gayton Rd., Henrico

### LIVING WITH ALZHEIMER'S—EARLY STAGE: WHAT YOU NEED TO PLAN FOR

March 9, 6:30–7:30 p.m., Dover Baptist Church, 635 Manakin Rd., Manakin-Sabot

March 1, 6:30–8:00 p.m., Gayton Terrace, 12401 Gayton Rd., Henrico

### LIVING WITH ALZHEIMER'S—MODERATE STAGE

May 2, 6:00–7:30 p.m., Our Lady of Hope, 13700 N. Gayton Rd., Henrico

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

Feb. 24, 6:00–8:00 p.m., ManorCare Health Services at Stratford Hall, 2125 Hilliard Rd., Henrico

March 22, 5:30–7:00 p.m., The Lynmoore, 12411 Gayton Rd., Henrico

### LIVING WITH ALZHEIMER'S—MODERATE STAGE: WHAT YOU NEED TO DO

March 3, 6:00–8:00 p.m., ManorCare Health Services at Stratford Hall, 2125 Hilliard Rd., Henrico

March 29, 5:30–7:00 p.m., The Lynmoore, 12411 Gayton Rd., Henrico

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

March 10, 6:00–8:00 p.m., ManorCare Health Services at Stratford Hall, 2125 Hilliard Rd., Henrico

April 5, 5:30–7:00 p.m., The Lynmoore, 12411 Gayton Rd., Henrico

### LIVING WITH ALZHEIMER'S—LATE STAGE

April 9, 9:30 a.m.–1:00 p.m., Spring Arbor of Salisbury, 14001 Turnberry Ln., Midlothian

### PERSONAL PERSPECTIVES OF SURVIVING CARE PARTNER STRESS

Jan. 3, 6:00–7:30 p.m., Our Lady of Hope, 13700 N. Gayton Rd., Henrico

## TRI-CITIES AREA

### CAREGIVERS FORUM: LIVING WITH ALZHEIMER'S, THE EARLY STAGE

March 9, 9 a.m.–1 p.m. Dunlop House Assisted Living & Specialized Alzheimer's Care, 235 Dunlop Farms Blvd., Colonial Heights, \$10

### CAREGIVER'S FORUM: HEALTHY AGING & CARE GIVING—REDUCING THE STRESS OF CARE GIVING

March 23, 8:30 a.m.–2:00 p.m., First Baptist Church, Hopewell, \$10

### CAREGIVER'S FORUM: RELATIONSHIPS, SUPPORT & TIPS FOR CAREGIVER'S

May 18, 9:00 a.m.–1:00 p.m., Dunlop House Assisted Living & Specialized Alzheimer's Care, 235 Dunlop Farms Blvd., Colonial Heights, \$10

### DEMENTIA: WHAT IS IT?

March 14, 12:45–1:45 p.m., St. Ann's Catholic Church, 17113 Jefferson Davis Hwy., Colonial Heights

March 17, 11:30 a.m. Greenfield Reflections of Petersburg, 550 Flank Rd., Conference Room

### FORGETFULNESS: WHEN IS IT A PROBLEM?

Jan. 11, 11:15 a.m.–12:15 p.m., Faith & Hope Temple C.O.G.I.C., 1800 E. Washington St., Petersburg

### LEGAL & FINANCIAL ISSUES

Jan. 20, 11:30 a.m., Greenfield Reflections of Petersburg, 550 Flank Rd., Conference Room

### LIVING WITH ALZHEIMER'S (MODERATE STAGES)—WHAT YOU NEED TO KNOW

Jan. 26, 6:00 p.m., Dunlop House Assisted Living & Specialized Alzheimer's Care, 235 Dunlop Farms Blvd., Colonial Heights

### LIVING WITH ALZHEIMER'S (MODERATE STAGES)—WHAT YOU NEED TO DO

Feb. 23, 6:00 p.m., Dunlop House Assisted Living & Specialized Alzheimer's Care, 235 Dunlop Farms Blvd., Colonial Heights

### LIVING WITH ALZHEIMER'S (MODERATE STAGES)—WHAT YOU NEED TO PLAN FOR

March 23, 6:00 p.m., Dunlop House Assisted Living & Specialized Alzheimer's Care, 235 Dunlop Farms Blvd., Colonial Heights

### MEDICATIONS & DEMENTIA

Feb. 17, 11:30 a.m., Greenfield Reflections of Petersburg, 550 Flank Rd., Conference Room

### THE FAITH COMMUNITY SPEAKS OUT: BREAKING THE SILENCE ABOUT DEMENTIA

March 26, 9:00 a.m.–3:00 p.m., Gillfield Baptist Church, Perry & Farmer Sts., Petersburg. Fees: \$20.00 per person; Registration by March 1st—\$15.00 per person; Groups of 5 or more—\$10 per person

## Education for Faith Communities

### THE FAITH COMMUNITY SPEAKS OUT: BREAKING THE SILENCE ABOUT DEMENTIA

Registration required. March 26, 9:00 a.m. 3:00 p.m., Gillfield Baptist Church, Perry & Farmer Sts, Petersburg. Fee: \$20.00 per person. Registration received by March 1st \$15.00 per person, Groups of 5 or more \$10 per person

### REACHING OUT IN FAITH

June 7, 9:30 a.m.–1:00 p.m., Spring Arbor of Salisbury, 14001 Turnberry Lane, Midlothian. \$20.00 per person

## MONTHLY SUPPORT GROUPS

### FREDERICKSBURG AREA

**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

**FREDERICKSBURG, 3<sup>RD</sup> TUESDAY, 7:00 P.M.**

Carriage Hill Health & Rehabilitation Center, 6106 Health Center Ln., Judy Scheibe, 540-898-1378

### MP/NN

**KILMARNOCK, 4<sup>TH</sup> THURSDAY, 10:30 A.M.**

Commonwealth Assisted Living, 460 S. Main St., Kilmarnock, Respite care available with reservation, Robin Thompson, 804-435-9896

**KILMARNOCK, 3<sup>RD</sup> THURSDAY, 6:00 P.M.**

Commonwealth Assisted Living, 460 S. Main St., Respite care available with reservation, Robin Thompson, 804-435-9896

**URBANNA, 4<sup>TH</sup> THURSDAY, 1:30 P.M.**

Port Town Village Apts., 111 Port Town Ln., No respite available, 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 & Clare Vergara, 804-693-3166

**GLOUCESTER, 4<sup>TH</sup> TUESDAY, 10:30 A.M.**

Gloucester House, 7657 Meredith Dr., Respite care available with reservation, Ellie Galloway, 804-695-9382 & Clare Vergara, 804-693-3166

**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

### 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 & Carolyn Smith, 804-261-1973

**LAKESIDE, 3<sup>RD</sup> FRIDAY, 10:00 A.M.**

Brookland United Methodist Church, 2501 Staples Mill Rd., Jessica Samet, 804-321-0066

**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

**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

**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

**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

**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

**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

**GOOCHLAND, 2<sup>ND</sup> WEDNESDAY, 6:30 P.M.**

Dover Baptist Church, 635 Manakin Rd. 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, 803-526-2359

**COLONIAL HEIGHTS, LAST WED., 6:00 P.M.**

Dunlop House Assisted Living & Specialized Alzheimer's Care, 235 Dunlop Farms Blvd., Felicia Epps, 803-526-2359 & Christina Dhir, 804-288-0122

## New Service Links People with Dementia, Clinical Studies

The Alzheimer's Association introduced a new 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.



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.

## Felicia Epps Is New Tri-Cities Branch Coordinator

Felicia A. Epps became the coordinator of the chapter's Tri-Cities branch, effective November 1. She replaces Judy Tyree.

From her office in Colonial Heights, Epps will oversee the daily operations of the branch. She provides assistance and information to families who have a loved one with Alzheimer's disease and other forms of dementia. Her service area includes

the cities of Colonial Heights, Hopewell and Petersburg, and the counties of Dinwiddie, Prince George and Surry.

Epps worked for the past six years as a clinical mental health case worker at the community services board in Petersburg. She has also been an active volunteer with the Alzheimer's Association in the Tri-Cities area.

Epps, a Dinwiddie County native, is a graduate of Virginia Union University with a bachelor's degree in psychology. She earned a Masters in Counseling Education from Virginia State University in December.

Felicia can be reached at 804-526-2359 or [felicia.epps@alz.org](mailto:felicia.epps@alz.org).



Felicia Epps

## Chapter Offers Bereavement Support Group

The chapter will launch a support group specifically for individuals who have lost loved ones to Alzheimer's disease or other forms of dementia. Exercises and tools will be shared to help the participants understand the emotions they are experiencing.

Loved ones begin experiencing grief at the time of the person's diagnosis. As time goes by, the grief compounds itself each time the loved one exhibits more memory loss or no longer can perform a certain skill. After the person dies, family caregivers often experience a different form of grief.

The group will convene in Richmond on March 7, 14, 21, & 28 at 2:00 p.m. For location and to register, call 804-967-2580 or email [fran.foster@alz.org](mailto:fran.foster@alz.org).

## Remembering the Alzheimer's Association in Your Will

Is one of your New Year's Resolutions to get organized? This might include getting your affairs in order by having your will, power of attorney, and medical power of attorney prepared.

Have you considered remembering the Alzheimer's Association Greater Richmond Chapter in your will? It is easy and will make a difference in the lives of those served by the Chapter. The following is sample language you can use:

"I bequeath a sum equal to \$ \_\_\_\_\_, or an amount equal to \_\_\_\_\_ percent of my net probate estate passing under this will (i.e., ten percent of the amount remaining after payment of debts, funeral expenses, allowances, exemptions and charges of administration) to Alzheimer's Association Greater Richmond, Inc. to be used in accordance with its sole discretion."

Please contact the office at 804-967-2580 for more information on including the Alzheimer's Association in your estate plans.

## Know Your Charity

Please know that unless you see:



Your donation is not going to the Alzheimer's Association.

If you have any questions, please call the Greater Richmond Chapter 804-967-2580.

## Professional Training

Advanced Registration is required for all Professional Training. Registration and payment must be received by the Alzheimer's Association at least four days prior to training.

### To Register Call:

Fredericksburg: 540-370-0835

MP/NN: 804-695-9382

Richmond: 804-967-2580

Tri-Cities: 804-526-2359

### FREDERICKSBURG AREA

All professional training will be held from 8:30 a.m.–12:30 p.m. at Career Training Solutions, 100 Riverside Pkwy., Ste. 123, Fredericksburg. Cost for each session is \$30 per person.

#### 4 HOUR DEMENTIA-SPECIFIC TRAINING

Jan. 12 • New Employee Dementia Orientation

Feb. 9 • Food Service: Making Connections; Enhancing Mealtime; Nutrition: It's More Than a Meal

March 9 • Dementia Specific Orientation

April 13 • Social Workers: Communication; Understanding Behavioral Changes; Environment & Safety

May 11 • CNAs: Dementia: What Is It?; Coping with Stress; Environment & Safety

June 8 • Activity Directors & Staff: Making Connections; Activities: Why & How?

### MP/NN

All professional training will be held from 9:00 a.m.–1:00 p.m. at Rappahannock Community College. Cost for each session is \$30 per person.

#### Warsaw Campus

Feb. 18 • New Employee Dementia Orientation

April 15 • Social Workers: Communication; Understanding Behavioral Changes; Environment & Safety

June 17 • Activity Directors & Staff: Making Connections; Activities: Why & How?

#### Glenns Campus

Jan. 21 • New Employee Dementia Orientation

March 18 • Food Service: Making Connections; Enhancing Mealtime; Nutrition: It's More Than a Meal

May 20 • CNAs: Dementia: What Is It?; Coping with Stress; Environment & Safety

April 14, 4:00 p.m.–7:00 p.m. & May 12, 4:00 p.m.–7:00 p.m. • In-Home Caregivers: Providing Care for Persons with Dementia. Must attend both sessions. Cost is \$20 for both sessions. Bay Aging Senior Center, 6650 Main St., Gloucester.

### RICHMOND AREA

All 4-Hour Dementia Specific Training held from 1:00 p.m.–5:00 p.m. at the Senior Center, 4200 Innslake Dr., Glen Allen. Cost for each session is \$30 per person.

#### 4 HOUR DEMENTIA-SPECIFIC TRAINING

Jan. 6 • New Employee Dementia Orientation

Feb. 3 • Food Service: Making Connections; Enhancing Mealtime; Nutrition: It's More Than a Meal

March 3 • Dementia Specific Orientation

April 7 • Social Workers: Communication; Understanding Behavioral Changes; Environment & Safety

May 5 • CNAs: Dementia: What Is It?; Coping with Stress; Environment & Safety

June 2 • Activity Directors & Staff: Making Connections; Activities: Why & How?

#### SOCIAL WORKERS CONFERENCE

Feb. 23 • 9:00 a.m.–2:30 p.m., Spring Arbor of Salisbury, 14001 Turnberry Ln., Midlothian. Cost is \$20 per person.

**IN-HOME CAREGIVERS: PROVIDING CARE FOR PERSONS WITH DEMENTIA** March 28 • 3:30 p.m.–9:00 p.m., Mount Vernon Baptist Church, 11220 Nuckols Rd., Henrico. Cost is \$20 per person. Box dinner included.

**ALZHEIMER'S BASED ACTIVITY CARE** March 31 • 8:30 a.m.–5:00 p.m., The Crossings at Bon Air, 9100 Bon Air Crossings Drive, Richmond. Cost is \$75 per person, Limit 25 people.

#### PUTTING THE PERSON BACK IN CARE

April 12 • 9:00 a.m.–4:30 p.m., Lucy Corr Village, 6800 Lucy Corr Blvd., Chesterfield. Cost is \$20 per person.

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

May 4 & 5 • 8:30 a.m.–4:30 p.m., Markel Plaza Building, Salon A, 4600 Cox Road, Glen Allen. Cost is \$50 per person, includes lunches and materials. Space Limited.

### TRI-CITIES AREA

All professional training will be held from 12:00 noon–4:00 p.m. at Goodwill of Central Virginia, 65 Crater Circle, Petersburg. Cost for each session is \$30 per person.

Jan. 26 • New Employee Dementia Orientation

Feb. 23 • Food Service: Making Connections; Enhancing Mealtime; Nutrition: It's More Than a Meal

March 23 • Dementia Specific Orientation

April 27 • Social Workers: Communication; Understanding Behavioral Changes; Environment & Safety

May 25 • CNAs: Dementia: What Is It?; Coping with Stress; Environment & Safety

June 22 • Activity Directors & Staff: Making Connections; Activities: Why & How?

### CHAPTER INFORMATION

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MIDDLE PENINSULA/NORTHERN NECK

### CONTACT INFORMATION

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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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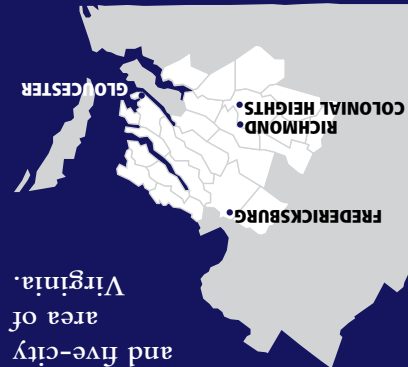


# ALZ MATTERS

**JANUARY | JUNE 2011**

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

• Alzheimer's Association office locations



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

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.

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**alzheimer's association**

Greater Richmond Chapter  
4600 Cox Road, Suite 130  
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