

What is a Care Partner?

'God drafts special people to be Alzheimer's/dementia Care Partners'

By Robert B. Schaefer



Bob Schaefer was a full-time care partner for his wife Sarah who was diagnosed with the probable early onset of Alzheimer's disease while she was still in her forties. After caring for Sarah at home for fifteen years, Bob was forced to place her in a nursing facility where she currently resides.

There is a word that my wife Sarah and I never heard or thought much about when we were growing up in New York City. We made it through our teens and into our twenties when we married and began to start a family. We embarked on our careers and quickly moved through our thirties and forties. We may have occasionally heard a reference to senility or hardening of the arteries, but it was not until we reached our late forties that we began to fully understand the true meaning and impact of Alzheimer's disease upon our families and us. It not only destroys the person with the disease, but also affects and may destroy a "second victim" recognized as a care partner. Alzheimer's also has an impact on each and every family member and friend connected to the victim of this dreadful mind thief.

It is a reality that care partners are drafted into their roles rather than volunteering. "God drafts 'SPECIAL

PEOPLE' to be Alzheimer's/dementia care partners." These folks are immediately thrust into the Super Bowl of care partnering since there are no scrimmages, textbooks or cookbooks of care partnering to prepare them for such responsibilities. They work diligently and feverously with the unending desire of conquering Alzheimer's. Ultimately, in many instances, the Alzheimer's sorrowfully defeats the care partner.

Care partners are drafted without regard to their race, color, creed, national origin, occupation, or financial status. They are indeed remarkable, warm, sensitive, sympathetic, helpful, loving, energetic, practical, and dependable beings. They assume a role in our society that most people would avoid at all costs. They are quickly programmed to think only of their loved ones with Alzheimer's/dementia to the point that they often neglect their own health and well-being. They perform unbelievable miracles routinely as a trainer, coach, and cheerleader. Simply put though, their toughest and most exhaustive task is doing the work of two brains. In other words, they are compelled to routinely think for two people. I challenge you give that a try for a period of time. It is mind-boggling. It is no wonder that Alzheimer's care partners become stressed and so susceptible to burnout.

Care partners eventually discover, some sooner than others, that the key to their victory involves an early pattern of association with their computer, family and friends, clergy, physicians, hospitals and emergency rooms, elder attorneys, a confidant and a support group

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**Our Mission:
People and Science**

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What is a Care Partner? *continued from cover*

and the Alzheimer's Association. Smart and experienced care partners learn to be open minded to the possibility that the utilization of adult day centers, home health care providers and nursing home facilities, and even hospice may become a reality, as the disease reaches its final stages. The central theme of a care partner throughout should be, "I do not have to do this alone," in order to assure their victory as a survivor rather than becoming a second victim to this ghastly disease.

Care partners somehow manage to get up each and every morning to perform one of the most unbelievably stressful roles in our society. I do not want to take anything away from our war heroes or first responders, but I look at Alzheimer's/dementia care partners as the true unacknowledged heroes in America. They perform their ever tedious and life threatening roles right here on the home front, in our own backyards and communities, without ever receiving or expecting to receive any pay, praise or even a thank you.

I believe that care partners could use a quilt to describe their loved ones predicament with Alzheimer's disease. Quilts contain marvelous patterns and stitches. It is not appealing to look at the back of the quilt where the threads are knotted and the rough fabric edges show. Seeing only that side of the quilt you would not think that it was something of value. However, the twists and turns on the other side of the quilt make sense and create something exquisite. The plaques and tangles of Alzheimer's disease symbolize the back of the quilt, but certainly do not and should not detract from the beauty, personality, individuality and the life and worth of that individual. Care partners understand that concept. They also appreciate that the victims of Alzheimer's in their charge have the same needs as all people - knowing that they are loved, feeling good about themselves, feeling secure and being needed to mention just a few. They dedicate their lives to making this a reality.

To all of the extraordinary human beings drafted to be Alzheimer's/dementia care partners in America I say, THANK YOU from the bottom of my heart for all of the sacrifices that you have made in the interests of your loved one. Take care of yourself and reach out for help early in your calling as a care partner. Most importantly, give yourself a big pat on the back because no one else is likely to do that anytime soon.

To everyone else I say, do something special for a care partner that you know. Offer them a big smile and a warm hug. They are special, lonely and dedicated people that are in need of your sensitivity, understanding and support. PLEASE, be there for them during their time of need.

Thank you to Bob for sharing his thoughts, feelings, and words in such a meaningful way. I join him in saying thank you to all the care partners we meet and encourage all of you who know a care partner to be there for them.

*Sherry E. Peterson, CEO
Greater Richmond Chapter*

Tri-Cities Branch Office	Middle Peninsula / Northern Neck Branch Office	Fredericksburg Branch Office
201 Temple Avenue, Suite E Colonial Heights, VA 23834 804-526-2359	P.O. Box 1881 6654 Main Street Gloucester, VA 23061 804-695-9382	2217 Princess Anne Street #106-1F Fredericksburg, VA 22401 540-370-0835

Eating Fish Could Slow Dementia

A new study suggests increased bloods levels of the omega-3 fatty acid docosahexaenoic acid (DHA) - found primarily in fish and fish oil - could slash the risk of dementia and Alzheimer's disease. The research adds to growing evidence linking intake of omega-3 fatty acids, mainly DHA, to improved cognitive function and slower cognitive decline.

The study looked at the association between dementia and DHA levels in the blood of nearly 900 participants (average age 76) in the population-based Framingham Heart Study. After controlling for other known risk factors for dementia, including age, and dividing the study into four groups based on levels of DHA, the researchers found that those in the quartile with the highest DHA levels had a 47 percent lower risk of developing dementia and a 39 percent lower risk of developing Alzheimer's disease than the groups with lower DHA levels.

"The correlation between [blood] DHA content and fish intake was significant, indicating that fish intake is an important source of dietary DHA," wrote lead author Ernst Schaefer of Tufts University in Boston.



The study had several limitations, including taking DHA measurements

on only one occasion, and having dietary data on only a subset of participants.

"In the future, it will also be important to determine whether combined dietary supplementation with DHA can decrease further mental deterioration in patients with established dementia," the researchers concluded.

"From the Comfort of Your Home"

From the Comfort of Your Home: Alzheimer's Educational Telephone Conferences is a new program that enables family caregivers to "attend" an education program and/or support group on the telephone from the privacy of their own homes. Nationally known speakers will present a variety of topics. The telephone conferences allow us to reach those who are unable to attend our regularly scheduled programs. There is no cost to callers. This new program is made possible by a grant from the Richmond Memorial Health Foundation.

Participants must register and can do so by calling 800-272-3900 or 967-2580 or emailing fran.foster@alz.org.

Behavior and Dementia

February 23: 3:00 p.m. - 4:00 p.m.

Speaker:

Virginia Templeton, M.D.
Associate Director of Memory Care
Asheville, NC

Nutrition and Dementia

April 10: 3:00 p.m. - 4:00 p.m.

Speakers:

Linda J. O'Keefe-Wood, M.S., ARNP-C
Ellen M. Notz, R.D.
Department of Psychiatric Service
Veterans Affairs Medical Center
Bay Pine, Florida

Support Group Sessions

March 13: 2:00 p.m. - 3:00 p.m.

May 23: 2:00 p.m. - 3:00 p.m.

Support group limited to 12 participants for each session

2007 Public Policy Platform

Issue: Elderly and disabled Virginians deserve protection from abuse, neglect and exploitation.

Recommendation: The Alzheimer's Association supports legislation to create an Adult Fatality Review Team (AFRT) for the Commonwealth. The AFRT shall review the death of any adult, as defined in § 63.2-1603, who was the subject of an adult protective services investigation or whose death was due to abuse or neglect, or acts suggesting possible abuse or neglect. No adult death review shall be initiated by the Team until the conclusion of any law-enforcement investigation or criminal prosecution. This recommendation requires a general fund appropriation of \$113,000.

Issue: Respite care improves the quality of care and allows persons with dementia to stay in their own home longer.

Recommendation: The Alzheimer's Association supports increasing funding for dementia specific respite.

Issue: Medicaid is the primary source for long-term care and health services for Virginia's low-income citizens. Virginia's Medicaid Waiver services allow a person whom otherwise would be placed in a nursing facility to continue to live at home. Over the past ten years, funding for these services has not kept pace with the cost of providing these services.

Recommendation: The Alzheimer's Association urges a funding plan that would incrementally increase funding for waiver services over the next biennium.

Issue: Virginia's senior population is projected to increase 36% this decade. This increase in population, in combination with rising costs and state funding cuts has left the Area Agencies on Aging with fewer dollars than three years ago. These factors lead to increased waiting lists, cuts in service, and seniors without a safety net.

Recommendation: The Alzheimer's Association supports the full restoration of State General Funds to Area Agencies on Aging.

Issue: The dementia population has been "defined out" of mental health services through the exclusion of dementia as a valid diagnosis for admission to psychiatric programs. The Department of Mental Health, Mental Retardation and Substance Abuse Services (DMHMRSAS) Priority Population Criteria and the Department's State FY 2003 Community Services

Performance Contract provide that "admission to state psychiatric hospitals and institutions is not appropriate for individuals with a diagnosis of dementia. . . unless they also have significant behavioral problems, as determined by qualified state facility staff" (Performance Contract Sec. I(A)(2)(c)), but admission is complicated by cumbersome legal proceedings and law enforcement involvement to obtain temporary psychiatric hospitalization and assessment. Moreover, the DMHMRSAS Priority Population Criteria for Seriously Mentally Ill individuals tends to favor persons under age 65 in general. These barriers, in combination with other factors, such as the assumption that nursing homes can provide for acute psychiatric needs of older individuals with dementia and behavioral problems when in fact nursing homes are not staffed for this function, prevent access to psychiatric hospitalization (both public and private), as well as community resources for this growing population.

Recommendation: The Alzheimer's Association supports measures to help Virginians with dementia receive the psychiatric services they need.

Issue: Home and community-based services (such as in-home care, personal care, home delivered meals, transportation, care coordination, mental health services, adult day care, respite care and Medicaid waiver services) help older Virginians function independently, keep them in the least restrictive setting, strengthen family support, decrease the risk of inappropriate institutionalization, and improve the quality of life.

Recommendation: The Alzheimer's Association urges the General Assembly to respond to the documented unmet needs of older Virginians for critical services such as personal care, home delivered meals, transportation, care coordination, mental health services, and adult day/respite care.

Issue: Virginia's Medicaid nursing home residents receive a Personal Needs Allowance (PNA) of only \$30 per month. This PNA of \$30 is used to purchase clothing, stationery, stamps, books, birthday cards, special personal care and comfort items.

Recommendation: The Alzheimer's Association supports increasing the PNA to \$100 per month. While the vast majority of other states have raised the PNA since it was established by federal law in 1988, Virginia is among nine states that have not raised the allowance since its inception. If the PNA had increased at a rate equal to the change in the Consumer Price Index, it would now be \$123.23 per month. This recommendation requires \$7.5 million GF and \$7.5 million NGE

Other Issues:

- Support the landmark changes to Virginia's Assisted Living laws and regulations that unanimously passed the General Assembly in 2005.

- Support increasing the Auxiliary Grant rate.

If you are interested in receiving Public Policy email alerts, please contact carter.harrison@alz.org.

Bulletin Board

Socks for Alzheimer's

Dolores Rinaldi, a caregiver, is decorating socks, selling them, and donating the funds to the Chapter. The white socks with various colors knitted around the cuff are for ladies and children. If you would like to order socks, please contact Dolores at drinaldi@verizon.net.

Save the Date

Early On-Set Mini-Conference

Tuesday, May 15
1:00 p.m. – 4:30 p.m.

Keynote Speaker:
Rex Biedenbender, MD

Assistant Professor
of Internal Medicine in the
Division of Geriatrics
Eastern Virginia Medical School
Epiphany Evangelical
Lutheran Church
1400 Horsepen Road

Newsletter List

If you no longer want to receive this newsletter, please let us know and help us save money by calling the office at 804-967-2580 or emailing fran.foster@alz.org.

Thank You to the Sponsors of Our 2006 Annual Education Conference

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Eden Pines

Dunlop House

Hospice of Virginia

Mid-Atlantic Chapter Geriatric Care Managers

Net 30 Inc.

The Orchard

Support Groups

Richmond Area

Adult Children, 2nd Tuesday, 7:00 p.m.
Bon Air Methodist Church, 1645 Buford Road, Room 202
Lynda Gormus, 320-0619

Early Stage, 4th Thursday, 1:30 p.m.
Call the Chapter Office for information, 967-2580

Northside, 2nd Tuesday, 7:00 p.m.
HCR - Manor Care, 2125 Hilliard Road
Jodi Teitelman, 828-2219 & Bev Koerin, 828-6692

Mechanicsville, 4th Tuesday, 7:00 p.m.
Hanover Adult Center, 7231 Stonewall Parkway
Peggy Nieder, 662-9117

East End, 4th Saturday, 10:00 a.m.
First Union Baptist Church, 3510 Dill Road
Jackie Page, 321-2573

West End, 3rd Thursday, 3:00 p.m.
Second Baptist Church, 9614 River Road
Sherry Peterson, 967-2585

West End, 4th Monday, 7:00 p.m.
Spring Arbor of Richmond, 9991 Ridgefield Parkway
Education program precedes group meeting
Katie Benghauser, 827-1903 & Linda Godsey Stanley, 501-4013

Far West End, 1st Monday, 10:00 a.m.
Mt. Vernon Baptist Church, 11220 Nuckols Road
Jessica Samet, 321-0066

Midlothian, 2nd Wednesday, 10:00 a.m.
New Life United Methodist Church, 900 Old Hundred Road
Bridget Soyars, 967-2583

Southside, 2nd Saturday, 2:00 p.m.
V.A. Hosp, Nursing Home Din. Rm, 1201 Broad Rock Blvd.
Vivian Bagby, 321-1649

Southside, 3rd Tuesday, 2:00 p.m.
Bon Air Methodist Church, 1645 Buford Road, Room 202
Mary Ann Johnson, 967-2582, Nancy Leatz, 967-2586

Brandermill, 3rd Tuesday, 7:00 p.m.
Brandermill Woods Ret. Ctr., 14311 Brandermill Woods Trl.
Bob Schaefer, 608-1038

Chesterfield, 3rd Thursday, 7:00 p.m.
Lucy Corr Village, 6800 Lucy Corr Court, Classroom
Blanche Castelow, 748-5585, Rebecca Lee, 748-1511

Ashland, 1st Tuesday, 7:00 p.m.
First Baptist Church, 800 Thompson Street
Nancy Schloemer, 798-7038

Tri-Cities Area

Colonial Heights, 3rd Tuesday, 7:00 p.m.
Colonial Heights Library, 1000 Yacht Basin Drive
Blanche Castelow, 748-5585

Hopewell, 1st Tuesday, 3:00 p.m.
Conference Room, Riverview on the Appomattox Nursing
Home, 201 Eppes Street
June Gilliam, 748-6668 & Blanche Castelow, 748-5585

Petersburg, 3rd Thursday, 7:00 p.m.
Eden Pines, 550 Flank Road
Diane Moots, 861-4358 & Judy Tyree, 526-2359
*Respite Provided: contact Judy Tyree at 526-2359 at
least 24 hours before the support group to RSVP for
this free service or for more information.*

Colonial Heights, 4th Thursday, 4:00 p.m.
Alzheimer's Office, 201 Temple Avenue
Judy Tyree, 526-2359

Early Stage, 2nd Thursday, 11:30 a.m.
Second Baptist Church, 3355 Johnson Road
Judy Tyree, 526-2359

Fredericksburg Area

Fredericksburg, 3rd Tuesday, 7:00 p.m.
Carriage Hill Nursing Home, 6106 Health Center Lane
Natalie Kessel, 540-785-1114 & Judy Scheibe, 540-370-0835

Fredericksburg, 3rd Tuesday, 1:30 p.m.
Homecare America, 2017 Plank Rd. (Westwood Shop. Ctr.)
Judy Scheibe, 540-370-0835

Colonial Beach, 3rd Thursday, 7:00 p.m.
Cooper Library, 20 Washington Avenue
Bucky Doerr (Call the Fredericksburg Office for info.)

Middle Peninsula / Northern Neck Area

Lancaster/Irvington, 4th Thurs., 10:30 a.m. (By Appt.)
Rappahannock Westminster Canterbury, Irvington
Barbara Swain, 758-2386

Middlesex County/Urbanna, 4th Thursday, 1:30 p.m.
Port Town Village Apartments, 111 Port Town Lane, Urbanna
Barbara Swain, 758-2386

Warsaw, 3rd Tuesday, 1:00 p.m. (Respite Care Available)
The Orchard, Community Room, 62 Delfae Drive
Robin Thompson, 313-2400 & Laura Plankin, 313-2446

Gloucester, 3rd Wednesday, 7:00 p.m.
Gloucester House, 7657 Meredith Drive
Clare Vergera, 693-3116

Early On-set 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 office at 967-2580.

Richmond Area Caregiver News

Family Education

The Challenges of Being a Care Partner: presented by Dr. Vieweg

April 24, 2007 at 6:30 p.m.
Chippenham Hospital, Boshier Room, 7101 Jahnke Road

Communication: It's More Than Just Words

April 4, 6:00 p.m.
Brighton Gardens, 1800 Gaskins Road

Dementia: What Is It?

March 28, 6:00 p.m.
Brighton Gardens, 1800 Gaskins Road

Forgetfulness: When Is It A Problem?

March 21, 6:00 p.m.,
Brighton Gardens, 1800 Gaskins Road

April 12, 6:30 p.m.
Heritage Green Assisted Living,
7080 Brooks Farm Rd., Mechanicsville

Forum for Caregivers: What can we do for you?

February 13, 10:30 a.m.
A Grace Place, 8030 Staples Mill Road

Humor and Caregiver Stress

April 3, 6:30 p.m.
Sunrise Senior Living, 1807 N. Parham Road

Keeping Your Loved One Safe at Home

April 10, 6:30 p.m.
Sunrise Senior Living, 1807 N. Parham Road

Review: Learning to Speak Alzheimer's

March 13, 10:30 a.m.
A Grace Place, 8030 Staples Mill Road

What to Do When the Going Gets Rough

March 27, 6:30 p.m.
Sunrise Senior Living, 1807 N. Parham Road

Maintain Your Brain

Feb. 7, 6:30 p.m.,
Heritage Green Assisted Living,
7080 Brooks Farm Road, Mechanicsville

May 3, 11:00 a.m.
Johnston Willis Hospital, Main Auditorium,
1401 Johnston Willis Drive, Chesterfield.

Family Matters Series: (There is no charge to attend this series. Pre-registration is not required)

Location: A Grace Place, 8030 Staples Mill Road
Time: 10:30 a.m.

- 04/10/07 "Family Matters: A Matter of Time"
- 05/01/07 "Family Matters: Getting in to Their World"
- 06/12/07 "Family Matters: Coming Together for Alzheimer's"
- 07/10/07 "Family Matters: You are Not Alone"

Putting the Pieces of the Puzzle Together and More: Orientation for Family Caregivers Caring for the Memory Impaired Series:

(Must pre-register and sign up for entire series, \$20 per person for series)

Location: Southerland Pl., 14016 Turnberry Ln., Midlothian
Time: 6:30 p.m.

- 01/25/07 Dementia: What Is It?
- 02/01/07 Legal & Financial Resources: What You Need To Know
- 02/08/07 Communication & Behaviors: What's the Connection?
- 02/15/07 Community Resources: What Are My Options?
- 02/22/07 Humor & Stress: Empowering the Care Partner
- 03/01/07 End of Life Decisions: How Do I Decide?

Location: Christ Church Episcopal, 5000 Pouncey Tract Rd.
Time: 6:30 pm.

- 01/25/07 Dementia: What Is It?
- 02/06/07 Legal & Financial Resources: What You Need To Know
- 02/13/07 Communication & Behaviors: What's the Connection?
- 02/20/07 Care Partner Stress: Tips and Resources to Relieve Stress
- 02/27/07 Late Stage Issues: What to Expect and Hospice Care

Location: Outlook Pointe, 1000 Twin Ridge Lane, Chesterfield
Time: 6:30 pm.

- 02/22/07 Dementia: What Is It?
- 03/01/07 Legal & Financial Resources: What You Need To Know
- 03/08/07 Communication & Behaviors: What's the Connection?
- 03/15/07 Community Resources: What Are My Options?
- 03/22/07 Humor & Stress: Empowering the Care Partner
- 03/29/07 Veterans Benefits

**Volunteer Training: February 5, 2007 from 5:00 p.m. – 8:30 p.m.
Call Bridget Soyars at 967-2583, if you are interested in attending.**

Tri-Cities Area Caregiver News

The Petersburg office has moved and changed its name. To better reflect the service area, the Petersburg Branch Office is now The Tri-Cities Office. The office is now located at 201 Temple Avenue, Suite E, Colonial Heights. The new telephone number is 804-526-2359 and fax 804-526-4128.

If you would like to partner with the Tri-Cities office to host informational/educational programs for the community, please contact Judy Tyree.

Family Education

Veterans 101: Information on VA benefits

March 28, 9:30 a.m. - 10:30 a.m.
Colonial Heights Health Care Center,
831 Eilerslie Avenue, Colonial Heights

Putting the Pieces of the Puzzle Together: Orientation for Family Caregivers Caring for the Memory Impaired.

6-hours of training and 2 books on caregiving included. Registration fee is \$20 fee per person. To register call 526-2359.

Registration must be received by the Alzheimer's Association at least four business days prior to training date selected. Each class is presented in partnership with local businesses listed below and will be held from 10:00 a.m. - 4:00 p.m. with lunch provided.

- | | |
|--------------------|--|
| Tuesday, Feb. 20 | Eden Pines Assisted Living
Class held at Clay Home Medical,
3333 S. Crater Road, Petersburg |
| Wednesday, Mar. 14 | Care Advantage
1617 D Boulevard, Colonial Heights |
| Friday, Apr. 20 | Dunlop House Assisted Living
235 Dunlop Farms Blvd.,
Colonial Heights |

Professional Trainings

Registration must be received by the Alzheimer's Association at least four business days prior to training date. To register, call 518-1293.

4-Hr Dementia Training.

This class provides continued education for professional caregivers. Registration fee is \$10 per person. Minimum of 10 pre-registered participants required for this training. Each class is scheduled from 12:30 -4:30 p.m. Registration must be received by the Alzheimer's Association at least four business days prior to training date selected. To register, call 526-2359.

Thursday, Feb. 8; Tuesday, Mar. 20; Friday, Apr. 27

FREE Caregiver's Conference:

Tuesday, April 17 from 8:30 a.m. until 1:30 p.m.
Eastside Community Enhancement Center in Dinwiddie.
Topics will include: Nutrition and Dementia, In-Home Activities, Legal and Financial Issues and more relevant topics for caring for your loved one at home. Lunch, educational and resource information, and respite care vouchers will be available to caregivers who pre-register and attend this half day conference. Please contact the Tri-Cities branch for additional information and to register at 526-2359. Sponsored by The Cameron Foundation

A new support group to aid in handling the special grief of caregivers. In partnership with Nelsen Funeral Home and Crematory, the Tri-cities branch will provide a 5 week program for caregivers on Tuesdays beginning February 27 through March 27 from 4:00 p.m. until 5:30 p.m. Topics include: the caregiving experience, what is normal grief, using memories to began anew, and forgiveness and other unfinished business. This group will meet at the Church of the Sacred Heart, located at 4415 County Drive, Petersburg. To attend this program, please register by calling Judy Tyree 526-2359 or Karen Gill at 909-0123.

A Ride to Forget-Me-Not.

A special thanks to all of our sponsors and everyone who volunteered and made our inaugural fundraising ride a success. If you would like to assist in planning next year's ride, please contact our office at 526-2359.

Major Sponsors:

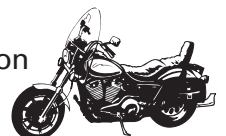
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Middle Peninsula/Northern Neck Area News

Family Education

Talking Alzheimer's: What is it that you want to know and have been afraid to ask?

- February 12, 10:00 a.m.
Northern Neck YMCA, 39 Harris Dr., Kilmarnock
- February 24, 10:00 a.m.
Deltaville Library, 35 Lovers Lane, Deltaville
- March 10, 10:00 a.m.
Urbanna Library, 150 Grace Street, Urbanna

On the Tip of the Tongue – Tips and Techniques for Communicating with Persons with Dementia

- April 19, 11:00 a.m.
Rappahannock Westminster Canterbury,
132 Lancaster Drive, Irvington

Sweetheart Party for Care Partners and Family members

Educational topics including area services available for Care Partners in the Northern Neck. Alzheimer's Association will present information about that organization's specific services. Entertainment follows brief presentations. Reservations may be made by calling Holly at 804-436-5161.

- February 14, 2:00 p.m. - 4:00 p.m.
River Meadows Retirement Community,
42 Mitchell Avenue, Warsaw

Putting the Pieces of the Puzzle Together

A six week series of classes for caregivers. Registration required-\$20 per person for the series, which includes two books on caregiving. Persons must register for all 6 in the series. Please call 804-695-9382 to pre-register. Respite care will be available during the classes.

Location: Gloucester House,
7657 Meredith Drive, Gloucester
Time: 1:30 p.m.

- February 6 Dementia - What is it?
- February 13 Communication and Behavior -
What's the Connection?
- February 20 Coping and Caring - Caregiver Stress
- February 27 Safety - Creating a Safe Environment
- March 6 Community Resources:What are my Options?
- March 13 Legal and Financial Issues/What you
need to Know.

Breakfast for Male Caregivers

This is an opportunity for men to discuss the challenges and the rewards of being a care partner.
February 15, 9:00 a.m. - 11:00 a.m.
Lee's Restaurant, 30 South Main Street, Kilmarnock

Mini Conference

Watch for Special Mailing on this Event!

March 15, 1:30 p.m. - 4:30 p.m.
Port Town Village Apartments Community Bldg.
111 Port Town Lane, Urbanna.

Hands on Training for Caregivers

Enhancing Bath Time - Maxine Maxfield, Ph.D.

Nutrition is More than Just a Meal
- Mary Ann Johnson, M.A.

In-Home Activities - Lori Criswell, R.N.

Professional Trainings

Dementia Training for Home Care Workers

Feb. 8, 4:00 p.m. - 8:00 p.m. (Box dinner included)
Gloucester Senior Center,
6650 Main Street, Gloucester

New Support Groups

Male Caregiver's Support Group

Gloucester, 2nd Wednesday, 1:30 p.m.
Gloucester House, 7657 Meredith Drive
Respite care available during meeting

Ladies Caregiver's Support Group

Gloucester, 3rd Monday, 11:15 a.m.
Gloucester House, 7657 Meredith Drive
Respite care available during meeting

Care Line

The following individuals are willing to share their experiences and coping skills with others who are going through the challenge of caregiving. Call them when you need to talk to someone; they are wonderful listeners!



<u>Name</u>	<u>Relative with AD</u>	<u>Phone #</u>
Cloyde W.	Wife (deceased)	758-0549
Charlene F.	Mother (deceased)	693-6913
Ethel M.	Husband (deceased)	776-7257
Ruby I.	Husband	725-3719

CareLine participants cannot directly endorse or make referrals to facilities, agencies, or services.

Volunteer Training

Feb. 22, 9:00 a.m. - 12:30 p.m. - Call Carole Curtiss
at 695-9382 for information and to register.

Fredericksburg Area Caregiver News

Family Education

Putting the Pieces of the Puzzle Together Series Orientation for Family Caregivers Caring for the Memory Impaired

(Pre-registration is required - participants must sign up for all 6 sessions. \$20 / person for entire series. Includes 2 caregiving books & much additional resource material. Call (540) 370-0835 to register.

Location: Carriage Hill Rehabilitation & Nursing Center, 6106 Health Center Lane, Fredericksburg
Time: 6:30 p.m. - 8:00 p.m. (Conference room)

- February 1 Dementia-What is It?
- February 8 Legal & Financial Issues-What You Need to Know
- February 15 Communication & Behavior - What's the Connection?
- February 22 Stress & the Caregiver- How to Cope
- March 1 Creating a Safe Home Environment for Your Loved One
- March 8 Community Resources:What Are My Options?

Location: Wilburn Gardens Assisted Living, 3500 Meekins Drive, Fredericksburg
Time: 3:30 p.m. - 5:00 p.m.

- March 13 Dementia- What is It?
- March 20 Legal & Financial Issues: Things You Need to Know
- March 27 Communication & Behavior - What's the Connection?
- April 3 Stress & the Caregiver - How to Cope
- April 10 Creating a Safe Home Environment for your Loved One
- April 17 Community Resources:What Are My Options?

Nurturing The Spirit

A workshop for clergy, lay leaders, and interested caring parishioners. Learn how to enhance visitations with memory impaired persons. Includes tips on understanding Alzheimer's, communication techniques, and ways your congregation can help families caring for someone with a dementia disease.

Pre-registration required. \$10/person. Please call (540)370-0835 to register.

March 22, 9:00 a.m. -1:00 p.m.
 Trinity Episcopal Church
 825 College Avenue, Fredericksburg

Professional Trainings

4-Hr Dementia Training - This class provides continued education for professional caregivers.
Registration is required. \$10 fee (non-refundable) Call 370-0835 to register.

Career Training Solutions, 100 Riverside Parkway, Suite #123. - off of Rte 17, near Riverside Dinner Theater.

- Wed., Jan. 10th, 12:30 p.m. - 4:30 p.m.
- Wed., Feb. 14th, 8:30 a.m. - 12:30 p.m.
- Wed., March 14th, 12:30 p.m. - 4:30 p.m.

If you would like to partner with the Alzheimer's Association on providing a community program, please call Judy Scheibe at 540-370-0835.

CAREGIVERS- This One's for YOU!!

FREE Caregiver Mini Conference

<u>Location:</u> Chancellor's Village 12100 Chancellor's Village Lane Fredericksburg (Rte 3 West)	<u>Date & Time:</u> Thursday, April 19 8:30 a.m.-1:00 p.m.
--	--

- Plan on attending our first ever Fredericksburg mini caregiver conference -it's FREE, but registration is required. Topics to include:
- ~ Nutrition: It's More Than Just the Meal
 - ~ Hospitalization Happens: (plus improving communication w/ your doctor)
 - ~ In-Home Activities: Creating Positive Stimulation

When you attend this conference, you can receive up to eight hours of respite care on April 19th for your loved one with dementia. Vouchers for up to eight hours of respite care provided by licensed in-home or adult day care will be given to those who attend. Watch for a separate mailing with more details.

Professional Trainings

4-Hr Dementia Training - This class provides continued education for professional caregivers. Fee \$10 per person. Minimum of 10 pre-registered participants required for the training. (Registration must be received by the Alzheimer's Association at least four days prior to training date selected.) To register, please call 967-2580.

<u>Date:</u>	<u>Time:</u>	<u>Location:</u>
Feb. 15	12:30 p.m. - 4:30 p.m.	VCU-VISSTA Training Center Forest Office Park 1604 Santa Rosa Rd., Richmond
March 15	8:30 a.m. - 12:30 p.m.	VCU-VISSTA Training Center Forest Office Park 1604 Santa Rosa Rd., Richmond
March 20	8:30 a.m. - 12:30 p.m.	Beulah United Methodist 6930 Hopkins Rd., Chesterfield
April 19	12:30 p.m. - 4:30 p.m.	VCU-VISSTA Training Center Forest Office Park 1604 Santa Rosa Rd., Richmond
May 3	8:30 a.m. - 12:30 p.m.	VCU-VISSTA Training Center Forest Office Park 1604 Santa Rosa Rd., Richmond

19-Hour Activities Training:

This training is designed to provide instruction for activity coordinators who provide services to residents/participants with dementia in assisted living communities or adult day care centers. Activity coordinators for special care units can meet requirements in section 22 VAC 40-71-700 C. 12. e. of the Standards of Regulations for Licensed Assisted Living Facilities (40 hours of training in adult group activities/recognizing and assessing activity needs of residents) by completing this 19-hour program, 12 hours of Building Your Skills for Dementia Care training offered by the Alzheimer's Association and a 9-hour supervised independent study.

This program is presented by the Alzheimer's Association and Virginia Department of Social Services, Division of Licensing Programs. Cost for the training is \$50 per person which includes lunch. **Pre-registration is required and space is limited.** Please contact the Alzheimer's at (804) 967-2580 to register.

Date and Time:

February 15, 2007	Registration 8:30 a.m.	Class 9:00 a.m. - 4:30 p.m.
February 16, 2007	Registration 8:30 a.m.	Class 9:00 a.m. - 4:30 p.m.
February 23, 2007	Registration 8:30 a.m.	Class 9:00 a.m. - 2:30 p.m.

Location: Markel Essex Building, 4521 Highwoods Parkway, Glen Allen

Building Your Skills: A Person Centered Approach — 3 Part Series!

The Alzheimer's Association is offering a new training - *Building Your Skills for Dementia Care: A Person Centered Approach*. This training replaces the 12-hour Person Centered Care Training and meets the training requirements of the Virginia Department of Social Services. This course will be offered as a 3 part series and the cost to attend is only \$25 per person. **Pre-registration is required.**

Location: Beulah United Methodist Church, 6930 Hopkins Road, Chesterfield

Dates:

May 10, 2007; 12:30 p.m. - 4:30 p.m.

Modules to be covered:
"Coping with Stress"
"Environment and Safety"
"Dementia What Is It?"

May 17, 2007; 12:30 p.m. - 4:30 p.m.

Modules to be covered:
"Communication"
"Understanding Behavioral Changes"

May 24, 2007; 12:30 p.m. - 4:30 p.m.

"Reducing Pain"
"Easy as Pie: Activities: Why and How"

Dementia in Depth: A Workshop for Social Workers

Topics will include:
Understanding Dementia, Communication & Behavior, Environment & Safety and Community Resources

The cost to attend this training is \$30 per person and lunch will be provided. **Space is limited and pre-registration is required.** The training will be held at:

Date: March 6, 2007

Time: Registration 8:30 a.m. - 9:00 a.m.
Class 9:00 a.m. - 3:00 p.m.

Training Location: VCU-VISSTA Training Center, 1604 Santa Rosa Road, Richmond

Walkers Brave the Weather for Alzheimer's in Richmond



In spite of the thunder and lightning which greeted walkers early on the morning of October 7th, about 500 brave souls came out in support of those affected by Alzheimer's. And they walked – many of them the complete three miles. The Richmond Walk raised over \$180,000. "I am amazed at the outpouring of support in these conditions," said Bob Jackson, Greater Richmond Chapter Board President.

In total more than \$260,000 was raised at the three 2006 Memory Walks. All money raised through Memory Walk is invested in the services provided by the Chapter right here in our own community. Thank you to all who participated in so many ways!



Thank you to the following:

Berkeley Hotel	Loving's Produce
Captain D's	Morrissey's Café
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City Ice	Switch Beverage Company
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Golden Coral	Vatex
Great Big Greenhouse	VCU Students
Hondo's	Wild Noodles
IAAP – Old Dominion Chapter	The numerous volunteers who contributed their time and expertise.
Innsbrook Patrol	
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Top Fundraisers

Gloucester

Individual: Kristi Benton - \$6,660

Team: Benton Bunch - \$8,410

Fredericksburg

Individual: Tracy Lloyd - \$5,485

Team: Art's Angels - \$5,485

Richmond

Individual: Jim Buckle - \$7,000

Team: Genworth - \$47,124

Top Three Teams

1st - Genworth Financial
\$47,124

2nd - The Hermitage at Cedarfield
\$13,680

3rd - The Parrot Head Club of Richmond
\$12,310

2006 Memory Walk - Greater Richmond Chapter

Presented by: Genworth Financial 

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give everyone a reason to hope.

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TO BENEFIT THE

alzheimer's  association

Greater Richmond Chapter

Tuesday, May 8, 2007
(change from earlier announced date)
11:00 a.m. Shotgun

Royal New Kent Golf Course
The Golf Club at Brickshire
Providence Forge, Virginia

to benefit the Alzheimer's Association Greater Richmond Chapter

Royal New Kent has been described as the truest representation of an Irish links in America and Brickshire is a Curtis Strange signature golf course. Awards Dinner at Royal New Kent following play.

Be a hole sponsor! Benefits of a \$1,000 Hole Sponsorship include:

- Sponsor signage on one hole
- One foursome in tournament and all associated benefits.
- Opportunity to distribute literature and product in golfer gift bags.
- Acknowledgement as Sponsor in the Association newsletters - approx. 11,000.

New this Year! Hole sponsor without team \$600

Put together a foursome! A \$500 foursome includes:

- Green fees, a golf cart and range balls.
- Golfer gift bags for each individual.
- Refreshments throughout the day including a catered barbecue lunch.
- Afternoon awards reception.

Individuals welcome at \$125 per person.

There are numerous other sponsorship levels available - please contact the Association at 804-967-2580 for information.

The Alzheimer's Association is the world leader in Alzheimer's research and support. The Alzheimer's Association advances commitment to research, improves services and care for people, creates awareness and mobilizes support for the more than 21,000 men and women locally, as well as their families and caregivers, who are coping with Alzheimer's disease.
