

Respecting the 'Whole' Person

Bill was a self-described "ice cream-aholic."

Alzheimer's had robbed him of much of his memory. Yet, he never seemed to forget where to find the frozen treat. He raided the fridge so often that aides at his assisted living facility had to padlock the freezer door.

As Bill's disease worsened, he became increasingly non-communicative. It would have been possible for even some family members to dismiss him as a shell of a real person. His expressionless face revealed little of the true man inside.

In an earlier life, Bill had been a decorated army officer in World War II. He went on to become a successful insurance executive, selling pension plans to companies throughout much of Virginia. And, in the process, he educated his three daughters at private colleges.

Moreover, Bill was a master bridge player. There was a time when he could remember every card played.

He was so active in his church that some members mistook him to be a minister. When asked if he was indeed a man of the cloth, Bill would typically quip, "No, I've just been sick lately."

Bill had also been one of the top tennis players in his age bracket in Richmond. And, he is credited with having introduced the game of soccer to his alma mater—Davidson College.

His past accomplishments had faded into history. He

was now an old man in failing health who could no longer tie his shoes or comb his own hair. The tennis champ had become the local ice cream-aholic, a young boy in a man's body.

Researchers with the Alzheimer's Society in Great Britain have found that people who suffer from dementia need constant reassurance and support from their loved ones. It's important that they retain a sense of their identity and feelings of self-worth.

One of the ways to provide that reassurance and support is to remember the abilities, interests and preferences of the person with dementia. Take time with the loved one to look through family photo albums. If the person, like Bill, enjoyed tennis, invite him or her to watch a tennis match.

Researchers note that there's sometimes a tendency on the part of caregivers, including family members, to treat the person with dementia as a child. Caregivers should take special care to always communicate with the person as an adult, never "speaking down" to him or her.

Also, never talk across them or over their heads, as if they weren't present. Above all, never talk about the person with someone else when the person is present. Always include them in the conversation.

Even loved ones can easily become frustrated and lose their temper when caring for a person with dementia. Never scold or criticize the person. It achieves nothing and makes him or her feel small.

continued on page 3



Our Mission: People and Science

Inside:

From the Comfort of Your Home, 3
McBride Heads Chapter's Fundraising, 4
Pension Protection Act, 4
Bulletin Board, 5
Support Groups, 6
Branch Office News, 7-10
Training for Professionals, 11
Toy Soldiers, 11
Memory Walk, 13
Honors & Memorials, 14-15

President

Robert D. Jackson

Vice President

Michael E. Larkin

Treasurer

Thomas L. Winston

Secretary

F. Ellen Netting, Ph. D.

Past President

James M. Paxton

Board of Directors

Jane E. Campbell, M.B.A.

William C. Hall, Jr.

Matt Harper

W. Thomas Hudson

Paul G. Izzo

Russell W. Perkins

Henry C. Riely

Patricia Slattum, Ph.D.

Maria Duyos Trzcinski

Thelma Bland Watson, Ph.D.

Chief Executive Officer

Sherry E. Peterson, M.S.W.

Director of Finance & Operations

Kevin Northrop, M.B.A.

Director of Communications

Paul Miller

Director of Development

Alyssa H. McBride, M.P.A.

Development Associate

Maggie King

**Event/Outreach Coordinator
MP/NN**

Holly Jonak

Program Director

Mary Ann Johnson, M.A.

Branch Office Coordinators

Judy Scheibe (Fredericksburg)

Carole Curtiss, M.S.W.

(Mid.Pen. /North. Neck)

Judy Tyree, M.B.A. (Tri-Cities)

Family Care Coordinator

Nancy Lentz

**Program /Volunteer
Coordinator**

Bridget Soyars

**State Public Policy
Coordinator**

Carter Harrison

Office Manager

Fran Foster

Message from the President

Dear Friends,

Recently, we were honored to have Harry Johns, President and CEO of the National Alzheimer's Association, visit our Greater Richmond Chapter. The message he delivered to the Chapter's Board was one of promising developments and a call for increased awareness of this disease. Let's review each of these:



There are currently nine drugs in the last stages of development for treating persons with Alzheimer's disease. Each will work somewhat differently and researchers are more optimistic than in previous years that progress is being made. No cure has yet been discovered but hope exists.

The call for increased awareness rests on the projections researchers are also discovering. The demographic growth of the aging population, combined with the new drug possibilities will present challenges to us. There will be more people who need us, but there will be some drugs that may work with some Alzheimer's sufferers and not with others. In the next 2-3 years, these changes will alter the current status quo, and we will need to be prepared by the numbers of people who need us more.

With the use of a strategic plan, the Greater Richmond Chapter is positioning itself to address our community needs. Listed below are our goals and action steps we have taken so far in meeting these goals:

PROVIDE AND ENHANCE CARE AND SUPPORT

- Outreach to the Hispanic community has begun.
- Services to those with early on-set have expanded with an ongoing support group and an educational mini-conference to be held in May.
- A special workshop, "Dementia in Depth," for social workers was presented.
- A recently received grant for "Nurturing the Spirit" provided continuing outreach and training for clergy and lay leaders.
- A support group for caregivers has been organized at Genworth.

BUILD CAPACITY

- Our new development director, Alyssa McBride, was recently hired.
- Representatives of major corporate organizations and minority groups have been added to the Chapter's Board.

MOBILIZE PUBLIC SUPPORT

- A Senior Alert Bill was passed by the General Assembly.
- Members of the Richmond Chapter attended the National Policy Forum in Washington, DC. and met with Senators and Congressmen.

ADVANCE RESEARCH

- The Chapter donated \$15,000 to Alzheimer's research.

We have made tremendous progress in reaching our strategic goals. With the support of our volunteers, donors, community advocates, corporate citizens, and professional staff, we have achieved these successes. Our opportunity to exceed these accomplishments can be reached with additional effort from each of us. Please think for a moment of the Association's vision of a world without Alzheimer's disease, with your support we can achieve it.

Robert D. Jackson

President

Tri-Cities

Branch Office

201 Temple Avenue,
Suite E
Colonial Heights, VA 23834
804-526-2359

Middle Peninsula /

Northern Neck Branch Office

P.O. Box 1881
6654 Main Street
Gloucester, VA 23061
804-695-9382

Fredericksburg

Branch Office

2217 Princess Anne Street
#106-1F
Fredericksburg, VA 22401
540-370-0835

McBride Heads Chapter's Fundraising

The Greater Richmond chapter welcomes Alyssa H. McBride to its staff. McBride became the chapter's director of development on Feb. 13.

McBride, a Utah native and former Richmond resident, is responsible for the chapter's fundraising.

"I'm excited about joining the team at the Alzheimer's Association," she said. "We have an opportunity to grow, and I'm thrilled to play an integral part in that growth."

She said she became interested in the work of the Alzheimer's Association following her grandmother's move to an Alzheimer's wing at her retirement home. Her mother, who helps care for her grandmother, sought guidance from the association.

McBride, a former community resources coordinator for Richmond Metropolitan Habitat for Humanity, has 15 years' experience in the non-profit and government sectors. She also worked as a supervisor for the Virginia State Board of Elections. Most recently, McBride served as executive director of the International Volunteers in Urology, based in Salt Lake City, Utah.

McBride earned a bachelor of arts degree in English from Utah State University. She also has a master's degree in public administration from the University of Arkansas.

"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 804-967-2580 or emailing fran.foster@alz.org.

Navigating Through Alzheimer's with Communication

June 20: 3:00 p.m. – 4:00 p.m.

Speaker:

Gwendolyn de Geest, RN, BSN, MA
Author of *The Living Dementia Approach*

Support Group Session

May 23: 3:00 p.m. – 4:00 p.m.

Support group limited to 12 participants for each session

Respecting the 'Whole' Person *continued from cover*

Focus on the person's remaining abilities. Let them do things at their own pace and in their own way. Do things with the person rather than for them.

Family members should remember that people with dementia still have feelings. Be sensitive to those feelings. Never brush off worries expressed by the person. Listen and show empathy.

People with dementia need to feel valued. This requires that caregivers be flexible and tolerant. Take time to listen and chat with the loved one.

And, even if the person occasionally raids the ice cream stash, continue to show affection and have a bowl yourself.

Virginia Lawmakers Pass Bills To Aid People with Dementia

The Virginia General Assembly adopted key legislation in its 2007 session that will help people with Alzheimer's disease and other forms of dementia.

"I'm delighted that both parties came together to address the needs of individuals with Alzheimer's disease," said Carter Harrison, public policy coordinator for the Alzheimer's Association's four chapters in Virginia. "From where I sit, this was a very productive session."

Harrison said lawmakers passed a long list of bills related to Alzheimer's disease. He identified the following three pieces of key legislation that will improve the quality of dementia care in Virginia:

Senior Alert – An alert system would be established for missing seniors. The notification system would operate similar to the familiar Amber Alert network. Local media would be involved and law enforcement would post the information on its Web site. Billboards along highways, however, would not be used.

Resident Choice – A resident of an assisted living facility can remain in the facility if the doctor, the immediate family and the administrator of the facility agree. The exception would be if the resident has a condition that would prohibit him or her to stay in the facility.

Hospice Licensing – Hospice facilities would no longer be licensed as assisted living institutions. Instead, they will be licensed as hospice facilities through the state's Department of Health. The move is expected to improve requirements which will better protect the people using the facilities.

Governor Kaine has signed these three bills and they will become law July 1.

Questions about these bills should be directed to Carter Harrison at 804-967-2594. His email address is carter.harrison@alz.org.

New Law Makes It Easier for Some Seniors to Contribute

People who are 70-and-a-half years old or older can now make charitable gifts of up to \$100,000 a year to the Alzheimer's Association and other 501(c)(3) organizations directly from an IRA.

The donor will benefit from this Federal change by not having to report the IRA distribution as taxable income. However, the donor will not be able to claim a charitable income tax deduction for the gift.

The provision is buried deep within Title XII of the nearly 400-page Pension Protection Act of 2006. The act, which President Bush signed into law last August, is the most comprehensive pension reform legislation since ERISA was enacted in 1974.

Those who have questions about this and other provisions of the new law should consult with their tax or financial advisor.

More Than 5 Million Alzheimer's Cases Reported in U.S.

The number of Alzheimer's cases in the United States has risen dramatically in the last four years, according to a report issued in March by the Alzheimer's Association.

The study, entitled *2007 Disease Facts and Figures*, shows that more than 5 million Americans are living with the disease, up 10 percent from 2003 when the previous study was conducted. More than 100,000 of those people are in Virginia. The study estimates that some 130,000 Virginians will be battling the disorder in 2010.

"These numbers are alarming," said Sherry Peterson, the Greater Richmond chapter's CEO. "We hope that lawmakers will take notice of the need to increase funding for Alzheimer's research, as well as for programs that improve the quality of life for those with the disease."

The study shows that of those affected with the disease, 4.9 million are older than 65. As many as 500,000 are younger than 65.

The greatest risk for Alzheimer's is increasing age. With 78 million baby boomers turning 60 last year, it is estimated that someone in America will develop Alzheimer's every 72 seconds.

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 dfrinaldi@verizon.net.

Ukrop's Golden Gift

Important Change to *Ukrop's Golden Gift* powered by *Benevolink*

Effective March 31, 2007 Ukrop's will no longer participate in the Benevolink program. Customers participating in *Golden Gift* powered by *Benevolink* will continue to earn charitable funds from Ukrop's through March 31, 2007. The final date to give earned Ukrop's funds is May 31, 2007. Ukrop's will re-launch a paper-based version of Golden Gift in the fall 2007; information in Ukrop's stores in September.

Dementia Care Conference

The Dementia Care Conference (www.alz.org/careconference) is a wonderful opportunity for networking and learning with Association colleagues as well as other professionals in the dementia care field. The Conference, sponsored by the Alzheimer's Association, will be August 27-29 at the Hyatt Regency McCormick Place in Chicago. Conference registration opens at www.alz.org/careconference on April 9th. Please enter the special promotional code GRI on your registration form. This will help earn free conference registrations for Chapter staff.

Annual Caregiver's Conference

Monday, November 5, 2007
Sheraton West
6624 West Broad Street
8:30 a.m. to 4:30 p.m.

Keynote Address

Dementia and Research
James R. Burke, M/D., Ph.D.
Associate Professor of Medicine
Director of Memory Disorders Clinic
Associate Director, Bryan Alzheimer's Disease
Research Center
Duke University

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.

Afternoon Workshops for Family and Professional Caregivers

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, 12:00 noon
First Union Baptist Church, 3510 Dill Road
Jacki Page, 321-2573

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, 6:00 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, 10:30 a.m.
Care Advantage, 1617 D Boulevard
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.
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 Wednesday, 10:00 a.m. (Respite Care Available)
The Orchard, Community Room, 62 Delfae Drive
Robin Thompson, 313-2400

Gloucester, 3rd Wednesday, 6:30 p.m.
Gloucester House, 7657 Meredith Drive
Clare Vergera, 693-3116

Gloucester - Male Caregivers, 2nd Monday, 9:30 a.m.
Gloucester House, 7657 Meredith Drive
Respite care is available during the meeting
Ted Leonard, 804-642-9189

Gloucester - Ladies Group, 3rd Monday, 11:15 a.m.
Gloucester House, 7657 Meredith Drive
Respite care available during the meeting
Carole Curtiss, 804-695-9382

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

Dementia: What Is It?

June 13, 6:30 p.m.
Heritage Green Assisted Living, 7080 Brooks Farm Road,
Mechanicsville

Family Matters Series:

A Matter of Time

June 1, 10:00 a.m.
Tuckahoe YMCA, 9211 Patterson Avenue

Getting Into Their World

May 1, 10:30 a.m.
A Grace Place, 8030 Staples Mill Road

June 8, 10:00 a.m.
Tuckahoe YMCA, 9211 Patterson Avenue

Coming Together for Alzheimer's

June 12, 10:30 a.m.
A Grace Place, 8030 Staples Mill Road

June 15, 10:00 a.m.
Tuckahoe YMCA, 9211 Patterson Avenue

You Are Not Alone

June 22, 10:00 a.m.
Tuckahoe YMCA, 9211 Patterson Avenue

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

Humor and Caregiver Stress

June 6, 6:30 p.m.
Brighton Gardens, 1800 Gaskins Road

Living On the Roller Coaster Series – A 3 Hour Workshop for Care Partners

This program will cover warning signs of Alzheimer's disease, how to get a diagnosis, communication tips and care partner stress.

Outlook Pointe, 1000 Twin Ridge Lane,
Chesterfield
6:30 p.m.

May 3, Dementia: What Is It?
May 10, Communication: Its Mores Than Just the Words
May 17, Humor and Caregiver Stress

Maintain Your Brain

May 3, 11:00 a.m.
Johnston-Willis Hospital, 1401 Johnston-Willis Drive

May 30, 6:30 p.m.
Brighton Gardens, 1800 Gaskins Road

May 31, 4:00 p.m.
Circle Center Adult Day services,
3900 W. Broad Street, # 20
Please call 355-3717 to register

June 14, 3:00 p.m.
Brandermill Woods, 14311 Brandermill Woods Trail,
Midlothian

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: Sunrise, 1807 N. Parham Road

Time: 9:30 a.m.

May 17, Dementia: What Is It?

May 24, Legal & Financial Resources: What You Need
To Know

May 31, Communication & Behaviors: What's the
Connection?

June 7, Medications and End of Life Decisions: How
Do I Decide?

Location: Tuckahoe YMCA, 9211 Patterson Avenue

Time: 6:30 pm.

April 19, Dementia: What Is It?

April 26, Legal & Financial Resources: What You Need
To Know

May 3, Communication & Behaviors: What's the
Connection?

May 10, Medications and Dementia

May 17, Humor & Stress: Empowering the Care Partner

May 24, Community Resources and End of Life Decisions

Tri-Cities Area Caregiver News

Family Education

A Review of "Family Matters: Coming Together for Alzheimer's"

There will be brief video clips of interviews with persons diagnosed with dementia and family and professionals talking about the issues that occur when the diagnosis is a dementia disease.

Discussion will follow each section. To register, call 526-2359. Registration must be received at least four business days prior to the program date selected.

June 26-28, 12 Noon - 1:00 p.m.
Colonial Heights

July 10-12, 5:00 p.m. - 6:00 p.m.
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.

May 8-10, 5:00 p.m. - 7:00 p.m.
Colonial Heights

June 5-7, 10:30 a.m. - 12:30 p.m.
Colonial Heights

July 20, 10:30 a.m. - 4:30 p.m. *
Colonial Heights

** This class is being presented by the Alzheimer's Association in partnership with Colonial Heights Health Care Center and includes lunch.*

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.

Class provides continued education for professional caregivers. Registration is required. There is a non-refundable fee of \$10 per person. 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.

May 22
Colonial Heights Library, 1000 Yacht Basin Drive

June 20
Goodwill of Central Virginia, 65 Crater Circle,
Petersburg

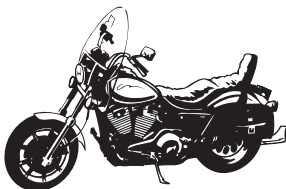
July 18
Goodwill of Central Virginia, 65 Crater Circle,
Petersburg

Volunteers

Volunteers are caring People. Have you ever thought about being a volunteer for the Alzheimer's Association? Do you have a few hours to work in our office, facilitate a support group, or work at a health fair? We need your help! No experience necessary - we will provide training on Thursday, June 7 from 2:00 p.m. - 5:00 p.m. If you are interested and would like additional information, please contact Judy Tyree at 526-2359.

Save the Dates:

A Ride to Forget-Me-Not
Saturday, 9/29/07



FREE Caregivers' Mini-Conference
Friday, 10/12/07
Tabernacle Baptist Church
Community Life Center
444 Halifax Street, Petersburg

Caregivers Night Out - A Night on the "Red Carpet"
You're the STAR!
August 16, 2007

A celebration of your efforts at the Beacon Theatre in Hopewell.
Call the Tri-Cities branch for more details.

Middle Peninsula/Northern Neck Area News

Family Education

Putting the Pieces of the Puzzle Together: 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 & additional resource material. Call 804-695-9382 to register.

Location: Mill Pond Village (Adult Housing)
56 Mill Pond Lane (Behind Dollar General)
Montross, VA 22520

Time: 1:30 p.m.

- May 23 Dementia: What is it?
May 30 Communication and Behavior: What is the Connection?
June 6 Coping and Caring: Caregiver Stress
June 13 Safety: Creating a Safe Environment
June 20 Community Resources: What are my Options?
June 27 Legal and Financial Issues: What you need to Know
Register by May 18th

Location: Mayfair House
460 Main Street
Kilmarnock, VA 22482

Time: 1:30 p.m.

- July 12 Dementia: What is it?
July 19 Communication and Behavior: What is the Connection?
July 26 Coping and Caring: Caregiver Stress
August 2 Safety: Creating a Safe Environment
August 9 Community Resources: What are my Options?
August 16 Legal and Financial Issues: What you need to Know
Register by July 9th

Maintain Your Brain

A 1-hour workshop focusing on brain health and the healthy body/healthy mind connection.

June 25, 1:30 p.m.
Northern Neck YMCA
Harris Drive (next to Rappahannock General Hospital), Kilmarnock
Call: 436-5161 for reservations.

Forgetfulness: When is it a Problem?

May 31, 10:00 a.m.
Gloucester Adult Lifestyle Center,
6654 Main Street, Gloucester
Call 695-9382 for reservations

May 31, 7:00 p.m.
Gloucester Adult Lifestyle Center,
6654 Main Street, Gloucester
Call 695-9382 for reservations

July 23, 1:30 p.m.
Northern Neck YMCA
Harris Drive (next to Rappahannock General Hospital), Kilmarnock
Call 436-5161 for reservations.

Enhancing Communication: Is Anyone Out There? Can You Hear Me?

July 9, 1:30 p.m.
Northern Neck YMCA
Harris Drive (next to Rappahannock General Hospital) Kilmarnock
Call 436-5161 for reservations.

July 24, 10:00 a.m.
Riverside Tappahannock Hospital Conference Room
618 Hospital Road, Tappahannock
Call 436-5161 for reservations.

July 31, 1:30 p.m.
Riverside Walter Reed Hospital Conference One,
Gloucester
Call 695-9382 for reservations.

Nurturing the Spirit

A 3 hour workshop for clergy and lay leaders to enhance visitation and tips on how to help families caring for someone with a dementia disease.

July 30, 9:00 a.m. - 12:00 p.m.
Northern Neck YMCA
Harris Drive (next to Rappahannock General Hospital), Kilmarnock
Call 436 - 5161 for reservations.

July 16, 9:00 a.m. - 12:00 p.m.
Riverside Walter Reed Hospital Conference Room One, Gloucester
Call 695 -9382 for reservations.

Learning and Leisure in the Northern Neck

This two-hour program is presented by the *Northern Neck Aging Network* and is free and open to the public. Representatives from a variety of Northern Neck services – educational, health-related, and recreational – will provide information about opportunities in the Northern Neck. Refreshments will be provided. Door prizes will be awarded. Reservations are required.

May 10, 1:30 – 3:30 p.m.
St. Andrews Presbyterian Church
435 Church Street
Kilmarnock, VA 22482
Call 436-5161 for reservations.

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:** Salem Church Library
2607 Salem Church Road
- Time:** 10:00 - 11:30 am
- May 22 Dementia: What is It?
May 29 Legal & Financial Issues: What You Need to Know
June 5 Communication & Behavior: What's the Connection? (1:00 - 2:30 pm)
June 12 Stress & the Caregiver: How to Cope
June 19 Creating a Safe Home Environment for Your Loved One
June 26 Community Resources: What Are My Options?

- Location:** Visiting Angels Senior Home Care
108 Westwood Office Park, Fredericksburg
- Time:** 4:00 - 5:30 pm
- June 21 Dementia: What is It?
June 28 Legal & Financial Issues: Things You Need to Know
July 5 Communication & Behavior: What's the Connection?
July 12 Stress & the Caregiver: How to Cope
July 19 Creating a Safe Home Environment for your Loved One
July 26 Community Resources: What Are My Options?

Putting the Pieces of the Puzzle Together - One day training (Registration Required)

- Location:** Homecare America, 2017 Plank Road
(Westwood Shopping Center, Rte. 3W)
- Date:** Thursday, June 7th
- Time:** 9:30am - 4:30pm

Hospitalization and the Person with Dementia

Learn what you need to know if your loved one with a memory impairment has to go to the hospital either unexpectedly due to a fall or if they have a scheduled procedure.

May 31, 10:00 a.m., General Washington Executive Center
2217 Princess Anne Street, 2nd Floor Conference Room

July 18, 2:00pm, Cooper Library
20 Washington Avenue, Colonial Beach

Living on the Roller Coaster:

A three-part workshop designed for caregivers will be held at Cooper Library, 20 Washington Avenue, Colonial Beach. There is no charge, but **registration is required**. Please call Judy Scheibe at **(540) 370-0835**, or email her at judy.scheibe@alz.org

- May 23 - 1:00 - 3:00 p.m.
Dementia: What Is It?
Communication & Behavior: What's the Connection?
May 30 - 1:00 - 3:00 p.m.
Stress & the Caregiver: How to Cope
Creating a Safe Home Environment for Your Loved One
June 6 - 1:00 - 3:00 p.m.
Community Resources: What Are My Options?
End of Life Decisions & Hospice

Professional Trainings

4-Hour Dementia Orientation Training:

A four hour training to provide continuing education for your staff. **Registration is required**. \$10 fee (non-refundable) **Call 370-0835 to register.**

- Wed, May 9th, 12:30pm - 4:30pm Career Training Solutions
Wed, June 13th, 8:30am -12:30pm Career Training Solutions
Wed, July 11th, 12:30pm - 4:30pm Career Training Solutions

Career Training Solutions is located at 100 Riverside Parkway, Suite #123. It is off of Rte 17, near Riverside Dinner Theater. Please call if you need more specific directions.

Volunteer Training

We would love to add you to our list of volunteers that can represent the Alzheimer's Association at health fairs and general events. We also need more people on our Speakers Bureau helping to spread the word of the services and resources we have available to the community. Or, if you are interested in facilitating a support group, taking helpline calls, or just volunteering some regular office help on a weekly basis, **please contact the Fredericksburg office at 370-0835.**

Thursday, May 17th
9:00 a.m. - 1:00 p.m.
Alzheimer's Association Office Bldg.
General Washington Executive Center
2217 Princess Anne Street, Fredericksburg
2nd floor Conference room

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>
May 3	8:30 a.m. – 12:30 p.m.	VCU-VISSTA Training Center Forest Office Park 1604 Santa Rosa Road
May 22	8:30 a.m. – 12:30 p.m.	VCU-VISSTA Training Center Forest Office Park 1604 Santa Rosa Road
June 12	4:00 p.m. – 8:00 p.m.	Beulah United Methodist Church 6930 Hopkins Road, Chesterfield
June 21	12:30 p.m. – 4:30 p.m.	VCU-VISSTA Training Center Forest Office Park 1604 Santa Rosa Road

Nurturing the Spirit

A workshop for faith based communities with tips for reaching out to families who are caring for person with dementia diseases. Registration required – please register by calling 967-2580.

Date: May 19

Time: Registration 8:30 - 9:00
Program 9 a.m. – 11:30 a.m.

Location: Manakin Episcopal Church
985 Huguenot Trail, Midlothian

Building Your Skills: A Person Centered Approach

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 12-hour 3-part series and the cost to attend is only \$25 per person. **Pre-registration is required.** (*Certificates of Completion will be issued upon completion of training and receipt of payment*). This series will be held at Beulah United Methodist Church, 6930 Hopkins Road, Chesterfield. Modules to be covered are as follows:

Dates:

May 10, 12:30 – 4:30 p.m.

Coping with Stress
Environment and Safety
Dementia: What Is It?

May 17, 12:30 – 4:30 p.m.

Communication
Understanding Behavioral Changes

May 24, 12:30 – 4:30 p.m.

Reducing Pain
Easy as Pie: Activities: Why and How

11-Year-Old Builds, Sell Toy Soldiers for Chapter

Leading an army of toy soldiers, a compassionate 11-year-old raised in excess of \$500 for the Alzheimer’s Association’s Greater Richmond Chapter.

After watching her grandmother’s ongoing battle with Alzheimer’s disease, Maggie Weber decided to do something on her own to help the chapter. She opted to build and sell toy soldiers, a Holiday decoration that her mother had constructed during Christmases past.

The Chickahominy Middle School student advertised her toy soldiers, built of plastic flower pots, with flyers targeting friends and neighbors. It didn’t take long for the Mechanicsville Local newspaper to pick up on the story. After that, her sales skyrocketed.

With help from her older sister, Maggie built and sold 105 of the toy soldiers and sold them at \$5 each.

“She’s a really sweet compassionate girl,” said Beth Weber, Maggie’s mom.

Weber said this isn’t the first time her daughter has taken it upon herself to help a charity. Maggie also cut all of her hair to donate to Locks of Love. Locks of Love is a non-profit organization that provides hairpieces to financially disadvantaged children under age 18 who suffer from long-term medical hair loss.



Plan to leave a Legacy of Hope

Have you remembered the Alzheimer's Association in your will or trust?

Here is sample bequest language you can take to your attorney:

"I, [name], of [city, state, ZIP], 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."

Other planned giving opportunities include gifts of charitable gift annuities, gifts through your will, gifts of life insurance and charitable trusts. Our staff is available to discuss your options in complete confidence.

Consider investing in the Alzheimer's Association: your gift will ease the medical, social and financial impact of Alzheimer's disease in our community.

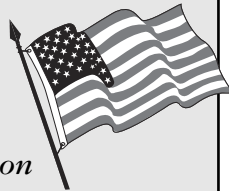
Mother's Day - May 13th

Father's Day - June 17th

A gift in memory of or in honor of a mother or father will not only honor your loved one but will honor all mothers and fathers battling Alzheimer's disease everywhere.

Memorial Day – May 28th

In lieu of, or in addition to flowers on Memorial Day, please consider designating a memorial gift to the Alzheimer's Association Greater Richmond Chapter. All contributions help support programs and services in our chapter area.



Be Remembered by Our Readers

The chapter's newsletter is an integral tool in providing care and support for all affected by Alzheimer's or other dementia diseases. This 16-page publication is published quarterly and mailed to over 11,000 people in the surrounding 24-county and five-city area. The recipients are caregivers, interested parties in the fields of long-term care, medicine, and research, as well as supporters from the general public. Articles often include: first-person narratives by caregivers, profiles of partner groups and organizations, and updates on chapter events. Additionally, each issue lists the many education programs and support groups sponsored by the Richmond office and its three satellite offices in Gloucester, Fredericksburg and the Tri-Cities. ***For many older readers who do not have access to the internet this is their lifeline to our support system.***

Be remembered by our readers! You or your business can take advantage of this excellent advertising opportunity while also providing an *essential* community resource.

Issue Sponsorship: \$5,000

Sponsor's logo along with the words 'this issue has been generously sponsored by' will be prominently displayed on the back page.

Annual Sponsorship: \$17,500

Sponsor receives exclusive sponsorship of all four newsletters. Logo and sponsorship acknowledgement will be displayed on the back page of each issue.

Please contact Alyssa McBride at (804) 967-2581 or Alyssa.mcbride@alz.org for more information.

alzheimer's  association
memory walk'07[®]
Taking steps to end Alzheimer's

Nationally presented by

Genworth Financial 

September 15th
Gloucester

September 15th
Fredericksburg

October 6th
Richmond

NEW THIS YEAR!

Richmond Memory Walk '07 will take place at the Genworth Financial corporate campus
6630 West Broad Street

Taking Steps to End Alzheimer's

Why participate? Alzheimer's disease affects more than 5 million Americans of every race, gender and culture. It costs our nation over \$1 billion a year. In Virginia more than 107,000 people are affected. Every step you take brings new hope for new resources, better treatments and—hopefully—a cure.

How to participate?

Form a team of walkers and share the experience with your family, your friends or coworkers. Pool your resources and enthusiasm to help the fight! The Chapter can provide you with numerous resources to help you put together a team.

Be a sponsor and join the growing number of corporations and organizations that stand by our community members coping with Alzheimer's. Opportunities range from \$500 to \$10,000.

Donate your time as a Memory Walk volunteer. It takes many dedicated people to make this large event happen; we need your extra pair of hands.

Donate a product. Your company or organization may be able to donate a service or product that can support the event. In-kind gifts are welcome.

Call today (804) 967-2580 or visit the website at www.richmondalzheimers.org for more information.

If you'd rather type than walk — WE NEED YOU!

Memory Walk Data Entry Volunteers Needed.

We are looking for a few good volunteers who are willing to help enter Memory Walk donations, using Kintera online software with MS Excel interface (we will train you!). Time commitment: 8-10 hours/week, September and October (possibly into November). Please contact Alyssa McBride at (804) 967-2581 or Alyssa.mcbride@alz.org for more information.

Honors and Memorials

ANNUAL GIVING IN HONOR OF:

MRS. CATHERINE BANK
Ms. Virginia M. Pleasant

MS. JEAN CORDLE
Ms. Mary Arrington

MS. DORA CROUCH
Ms. Frances LaVecchia

DR. STANLEY N. FURMAN
Mrs. Clarence Jung

MS. ELLEN HARTMAN
Ms. Mary Richard

MARIE UTLEY
Dr. Charles R. Utley

ANNUAL GIVING IN MEMORY OF:

ELIZABETH BATARI
Ms. Brenda Girolamo

DOROTHY BEAGLE
Mr. and Mrs. W. Craig Beagle

REV. DR. WILLIAM J. BECKETT, JR.
Dr. Joyce Beckett

GLADYS CAPES
Ms. Judy Scheibe

EVELYN CARTER
Mr. Curtis Carter

MR. ROBEY ESTES
Ms. Marian English

MS. JANE W. FURHMAN
Mr. and Mrs. Jerry Carpenter

MS. EDITH GERARDI
Mr. Donald M. Gerardi

MR. REID HOPKINS
Mr. and Mrs. Roger Hopkins

DR. CLARENCE JUNG
Mrs. Elizabeth Y Hall

GLADYS KREONICK
Mr. and Mrs. Victor Golderos

MS. COLLEEN LAPELLE
Ms. Roni M. Wiedmann

MR. STEWART LIFSEY, SR.
Mr. and Mrs. Eddie Bailey

MRS. TRESSIE POWELL
Mr. and Mrs. Glen La Moyne

TRIBUTES IN HONOR OF:
CLIENTS OF BARTON BARRETT
Mr. Barton Barrett

MS. DORIS DAVIS
Mr. and Mrs. Larry Gilman

TRIBUTES IN MEMORY OF:

MRS. BERNICE BALTIMORE
Mr. and Mrs. Ed Cox
Mr. Olin Hardy, Jr.
Mr. and Mrs. Milton M. Keeton
Dr. and Mrs. Owen McFadden
Ms. Peggy McGee
Mrs. Annice Winder
Mr. Vincent A. Wood, Jr.
Mr. Vincent Wood III

MR. JOSEPH BANDROFCHECK
Mr. and Mrs. James Anderson
Mr. Richard Cole
Mr. and Mrs. George Delaney
Mr. and Mrs. Dean Dennis
Gregg & Bailey, P.C.
Mr. and Mrs. Michael Harenchar
Mrs. John Houston
Mr. and Mrs. Louis Kastelberg
Dr. and Mrs. E. Thomas Newbill
Mrs. Dolores Rinaldi
Ms. Mary Ann Sheehan
Mr. and Mrs. Joseph Stebick
Miss June Sullen
Dr. and Mrs. Charles Thedieck, Jr.
Mr. and Mrs. Ralph Thomas
Virginia Ear, Nose & Throat
Associates, P.C.

MR. NORMAN BEACH
Mr. Larry Cooper
Ms. Charlotte Craig
Patriot Bank

MS. BILLIE BENNETT
Ms. Helen Hardy

MRS. PAULINE BROOKMAN
Ms. Daphne Houston

MRS. ALICE MAE BRYANT
Quinton Oak Softball Team

MRS. EVA BURNS
Ms. Audrey Carter

MR. NORMAN CALL
Allegro Consultants, Ltd.
Celebri-Tees
Color Image Apparel, Inc.
Fruit of the Loom
Mr. and Mrs. Paul Gardner
Oobe, Inc.
Planet Cotton
Screen Scene
Sierra Pacific Apparel Group
Mr. and Mrs. Harold Williams

MRS. LYDIA CARGILE
Cherrydale Civic Association
Mr. and Mrs. John B. LeRoy

MRS. MILDRED CARMINE
Federal Reserve Information
Technology
Mr. and Mrs. Wayne Renyer

MRS. MARY CAVALIER
Mrs. Rose Mary Williams

MS. STEPHANIE CEASAR
Mr. and Mrs. James Clements

MR. MAURICE CLAPMAN
Mr. Dennis McDermott and Friends

DR. EUGENE J. CORNETT
Mr. Aubrey Slough

MRS. NEALE CORSA
Mr. and Mrs. Jim Freeman
Mr. and Mrs. Phillip Keyser
Mrs. Ingard Weimerskirch

MR. GEORGE R. COTTINGHAM
Mr. David K. Lockwood

MR. VICTOR CREECH
Ms. Mary Anne Bryan
Ms. Mary Louise Byrne
Ms. Mary Ann Gries
Mr. and Mrs. Ed Jones
Mr. and Mrs. J.A. Kolbe
Kuehl, Shepherd, Kozlowski Group
Mr. and Mrs. Norris Moses
Rev. Dr. and Mrs. David Moshier
Mr. and Mrs. William Noble, Jr.
Mr. and Mrs. Theodore Pandak
Mrs. Zelma T. Revere
Ms. Jeanne Saunders
Mr. and Mrs. Robert Saunders
Mr. Frank J. Stumpf
Superior Equipment Sales, Inc.

MRS. VIRGINIA CULLUM
Mr. and Mrs. James Todd

MRS. FRANCES CURLE
Mr. Danny K. Allen
Ms. Elizabeth Bowden
Mr. and Mrs. Rusty Curle
Ms. Doris Kelley
Ms. Joyce Parsley
Mrs. Jane Rust
Mr. and Mrs. Jerry Thomas

MRS. VICKY EGGLESTON
Ms. Judy Bryant

MRS. SHIRLEY ENGASSER
Ms. Leola D. Dennison

MRS. RUTH EURE
Virginia Court No. 1

MS. JOAN FITZGERALD
Mr. Thomas Fitzgerald

MR. JACK FOLEY
Mr. and Mrs. Ken Manning

MR. MILLARD FREYSINGER
Ms. Jane Anderson

MS. JANE FUHRMAN
Ms. Elizabeth C. Conner
Mr. and Mrs. James Shapleigh
Ms. Judith Waldron

MRS. ESTELLE GOODWYN
Mr. and Mrs. William Anckaitis

Ms. Bonnie Davis
Ms. Alice M. Farris
Mr. and Mrs. Charles Long, Jr.
Ms. Margaret Myers
Prudential Slater James River,
REALTORS
Mr. and Mrs. Edward Stuart
Mr. and Mrs. Thomas Yencha

MRS. GENEVIEVE GRAVES
Ms. Kay Collie
Mr. Douglas Graves
Mr. and Mrs. Rea Jones
Mrs. Jean Mills
Mr. and Mrs. R.W. Walker

MR. L. E. GRAY
Mrs. Genie Evans

MRS. OLA FRANCES JOHNSON
HALL
Mr. and Mrs. Thomas Farrell

MRS. OLA MAE HALL
Ms. Barbara Hayek
Mr. and Mrs. Ed Holmes and Family

MR. GEORGE HANZLIK
Mrs. Marie Hanzlik

MS. HILDA HUDSON
Chesterfield Sheriff's Office
Mrs. Brenda Croxton
Mr. and Mrs. Barry Woody
Ms. Edith Wright

MRS. CLARA JACKSON
Shoney's of Richmond, Inc.

MRS. MARIE JACKSON
Mr. and Mrs. Steve Francis
Mr. and Mrs. William Gregg & Family
Ms. Gloria Irvin
Ms. Elsie Lanham
Mrs. Joan Phillips
Mr. and Mrs. Jim Pridgen
Ms. Maggie Trayer

MRS. EMAGENE JOHNSON
Mr. and Mrs. Jack Pritchard

DR. CLARENCE JUNG
Mr. and Mrs. Gene Anderson
Mr. and Mrs. Eliot Bird
Ms. Suzanne Bunting
Mr. Herbert E. Clarke
Mr. and Mrs. Robert Dolan
Mr. Garth E. Griffith
Ms. Gwyndolyn W. Keil
Mr. and Mrs. Andy Kunz
Mrs. Donna Lewis
Mr. and Mrs. Charles Marks
Ms. Josephine McMurtry
Mr. and Mrs. William Morling
Ms. Karen Newman
Mr. and Mrs. John Orr
Mr. Eugene Petras
Mr. and Mrs. James A. Pettit, Jr.
Mr. Robert Rigsby
Dr. Kathleen A. Rohaly
Mr. and Mrs. L. Easley Spencer

Mr. B. E. Tate, Jr.
Mr. and Mrs. Dick Underhill
Mr. Ben B. Ussery, Jr.
Washington and Lee University
Mr. and Mrs. John Welsh
Dr. and Mrs. Warwick West, Jr.

MR. JOHN GUS KAPPAS
Ms. Linda Adams
Mr. and Mrs. Richard Conboy
Mr. John Varner, Jr.
Mr. John H. Varner
Ms. Patricia Varner

MR. MATT KELLEY
Mr. and Mrs. Lou Filosa

MR. JOHN F. KELLY
Brandermill Retired Men's Club
Mr. and Mrs. Dick English
Ms. Margaret Ess
Mr. and Mrs. David W. Hartz
Ms. Lillian Heretick
Mr. and Mrs. Joseph Lewis
Mr. and Mrs. Steve Mallett
Ms. Mary Rose Marquette
Mr. and Mrs. Jack McLean
Mr. Brian McMahon
Mr. and Mrs. Austin Newman
Mr. and Mrs. Charles Poland
Mr. and Mrs. Gregory C. Poland
Mr. Edward Smith
Dr. and Mrs. Charles Thedieck, Jr.

MR. DONALD KESSEL
Ms. Margaret Albert
Dominion Resources Services, Inc.
Mr. and Mrs. Robert Haddad
Ms. Sandra Harrison
Mr. and Mrs. Charles Winberg

MRS. ANNE WARREN LAWSON
Dr. and Mrs. I. V. Behm
Mr. and Mrs. Pete Nethercutt
Ms. Marion Stanton

FLORENCE LACY LEWIS
Patricia Stuart Lewis

MR. CURTIS LUCK
Ms. Anna Harris
Mrs. Cora Leber

MR. ROBERT LUNDQUIST
Ms. Ellen Abrams
Balcrank Products, Inc.
Mrs. Doris Beard
Mrs. Mary Ann Haske
Ms. Judith J. Herr
Ms. Marilyn Z. Hogue
Ms. Jean W. Hughes
Mr. and Mrs. Alvin Koenig
Dr. and Mrs. David Lenker and
Family
Mr. Lawrence Metcalf
Ms. Betty H. Odom
Mr. and Mrs. Michael Osborne
Ms. Sarah Richardson
Ms. Norma Smith
Ms. Virginia Wagstaff

MR. GEORGE MERCER
Mr. and Mrs. William Osborne

MRS. LOUISE METHENY
Women of the Moose

MOTHER OF BRENDA SAGAN
Mrs. Marion H. Schwenk

MRS. AGNES MUSASHE
Mr. and Mrs. Greg Hedrick

MR. J. T. MUSICK
Ms. Janet Putnam

MRS. ELIZABETH MUSSER
Ms. Jane B. McDorman

MR. GILBERT NEISZ
Mr. and Mrs. Bruce Edwards
Mr. and Mrs. Ray Moore
Mr. and Mrs. Michael Paulette

MR. READ NORTHEN
Mr. and Mrs. Elliott Harringan
Ms. Rebecca R. Trader

MRS. FLORENCE OAKLEY
Mr. and Mrs. Leslie Sheppard

MR. PETER OLENICK
Mr. and Mrs. Richard Ballenger, Jr.
Mr. and Mrs. John Coates
Ms. Linda Coleman
Mr. and Mrs. Charles Cooper
Ms. Margaret Haag
Mr. and Mrs. R. R. Humphries
Mr. and Mrs. Roger Kniceley
Mr. and Mrs. Darwin Koenning
Mr. and Mrs. Ray Morrisette
Mr. and Mrs. Robert Quirin
Mrs. Jean Roszbacher
Mrs. Pari Ugincius
Ms. Dixie Lee Washington
Mr. Joseph Zeytoonian

MRS. FLORENCE PARKER
Ruth Chapter No. 8, O.E.S.
Ms. Anne Young

MRS. ESTELL PLEASANTS
Mrs. Dody Tribble

MRS. ESTHER POPE
Mr. and Mrs. Joe Frye, Jr.
Mr. and Mrs. Tommy Gurganous
Ms. Shirley Jonas
Managed Benefits, Inc.
Mr. Jerry Partin
Regency Square
Ms. Karen Steding
Stony Point Fashion Park

MR. EDWIN REID
Ms. Bobbie Reid Bailey
Mrs. Maude Clement
Electrical Shop - University of
Richmond
Mrs. Erma Jo Fielden
Ms. Dianne Fuqua
Ms. Meredith Grady
Mr. P. Cabell Gregory IV
Mr. and Mrs. Alex Harris
Mr. Robert A. Holsten
Mrs. Carolyn Martin
Mr. and Mrs. John Page Rawlings
Mr. and Mrs. Ken Sehlhorst

Shaw Constructors
Shaw Constructors, Inc.

MRS. KATHRYN RICE
Kathleen F. Billingsley
Ms. Anna Fadden
Ms. Mary Lou Felthaus
Mr. W. Francis Harris, Jr.
Ms. Sylvia Hermosillo
Mr. Frederick Kraft
Ms. Kathleen Kredell
Ms. Sylvia Payne
Mr. and Mrs. Hunter C. Sledd, Jr.
State Fair of Virginia, Inc.

MR. WILLIE RIPLEY
Consolidated Pipe & Supply Co., Inc.
Ms. Mary Dunbar
Mrs. Janice Guedri
Mr. and Mrs. Kurt Helsing
Mr. John Lovelace
Ms. Sarah Lovelace
Mr. Steven Meadows
Mr. Donald Ripley
Mr. and Mrs. Marvin Ripley
Schwab Charitable Fund
Mr. and Mrs. Thomas Webb
Mr. and Mrs. Bob Williams
Ms. Mae Wright

MS. DOROTHY RITCHIE
Ms. Eleanor Hill

DR. WILLIAM RUSHER
Mrs. Edna Dawkins

MRS. BESSIE SADLER
Ms. Kathryn C. DeVoe

MRS. ANNA SEWARD
Ms. Diane Boxley
Mr. and Mrs. Michael Cummings
Mr. and Mrs. Kurt Haglund
Ms. Miriam Michaels
Mr. and Mrs. Jack Stites
Ms. Frances Wiles

MS. AMMI SHENOY
Mr. and Mrs. Bob Crandall

MRS. DOROTHY SHEWBRIDGE
Mr. and Mrs. Robert Bain
Mrs. Vicki Berling
Mr. and Mrs. Jim Brown
Mr. Andrew Dreelin III
Mr. and Mrs. James Gray, Jr.
Mr. and Mrs. Paul Gromovsky
Mrs. Jeanne Hensler
Ms. Eleanor Hull
Mr. and Mrs. Haywood Hyman
Mr. and Mrs. Bob Jamison
Ms. Jeanne Kenny
Mr. and Mrs. Patrick McGuire
Mr. and Mrs. Doug Miller
Mr. Phil Monzo
Mr. and Mrs. Ralph Puccinelli
Mr. Mark Ramsey
Mr. and Mrs. Jay Rothenberg
Mr. and Mrs. Arthur Shaheen
Mr. and Mrs. W. Richard Smith
SuperValu
Dr. and Mrs. Charles Thedieck, Jr.
Uno's

MRS. ELIZABETH SIMEK
Ms. Jane Melgard

MS. MARGARET SMITH
Ms. Jennie Ey
Mr. and Mrs. John May, Jr.
Mrs. Jane Wolf

MRS. CHARLES TALLEY
Mrs. Essie Gordon

MRS. GLADYS TALLEY
Mr. and Mrs. Francis Curtis
Mr. and Mrs. Bernard Hart
Mr. and Mrs. Philip Robinson
Mr. and Mrs. Tommy Spradlin

MRS. ROSE TAYLOR
Mrs. Kim Johnson
United Network for Organ Sharing

MR. DONALD TERRY
Sunrise Senior Living Brighton
Gardens

MR. EMMETT THOMASON
Mr. and Mrs. Stuart Wade

MR. DAVID WEINSTEIN
Mr. and Mrs. Paul Goldsmith

MRS. PAULINE WESTERMAN
Mr. W. Bates Chappell
Mr. Charles Fox
Mr. and Mrs. Charles Frise
Mr. and Mrs. Donald Kagey
Mr. and Mrs. Sherman McLaughlin
Ms. Linda Tiller
Mr. and Mrs. Troy Westerman

MRS. DOROTHY WILLIAMS
Mr. and Mrs. John J. Hughes, Jr.

MRS. LOIS WOODS
Mrs. Elizabeth Burton
Mr. and Mrs. Wesley Burton
Mr. and Mrs. Frank Lesnock
Mr. J. Dale Patton
Mr. and Mrs. Frank Woods

MR. THOMAS WORSHAM
Mr. and Mrs. Ralph Mangum and
Family

DR. ELLIS ZUCKERMAN
Ms. Ida Mae Hall
Mrs. Viola Zuckerman

Address Service Requested

We are fighting on your behalf 24/7 to
give everyone a reason to hope.

www.alz.org
1-800-272-3900

Early On-Set Alzheimer's Disease

Half-day conference

Conference Location:

Epiphany Evangelical Lutheran Church
1400 Horsepen Road
Richmond, VA

Date/Time:

Tuesday, May 15
1:00 pm - 4:30 pm

Keynote Address:

Beginning the Journey: Dementia and Research

Rex Biedenbender, M.D.
Assistant Professor of Internal Medicine, Division of Geriatrics,
Eastern Virginia Medical School

Planning the Journey – A Panel Discussion

Legal Plans and Veteran Benefits

Robert W. Lesniak, Esquire

What is Available through Social Security?

Ned Sledge, Public Affairs Specialist, Social Security Administration

Getting Involved – The Importance of Advocacy

Michael Splaine, Director, State Policy & Advocacy Programs,
Alzheimer's Association

No charge, but registration is required.
Call 804-967-2580 or email fran.foster@alz.org to register.
