

# Support Group Meetings

Alzheimer's Association Greater Richmond Chapter  
4600 Cox Road, Suite 130, Glen Allen, VA 23060  
804-967-2580 ▪ 800-272-3900 ▪ Fax: 804-967-2588 ▪ [www.alz.org/grva](http://www.alz.org/grva)



## Richmond Area

Call the Chapter Office for information, 804-967-2580

### **Ashland, 1<sup>st</sup> Tuesday, 7:00 pm**

First Baptist Church, 800 Thompson St., Ashland, VA 23005. Bob

### **Bon Air, 3<sup>rd</sup> Tuesday, 2:00 pm**

Bon Air Methodist Ch., 1645 Buford Rd., Family Life Center, Blanchette Brown Room, N. Chesterfield, VA 23235. Nancy

### **Chesterfield, 1st Tuesday, 10:30 am**

Second Branch Baptist Church, 12217 Second Branch Rd., Chesterfield, VA 23838. Edith & Sharon.

### **Chesterfield, 3<sup>rd</sup> Thursday, 7:00 pm**

Lucy Corr Village, 6800 Lucy Corr Lane., Classroom, Chesterfield, VA 23832, Edith

### **East End, 4<sup>th</sup> Saturday, 12:00 pm**

Great Hope Baptist Church, 2101 Venable St., Richmond, VA 23223  
Jacki & Debora

### **East Henrico, 1<sup>st</sup> Thursday, 6:00 pm**

Good Shepherd Baptist Church, 1127 N. 28<sup>th</sup> St., (Conference Room)  
Richmond, VA 23223, Wanda & Joann.

### **Eastern Goochland, 2<sup>nd</sup> Wednesday, 7:00 pm**

Home of Hedy Walker, 1661 Centerville Parke Lane, Manakin Sabot, VA 23103  
Susan Kidd

### **Near West End, 3<sup>rd</sup> Thursday, 6:30 pm – 7:45 pm**

Reveille United Methodist Church, 4200 Cary Street Rd., Richmond, VA 23221

### **West End, 4<sup>th</sup> Tuesday, 6:00 – 7:30 pm**

Reinhart Guest House 1100 Libbie Ave, Richmond, VA 23226. Susan

### **Henrico, 2nd Thursday, 1:00 pm**

Spring Arbor Cottage of Richmond, 10601 Barbara Ln, Richmond, VA 23233.  
Dick & Angie

### **Far West End, 1<sup>st</sup> Monday, 10:00 am**

Mt. Vernon Baptist Church, 11220 Nuckols Rd., Multipurpose Building,  
Room M111-112, Use Entrance #8, Glen Allen, VA 23059. Jessica

### **Mechanicsville, 3<sup>rd</sup> Monday, 7:00 pm**

Shady Grove United Methodist Church, 8209 Shady Grove Rd.,  
Room E106, Mechanicsville, VA 23111. Dave

### **Mechanicsville, 2<sup>nd</sup> Wednesday, 9:30 am**

Hanover Adult Day Ctr., 7231 Stonewall Parkway, Mechanicsville, VA 23111  
Vivian & Barbara.

### **Midlothian, 2<sup>nd</sup> Wednesday, 10:00 am**

New Life United Methodist Ch., 900 Old Hundred Rd., Midlothian, VA 23114  
Bob & Leigh.

### **Midlothian, 3<sup>rd</sup> Tuesday, 7:00 pm**

Brandermill Woods Health Care Center Media Room,  
2100 Brandermill Parkway, Midlothian, VA 23112. Merle & Gregory

### **Sandston, 4<sup>th</sup> Thursday, 1:30 pm**

Chickahominy YMCA, 5401 Whiteside Rd, Sandston, VA 23150

## LGBTQ

*Date and Location TBD.*



### **Younger-Onset and Newly Diagnosed. 1<sup>st</sup> & 3<sup>rd</sup> Tuesday, 4:30 pm For Caregivers and for Persons with Dementia**

Eight sessions. Will meet twice a month. Prescreening is required prior to enrollment. For information on this group, contact the chapter office at 967-2580. (Alzheimer's Association Salons) Steve

### **The Other Additional Dementias (TOAD)**

#### **4<sup>th</sup> Friday, 2:00 pm - 3:30 pm**

Rare Dementias SG: LBD, PCA, PSP, DLB, FTD, FAD, HD, ACD, WKS, NPH, Binswanger and others. The Rec Room, 4116 W. Broad St., Richmond, VA 23230. Laura

### **Frontotemporal Dementia (FTD) Caregiver Support Group**

#### **3rd Thursday, 3:00 pm**

Co-facilitated with Senior Connections. For information on this group, contact Angie Phelon, Senior Connections at 343-3045. Covenant Woods, 7090 Covenant Woods Dr., Mechanicsville, VA 23111. Angie & Raleigh

### **For Caregivers and for Persons with Dementia 2nd Tuesday, 4:30 pm**

Separate, concurrent groups for family members are available. Prescreening is required, for information on this group, contact the chapter office at 967-2592. (Derbyshire Baptist Church) Taylor & Nancy

### **Younger/Millennial Caregivers**

#### **Short Pump, 1<sup>st</sup> Wednesday, 9:30 am – 11:00 am**

Shady Grove United Methodist Church, Disciples of God House, a brick, single family home on the corner of Pouncey Tract and Shady Grove Road to the left of the church office building, 4703 Shady Grove Rd., Glen Allen, VA 23059. Jessica

### **Tri-Cities Area**

For more information, call 1-800-272-3900.

### **Petersburg, 2<sup>nd</sup> Wednesday, 4:00 pm**

Petersburg Public Library, 1<sup>st</sup> Floor Conference Room  
201 W. Washington Street, Petersburg, VA 23803



### **Eastern Goochland Area**

When: 1<sup>st</sup> Tuesday of each month

Where: Jerusalem Baptist Church, 994 Three Chopt Rd, Manakin-Sabot, VA 23103

Time: 10:15 am – 11:45 am – Taylor

### **Richmond (Church Hill Area)**

When: 3<sup>rd</sup> Thursday of each month

Where: Great Hope Baptist Church, 2101 Venable St., Richmond, VA 23223

Time: 11:00 am – 1:00 pm – Taylor



### **Henrico - Men's Meeting**

When: 1<sup>st</sup> Thursday of each month

Where: Spring Arbor Cottage of Richmond, 10601 Barbara Lane,  
Richmond, VA 23233

Time: 10:30 am – 11:30 am – Dick & Raleigh

## Why is a Support Group Important?

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

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

### Tips for Caregivers

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

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

Greater Richmond Chapter 4600 Cox Road, Suite 130 Glen Allen, VA 23060 804-967-2580 800-272-3900	Tri-Cities Branch 201 Temple Ave., Ste. E Colonial Heights, VA 23834 804-446-5860 800-272-3900	Fredericksburg Branch 2217 Princess Anne St. Suite 106-1F Fredericksburg, VA 22401 540-228-1502 800-272-3900	Middle Peninsula / Northern Neck Branch 7335 Lewis Avenue Gloucester, VA 23061 804-446-5857 800-272-3900
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