



**PRESS RELEASE**

**October 1, 2018**

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## **THE BRAINS BEHIND SAVING YOURS.™**

### **ALZHEIMER'S ASSOCIATION GREATER TRI-CITIES CHAPTER TO OFFER EDUCATION PROGRAMS AND SUPPORT GROUP MEETINGS IN OCTOBER**

#### **TRI-CITIES AREA EDUCATION PROGRAMS - OCTOBER 2018**

Friday, October 5, 11:00 a.m.-12:30 p.m.

##### **Senior Seminar**

Bensley Recreation Center  
2900 Drewry's Bluff Road  
North Chesterfield, VA 23237

<https://action.alz.org/PersonifyEbusiness/Default.aspx?TabID=1357&productId=40880811>

Thursday, October 18, 5:30-6:30 p.m.

##### **Healthy Living for your Brain & Body**

Dinwiddie Public Library  
14103 Boydton Plank Road  
Dinwiddie, VA 23841

Please call 804.967.2580 for more information

#### **SUPPORT GROUPS OCTOBER 2018**

Each month, the Alzheimer's Association Greater Richmond Chapter conducts Support Group meetings to provide the community with an opportunity to meet for mutual support and to exchange coping skills. These groups provide the opportunity for participants to maintain their own health and well-being, while enhancing their ability to care for their loved one with Alzheimer's or dementia.

#### **SPECIALTY SUPPORT GROUPS OCTOBER 2018**

Tuesday, October 2 and October 9, 4:30 p.m.

##### **Younger Onset – Newly Diagnosed**

Support group for individual with Alzheimer's and their care partner. Pre-screening is required.  
Please call 804-967-2580 for more information.

Wednesday, October 3, 9:30–11:30 a.m.

##### **Millennial Caregivers Support Group**

Shady Grove United Methodist Church  
4703 Shady Grove Road  
Glen Allen, VA 23059

Please call 804-446-5860 for more information.

Tuesday, October 9, 4:30 p.m.

##### **For Caregivers and Persons with Dementia**

Separate, concurrent groups for family members are available. Prescreening is required. For information on this group, please call 804-967-2592.

Thursday, October 18, 3:00 p.m.

##### **Frontotemporal Dementia Support Group**

Covenant Woods  
7090 Covenant Woods Drive  
Mechanicsville, VA 23111

Please call 804-967-2580 for more information.

## **SPECIALTY SUPPORT GROUPS OCTOBER 2018-CONTINUED**

Thursday, October 25, 1:30 p.m.

### **Early Stage Support Group**

Support group for individual with Alzheimer's and their care partner. Pre-screening is required. Please call 804-967-2580 for more information.

Friday, October 26, 2 p.m.

### **TOAD - Rare Dementia Support Group – For Caregivers and Individuals with Other Dementias**

The Rec Room

4116 West Broad Street

Richmond, VA 23230

Please call 804-967-2580 for more information.

## **TRI-CITIES SUPPORT GROUPS FOR CAREGIVERS OCTOBER 2018**

Tuesday, October 2, 10:30 a.m.

Second Branch Baptist Church

12217 Second Branch Road

Chesterfield, VA 23838

Please call 804-967-2580 for more information.

Wednesday, October 10, 10:00 a.m.

New Life United Methodist Church

900 Old Hundred Road

Midlothian, VA 23114

Please call 804-967-2580 for more information.

Wednesday, October 10, 4:00 p.m.

Petersburg Public Library

201 W. Washington Street

Petersburg, VA 23803

Please call 804-446-5860 for more information.

Tuesday, October 16, 2:00 p.m.

Bon Air Methodist Church

1645 Buford Road

N. Chesterfield, VA 23235

Please call 804-967-2580 for more information.

Tuesday, October 16, 7:00 p.m.

Brandermill Woods Health Care Center

2100 Brandermill Parkway

Midlothian, VA 23112

Please call 804-967-2580 for more information.

Thursday, October 18, 7:00 p.m.

Lucy Corr Village

6800 Lucy Corr Court

Chesterfield, VA 23832

Please call 804-967-2580 for more information.

## **TRI-CITIES SUPPORT GROUPS FOR CAREGIVERS OCTOBER 2018 – CONTINUED**

Thursday, October 25, 5:30 p.m.  
dayBreaks Adult Day Care  
2405 Dovercourt Drive  
Midlothian, VA 23113  
Please call 804-967-2580 for more information.

### **MEMORY CAFÉS**

The Alzheimer's Association's Memory Cafés offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. This is a place where the care partner can receive information while connecting and sharing with other people in similar situations. The bonds formed in Memory Cafés often last throughout the continuum of the disease and become an additional support for those involved.

Thursday, October 18, 1:00-3:00 p.m.  
Henrico Public Library-Sandston  
23 East Williamsburg Road  
Sandston, VA 23150  
Please call 804-967-2580 for more information.

Thursday, October 18 11:00 a.m.  
Great Hope Baptist Church  
2101 Venable Street  
Richmond, VA 23223  
Please call 804-967-2580 for more information.

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### **ABOUT THE ALZHEIMER'S ASSOCIATION GREATER RICHMOND CHAPTER**

The Alzheimer's Association Greater Richmond Chapter was established in 1981 and its mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of Alzheimer's and other dementias through the promotion of brain health. In Virginia, 140,000 individuals live with Alzheimer's, including 26,000 in the 24 counties and 5 cities served by the Greater Richmond Chapter. The chapter serves persons with any dementia disease, not just individuals with Alzheimer's, and ninety-percent of our programs and services are offered free of charge. Last year, the Greater Richmond Chapter assisted more than 11,000 neighbors and answered over 2,100 Helpline calls from individuals seeking information and resources, wanting tips for caregiving, or those just needing someone to listen.