

**FOR RELEASE: October 1, 2019**

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**ALZHEIMER'S ASSOCIATION GREATER RICHMOND CHAPTER TO OFFER EDUCATION PROGRAMS AND SUPPORT  
GROUP MEETINGS IN OCTOBER 2019**

**TRI-CITIES EDUCATION PROGRAMS OCTOBER 2019**

Wednesday, October 2, noon-1 p.m.

**Know the Ten Warning Signs**

Petersburg Family YMCA

120 North Madison Street, Petersburg, VA 23803

<http://bit.ly/2kv7xvc>

Tuesday, October 8, 5:30-7:30 p.m.

**Dementia Conversations**

The Dominion Club

6000 Dominion Club Drive, Glen Allen, VA 23059

[tamikaw@thememorycenter.com](mailto:tamikaw@thememorycenter.com) or 804.378.5100

Wednesday, October 9, 11 a.m.-noon

**Know the Ten Signs**

New Direction Evangelistic Church

9101 Hull Street Road, Richmond, VA 23236

<http://bit.ly/2m5mLXZ>

Wednesday, October 9, noon-1 p.m.

**Healthy Living for Your Brain and Body**

Lunch Break Science at the Science Museum of Virginia

2500 West Broad Street, Richmond, VA 23220

<http://bit.ly/2IMxOVV>

Friday, October 11, 10 a.m.-noon

**Colonial Heights Community Forum**

Colonial Heights Library

1000 Yacht Basin Drive, Colonial Heights, VA 23834

<http://bit.ly/2IJ0Fug>

Monday, October 14, 4:30-7 p.m.

**Volunteer Training**

Merkel Corporation, Salons A&B

4600 Cox Road, Glen Allen, VA 23060

<http://bit.ly/2kKY8PZ>

**SUPPORT GROUPS OCTOBER 2019**

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 share 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 2019**

Wednesday, October 2, 9:30–11 a.m.

### **Millennial Caregivers Support Group**

Shady Grove United Methodist Church

4703 Shady Grove Road, Glen Allen, VA 23059

Please call 804.967.2580 for more information.

Tuesday, October 8, 4:30 p.m.

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

Separate, concurrent groups for family members are available. Pre-screening is required. For information on this group, please call 804.967.2592.

Tuesday, October 15, 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.

Thursday, October 17, 3:00-4:30 p.m.

### **Frontotemporal Dementia Caregiver Support**

Covenant Woods

7090 Covenant Woods Drive, Mechanicsville, VA 23111

Please call 804.967.2580 for more information.

Friday, October 25, 2-3:30 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

## **SUPPORT GROUPS FOR CAREGIVERS OCTOBER 2019**

Tuesday, October 1, 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 9, 4 p.m.

Petersburg Public Library

201 W. Washington Street, Petersburg, VA 23803

Please call 804.967.2580 for more information.

Tuesday, October 15, 2 p.m.

Bon Air Methodist Church

1645 Buford Road, N. Chesterfield, VA 23235

Please call 804.967.2580 for more information.

Tuesday, October 15, 7 p.m.

Brandermill Woods Health Care Center

2100 Brandermill Parkway, Midlothian, VA 23112

Please call 804.967.2580 for more information.

## **SUPPORT GROUPS FOR CAREGIVERS OCTOBER 2019 - CONTINUED**

Thursday, October 17, 7 p.m.

Lucy Corr Village

6800 Lucy Corr Court, Chesterfield, VA 23832

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.

Tuesday, October 1, 10:15-11:45 a.m.

Jerusalem Baptist Church

994 Three Chopt Road, Manakin-Sabot, VA 23103

Please call 804.967.2580 for more information.

Thursday, October 17, 11 a.m.-1 p.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. 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 one hundred percent of our programs and services are offered free of charge. Last year, the Greater Richmond Chapter assisted more than 6,000 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.