



**PRESS RELEASE**

*January 1, 2019*

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

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

#### **TRI-CITIES EDUCATION PROGRAMS**

Tuesday, Jan 15, 2-6:00 p.m.

##### **Health Fair/ Know the Ten Signs**

Magnolias of Chesterfield – Meridian Senior Living  
6701 Court Yard Road  
Chester, VA 23831  
Call 804.967.2580 for more information

Tuesday, Jan 22, 3:30-5:00 p.m.

##### **Healthy Living for Your Brain and Body**

Dunlop House  
235 Dunlop Farms Boulevard  
Colonial Heights, VA 23834  
<https://action.alz.org/PersonifyEbusiness/Events/alz/MeetingRegistration.aspx?productId=42093981>

Friday, Feb 1, 9:00 a.m. – 4:00 p.m.

##### **Prince George County Wellness Fair**

Prince George Wellness Center  
11033 Prince George Drive  
Disputanta, VA 23842, USA  
Call 804.967.2580 for more information

#### **SUPPORT GROUPS JANUARY 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 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.

#### **SUPPORT GROUPS FOR CAREGIVERS JANUARY 2019**

Tuesday, January 1, 10:30 a.m. – **Will not meet in January**

Second Branch Baptist Church  
12217 Second Branch Road  
Chesterfield, VA 23838  
Please call 804-967-2580 for more information.

Wednesday, January 9, 10:00 a.m.

New Life United Methodist Church  
900 Old Hundred Road  
Midlothian, VA 23114  
Please call 804-967-2580 for more information.

## **SUPPORT GROUPS FOR CAREGIVERS JANUARY 2019 – CONT.**

Wednesday, January 9, 4:00 p.m.  
Petersburg Public Library  
201 W. Washington Street  
Petersburg, VA 23803  
Please call 804-446-5860 for more information.

Tuesday, January 15, 2:00 p.m.  
Bon Air Methodist Church  
1645 Buford Road  
N. Chesterfield, VA 23235  
Please call 804-967-2580 for more information.

Thursday, January 17, 7:00 p.m.  
Lucy Corr Village  
6800 Lucy Corr Court  
Chesterfield, VA 23832  
Please call 804-967-2580 for more information

Tuesday, January 15, 7:00 p.m.  
Brandermill Woods Health Care Center  
2100 Brandermill Parkway  
Midlothian, VA 23112  
Please call 804-967-2580 for more information.

Thursday, January 24, 5:30 p.m.  
Day Breaks Adult Day Care  
2405 Dovercourt Drive  
Midlothian, VA 23113  
Please call 804-967-2580 for more information.

## **SPECIALTY SUPPORT GROUPS JANUARY 2019**

Wednesday, January 2, 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, January 8, 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.

Tuesday, January 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, January 17, 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 JANUARY 2019 - CONT**

Thursday, January 24, 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, January 25, 2:00-3:30 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.

## **MEMORY CAFÉ**

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, January 17, 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.