

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



Fredericksburg Area

Call the Chapter Office for information, 540-228-1502.

Fredericksburg, 1st Tuesday, 10-11:30 am

Spotsylvania Regional Medical Center, 4600 Spotsylvania Ave.,
4th Floor Conference Room, Fredericksburg, VA 22408
Lori & Paulette.

For Caregivers

2nd Monday, 6:30 pm

Home Instead Senior Care, 107 Olde Greenwich Dr., Suite 101,
Fredericksburg, VA 22408

Fredericksburg, 3rd Tuesday, 6:00 pm

Spotsylvania Regional Medical Center, 4600 Spotsylvania Avenue
4th Floor Conference Room
Fredericksburg, VA 22408
Judy & Lori.

Fredericksburg, 3rd Tuesday, 1:30 pm

Fick Conference Center, Classroom F, 1301 Sam Perry Blvd,
Fredericksburg, VA , 22401- Behind the Moss Free Clinic
Lori & Melite.

Fredericksburg, 4th Monday, 11:00 am – 12:30 pm

Howell Library, 806 Lyons Boulevard, Fredericksburg, VA 22406
Lori & Melite.

Fredericksburg – For People with Early-Stage Dementia

4th Tuesday, 11:00 am – 12:30 pm

Please call the office for more information – 540-228-1502

Middle Peninsula/Northern Neck Area

Call the Chapter Office for information, 804-446-5857

Lancaster/Kilmarnock, 4th Thursday, 10:30 am

Commonwealth Assisted Living, 460 S. Main St., Kilmarnock, VA 22482
Raleigh

Gloucester, 2nd Wednesday, 10:30 am

Alzheimer's Association Office – DeHardit House
7335 Lewis Avenue, Gloucester, VA 23061. Ted.

Gloucester, 3rd Thursday, 6:00 pm

Alzheimer's Association Office - DeHardit House
7335 Lewis Avenue, Gloucester, VA 23061.

Gloucester Point, 1st Thursday, 10:00 am

Bethany United Methodist Church – Mary Lotsey Classroom
1860 Hayes Rd, Gloucester Point, VA 23062
This support group will not begin until Thursday, August 1st.

Irvington, 1st Monday, 4:30 pm

Rappahannock Westminster-Canterbury, 132 Lancaster Dr.,
Irvington, VA 22480. Support Group available for people with
dementia with reservation.
Amy and Mary

Tappahannock, 2nd Wednesday, 3:30 pm

Bay Aging's Adult Day Care, 1415-C Tappahannock Blvd.,
Tappahannock, VA (behind Carson Flooring)
Jennifer & Shari

Mathews, 1st Thursday, 10:00 am

Riverside Convalescent Center, 603 Main St., Mathews, VA 23109

Farnham, 2nd Thursday, 12:30 – 1:30 pm

Commonwealth Senior Living at Farnham, 511 Cedar Grove Rd.,
Farnham, VA 22460



Fredericksburg

When: Last Wednesday of each month

Where: Starbuck's at Target, 25 Gateway Dr., Fredericksburg, VA 22406

Time: 9:30-11:00 am

Petersburg

When: 4th Wednesday of each month

Where: Petersburg Public Library, 201 W. Washington St.,
Petersburg, VA 23803

Time: 3:00-4:00 pm

Richmond (Church Hill Area)

When: 3rd Thursday of each month

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

Time: 1:00-3:00 pm

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 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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