



NEXT SCHEDULED MEETING

Tuesday, 3/9/2010 @8:30 am
MORNINGSIDE IN THE WEST END
3000 Skipwith Road, Richmond, VA 23294
Contact: Sara Abbott @ 804-270-3990

SOCIAL NITE

Tuesday, 2/9/2010 from 5-8 pm
FIREBIRD'S WOOD FIRED GRILL
11448 Belvedere Vista Lane, Richmond, VA 23235
Contact: Roy Lambertson @ 804-232-6480

RICHMOND SENIOR NETWORK BOARD OF DIRECTORS

OFFICERS OF THE CORPORATION

Paige Carpenter, President	754-8700
Cindy Johnson, Vice President/President-Elect	399-1399
Nick Faraone, Secretary	364-1276
Gray Glass, Treasurer	344-3852
Johnny Ross IV, Immediate Past President	674-5004

COMMITTEE CHAIR POSITIONS

Sally Sperberg, Program Committee Chair	897-2727
Charlie Caprio, Educational Committee Chair	677-5620
Carl Duffey, Membership Committee Chair	921-3924
Brian Ross, Marketing Committee Chair	674-5004
Roy Lambertson, Social Committee Chair	232-6480
Robin Gnatowsky, Assistant Secretary	364-5071

The bylaws of the Richmond Senior Network are available at
www.RichmondSeniorNetwork.org

MEMBERSHIP MESSAGES

Message from the New President

Greetings to all Senior Network Members!
I hope each of you has had a great start to 2010 and I look forward to seeing each you at our future network meetings. It was great to have so many visitors at our January meeting and hope that this trend will continue. A special thanks to Spring Arbor of Salisbury for hosting this meeting. Mark your calendars now for our next meeting which will be held on March 9th at Morningside in the West End! Remember, ask a friend to come to a meeting with you! The POWER OF ONE!

Paige Carpenter

Richmond Senior Network President

Get up to date at www.RichmondSeniorNetwork.org
Please visit it at www.RichmondSeniorNetwork.org to download the latest info or refer potential members to it.



SPECIAL THANKS TO:

We would like to offer our gratitude to Jen Perez and Sally Sperberg with Spring Arbor of Salisbury for hosting a fabulous meeting in January. I don't know about the rest of you guys, but they definitely spoil me with the chocolate covered strawberries!! I would also like to take this opportunity to extend our thanks to all of the members that donated door prizes to be given away. Our networking meetings could not go off as well without members like these.

RICHMOND SENIOR NETWORK SOCIAL MEETINGS!

Please mark your calendar "Richmond Senior Network" on the second Tuesday of every other month. On the months when we do not have our networking meeting, we will have a social meeting. The next Richmond Senior Network social will be held on February 9th from 5-8 pm at Firebird's Wood Fired Grill, 11448 Belvedere Vista Lane, Richmond, VA 23235. That's in The Shoppes at Belvedere, near the intersection of Robious and Huguenot Roads. Please contact Roy Lambertson, More Than Moving for seniors, at (804) 232-6480 or roy@morethanmovinginc.com to find out about opportunities to sponsor this event and to RSVP.

RICHMOND SENIOR NETWORK SPEAKERS BUREAU

One of our goals for the coming year is to publicize our Speaker's Bureau and let the knowledge of our members enhance the lives of Richmond seniors. Please contact either Jen Perez at 897-2727 or Chris Sovine at 225-1126 to be included in our Speaker's Bureau directory or fill out the Speakers Bureau application at www.RichmondSeniorNetwork.org. There will also be applications at the meetings. Jen and Chris are looking for some ideas on how to best utilize the speaker's directory, so please feel free to contact them with any suggestions you may have.

Speaker's Bureau Guidelines:

Speaking topics must be educational in nature and of interest to seniors. Limit reference to your business or employer. A strong presentation will be the best marketing tool. When speaking, also remember that you will represent Richmond Senior Network, Inc., since you were contacted as a result of The RSN's Speaker's Bureau.

UPCOMING EVENTS

FEBRUARY 9TH, RICHMOND SENIOR NETWORK BROWN BAG LUNCH SERIES

February 9, 2010 at 12:00. Spring Arbor of Salisbury (14001 Turnberry Lane, Midlothian, VA 23113) graciously provides the accommodations for our luncheons. Our speaker this month is John Ulshafer with Morgan Keegan & Co. Space is limited so please RSVP to chris.sovine@morgankeegan.com or call 804-221-9267 or contact Jen Perez at japerez@springarborliving.com or call at 804-897-2727. We look forward to seeing you. Don't forget to bring your lunch.

FEBRUARY 13TH, OPEN HOUSE AT SHELTERING ARMS PHYSICAL REHABILITATION CENTER

Join us for free Breakfast and Music featured by Nick and Friends. Saturday, February 13th, 8:00AM – 10:00 AM, Sheltering Arms Physical Rehabilitation Center, Ironbridge Medical Park, 11601 Ironbridge Road, Suite 110, Bring a friend and enjoy great music and FREE McDonald's breakfast and coffee! While you are there, check out our clinic and find out how to stay healthy and mobile! 1-877-56-REHAB

ARE YOU RECEIVING REGULAR UPDATES?

If you are currently a member of the Richmond Senior Network, then you should be receiving faxed or emailed updates for upcoming meetings and requests for events/announcements for each of the newsletters. If you are not receiving these faxes/emails please forward a workable fax number or email address to Brian Ross. You can fax your information to: 804-674-6318 or email it to: Brian@RossPublishing.com.

BLESS YOU FOR OUR WONDERFUL NEWSLETTER/WEBSITE

The Richmond Senior Network would like to extend a heartfelt thank you to the folks at the Seniors Guide/Ross Publishing that have made our newsletter and website what they are today. This organization just wouldn't be where it is without the efforts of members like these. Please visit it at www.RichmondSeniorNetwork.org to download the latest information or refer potential members to it.

WANTED! DOOR PRIZES

Want to get a little extra PR at our networking meetings? Consider donating a door prize. We will offer up to three per meeting. If you are interested, please email Sally Sperberg of Spring Arbor Assisted Living at smsperberg@springarborliving.com.

FEBRUARY 13TH, 8TH ANNUAL CHESTER ROTARY BOWLING TOURNAMENT

Chester Rotary Club's 8th annual bowling tournament will be held Saturday, February 13, 2009 at Bowl America Southwest. Five members teams cost \$125 and include 3 games and the chance to win cash and prizes. Lanes are limited and filling up fast. Sign up at our website www.chestervarotary.org or contact Chris Sovine at 225-1126. This is a great way to advertise your business and help local charities.

FEBRUARY 13TH, FINE ART & VINTAGE AFFAIR AT THE LYNMOORE

You're invited to a Pre-Valentine affair featuring local artist Christopher Mize and his well known paintings and enjoy Champagne and Strawberries along with smooth Life Jazz! February 13th from 2pm to 4pm. 12411 Gayton Road, Richmond, VA 23238-9494. 804-741-9494

FEBRUARY 16TH, FREE SEMINAR OFFERED AT RETREAT HOSPITAL

February 16 - LINC and HCA Retreat Hospital will present a seminar for women cancer patients, survivors, their families and caregivers - "The Legalities of Lymphedema and Reconstruction" at Retreat Hospital 6:30 - 8:00 p.m. at 2621 Grove Ave, Richmond, Va. RSVP by calling 1-877-644-5462 or emailing Education@cancerlinc.org.

Guests are always welcome at our meetings. However, please let your guests know that there is a \$5 charge for the meeting. Cash or checks made out to the Richmond Senior Network will gladly be accepted. That amount will be applied to your membership should your guest join the RSN. Also, if you have any changes that need to be made for the directory, please let Carl Duffey know and he will correct when feasible 921-3924

UPCOMING EVENTS, *continued*

FEBRUARY 16TH, FREE SEMINAR OFFERED AT MORNINGSIDE ASSISTED LIVING

The incapacity or death of a family member always causes emotional turmoil and pain, often magnified by confusion over the person's plans, assets and desires. Learn how to maximize peace of mind with clear, organized and thorough instructions. Be our guests at this free seminar. Refreshments served! Tuesday, February 16th, 7PM Morningside Assisted Living, 3000 Skipwith Rd. Learn more: 804-270-3990

FEBRUARY 18TH, "WHAT'S SO RADICAL ABOUT IMPRESSIONISM?"

Spring Arbor of Salisbury & the Virginia Museum of Fine Arts Present "What's So Radical About Impressionism?" Thursday, February 18th, 6:00 pm- 7:30 p.m. Come and see a display of artworks from the Impressionist era including Degas, Van Gogh, Monet and Renoir Learn more about these influential artists from a museum representative. Cocktail party to follow. For details contact: Jen Perez: 804-897-2727 14001 Turnberry Lane, Midlothian, VA 23113

FEBRUARY 23RD, LEGALITIES OF RECONSTRUCTION AND LYMPHEDEMA

February 23rd – Tuesday, 6:30 – 8:00 p.m. Retreat Hospital, The Classroom – 1st Floor, 2621 Grove Ave., Richmond, Va. RSVP via toll free 877-644-5462 or email Education@cancerinc.org This seminar is presented in partnership with Retreat Hospital HCA and Hospice of Virginia.

FEBRUARY 23RD, THE LYNMOORE PRESENTS "SENSITIVITY TRAINING"

Immerse yourself into the world of Alzheimer's Disease in a way you've never imagined, and explore the challenges of cognitive deficit in everyday life situations. Powerful and enlightening, this session promises to change your view of dementia forever. Seminar will be held February 23 through 25th. 11am – 12:30pm, 2pm – 3:30pm & 4:30pm – 6:00pm. Presented by Victoria Kaczmaerek. Must RSVP to register, space is limited. Call Cassandra Mitchell at 741-9494 or email: cmitchell@lynmoore.com

FEBRUARY 25TH, CARRIAGE HILL TO HOST AARP DRIVER SAFETY CLASSES

Carriage Hill Retirement Community will again host AARP Driver Safety Classes in 2010. The next session is February 25 and February 26, from 9:00 am to 1:00 pm both days. You must attend BOTH days to receive your course completion certificate. Reservations and advance payment may be made by calling Bill Besenfelder at Carriage Hill, 804-262-0115. The cost is \$12 for members and \$14 for non-members.

FEBRUARY 25TH, CONCERT TO BE HELD AT VERENA AT VIRGINIA CENTER

Verena at Virginia Center is pleased to announce a concert by the Young At Heart Choir from Mount Vernon Baptist Church on Thursday, February 25, 2010 at 3:00 pm in the Clubhouse. Light refreshments will be served. Contact Cindy Blevins at (804)261-1100 for details. Verena at Virginia Center is located at 10286 Brook Road, Glen Allen, VA 23059.

MARCH 4TH, LEGAL AND FINANCIAL PLANNING SEMINAR FOR ALL CANCER PATIENTS, SURVIVORS THEIR FAMILIES AND CAREGIVERS.

Thursday, March 4, 2010 1:00 - 4:00 p.m. St. Mary's Hospital Auditorium, 5801 Bremono Rd, Richmond, VA. Topics include Social Security Disability, Medicaid, and Legal Papers and Documents all Cancer Patients Should Have. Seminar is free but registration is requested by either calling toll free 1-877-644-5462 or emailing Education@cancerinc.org.

MARCH 13TH, ALZHEIMER'S ASSOCIATION TO HOST FORUM

The Alzheimer's Association will host a half-day forum March 13, 9 a.m.-1p.m., on Younger-Onset and Early-Stage Alzheimer's. Younger-Onset Alzheimer's is defined as those individuals diagnosed with the disease prior to age 65. The registration fee is \$20 per person, which covers the cost of lunch and materials. Advance registration is required. To sign up, call 804-967-2580 or email fran.foster@alz.org.

MARCH 16TH, FINANCIAL PLANNING FOR WOMEN

March 16 – Tuesday, 6 – 7:30 p.m., St. Francis Medical Center – Orvieto/Florence rooms, 13710 St. Francis Blvd., Midlothian, VA. RSVP via toll free 877-644-5462 or email Education@cancerinc.org This seminar is presented in partnership with St. Francis Medical Center and the Financial Planners Association.

APRIL 14TH, WORKING THROUGH CANCER TREATMENT FOR WOMEN

April 14 – Wednesday, 6:30 – 8:00 p.m., Henrico Doctors Hospital, Williamsburg Room – 1st Floor, 1602 Skipwith Rd, Richmond, VA. RSVP via toll free 877-644-5462 or email Education@cancerinc.org. This seminar is presented in partnership with HCA Henrico Doctors Hospital.



Deadline for
April - May
Newsletter is March 15th!

REMINDER:

Newsletter entries are limited to 60 words per member and should be informational in nature.

The Newsletter will not accept solicitation advertisements, unless approved by the Board of Directors.

Submissions that are purely solicitation will not be accepted.

Please submit your news, upcoming events or announcements that would be of interest and benefit to our members to:

Brian@RossPublishing.com



Disclaimer: Richmond Senior Network News is issued bimonthly as a service to our members. If you have an event or an announcement that would benefit our membership, please submit it in writing to Brian Ross, P.O. Box 4130, Midlothian VA 23112; via fax 804-674-6318; or via email: Brian@SeniorsGuideOnline.com Please include date, time, sponsoring organization, contact person, and phone number. Richmond Senior Network, Inc. reserves the right to edit submissions. Submissions must be received no later than the 15th of January, March, May, July, September and November respectively. Richmond Senior Network, Inc. assumes no liability for information contained herein.

ANNOUNCEMENTS

NEW HOMECARE MAGAZINE IS COMING TO RICHMOND

Home Care Source, a new publication brought to you by Seniors Guide will debut in February 2010. This comprehensive guide will walk seniors and their families through the difficult process of locating the care, products and services to help them stay home. Features and articles will educate readers on the many options available to them in the Richmond area.

NEW BENEFITS PROGRAM YOU CAN OFFER YOUR EMPLOYEES

A new benefit program for companies with 50+ employees, PrimeBenefit powered by PrimeLending, a PlainsCapital Company. This is a no-cost, turn-key employee benefit program offering a 20% cash rebate when you buy or sell a home, a 20% reduction in lender fees, discounts on van line/moving service, competitive rates for home and auto insurance policies thru Liberty Mutual, and home warranties thru Home Warrantech. Follow this link for more info <http://www.dalerich.primebenefit.com/Commercial.htm> or call Dale Rich at (804) 747-7463 for full details.