



RICHMOND SENIOR NETWORK, INC.

[Richmond Senior Network BOARD OF DIRECTORS]

OFFICERS OF THE CORPORATION	PHONE #
Connie Pryor, President	385-1103
Johnny Ross, Secretary	674-5004
Gray Glass, Treasurer	344-3852
Donna Burhman, President Elect	264-1380
Cindi Johnson, Immediate Past President	264-1380
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

Network Notes

NEXT SCHEDULED MEETING Date: Tuesday, January 10, 2012
 Time: 8:30 AM | Imperial Plaza
 Address: 11717 Bellevue Avenue, Richmond, VA 23227
 Contact: Donna Buhman | Phone: 804-264-1380

MEMBERSHIP MESSAGE

It's hard to believe the year has come to an end and what a year it was... The Senior Expo was a huge success ~ thank you to the committee members that served and thank you Connie Pryor for jumping in and taking the leadership role! Partnering with Richmond Flying Squirrels gave RSN new and exciting exposure to the Richmond Area. I think everyone was happy with this new endeavor! Thank you to everyone for your support this past year. I have enjoyed serving as your president and look forward to working with Connie as she takes on this responsibility. I hope everyone has a joyous and safe holiday and look forward to seeing you in 2012!

- Cindi

[MESSAGE-INCOMING 2012 PRESIDENT]

Happy Holidays To All: As we reflect on 2011 let's look forward for a prosperous 2012 for RSN I look forward to working with each of you as we forge forward to expanding our membership, making important networking connections and growing professionally as a group. Many of you have voiced wonderful suggestions to move our organization forward and as most of you know I am one for change. I hope you will find my leadership of value to RSN and I am anxious to lead such a great group of professionals.

- Connie

[SPECIAL THANKS TO]

We would like to offer our gratitude Ann MacLain with HealthSouth Rehabilitation Hospital for hosting a fabulous meeting in November. 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.

[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.

NOTES of INTERESTS

RICHMOND SENIOR NETWORK SPEAKERS BUREAU

The Richmond Senior Network needs your HELP! We currently do not have anyone taking care of our speaker's bureau. If you'd like to take a shot at it please contact Connie Pryor at shegotgifts@yahoo.com.

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.

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 www.RichmondSeniorNetwork.org to download the latest information or refer potential members to it.

UPCOMING EVENTS

December 14 Wednesday

HOLIDAY BRUNCH & OPEN HOUSE

Come celebrate the season with a Holiday Brunch and Open House at Imperial Plaza Retirement Community on Wed., December 14th. Tours of decorated apartments will be from 9:00 to 10:00 a.m. with a brunch and demonstration on Holiday Home Accessorizing to follow in the Magnolia Room. For reservations and more information, please call the Marketing Office at 804 264-1380.

February 18 Saturday

HANDBAGS FOR HOPE

Enjoy a glass of wine, visit with friends, and help end Domestic Violence! All by bidding on donated handbags! The second annual Handbags for Hope will be February 18, 2012 from 7:00pm to 9:00pm at the Science Museum of Virginia. Mark your calendars now! New and gently used handbags can be donated at Imperial Plaza or Woody's Funeral Home. Tickets can be purchased at our website, www.h4hrva.com. If you have questions, please call (804) 994-1844.



[more events on other side...](#)



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 Tuesday December 13th from 5 to 8pm at The Grapevine Restaurant. They are located at 11055 Three Chopt Road (near the intersection of Three Chopt & Cox). 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.

Tuesday, December 13th | 5:00-8:00 PM | The Grapevine Restaurant | 11055 Three Chopt Road (near the intersection of Three Chopt & Cox) R.S.V.P. to Roy Lambertson, More Than Moving for seniors, at (804) 232-6480.

The network will provide hors d'oeuvres, but attendees are responsible for any additional bills. If your business is interested in sponsoring future Social Meetings, please contact Roy Lambertson, More Than Moving for Seniors, at (804) 232-6480.

DECEMBER 10 Saturday

SWEETS WITH SANTA AT SPRING ARBOR OF SALISBURY

Saturday, December 10 from 10 to 11am. Located at: 14001 Turnberry Lane, Midlothian, VA 23113. Come and enjoy the holiday decorations, refreshments, hot apple cider, cookies, tours and more!

JANUARY 25 Wednesday

ABOUT THOSE BONES AND JOINTS

Wednesday, Jan 25th @ 7-8:30pm. 3540 Floyd Avenue, Richmond, VA 23221, Speakers: Barbara Satterwhite RN, Joan Gordon RN & Nikken Independent Consultants. Learn about natural, researched solutions: Increased bone density, Decreased inflammation, NO negative side effects & Improved joint mobility. RSVP: Barbsatterwhite@gmail.com; 437-0243 (Seating limited) Wine & Cheese!

FEBRUARY 11 Sunday

GAMES FOR GOOD

2/11/12, 7-11 pm, Troutman Sanders Building, Richmond, VA. With complementary missions of serving the elderly with respect and dignity, Circle Center Adult Day Services and JFS jointly present. Enjoy camaraderie, music, specialty foods, wine and craft beer – with Casino games and the opportunity to win fabulous prizes -- black tie optional!

MARCH 30 Friday

6TH ANNUAL BOOMER BALL - DISCO NIGHT

Sixth Annual Boomer Ball, 3/30/12, 7-11 pm, Hotel John Marshall, Richmond, VA. Great food by Suzanne, music, live and silent auctions, as well as games and fun for all! Dress for the theme or for a night out!

CAREGIVER SEMINARS

JANUARY 26

Kathy Morton,
Westminster Canterbury
Caregiving for Parkinson's Part I

APRIL 26

Mary Ann Johnson,
Alzheimer's Association
Mid-Stages of Alzheimer's

FEBRUARY 23

Kathy Morton,
Westminster Canterbury
Caregiving for Parkinson's Part II

MAY 17

Mary Ann Johnson,
Alzheimer's Association
Late Stages of Alzheimer's
(early because of
upcoming holiday

MARCH 29

Mary Ann Johnson,
Alzheimer's Association
Early Stages of Alzheimer's



ANNOUNCEMENTS

MEDICAL ALERT SYSTEMS

Virginia Medic Alert provides medical alert systems to help seniors to maintain their independence and ensure their safety. Unlike other medic alert systems on the market, it uses voice-to-voice technology. Users can speak to the responder directly into the pendant, from anywhere in their home or on property, ensuring help when they need it. For more information contact Paul Weimer at (804)433-4677 or paulw@virginiamedicalert.com.

DALE E. RICH JOINS VILLAGE BANK MORTGAGE

Village Bank Mortgage welcomes Richmond Senior Network member Dale E. Rich as its Reverse Mortgage Specialist. Dale has been specializing in helping seniors achieve financial security with Reverse Mortgages for the last 7 years. If your business depends on helping senior homeowners in their home, call Dale to see how a Reverse Mortgage can help you help them.

ELDERFRIENDS VOLUNTEERS READY TO SERVE

Volunteer Friendly Visitors, screened and trained by ElderFriends, a Service of Family Lifeline, are ready to provide companionship and emotional support to isolated and lonely elders in these zip code areas: Powhatan (23139), Central Chesterfield (23832 and 23836), and Goochland (23102). Call Ruth Anne Young at 249-5432 to learn more about referring an elder for this free service.

DEBORAH S. NUTTYCOMBE

of Merrill Lynch Wealth Management, was voted as a Five Star Wealth Manager, per peers, clients, and industry experts. Less than 4% of wealth managers in the Richmond vicinity received this distinction, as stated in the November 2011 issue of Richmond Magazine. When planning for your financial future, remember, your plan is as unique as you.

DEBBIE TROXELL JOINS SENIOR SOLUTIONS

Senior Solutions of Richmond is pleased to announce Debbie Troxell, RN, MSNH as our Community Liaison. Thank you for welcoming her to the Richmond Senior Community!

HOSPICE OF VIRGINIA

is proud to announce that we are now serving the area from Stafford County in the north to the North Carolina state line, from the Lynchburg-Charlottesville area in the west to Warsaw and the area up to Montross and down to Gloucester Point in the east! For more information on services or employment opportunities, contact us at 804-281-0451. www.americanhospice.com

FA LA LA LA LA LA FOLLOW YOUR NOSE!

When you think of the holidays, you remember and connect with scents like cinnamon or evergreen, gingerbread cookies or pumpkin pie. The overwhelming conclusion from consumers, academic and commercial organizations is clear: Scent Matters. Branding through fragrance is about solidifying an emotional connection with consumers—the ever-elusive objective for any brand marketer during the holidays. For more info call: Mary Pat Koslowski, 704.504.2373

HENRICO CITIZEN'S BOOMER & BEYOND SECTION

Sign up early for Henrico Citizen's Boomer and Beyond 'special' section for 2012, four times a year. SAVE an extra 10% off 'special' section rates if contract is signed by January 15th. Please call Sunni Southward @ 804.262.1700 to reserve your space for the year!

