

NETWORK NOTES

August-September 2010



NEXT SCHEDULED MEETING

Tuesday, September 14th, 2010 @8:30 am
THE CROSSINGS AT BON AIR
9100 Bon Air Crossing Drive, Richmond, VA 23235
Contact: Jill Kuslits @ 804-560-1440

SOCIAL NITE

Tuesday, Aug 10th, 2010 from 5-8 pm
THE GRAPEVINE II RESTAURANT
11055 THREE CHOPT ROAD, RICHMOND 23233
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 President

Hope everyone is enjoying your hot hot hot summer! A huge thanks to Brandermill Woods for hosting our July meeting. The facility was beautiful and the food was awesome!
thanks Joann Benjamin!

Just a very early reminder that Richmond Senior Network will hold election of officers at the November meeting so . . . Give it some thought and remember to attend that important meeting!

SPECIAL THANKS TO:

We would like to offer our gratitude to Joann Benjamin with Brandermill Woods Retirement Community for hosting a fabulous meeting in July. I would also like to take this opportunity to We would like to offer our gratitude to Joann Benjamin with Brandermill Woods Retirement Community for hosting a fabulous meeting in July. 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

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

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 August 10th from 5-8 pm at The Grapevine II Restaurant. It's located at 11055 Three Chopt Road, Richmond 23233. Hors d'oeuvres will be provided by the Richmond Senior Network and members can order other food or drinks as they like. 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.

THE NEXT SPEAKERS BUREAU BROWN BAG LUNCHEON

The Richmond Senior Network Speakers Bureau brown bag luncheon will be held on Tuesday August 10th, 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 Jim Warns of Metlife. Space is limited so please RSVP to Jen Perez at japerez@springarborliving.com / 804-897-2727 or to chris.sovine@morgan-keegan.com / 804-221-9267. We look forward to seeing you. Don't forget to bring your lunch.

LEGAL & FINANCIAL PLANNING SEMINAR TO BE HELD

LINC and Henrico Doctors Hospital will present a Legal and Financial Planning Seminar, Wednesday, August 4th from 6 to 9 p.m. in the Williamsburg Room, HDH, 1602 Skipwith Rd, Richmond, Va. Topics are: Medicaid, Social Security Disability

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.

and Dealing with Your Insurance Company. The seminar is for cancer patients, survivors, their families and caregivers, including medical personnel. Seminar is free but registration is requested by calling 1-877-644-5462 or emailing Education@cancerinc.org. Dinner will be provided and door prizes will be given.

CERTIFIED NURSING ASSISTANT SCHOOL

Companion Extraordinaire Nursing Network, Inc. Ashland, Virginia, September 22 – November 2, 2010, Registration packets available August 23, 2010, Cost: \$803.99, Contact: Nancy Boyer (804) 752-2205

COUNCIL ON AGING TO HOST PRESENTATION "THE OTHER DEMENTIAS"

The Chesterfield Council on Aging is hosting a presentation entitled, "The Other Dementias" by Dr. Andrew L. Heck Director of Psychology and Research Director at Piedmont Geriatric Hospital in Burkeville, VA. The program will be at Lucy Corr Village @ 9:00A on Thursday, August 26 and is open to the public. Call 768-7878 for more info.

PANCAKES WITH A PURPOSE

Join your friends on Thursday, August 19th at Imperial Plaza Retirement Community from 7:30 A.M. to 9:30 A.M. for a delicious Pancake Breakfast with pancakes, bacon, coffee, and juice all for just \$5.00. ALL proceeds will benefit the Alzheimer's Association. Don't miss this chance to donate to a great cause! To reserve a ticket, just call the Marketing office at 804 264-1380.

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, your directory listing can now be updated on line and it is an easy format to follow. If you have any questions please feel free to contact Paige Carpenter and if she doesn't have an answer for you than she can get one for you.

UPCOMING EVENTS, *continued*

MAXIM HEALTHCARE SERVICES 1ST ANNUAL "RELAX WITH MAX"

Maxim Family & Nurse Appreciation Cookout! Relax and get to know other members of the Maxim Family over a picnic lunch. All are welcome... Nurses, Clients, Internal Staff and their Families. When: Saturday, August 7, 2010, Event time : 11-1pm Rain or Shine! Food served :11:30-1pm Where: Meadow Farm Muesum at Crump Park, 3600 Mountain Rd., Glen Allen, VA, 23060 (804) 501-2130 Please R.S.V.P. by July 28, 2010 - Contact Dana at (804) 355-9800

ALZHEIMER'S ASSOCIATION 21ST ANNUAL MEMORY WALK

Register now for Memory Walk which will be held on Saturday, October 2th, at Genworth Financial, 6620 West Broad Street Register and fund raise on-line at www.memorywalkrichmond.kintera.org or for information call 967-2580. Proceeds fund the education and support services provided for those with Alzheimer's disease, their families, and caregivers.

TOGETHER WII™ CAN MAKE A DIFFERENCE!

Join Options for Senior America in our BINGO contest during the month of August to win a Wii™ console in celebration

of National Rehabilitation Awareness Week, September 19–25, 2010. Call your local Community Relations Manager, Lauren Hay, at (804) 673–6730 to find out how you or your rehabilitation facility can participate.

FREE LEGAL AND FINANCIAL PLANNING SEMINAR

The Cancer Center at Henrico Doctors Hospital and LINC present a FREE Legal and Financial Planning Seminar for cancer patients, survivors, their families and caregivers. Wednesday, August 4th, 5:50 to 9 p.m. in the Williamsburg Room, 1st floor, Henrico Doctors Hospital, 1602 Skipwith Rd, Richmond, VA Topics presented are: Medicaid 101, Social Security Disability, Dealing with Your Insurance Company. Dinner will be provided for anyone who registers in advance by calling toll free 1-877-644-5462 or emailing Education@cancerlinc.org. Door prizes will be given out, including a \$50 gift certificate to a luxury salon. This is our summer seminar and is being presented in the evening so that those who work, or who rely on transportation from someone who works can attend. Everyone is welcome!

LIVE THROUGH THIS: MANAGING THE CANCER CHANGE

a seminar for women presented by LINC and St. Francis Cancer Center, October 19th, 7 p.m., Cancer Conference

Room, St. Francis Cancer Center behind St. Francis Medical Center in Midlothian. RSVP by calling 804-562-0592 or emailing Education@cancerlinc.org.

SILPADA JEWELRY TRUNK SHOW!

Spring Arbor of Salisbury and Buford Road Pharmacy are hosting a Silpada Jewelry Trunk Show! Join us Saturday, August 28th from 2 to 4. Silpada will be introducing their new catalog with the newest in fashion and style. Come for the glitz and stay for a tour! Have questions? Call Jen at 897-2727. Look forward to seeing you there!

SENIOR MATINEE DAY!

Buford Road Pharmacy and The Byrd Theatre Foundation have partnered together to present Senior Matinee Day! On August 12th at 2:00pm, we will present American in Paris starring Gene Kelly and Leslie Caron. The movie is free to all seniors. The concession stand will be open for purchases. If you have any questions, please call Cindi Johnson at 399-1399.

ANNOUNCEMENTS

DALE RICH JOINS WITH SUNTRUST MORTGAGE

Dale Rich, a longtime Richmond Senior Network member, who has been helping senior homeowners for over 6 years achieve financial security through Reverse Mortgages, announces that he has joined with SunTrust Mortgage as a Reverse Mortgage specialist. A Reverse Mortgage can be a useful tool to help improve a senior's cash flow without regard to credit or income.

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

Deadline for October Newsletter is September 15th!



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.