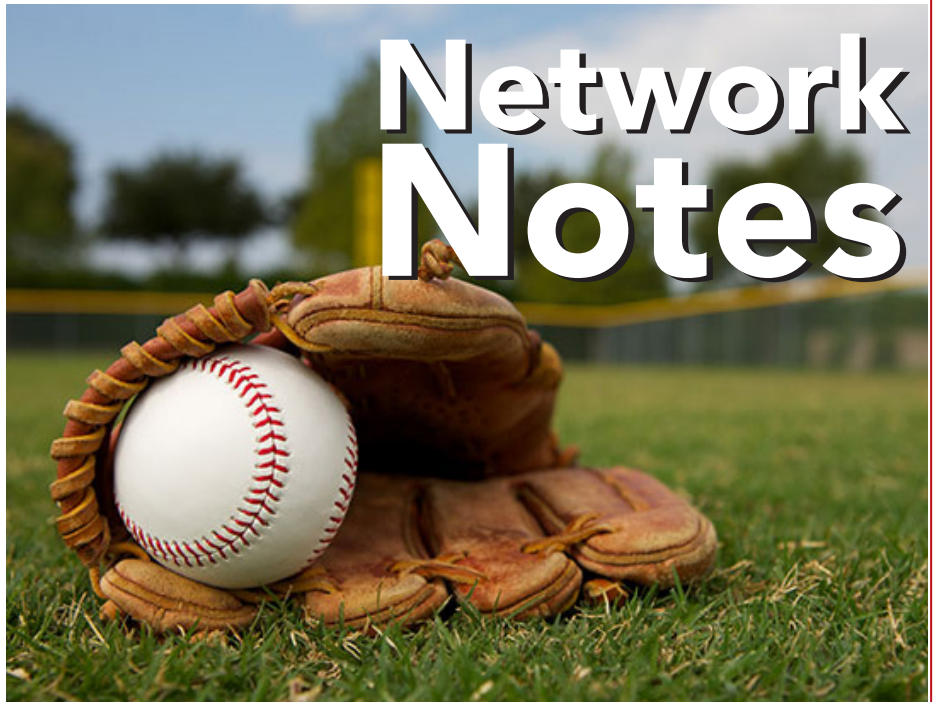




Richmond Senior Network BOARD OF DIRECTORS

OFFICERS OF THE CORPORATION	PHONE #
Sheilah Augustine, President Elect	873-9704
Shauna Brown, President Elect	320-1412
Dave Bodman, Immediate Past President	517-3898
Michael Boykin, Treasurer	833-7184
Corrine Price, Secretary	833-8176
COMMITTEE CHAIR POSITIONS	PHONE #
Lynn Black, Membership Committee Chair	641-4902
Brian Ross, Marketing Committee Chair	674-5004
Ollie Chambers, Social Committee Chair	564-7823



Network Notes

MEMBERSHIP MESSAGE

[FROM THE PRESIDENT]

GREETINGS TO ALL RICHMOND SENIOR NETWORK MEMBERS!

Hopefully you all are keeping cool and enjoying the summer so far. We had a great meeting hosted by Gayton Terrace in July. It was great to see everyone and

I'd like to extend a warm welcome to our new members and a thank you for continuing members of our group. I look forward to seeing you all at our evening social coming up in August and our regular morning meeting in September.

I am also very pleased to introduce Lynn Black as our new membership chair. She looks forward to getting to know all of our members.

BEST,
SHEILAH AUGUSTINE

[GET UP TO DATE]

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

NEXT SCHEDULED MEETING

Date: Tuesday, September 12th, 2017 | Time: 8:30 AM

Location: T.B.D.

Address: T.B.D.

Contact: T.B.D.

NOTES of INTERESTS

HAVE YOU RENEWED YET?

If you haven't renewed your membership to the Richmond Senior Network, it's not too late. You can find the membership form on our website www.RichmondSeniorNetwork.org. Just click the link for "Join RSN Membership Form". If you have any questions on the status of your membership please contact Lynn Black at LynnB@MarketingPartnersVa.com

ARE YOU RECEIVING REGULAR UPDATES?

If you are currently a member of the Richmond Senior Network, then you should be receiving emailed updates for upcoming meetings and requests for events/announcements for each of the newsletters. If you are not receiving these notices just contact Brian Ross at Brian@RossPublishing.com.

The Richmond Senior Network Newsletter and website are donated by the folks at The Seniors Guide™.

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

UPCOMING EVENTS

AUGUST 15 TUESDAY

HCRN (HEALTH COMMUNITY RESOURCE NETWORK)

Come join your fellow colleagues and make a difference in RVA! Meeting- 3rd Tuesday of the month at Symphony Manor 8:30am (next meeting August 15th) Symphony Manor 12411 Gayton Rd. Richmond, VA 23238. Annual membership fee- \$30

AUGUST 17 THURSDAY

WINE AND CHEESE MEET AND GREET AT GINTER HALL

Come meet our Department Heads and the Physicians providing additional services to our residents. **From 4pm to 6pm. RSVP by August 14 to 804-794-7770**

[More Events Continue on Next Page]

RICHMOND SENIOR NETWORK SOCIAL MEETINGS



Richmond Senior Network Social Meetings! During the months when we do not have our Senior Networking Meeting we have our evening social get together. It's a chance to unwind with some of your fellow RSN members.

Date: Tuesday, August 08, 2017 | Time: 5 to 7 PM

Location: Brio Tuscan Grille | 4024-A Cox Rd, Glen Allen, 23060 | PH: 804.780.2537

The network will provide hors d'oeuvres, but attendees are responsible for any additional bills. If your business is interested in sponsoring this or future Social Meeting, please contact Ollie Chambers olliechambers@erols.com

AUGUST 16 WEDNESDAY

RVA BETTER AGING FORUM – JOIN US!

Meetings are held at Brookdale Imperial Plaza in the Virginia Room. Wednesday August 16th - Nancy Lo GrandDriver Coordinator & CarFit Instructor will present Virginia GrandDriver- Live long, play hard, and get there safely. GrandDriver is an educational resource designed to provide Virginians with information and resources about staying safe and mobile on the road as they age.

AUGUST 23 WEDNESDAY

WAFFLE WEDNESDAY!

To benefit the Alzheimer's Association! Spring Arbor of Salisbury, 14001 Turnberry Lane, Midlothian. Wednesday, August 23rd, 8:00 am – 9:30 am. Come join us for a delicious Waffle Breakfast with all the 'fixin's!

Free to attend but donations to the Alzheimer's Association welcome! RSVP to 897-2727.

AUGUST 24 THURSDAY

MEET AND GREET

Come meet and greet the new management & leadership at Heritage Oaks. Join us for new conversations and partnerships Thursday August 24th from 4:30 to 6:30pm for heavy appetizers, cocktails and more.. At Brio Tuscan Grill, 9210 Stony Point Pkwy, Richmond, VA 23235.

RSVP no later than Monday, August 21st to 804-323-3800

AUGUST 25 FRIDAY

HAPPY DAYS 60TH ANNIVERSARY CELEBRATION!

August 25th 11 a.m. - 3 p.m. Oh, Happy Days 60th Anniversary Celebration! At Buford Road Pharmacy (2608 Buford Road) Jump back in time to when Father Knew Best and everyone loved Lucy! To the Fabulous Fifties when BufordRx first opened their doors... There will be live music, food, blood drive and prizes! Come to have fun and network! Poodle skirts and saddle shoes welcomed!

AUGUST 30 WEDNESDAY

PARTNERS IN HEALTHCARE MEETING

Partners in Healthcare meets 3 p.m., Aug. 30, at Chippenham Hospital, 7101 Jahnke Rd., Kraus Auditorium, second floor. Speaker to be announced.

Bring business cards and door prize gifts.

SEPTEMBER 14 THURSDAY

SPRING ARBOR COTTAGE OF RICHMOND GRAND OPENING CELEBRATION

Please join us on Thursday, September 14th from 4:30p.m. – 7:00p.m. to celebrate the grand opening of Spring Arbor Cottage of Richmond! Enjoy cocktails and hors d'oeuvres, live entertainment by Susan Greenbaum, and visit stations to learn more about our Cottage Care program. 10601 Barbara Lane, Richmond, VA 23233.

RSVP to rdcmktg@hnhunt.com or call 804-308-3500!

SEPTEMBER 19 TUESDAY

HCRN (HEALTH COMMUNITY RESOURCE NETWORK)

Come join your fellow colleagues and make a difference in RVA! Meeting- 3rd Tuesday of the month at Symphony Manor 8:30am (next meeting September 19th) Symphony Manor 12411 Gayton Rd. Richmond, VA 23238. Annual membership fee- \$30

SEPTEMBER 20 WEDNESDAY

RVA BETTER AGING FORUM – JOIN US!

Meetings are held at Brookdale Imperial Plaza in the Virginia Room. Wednesday, September 20th - Doni Kashinejad - Director of Prearranged Funerals, Funeral Director and Aftercare Provider with Nelsen Funeral Home & Crematory will provide an informative presentation on the advantages and options for individuals in prearranging and paying for their final expenses.

Email lhancock@abc-seniors.com for more information or to RSVP.

SEPTEMBER 28 THURSDAY

IT'S TIME TO DOWNSIZE – NOW WHAT?

Featuring a boxed lunch, vendors and a presentation by Door to Door Solutions. Spring Arbor of Salisbury, 14001 Turnberry Lane, Midlothian. Thursday, September 28th, 11:30 – 2:00 pm – free to attend. Come hear some important information about preparing to downsize and visit with a variety of vendors that can help make the process go smoother!

NOVEMBER 04 SATURDAY

THE RICHMOND WALK TO END ALZHEIMER'S

The Richmond Walk to End Alzheimer's will be held on Saturday, November 4th at Markel Plaza in Innsbrook. Together we can reclaim the future and help #ENDALZ.

Start a team, join a team. Visit alz.org/walk today!

ANNOUNCEMENTS

LYNN BLACK IS NOW WITH REACH MAGAZINE

Lynn Black formerly, with Home Instead Senior Care, has accepted a position with Reach Magazine as an Account Executive. She can be reached at LynnB@MarketingPartnersVa.com or via cell at 804-641-4902. *Lynn will be continuing as the chair of the Membership Committee for the Richmond Seniors Network.*

FREE BONE DENSITY SCREENINGS

Did you know that about 54 million Americans suffer from osteoporosis? Bremo Pharmacy, 2024 Staple Mills Road, is offering FREE BONE DENSITY SCREENINGS during the months of July/August/September. Screenings are done Monday-Friday by appointment. Please call 804-288-8361 X120 for more details. Do Not Let Brittle Bones Keep You Down!

Learn more about us at www.BremoRx.com.

GORDON LAROUSSINI IS CELEBRATING HIS 20TH YEAR IN REAL ESTATE!

So to celebrate, any member of the Richmond Senior Network using Gordon as their real estate agent will receive a \$500 credit at closing. Just sign up with him before the end of August 2017 and then buy, or sell with Gordon by the end of April 2018! Congrats!



BRING A GUEST TO THE MEETING

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 Lynn Black and if she doesn't have an answer for you than she can get one for you.

M A N Y THANKS

The Richmond Senior Network would like to extend a heartfelt thank you to the folks at the Seniors Guide™/Ross Publishing, Inc., 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.