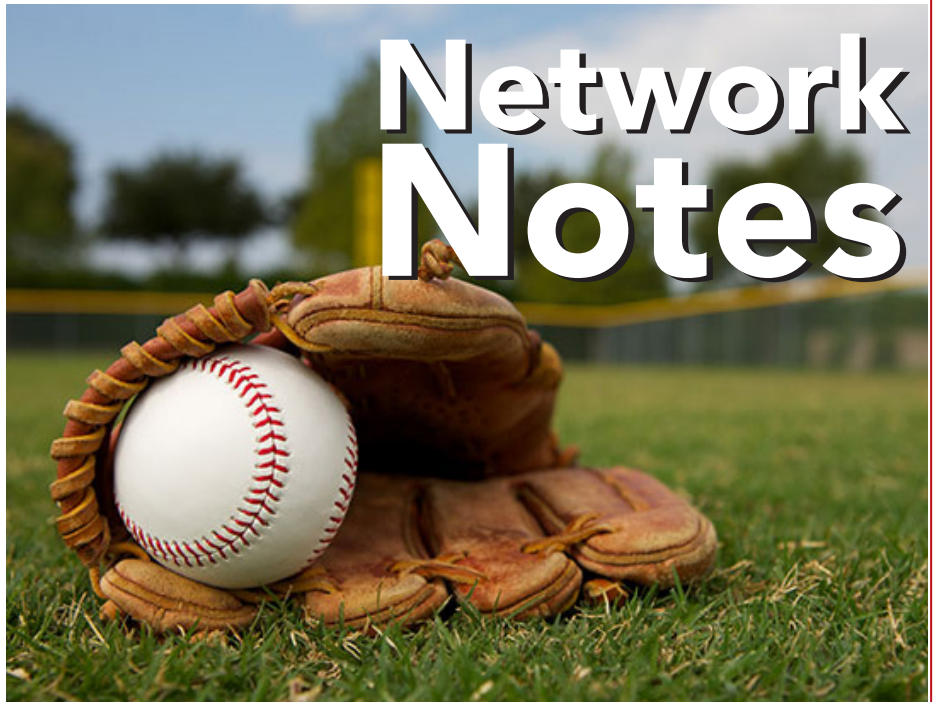




## Richmond Senior Network BOARD OF DIRECTORS

OFFICERS OF THE CORPORATION	PHONE #
Shauna Brown, President	741-8880
Michael Boykin, President Elect	833-7184
Sheilah Augustine, Immediate Past President	873-9704
Michael Boykin, Treasurer	833-7184
Alden Rice, Secretary	822-1835
COMMITTEE CHAIR POSITIONS	PHONE #
Lynn Black, Membership Committee Chair	641-4902
Brian Ross, Marketing Committee Chair	674-5004
Shauna Brown, Social Committee Chair	741-8880



# Network Notes

## MEMBERSHIP MESSAGE

[ FROM THE PRESIDENT ]

### SUMMER COUNT DOWN BEGINS.

Sad to say, but there are only 5 weeks left of summer. Where did it go! I hope all of you have been able to get a little "me or family time" and have had a prosperous summer. ***So let's use the last 5 weeks to go out with a bang.***

1. *Grab coffee with a RSN member who you have been meaning to network with and get to know better.*
2. *Make a referral to an RSN member.*
3. *Submit an event to Senior Guide and RSN to allow members to know the exciting events you are planning.*
4. *Plan a joint event with a RSN member.*
5. *Register for the Alzheimer's Walk or join a team with one of our RSN members.*

**BEST TO ALL AND SEE YOU SOON,  
SHAUNA H. BROWN**

#### [ GET UP TO DATE ]

Please visit it at [www.RichmondSeniorNetwork.org](http://www.RichmondSeniorNetwork.org) to download the latest information or refer potential members to it.

## NEXT SCHEDULED MORNING MEETING

Date: Tuesday, September 11, 2018

Time: 8:30 AM

Location: The Pearl

Address: 650 Watkins Centre Pkwy, Midlothian, 23113

## 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.com](http://www.RichmondSeniorNetwork.com). 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](mailto: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](mailto: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](http://www.RichmondSeniorNetwork.org) to download the latest information or refer potential members to it.

## UPCOMING EVENTS

### AUGUST 11 SATURDAY

#### FILL THE BUS

Saturday, August 11, 10:30-1pm. Come out and have some fun at our community fund raiser to full the bus with school supplies. There will be food vendors, vendor tables and entertainment.

1800 Gaskins Road. Henrico, VA 23238. 804-741-8880

**RSVP to Tina Harris at [Christina.harris@brookdale.com](mailto:Christina.harris@brookdale.com)**

[More Events Continue on Next Page]

**RICHMOND  
SENIOR  
NETWORK  
EVENING  
SOCIAL  
MEETINGS**



**Richmond Senior Network Evening 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 14, 2018 | **Time:** 5 to 7 PM

**Location:** Wood and Iron at Bellgrade | 11400 W Huguenot Rd #109, Midlothian, 23113

**THIS MONTH'S SOCIAL NIGHT IS SPONSORED BY DISPATCH HEALTH.**

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 Shauna Brown at [Shauna.brown@brookdale.com](mailto:Shauna.brown@brookdale.com)

**AUGUST 12 SUNDAY**

**TASTE OF BROOKDALE**

Sunday, August 12 at noon. Come join us for lunch and break bread with our family. Great opportunity for families to come and experience what Brookdale is all about. 1800 Gaskins Road. Henrico, VA 23238. 804-741-8880  
**RSVP to Tina Harris at [Christina.harris@brookdale.com](mailto:Christina.harris@brookdale.com)**

**AUGUST 16 THURSDAY**

**FINAL 3RD THURSDAY SUMMER SOCIAL**

**"DOG DAYS OF SUMMER"**

Heritage Oaks Senior Living presents: Final 3rd Thursday Summer Social "Dog Days of Summer". Thursday, August 16th by the Great James River at Legend Brewing Company, 321 W. 7th Street, 4:30pm – 6:30pm. Beer, Wine, Food and Networking.  
**Questions call Connie, 804-323-3800**

**AUGUST 24 FRIDAY**

**ICE CREAM PARTY & STORY TIME**

With Congressman Dave Brat. Enjoy gelato with the kids/grandkids, and attend a special educational event with us and Congressman Brat, who will read excerpts from "What's Happening to Granda?" by Maria Shriver. Featuring Gelati Celesti Food Truck at The Pearl at Watkins Centre. 650 Watkins Centre Parkway, Midlothian, VA 23113.  
**From 11AM - 1PM.**

**SEPTEMBER 13 THURSDAY**

**PAINT EVENT AND SILENT AUCTION FOR THE ALZHEIMER'S ASSOCIATION**

Date: September 13th 6:30 to 8:30 PM. Location: Carriage Hill Apartments 7000 Coachman Ln. Richmond VA 23228. Tickets are \$30 per person.  
**Contact Lynn Black at [pfg@paintforgoodrva.com](mailto:pfg@paintforgoodrva.com) or 804.641.4902**

**SEPTEMBER 27 THURSDAY  
SEPTEMBER 28 FRIDAY**

**2-DAY CONSULTANT CERTIFICATION COURSE**

Senior Helpers of Greater Richmond is sponsoring a 2-day Consultant Certification Course by Positive Approach to Care featuring TEEPA SNOW. It is designed for professionals who counsel and advise families working through dementia related challenges. You will learn strategies of connecting with people in a meaningful way while providing the right resources and support at the right time. The course is limited to 25 participants and the fee is \$1,800. Teepa is confirmed to be part of the training for at least 1 full day - maybe both. It will be held Thursday, 9/27 and Friday 9/28 in Mechanicsville. It is recommended for geriatric care managers, social workers, executive directors, marketing directors, senior living advisors, marriage and family therapists, community/family liaisons, faith - based leaders and elder law attorneys. What an awesome opportunity - don't miss it!!

To register: Contact PAC Certification Coordinator: 678-772-0958, [registration@teepasnow.com](mailto:registration@teepasnow.com).

**Feel free to contact me - Barbara Wilkins, Owner, Senior Helpers of Greater Richmond with any additional questions. (804)277-2780.**

**SEPTEMBER 29 SATURDAY**

**SPRING ARBOR COMMUNITY FAIR!**

14001 Turnberry Lane, Midlothian, Saturday, September 29th, 10:00 am – 2:00 pm - FREE. Come join us for this fun community fair to help us raise funds for the Alzheimer's Association! Vendors may include Gone for Good Shredding, Sweet Frog Truck, Jewelry/gifts vendors, yard/bake sale, pizza from 'Your Pie', And much more!  
**Contact Spring Arbor of Salisbury for more information – 804/897-2727.**

**SEPTEMBER 30 SUNDAY**

**14TH ANNUAL BLUE GRASS & BLUE CRAB FESTIVAL**

Please help support Saint Francis Home by attending our 14th annual Blue Grass & Blue Crab Festival to be held on Sunday, September 30, 2018. It'll be at Tredegar Ironworks in the upper level. Event details and pricing can be found at [www.bluegrassbluecrabfestival.com](http://www.bluegrassbluecrabfestival.com). Proceeds benefit seniors and disabled adults with limited means in our community. **Thank you! Pam Embrey**

# ANNOUNCEMENTS

## BLILEY'S OUTSTANDING CAREGIVER AWARD

Honoring outstanding healthcare staff providing end of life care, who display exceptional compassion in caring for patients and families. NOMINATE someone in your organization that goes the extra mile for families! Ask a family to nominate someone.

**Visit here to nominate someone:**

**[www.blileys.com/caregiver](http://www.blileys.com/caregiver)**

## LIFT SUPPORT GROUP

Dignity Memorial hosts the LIFT Support Group. LIFT is a social support group for people who are widowed. We meet on the 4th Thursday from 11 am to 12:30 pm for presentations, social events, and outings. All widowed persons are welcome. Please pass this info to your clients and residents.

**For more information, contact Susan Campbell at [Susan.Campbell@DignityMemorial.com](mailto:Susan.Campbell@DignityMemorial.com) or 804-874-8824.**

## BREMO PHARMACY RAISING MONEY FOR NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

Bremo Pharmacy is joining the movement to walk for mental health awareness. Each year we participate in the National Alliance on Mental Illness (NAMI) 5k to raise money and awareness across the country. We will be collecting donations at each store during the months of August and September.

**Stop by any of our 3 locations to join the movement! #StigmaFree**



## 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.