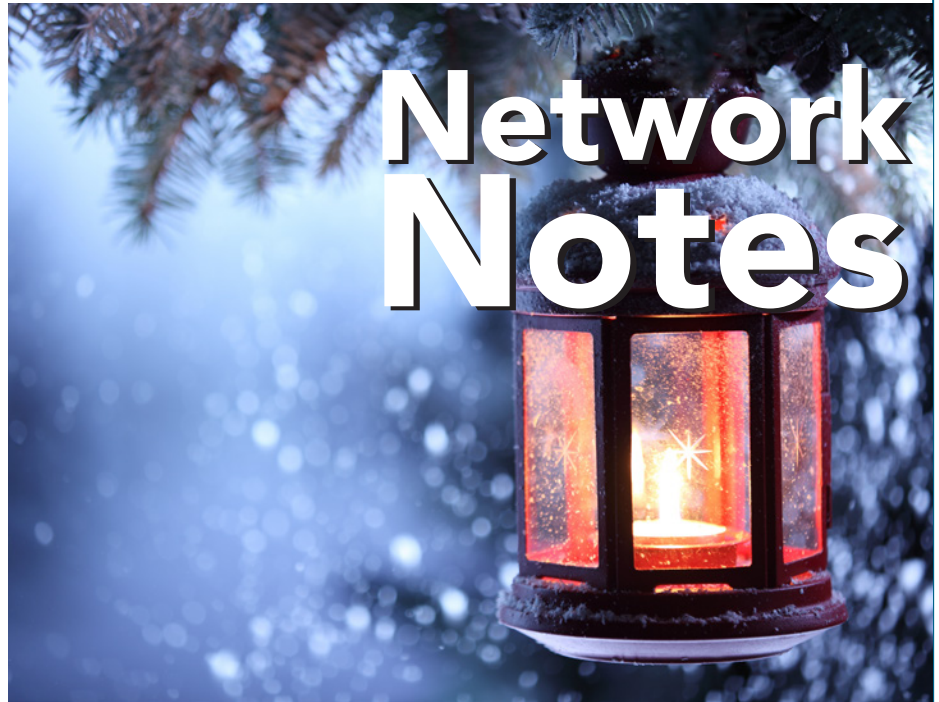




Richmond Senior Network BOARD OF DIRECTORS

LEADERS OF THE GROUP	PHONE #
Jennifer Moss, President	355-3800
Mary Catherine Kolbert, President Elect	495-0053
Michael Boykin, Immediate Past President	833-7184
Beth Jorgensen, Treasurer	290-0700
Alden Rice, Secretary	822-1835
COMMITTEE CHAIR POSITIONS	PHONE #
Shauna Brown, Membership Committee Chair	973-879-1923
Brian Ross, Marketing Committee Chair	674-5004



NEXT SCHEDULED MEETING Date: Tuesday, November 10th, 2020 | Time: 8:30 AM
Location: Comfort Medical Supply
Address: 2542 Sheila Lane, Richmond, VA 23225

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. Just click the link for "Join RSN Membership Form". If you have any questions on the status of your membership please contact Shauna Brown at shaunahbrown2@gmail.com

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

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™.

UPCOMING EVENTS

[More Events Continue on Next Page]

NOVEMBER 04 WEDNESDAY HEADSHOTS AND HAPPY HOUR EVENT

The Westmont at Short Pump Independent Living, Assisted Living, and Memory Care community cordially invites you to our Headshots and Happy Hour Event. Join us on **Wednesday November 4th from 4:00pm - 6:00pm at the Virginia Cliffe Inn (2900 Mountain Road) in Glen Allen**. The event will feature a free professional headshot for all attendees, as well as appetizers and drinks from our Executive Chef. We are excited to meet and network with Richmond area professionals serving our seniors.

[GET UP TO DATE]

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

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, December 8, 2020 | Time: 5 to 7 PM

Location: TBD

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 Meetings, **please contact Jennifer Moss at jmoss@blileys.com**

NOVEMBER 12 THURSDAY

VIRTUAL DEMENTIA WORKSHOP - DEMENTIA CONVERSATIONS

Assisting Hands Richmond and Brookdale Midlothian are hosting the next virtual dementia workshop in our "Second Thursdays" series. Here are the details; Virtual Dementia Workshop - Dementia Conversations. Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia. This workshop is based on the Positive Approach to Care® (PAC) developed by Teepa Snow. The workshop will be led by Cathy Hamlin, Assisting Hands Richmond's Executive Administrator, who is a PAC Certified Independent Coach.

To be held Thursday November 12th at 2:00pm via Zoom - registration is required via this link; <https://zoom.us/join/registration?jEldOytqTijEtG50IO3tfIMaa16D7vty3nW>

Questions about this event can be directed to either myself (804) 500-9787 or Brooke Brockdorff (804) 897-8884



ANNOUNCEMENTS

BREMO PHARMACY OFFERS A WELLNESS CLINIC

Bremo Pharmacy at 2002 Staples Mill Road; offers a wellness clinic called Ideal Protein, that focuses on a healthier version of you. As the holidays quickly approach, give yourself the gift of good health! Our clients shed unnecessary pounds, improve their quality of life and feel renewed!

Call Kristi at 285-8055 x128 or visit our website bremorx.com, for more information.

MORNINGSIDE OF BELLGRADE ANNUAL THANKSGIVING PIE PICK-UP

Nothing brings the whole family together like a freshly baked pie. This Thanksgiving enjoy a delicious pie courtesy of your friends at Morningside of Bellgrade, 2800 Polo Pkwy, Midlothian, VA 23113. We'll be delivering hot apple cider and your pie, baked and boxed, from our drive-thru at the front entrance. Thank you for making every season exceptional for our residents!!!

Please RSVP to 804-379-2800 by Thursday, November 19th.

SENIORS GUIDE ANNOUNCEMENT

Start the New Year off right and increase your exposure to over 35,000 consumers using the Seniors Guide Magazine. We are finalizing our Jan-April 2021 issue, so let me know if you want to be part of our fantastic program reaching seniors, adult children of seniors and industry professionals. We also have ONLINE opportunities and we can boost your Facebook special events to our audience.

Contact Jan Carrington today at: jan@seniorsguide.com or 804-387-8533.



**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 Shauna Brown** 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.