



Welcome to the Aging Life Care Association®'s Mid-Atlantic Chapter! We are glad you're here. Below you will find answers to common questions and learn how to access your Chapter level membership benefits.

Communication

We use Constant Contact to communicate with Chapter members. Please do not unsubscribe from Chapter level mailings or you will not receive any communication from us!

Unit Meetings

We have 5 units in the Chapter (Philadelphia, Northern Virginia (NOVA), DC Metro, Baltimore and Virtual). You will be placed on a unit mailing list based on your geographical location and will receive updates and meeting invitations via Constant Contact. If you want to receive invitations to more than one Unit, just let us know and we can add you to an additional mailing list.

Units meet every other month, either in person or virtually. On the alternate months, we have a Chapter Level Virtual Meeting which everyone is invited to attend. Keep an eye out for more information via email.

Listserv

You will be automatically added to the Mid-Atlantic Chapter Listserv. If you want to post a message or ask a question, simply compose an email addressed to midatlantic@aginglifecarelists.org. If you want to join the National Association Listserv, email your request to info@aginglifecare.org and include whether you want the regular or digest version. Review our netiquette policy [here](#).

Chapter Website

Check out www.midatlanticlca.org! In order to access the member's only section:

User: **Midatlanticmember** Password: **MidALCA19***

Social Media

Go LIKE our Facebook page at <https://www.facebook.com/ALCAMidAtlantic>. If you complete our Member Shout Out Form, we will create a post all about you for our page. If you write an article, get quoted in a publication or have an accomplishment to share, send the details to our PR Committee Chair Heidi Garvis at heidi@caringconsiderations.com so she can share it.

Get Your Name Out There!

One of the primary benefits of Aging Life Care Association® membership is getting your name out in front of consumers and referral sources. Make sure you check your listing on the National Association website "Find an Aging Life Care Expert" search to make sure it is up to date. Also, consider completing our Member Shout Out form <https://forms.gle/FvEVcBtN9f2L3yYk8> and we will post an introduction of you on our website and social media.

Heather Suri, RN BSN CMC

*President and Acting Chair Membership Support Committee
Aging Life Care Association® Mid-Atlantic Chapter*

2023 ALCA Mid-Atlantic Chapter Leadership



President

Heather Suri, BSN RN CMC
Pathways in Aging
Sterling, VA
703-215-3305



President-Elect

Rebecca Roskey-Brunner
BSN, RN, CEN
Complete Care Strategies
King of Prussia, PA
484-678-9941



Treasurer

Debbie Aggen, RN, CMC
Caring Considerations
Falls Church, VA
571-488-9396



Past President

Marie Woodard, BSN RN MGA
CGN CCM
Creative Care Connections
Annandale, VA
703-300-0116



Secretary

Joanne McCarty, BSN RN CMC
Independent You
Fairfax, VA
703-999-3006



Board Member-at-large

Ann Craynon, BS, MS, CMC
ElderCare Solutions
Bowie, MD
301-218-0958



Board Member-at-large

Courtney Petley, LCSW, C-ASWCM
GeroPartners, LLC
Richmond, VA



Board Member-at-large

Heather Reilly, MSW, CMC
GrayCare
Philadelphia, PA 19127
610-667-2838

ALCA Mid-Atlantic Chapter Committee and Unit Leadership

Membership Support Committee - Chair: Heather Suri: 206-351-1275

Public Relations Committee - Chair: Heidi Garvis: 571-437-9396

Nominating Committee - Chair: Marie Woodard: 703-300-0116

Mid-Atlantic Chapter Unit Leaders:

Virtual Unit: **Meets via Zoom on the last Tuesday of Every Month at 9:00 ET.** February, April, June, August and October 2023 Meetings are open to all Chapter Members.

Karen McPhail - 703-399-4028
karenmcphail@eldementals.com

Baltimore Unit: **Meets the 2nd Wednesday of Every Other Month starting in January 2023 at 9:00 ET.**

Allyson Stanton - 443-812-1028
abcstanton@gmail.com
Tova Jussim - 410-645-0010
tova@caremattersforyou.com

DC Metro Unit: **Meets the 3rd Thursday of Every Other Month starting in January 2023 at 11:30 ET.**

Margi Helsel-Arnold: 301-320-5380
gercarecounseling@gmail.com
Mary Ann Buckley - 202-455-0558
maryann@corewoodcare.com

NOVA Unit: **Meets the 3rd Tuesday of Every Other Month starting in January 2023 at 10:00 ET.**

Heidi Garvis - 571-437-9396
heidi@caringconsiderations.com
Bianca Graham - 571-286-9443
bianca@lionhearteldercare.com

Philadelphia Unit: **Meets the 3rd Wednesday of Every Other Month starting in January 2023 at 4:00 ET.**

Heather Reilly - 352-672-4980
heather@graycaremanagement.com
Kiralie Konde - 267-546-7551
kiralie@generationcrossroads.com