

ALZHEIMER'S

Family Day Center

Sharing the Care  *Spreading the Knowledge*



Annual Report 2007-2008

This report highlights the accomplishments of the Alzheimer's Family Day Center during the fiscal year starting July 1, 2007 and ending June 30, 2008.

A Letter from our President



Dear Friends,

This annual report highlights the continuing commitment of the Alzheimer's Family Day Center to families and individuals who are living with Alzheimer's, through the entire course of the disease. The past year was marked by the smooth transition of leadership from Blair Blunda to our new executive director, Nancy Dezan. Our highly skilled and dedicated staff has continued to provide the devoted and specialized care for which the Center has long been respected, while continually adapting our program activities to incorporate best practices in dementia care. We have expanded our programs for persons in the early stages of Alzheimer's disease as well as our support groups for families. And we have significantly increased our outreach and education activities to share our knowledge of dementia care with the larger community.

None of this work would be possible without the continued generous support of our community partners in government, business, service organizations, and the larger long term care community, as well as the enthusiastic commitment of our individual donors, our volunteers, and the Board of Directors.

AFDC is entering its 25th year – a quarter of a century of service to the community. We take pride in the work we do to enrich the lives of the women and men who spend their days with us at the Center and to support their entire families in their journey through Alzheimer's disease. AFDC is committed to continued excellence and innovation to meet the needs of our families and the community in the year to come.

Judith Riggs

Sharing the Care ★ *Spreading the Knowledge*

Our Purpose

Alzheimer's Family Day Center provides an environment that focuses on people's *strengths* rather than memory limitations. We address the needs of the total person: physical, mental and emotional. Innovative approaches are put into practice, from physical therapy and Tai Chi inspired exercises to creative arts programs. The Center has been custom-designed to provide a safe and uplifting environment for participants, using the latest concepts in Alzheimer's care.

Our Vision

Creating a community where people with an Alzheimer's-type illness can live their lives to the fullest potential, achieve their highest degree of wellness, and continue to live in a compassionate and supportive community with their families.

Our Mission

We believe that people with Alzheimer's disease are more than an accumulation of the losses caused by the illness. To this end, we strive to enhance the well being and quality of life of each person during the course of the illness, through therapeutic and innovative approaches. As families are also affected by the illness, we promote caregiver education, counseling and support.

AFDC Programs and Services

For People with Alzheimer's Disease



Friends Club

This therapeutic weekday program provides opportunities for people in the middle stages of Alzheimer's disease to connect with others and maintain or improve their physical, social, and cognitive skills in a fun environment.

Sunshine Club

This weekday program for people in the later stages of Alzheimer's disease provides personal care, assistance with activities of daily living as well as one-on-one sensory, physical and cognitive stimulation.

Early Intervention Program

Mind & Body Workshop is a weekly wellness program for people in the early stages of memory loss. Attendees connect with others and learn how to maximize their capabilities through a series of physical and cognitive exercises.

Couples Facing Alzheimer's Dinner is a monthly social support group and potluck dinner for couples facing Alzheimer's disease. This program gives couples the chance to get out together, relax, and gain support from each other. The dinners are also a chance for couples to gather practical information on Alzheimer's disease, caregiving, and community resources.

For Family Caregivers



Education

Classes for Caregivers is a series of free workshops designed to provide caregivers with useful information about Alzheimer's disease and resources within the community.

Fairfax County Seminar Consortium, a public-private partnership between AFDC, the Alzheimer's Association, Thomas West Financial Services, and various Fairfax County agencies is a unique model for disseminating information about long-term care to family caregivers. Free seminars are offered each spring and summer.

Northern VA Respite Care Consortium. Each year, AFDC partners with other community organizations to present a one-day conference on topics of interest to family and professional caregivers.

Caregiving at a Glance is AFDC's fingertip guide to Alzheimer's care. Techniques and strategies to empower family caregivers address topics like: communication, troublesome behavior, eating, bathing, dressing and more.

Support

Family Caregiver Support Group has been an integral part of AFDC since 1986. The support group is open to any caregiver in the local community and meets on the second and fourth Wednesday of each month from 9:30-11:00 am.

For Community & Professionals



Clinical Site for Students - AFDC provides a place for students and professional caregivers in the community to practice their skills and receive coaching while they learn effective ways to assist, communicate with, and care for people with dementia. AFDC also provides consulting services upon request for long-term care facilities and other professional groups serving older adults.

Outreach

Local school and youth groups participate in intergenerational programs at the Center, such as our annual "Senior Prom." All groups receive volunteer training in interacting with those who have dementia.

Community Presentations - AFDC staff members speak to area businesses, school groups, service organizations, and faith communities about Alzheimer's disease, caregiving and brain wellness.

Volunteers help us provide the quality service our families cherish by sharing their time and talents. Last year, 62 volunteers provided over 1,900 hours of service to AFDC.

AFDC Patrons

Thank You! We would like to express our gratitude to all those who have helped make Alzheimer's Family Day Center's mission possible. Below is a list of individuals and organizations who contributed \$500 or more between July 1, 2007 and June 30, 2008.

ABC Distributors
Ada and Albert Wibel Foundation
Alzheimer's Association
America's Charities
Bonnie Annunzi
Arden Courts Fair Oaks
Avalon Assisted Living
Bill Bailes
Anne Brettingen
Susannah Calkins
Care Options (Ann O'Neil, Inc.)
CGI Federal
Clark-Winchole Foundation
Ray Deitch
ExxonMobil Foundation
ExxonMobile Spouses Club
Fairfax Radiological Consultants
Jim Frison
Goodwin House Alexandria
Linda Grunwald
James Hamrick

Stephen Hart
Roger Hess
John Edward Fowler Memorial Foundation
John Hancock Financial Service
JustGive.org
Sue Leathers
Andrew Luhtanen
Adeline Medeiros
Needham Mitnick & Pollack, PLC
Edward Newberry
Noblis, Inc.
Northrop Grumman ECHO
Nursing Referral Service of Northern Virginia
Oak Chapel Baptist Church
Roseanne Oder
Curtis O'Keefe
Ann O'Neil
The Randolph D. Rouse Foundation, Inc.
Judith Riggs

Rotary Club of Tysons Corner Foundation
Joseph and Mary Anne Russell
Saint Matthews United Methodist
RADM D. Mac Showers
Kathleen Skinski
John Soltys
Irene Stith-Coleman
Sunrise Assisted Living, Inc.
Gordon Sweeney
Temple Rodef Shalom
The Dominion Guild
The Law Firm of Evan H. Farr
Time Warner Employee Grant Programs
United Way of Southeastern PA
United Way of the National Capital Area
United Way Special Distribution Account
Washington Forrest Foundation
Wilma Weisman
Jean Schiro-Zavela and Vance Zavela

Community Support

Our work could not be done without the support of businesses and community organizations that have contributed their time, goods and knowledge to our endeavors. AFDC has been privileged to receive help this year from the following:

Business Associates

Care Options (Ann O'Neil, Inc.)
Color Wheel of Fairfax
Grogan's Photo Imaging Studio
McCabe's Printing Group
Northrop Grumman
West Wing Builders, Inc.

Government and Nonprofit Partnerships

Arlington Artists' Alliance
Avalon House
County of Fairfax
George Mason University's Center for Leadership & Community Engagement
The Potomac School
Virginia Department of Aging

Service Organizations

Arlington Pilot Club
ExxonMobil Spouses' Club
Truro Church
Unitarian Universalist Congregation of Fairfax
Volunteer Fairfax

Highlights of 2007-2008

Our News

Change in leadership

In August 2007, Blair Blunda stepped down as Executive Director, after seven years of outstanding leadership. One of her most important accomplishments was overseeing the fundraising, planning, design, construction, and finally, the actual move to AFDC's current location.

In November 2007, interim Executive Director Nancy Dezan was confirmed by the Board of Directors as permanent Executive Director. During the past year, Nancy has implemented physical improvements to the Day Center, increased the opportunities for staff training, and adding a monthly Occupational Therapist to work with both the participants and the staff.

Serving more people

Over the last year, we have touched many more lives, especially in the Outreach and Educational programs. The Mind and Body program maintains a waiting list; the Classes for Caregivers are full; the Support Group is reaching capacity.



Day Center participants, staff, and volunteer on a recent outing to Meadowlark Botanical Gardens in Vienna.

Our People

AFDC Families

Although the journey of Alzheimer's disease is often difficult, there are successes both small and large along the way. Caregiver Carol Nicotera-Ward said, "I was at the end of my rope and ready to reluctantly place Mom in a nursing home." About two weeks after her mother began attending AFDC, Carol went to wake her up to get ready. "[Mom] shocked the heck out of me by coming upstairs at the same moment, fully dressed and anxious to get ready for the site." Carol is thankful that her mom has such a welcoming, warm, safe and happy environment in which to blossom again.

AFDC Volunteers

Volunteers provide invaluable service in the Day Center, administrative offices and at events. One special family of volunteers even helps in the kitchen. Elizabeth Johnson has been delivering weekly treats for the last three years. Her children Josh and Gracie help with the preparation of baked goods (including diabetic-friendly ones!) for special snacks. They also serve a pancake breakfast when Fairfax County doesn't provide meals on government holidays. Although Elizabeth is often in and out in just a few minutes during her deliveries, she and her kids spend hundreds of hours and dollars to brighten the participants' days.

Our Future

A Milestone

AFDC will celebrate 25 years of "sharing the care and spreading the knowledge". We will be recognizing this milestone throughout the coming year.

New Programming

On the horizon in 2009 is an expansion of AFDC's programs to best meet the needs of those who have been recently diagnosed. Plans are to implement a twice-weekly social club for those in the early stages of an Alzheimer's-type illness. The club will offer cognitive activities, physical exercise and outings in a supportive environment.

Who We Serve

| Number of People Served, FY 2008 (July 1, 2007 through June 30, 2008) | |
|--|----|
| Total Participants Served in the Day Program | 66 |
| Total New Admissions | 27 |
| Total Discharges | 33 |

| County of Residence | |
|---------------------|-----|
| Fairfax County | 89% |
| Other | 11% |

| Length of Stay | | Age of Participants | |
|----------------|-----------|---------------------|----------|
| Average Stay | 18 months | Average Age | 78 |
| Longest Stay | 12 years | Age Range | 54 to 97 |
| Under 6 months | 21 | 50-59 | 3 |
| 6-12 months | 20 | 60-69 | 8 |
| 1-2 years | 12 | 70-79 | 22 |
| 2-4 years | 9 | 80-89 | 23 |
| Over 4 years | 4 | 90+ | 10 |

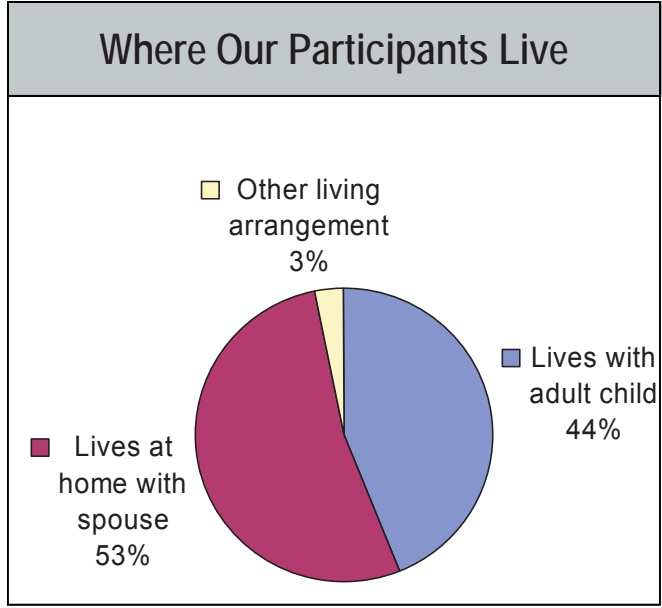
| Outreach Activities This Year | |
|---|----|
| Early Intervention Workshops and Support Groups | 67 |
| Community Education Presentations and Caregiver Classes | 75 |

| AFDC Volunteers | Number of Volunteers | Hours of Service |
|----------------------|----------------------|------------------|
| Professional (Board) | 11 | 187 |
| Non-Professional | 96 | 2278 |
| Total | 107 | 2465 |

| Gender | | | |
|--------|-----|------|-----|
| Female | 59% | Male | 41% |

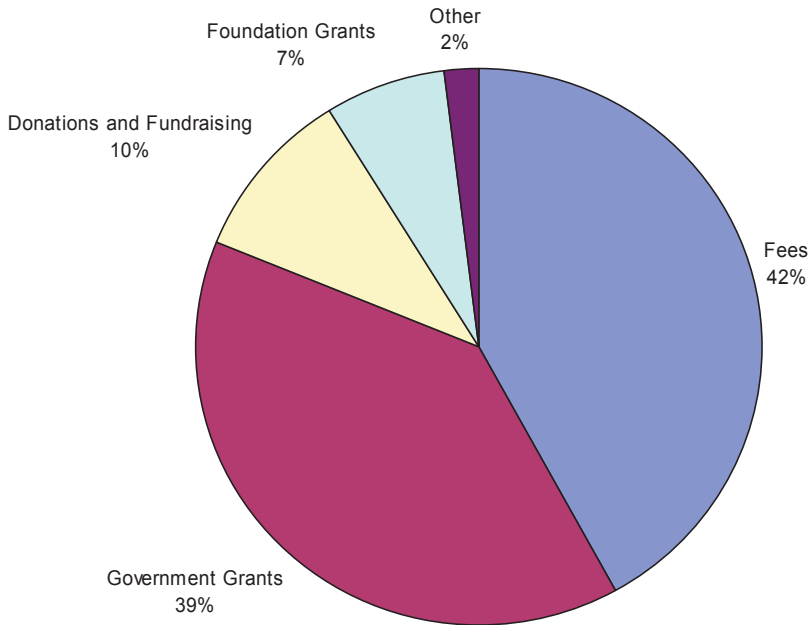
Caregiver Respite Scholarships

Last year, AFDC awarded \$71,058 in scholarships to families in need. This is more than a three-fold increase from the previous fiscal year. We actively fundraise throughout the year to financially support families who cannot afford day care services.

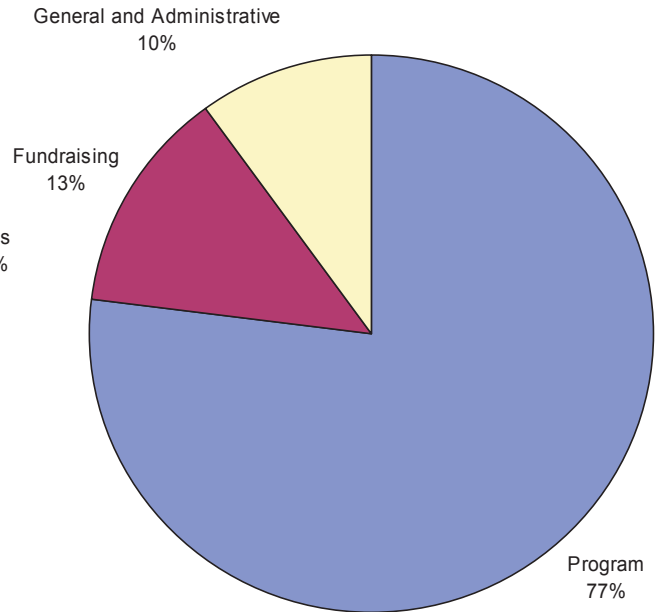


Finances

Income



Expenses



FY2008 Balance Sheet

| Assets | | Liabilities | |
|----------------------------------|--------------------------|-------------------------------------|-------------------------|
| Cash & Cash Equivalents | \$849,236 | Accounts Payable | \$6,130 |
| Accounts Receivable | \$6,342 | Accrued Salaries | \$30,603 |
| Prepaid Expenses | <u>\$22,017</u> | Accrued Vacation | \$14,067 |
| | | Accrued Payroll Taxes | <u>\$5,755</u> |
| Total Current Assets | <u>\$ 877,764</u> | Total Liabilities | <u>\$56,555</u> |
| | | Net Assets | |
| Property and Equipment | \$84,444 | Unrestricted | \$906,833 |
| Other Assets (Security Deposits) | \$10,333 | Restricted | <u>\$5,984</u> |
| | | Total Net Assets | <u>\$912,817</u> |
| Total Assets | <u>\$969,372</u> | Total Liabilities And Assets | <u>\$969,372</u> |

AFDC Staff

Nancy Dezan, Executive Director
Marcy L. Hunter, MS, Center Director
Sue Stone, Social Services Coordinator
Sheila Baker, Development Director
David Maloney, Finance Director
Tori Adams, Communications Coordinator
Kiesha Gerlach, LPN, Nurse Coordinator
Christine Birden, GNP, Nurse Advisor
Cara Dooley, Activities Director
Cassie Stack, MSW, Assistant Activities Director
Marilu Rivera, Activities Coordinator
Elba Pfeifer, Activities Assistant
Mercy Mensah, Program Assistant
Tsitsi Mapandu, Program Assistant
Mirna Bautista, Personal Care Assistant
Rebecca Comer, Personal Care Assistant

AFDC Board of Directors

Judith A. Riggs, MA, President
Richard Kaplar, Vice President
John T. Thios Jr., PhD, Treasurer
Irene Stith-Coleman, PhD, Secretary
James R. Ball II
John Beerman
John C McNerney, CPA, CFP®
Judith A. Mitnick
Kathleen M. Skinski

*Current Staff and Board Members
as of September 2008*



A not-for-profit organization

2812 Old Lee Highway, Suite 210
Fairfax, VA 22031
(703) 204-4664
www.AlzheimersFDC.org