



Alzheimer's Family Day Center

Sharing the Care ★ *Spreading the Knowledge*



Annual Report 2008-2009

This report highlights the accomplishments of the Alzheimer's Family Day Center during the fiscal year starting July 1, 2008 and ending June 30, 2009.

A Letter from Our President



*Judy Riggs at the 25th Anniversary Garden Party.
Photo by Nancy Deliso.*

Looking back 25 years to when AFDC opened its doors, we are struck by how much has changed in awareness and treatment of Alzheimer's disease. We have adapted our programs and services to meet the changing needs of our community — expanding services to individuals and families who participate in our day center, and creating new programs for those coping with a recent diagnosis. That has been possible because of the commitment from so many people — our families, our supporters, and the public and private entities that have invested in AFDC, and to the staff and volunteers who are dedicated to the people who have placed their confidence in the services we provide.

-Judith Assmus Riggs, President, AFDC Board of Directors



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, strengthening 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.

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

The Saturday Social Club is designed to enhance the lives of those living with early memory loss through fun physical activity, discussion groups, brain games, musical activity, fieldtrips and much more. Participants gather to socialize with others and engage in stimulating activity in a safe, non-judgmental setting.

For Family Caregivers



Classes for Caregivers is a series of free workshops designed to provide caregivers with useful information about Alzheimer's disease and strategies for caregiving.

Fairfax County Seminar Consortium A public-private partnership between AFDC, Fairfax County, and various agencies is a unique model for disseminating information about long-term care to family caregivers. Free seminars are offered each spring and fall.

Northern VA Respite Care Consortium. Each year, AFDC partners with other community organizations to present a one-day dementia-specific conference.

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

Family Caregiver Support Group is open to the public and meets on the second and fourth Wednesday of each month from 9:30-11:00 am.

For Community & Professionals



Internship Site for Students AFDC provides a place for students to practice their skills and receive coaching while they learn effective ways to assist, communicate with, and care for people with dementia.

Consulting Services for long-term care facilities, other professional groups serving older adults and families.

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

Volunteers help us provide the quality service our families cherish by sharing their time and talents. Last year, 62 volunteers provided almost 2,000 hours of service to AFDC.



AFDC Patrons

Thank You! We want to express our gratitude to all those who have made the Alzheimer's Family Day Center possible. Below is a list of individuals and organizations who contributed \$100 or more between July 1, 2008 and June 30, 2009

Individuals

Per-Erik Aasum
Debra Ackerman
Judy Annis
Janet and Irwin Auerbach
James R. Ball II
May Barrett
Elizabeth Battle
Catherine Beauchamp
John Beerman
Lawrence Beerman
Reagan Black
Stephen and Woodrith Blazek
Blair Blunda
David & Ann Broder
Julia Brown
James and Carol Bruen
Susannah Calkins
Joseph Callier
Marilyn Campbell
Ellen Canova
Natalie Carro
Bill & Carolyn Carter
Ann Cole
Ann Daniels
James Davenport
Ray Deitch
Richard Duenkel
Julia Duncan
Deborah Dunham
Dale and Wendy Eaton
Willis Fairbanks
Andrew Falck
George and Nancy Falck
Mahlon Frankenhauser
Norma Fulton
Michael Gollobin
Theodore Gray
Ron Hagenbaugh
Stephen Hart
Edward Healey
Joseph Healey

Pamela Henriksen
Roger Hess
Johnson Hung
Reto Kaufmann
Dennis Keefe
Gail Kristensen
David Lange
Ernest Langholz
James Lawless
Leslie Link
Dow Luetscher
Cynthia Lundstrom
Jacqueline Lutz
Carol Mahoney
Roseann Mazaka
Linda Mazaway
Stephen McConnell
John and Margaret McNeerney
Rosemary Nance
Wei Ng
Oliver Nickle, Jr.
Ann O'Neil
Susan Park
Randee Pino-Marina
Patricia Popp
Florence Powers
Susan Quinn
Frederick Randall
Jean Reiter
D. W. and Nynette Rourke
Julius M. Rule
Victoria Rutson
Colleen Ryan Mallon
Julia Selah
Laurence Short
William Spates
Joseph Stuart
Linda Summerall
Gordon Sweeney
Eloise Tomlin
Alison Uttermann
Raymond and Ann Vickery

Michael Webb
Tom West
Karen Williams
Christopher Wilson
Amy Wright
Elizabeth Wright
Lily Zhou

Monthly Givers

Bonnie Annunzi
Pamla Clark
Joan Forte
Linda Grunwald
James Hamrick
Sue Leathers
Andrew Luhtanen
Edward Newberry
Martina Norelli
Judith Riggs
Salvatore Romano
Charles Schudt
Mac Showers
Irene Stith-Coleman
Richard Tedesco
Mary Weaver
Wilma Weisman

Special Thanks to the many Individuals who have pledged their support through their Workplace Giving Programs such as The United Way and America's Charities.

We apologize for any omission from these lists. Please contact us at afdc@alzheimersfdc.org with any corrections.

Organizations, Businesses and Foundations

Ada and Albert Wibel Foundation
America's Charities
Arlington County Medical Society Alliance
Clark-Winchcole Foundation
Cub Scouts Den 3, Pack 1127
Dominion Power
ExxonMobil Foundation
Giving Circle of Hope
Goodwin House Foundation
Goodwin House, Inc.
Greater McLean Republican Women
Home Tech
IBM Employee Services Center
Independent Project Analysis
Inova Health System Foundation
JV Schiro-Zavela Foundation
Max and Victoria Dreyfus Foundation, Inc.
New Dominion Women's Club
New Product Protection & Information Service
Rotary Club of Tysons Corner Foundation
The Charles Delmar Foundation
The Morris and Gwendolyn Cafritz Foundation
The Woman's Club of Arlington
Time Warner Employee Grant Programs
United Way of Central Maryland
United Way of Great Milwaukee
United Way of the National Capital Area
Washington Area Computer User Group, Inc
Washington Forrest Foundation

Community Support

Our work could not be done without the support of individuals, foundations and community organizations that have contributed their time, knowledge or in-kind good to our endeavors. Below is an example of the community help AFDC has been privileged to receive this year.

Alzheimer's Association of the National Capital Area
Arden Courts Alzheimer's Assisted Living
Arlington Artists' Alliance
Care Options, Inc.
Carol Nicotera-Ward
Elizabeth Johnson
Fairfax County Area Agency on Aging
George Mason University
Jewish Social Service Agency
My Tech Guy, LLC

Needham, Mitnick and Pollack, PLC
Nursing Referral Service of Northern Virginia
Odyssey Healthcare
Shepherd's Center of Oakton-Vienna
The Boeing Company
The Potomac School
Thomas West Financial Services
Unitarian Universalist Congregation of Fairfax
Volunteer Fairfax

Highlights of 2008-2009

Milestones

- ★ 2009 marked Alzheimer's Family Day Center's twenty-fifth year of serving individuals with memory-loss illness and their families.
- ★ Our board of directors expanded to include more members with a wide-range of professional experience in the field of aging.
- ★ We added the services of a Geriatric Nurse Practitioner to the staff.
- ★ The Saturday Social Club, an early-stage program, was launched.



AFDC is lucky to have a diverse staff willing to share its talents. Here is Mercy on "Africa Day".



We welcomed many new volunteers, including Nancy Deliso (r). She also doubles as our special event photographer (see page 2).



Participants enjoy regular outings, such as this trip to visit the National Monuments in Washington, DC.



Music and intergenerational programs continue to be favorites of Day Center participants.

Cub Scouts Den 3, Pack 1127 shared their musical talents.



Unofficial mascot Lexi is one of several dogs that visit for pet therapy.



Occupational Therapist Judy Franz (l)



We Look Forward to...

- ★ expanding our Early Stage programming.
- ★ renovating the Day Center, made possible by a grant from the Philip L. Graham Fund.
- ★ increasing the services of our occupational therapist to spend more time with participants and to train staff, thanks to a grant from Temple Rodef Shalom.
- ★ bringing state-of-the-art therapies to all participants with a focus on improving the quality of life of those in the late stages of Alzheimer's disease.

Who We Serve

Number of People Served, FY 2009 (July 1, 2008 through June 30, 2009)	
Total Participants Served in the Day Program	65
Middle Stage	57
Late Stage	8
Total New Admissions	32
Total Discharges	24

County of Residence	
Fairfax County	86%
Arlington County	12%
Other	2%

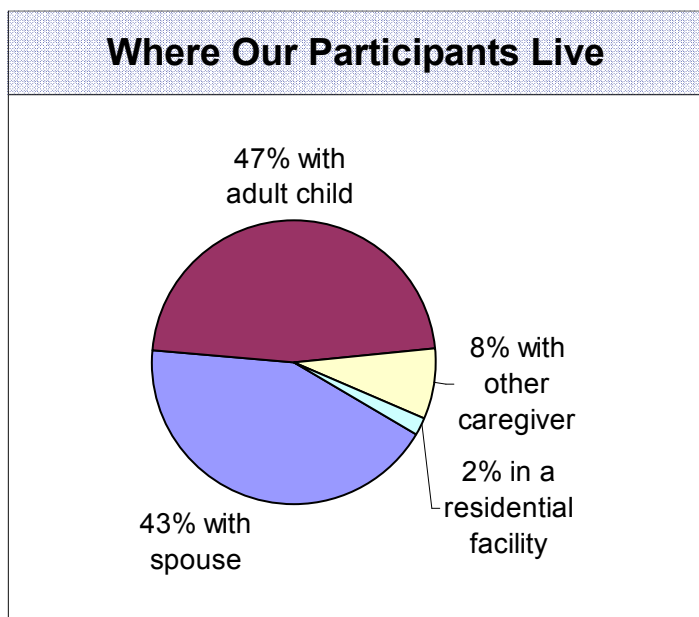
Length of Stay	
Average Stay	17.6 months
Longest Stay	5.9 years
Under 6 months	21
6-12 months	13
1-2 years	12
2-4 years	11
Over 4 years	6

Age of Participants	
Average Age	78
Age Range	56-97
50-59	4
60-69	7
70-79	17
80-89	32
90+	5

Outreach Activities This Year	
Caregiver Education Classes	72
Support Groups	24
Early Intervention Workshops	46

AFDC Volunteers	Number of Volunteers	Hours of Service
Professional (Board)	10	170
Non-Professional	52	1813
Total	62	1983

Gender			
Female	38	Male	27

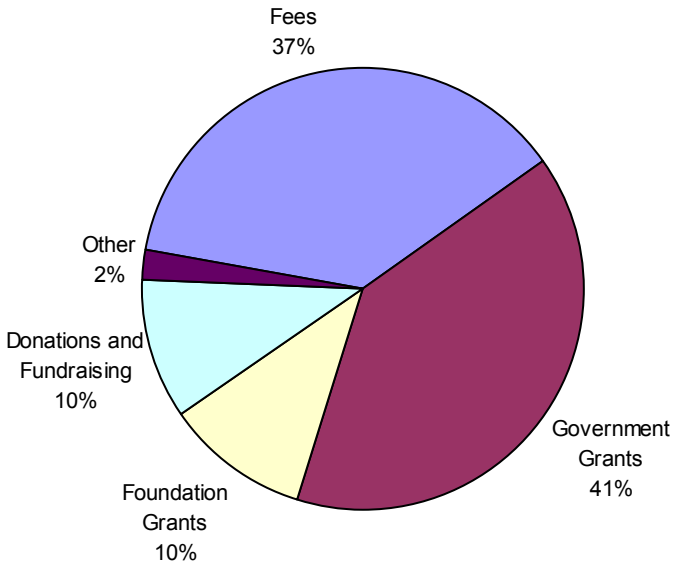


Caregiver Respite Scholarships

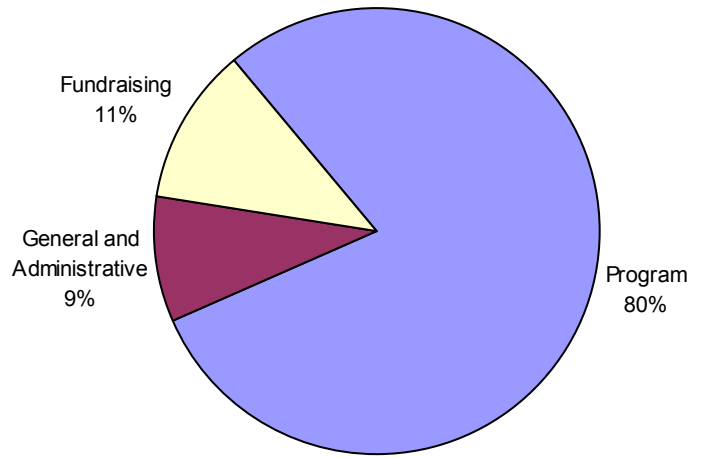
IN FY 2008-9, AFDC awarded \$133,879 in scholarships to families in need. We actively fundraise throughout the year to financially support families who cannot afford day care services.

Finances

Income



Expenses



FY2009 Balance Sheet

Assets		Liabilities	
Cash & Cash Equivalents	\$861,500	Accounts Payable	\$3,006
Accounts Receivable	\$12,815	Accrued Salaries	\$25,699
Prepaid Expenses	<u>\$26,156</u>	Accrued Vacation	\$12,167
		Accrued Payroll Taxes	<u>\$4,629</u>
Total Current Assets	<u>\$ 900,471</u>	Total Liabilities	<u>\$45,501</u>
Property and Equipment	\$62,664		
Other Assets (Security Deposits)	\$10,333	Total Net Assets	\$927,967
Total Assets	<u>\$973,468</u>	Total Liabilities And Net Assets	<u>\$973,468</u>

AFDC Staff

Nancy Dezan, Executive Director
Marcy Hunter, Center Director
Susan Stone, Outreach Coordinator
David Maloney, Finance Director
Tori Adams, Director of Donor
& Community Relations
Christine Birden, Nurse Advisor
Mary Kanu, Nurse Coordinator
Cara Dooley, Activities Director
Nazira Olla, Social Services Coordinator
Marilu Rivera, Activities Coordinator
Tsitsi Mapandu, Program Assistant
Elba Pfeifer, Activities Assistant
Mercy Mensah, Program Assistant
Mirna Bautista, Personal Care Assistant
Kristin Schoembs, Saturday Club Coordinator

AFDC Board of Directors

Judith Assmus Riggs, President
Thomas West, CLU, ChFC,
Vice President
Richard Kaplar, Treasurer
Irene Stith-Coleman, PhD, Secretary
James R. Ball II
John Beerman
Kate H. Caldwell, MAG, CMC
John C. McNerney, CPA, CFP
Judith A. Mitnick, JD
Colleen Ryan Mallon
Patricia D. Williams, M.A.T

*Current Staff and Board Members
as of October 2009*

ALZHEIMER'S Family Day Center

A not-for-profit organization

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