

Alzheimer's Family Day Center
Annual Report • 2010-2011

Welcome from our President

As I reflect on the first year of my term as Board Chair, I am excited about the significant progress AFDC has made on a variety of fronts, while remembering the foundation for success that was secured by those who came before me. Our Board and Executive Team have been working hard to expand our supportive reach into the community, for participants, caregivers, and families alike who are challenged with dementia, so that they can live to their fullest potential.

This past year has been a testament to our commitment to the most innovative approaches to professional support for our participants. We continue to lead the field of day care providers in the Northern Virginia with our programming. Our staff to participant ratio remains the highest among the day centers in the area. We have even received funding to hire a certified art therapist to work weekly with day center participants.

Demographic trends, measured by Fairfax County and by our own consultants, confirm the accelerating need of families for more dementia care in our community. As local innovators in dementia-based care, our strong history in Northern Virginia positions us at the forefront for this path that lies ahead. Our mission compels us to seek new approaches and new partnerships to expand our reach in the community as never before. Simply put, if we don't expand our support for families facing dementia and needing day care services beyond what is currently available, who will?

Our board is excited about the opportunities that AFDC will be exploring in 2012. We look forward to sharing more good news about our progress towards expanded services in the new year.

~Tom West, President, AFDC Board of Directors



Tom West at AFDC's annual Garden Party.

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Who We Are

Alzheimer's Family Day Center (AFDC) is a non-profit organization providing programs that address the specific needs of individuals and families throughout their journey with Alzheimer's disease or a related dementia. Our failure-free programming provides opportunities for mental stimulation, physical exercise, social interaction, and organized participation in life's daily activities. AFDC is also dedicated to supporting family caregivers throughout the disease process, through education classes, support groups, and private consultation.

Our vision is 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.

13,000 individuals are living with Alzheimer's disease in Fairfax County alone. Alzheimer's Disease International estimates that there are 35.6 million people living with dementia worldwide. As baby boomers begin to reach their senior years, we hope to expand both our space and services to meet the growing need in our community. To make our vision a reality, AFDC is working diligently to expand both our space and services. Additional space will allow us to serve our ever-growing waitlist for our adult day health center, and expanding our services will comprise new and innovative programming for people in the early stages of Alzheimer's or a related dementia.

Our Programs & Services

For People with Alzheimer's Disease

The Day Health Center is a therapeutic weekday program that provides opportunities for people in the middle to late stages of Alzheimer's disease to connect with others and maintain social and cognitive skills in a fun environment. Our failure-free programs provide opportunities for mental stimulation, physical exercise, social interaction, and organized participation in life's daily activities. The Day Health Center provides personal care and assistance, as well as one-on-one sensory, physical, and cognitive stimulation for those in the late stages.

The Mind and Body Workshop is a weekly wellness program for people in the early stages of memory loss and along with a family member, spouse, or caregiver. The Mind and Body program offers coping strategies, ideas for interaction, and support for both the person with memory loss and the caregiver. A great additional benefit of the group is the opportunity for socialization and camaraderie with others in a similar situation.

For Caregivers

Education programs are free workshops, open to the public, designed to provide caregivers with useful information about Alzheimer's disease, strategies for caregiving, practical financial and legal advice, and information on area resources. Respite care is available for programs.

Caregiver Support Groups are open to the public and meet multiple times throughout the month, at various locations. Our support groups give family caregivers the chance to connect, to share practical advice, and to discuss frustrations and hopes.

Caregiving at a Glance is AFDC's guide to Alzheimer's care. The guide provides techniques and strategies to empower family caregivers, addressing topics such as communication, troublesome behavior, meal time, bathing, dressing and more.

For the Community

Consulting Services are provided for both professionals and individual family caregivers, including care facilities, groups serving older adults, and individuals and families caring for a loved one with dementia.

An Internship Site for Students is provided for those looking to practice their skills and receive feedback while they learn effective ways to assist, communicate, and care for people with dementia.

Volunteers help us provide our quality service by sharing their time and talents. Last year, 37 volunteers provided almost 2,000 hours of service.

Highlights

Website

A new, more user-friendly website was launched that provides a more complete picture of AFDC.

7.2010

Garden Party

Our second annual Garden Party was held on September 21, with 155 people in attendance, raising nearly \$20,000 net for AFDC.

10.2010

Brochure

We created a new brochure to more effectively connect family caregivers with our services.

Art Therapy

AFDC received funds that allowed us to hire a certified art therapist to work with the center participants.

4.2011

Resource Library

A private donor provided funds to set up an expanded library of resources for caregivers of those with dementia.

Strategic Plans

Brooks Adams Research was hired to help AFDC create a long-term strategic plan, including developing partnerships within the community, and expanding our services and the physical facility.

In the News

AFDC was featured on a WUSA television story by reporter Peggy Fox concerning caregiving for those with Alzheimer's disease.

Board of Directors

AFDC welcomed three new board members as it expanded its board of directors to include fourteen board members.

Mind and Body Program

The Mind and Body program was expanded to two evening sessions, providing more programming for those in the early stages.

Scholarships

AFDC maintained full enrollment in the day health center for the entire fiscal year, and offered \$162,000 in scholarship funding.

Honors

AFDC holds a three-year license, the highest level of licensure in Virginia. A three-year license is issued when a facility's activities, services, and management routinely and substantially exceed the minimum standards.

AFDC was chosen as a Fairfax County host site for Direct Support Professionals Day on Sept 8, 2010.

The Center's Executive Director was appointed to the Fairfax County Long Term Care Coordinating Council, and took a leadership role with the Senior Services Committee.

Who We Serve

Day Center Population

Total Number of People Served

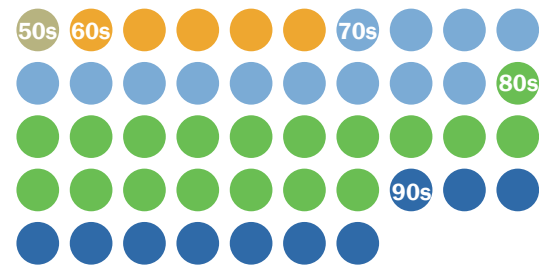
73

New Admissions

30

Females

47



Males

26



Average Age of Participants (years)

79

Average Time at AFDC (months)

17

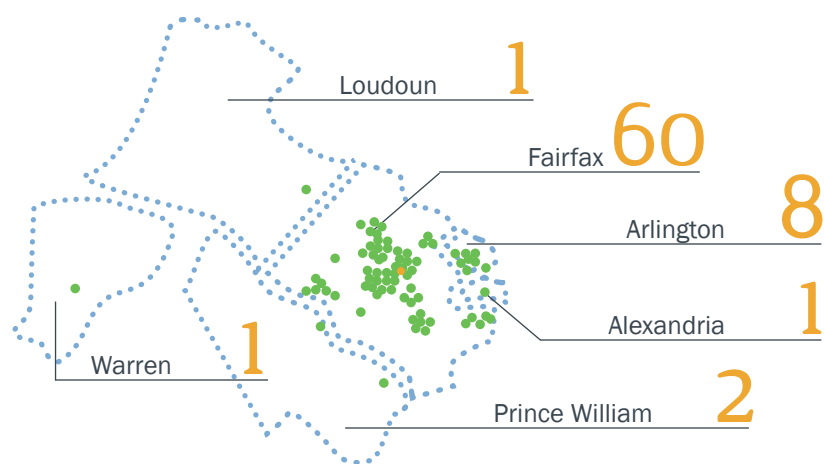
Longest Time at AFDC (months)

77

Who They Live With



Where They Live



Additional Services

Number of Education Programs Offered

39

Hours of Physical Therapy Provided

150

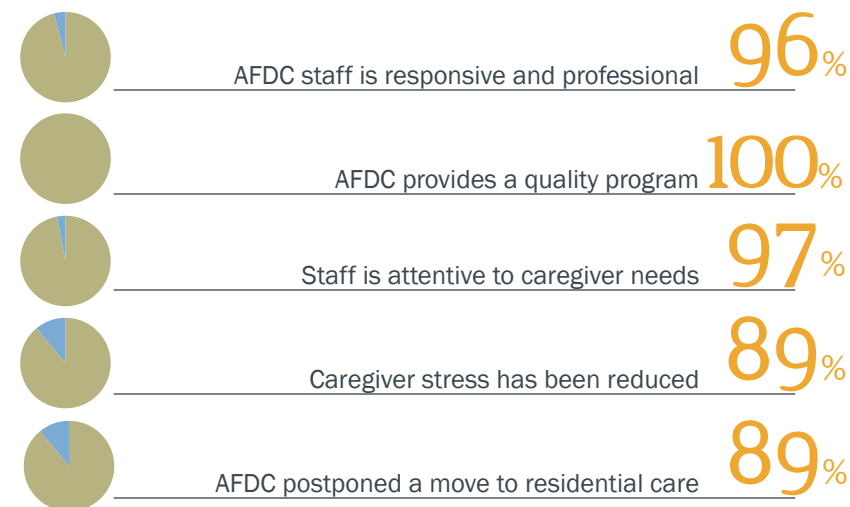
Support Group Meetings Held

36

Mind and Body Workshop Classes

60

Caregiver Survey Results



Jim and Donna's Story

Jim has been attending the Day Health Center for about 16 months. Previously, Donna, his wife, wasn't sure she'd be able to utilize day care services at all. Jim had visited another center, but he wasn't happy when he attended there. She continued to care for him at home, knowing it would be a struggle to have him go. A few months later, Donna learned about the education programs at AFDC. She decided to attend, and brought Jim for respite care. Jim loved it here, and has been enrolled ever since!

Jim started attending 3 days a week, but he is now coming all 5 days. He loves the people, and he's always smiling when he comes. Donna says "it's like going to visit a neighbor or a friend," it's such a comfortable and happy place. She occasionally sits in on activities with him, and enjoys seeing how happy he is during the day.

Donna says she's not sure what she would have done without Alzheimer's Family Day Center. Besides knowing her husband is happy and well cared for here, she regularly attends the support group and education programs to learn more. Even though she's learned so much, she loves that she can always come in and ask questions about any new issues or concerns she has with Jim. We're proud to be such a happy and uplifting place, and we're glad that we can be supporting both Jim — and Donna — through this process.

AFDC Patrons

Individuals Giving \$100 and Above

Per-Erik Aasum
 Timothy Aluise
 Joyce Amenta
 Kathleen S. Anderson
 Judy Antico
 Fred and Betty Antonini
 Conrad and Lois Aschenbach
 Bill Bailes
 Marti Bailey
 James Ball
 Mark Barnett
 Frederick T. Barrett
Michelle Barrett
 Catherine H. Beauchamp
 Lawrence Beerman II
 Gerrie Bjornson
 Woodrith Blazek
 Blair Blunda
 Michelle B. Bouma
 Ronald A. Boyle
 Lisa Brandes
 Barbara E. Bryant
 Christopher Buchen
 Robert Burgess
Susannah E. Calkins
 Marilyn Campbell
 Thomas and Katharine Cannon
 Anthony and Natalia Carro
 William and Carolyn Carter
 Judy Carter
 Pamla Clark ●
 Wyndham and Alisone Clarke
 Lee Clarke
 Fred Coffey
 Ann C. Cole
 Susan B. Crim
 Peggy Daley
 Ann Daniels
 James Davenport
 Nancy Dezan
 John and Linda Donovan
 Cara Dooley
 Eleanor Duffield
Deborah Dunham
John and Glenys Dyer
 Harriet Epstein

George and Nancy Falck
 Andrew B. Falck
 Daniel Finkelstein
 Kurt Fischer
 Joan C. Forte ●
 Christopher Forsy
 William and Jeanne Franklin
 Mary Jane Daly Gabbay
Caryl Gassman
 Joan Gaw
 Bruce Ghrist
 Lydia Giffler
 Lorna J. Gladstone
 Gregory Glissmann
 Stuart Goldstein
 Augusta Gray
 Thomas and Judy Grumbly
James R. Hamrick ●
 Linda Harber
 Peggy Harding
 Joseph and Patricia F. Healey
 Mary Alice Healey
 Pamela A. Henriksen
Roger A. Hess
 Patricia Hinshaw
 Jayme Hommer
 Philip Hunter
 Marcy Hunter
 Bill and Linda Idol
 Margarita Irek
 Juanita Irvin
 Donna Jackson
Cecilia Javier
 Christopher T. Johnson
 Ann Jones
 Herschel Kanter
 Ruth R. Karimi
 Dennis Keefe ●
 Theresa King
 Abby Knutsen
 Sheeler Kowalewski
 James Lawless
Sue A. Leathers ●
 Constance A. Long
 Mary Lothschuetz
 Dow H. Luetscher

Andrew A. Luhtanen ●
 Cynthia Lundstrom
 Bernard Lynch
 Kay MacDonald
John MacFarlane
 Cathy Madden
 Carol A. Mahoney
 David Maloney
 Helen Martin
 Linda Mazawey
Tom McCauley
 John and Margaret Mc Nerney
 Beverly Melani
George Merkel
Dan Meyer
 Cathy Michael
 Patricia M. Milla-King
 T. James Murphy III
 Edward J. Newberry ●
 Barbara Nichols
 Andrew O. Nickle
 Oliver A. Nickle, Jr.
 Heather O'Malley
 Susan E. Park
 Jane D. Parsons
 Teresa Peters
 Randeep Pino-Marina
 Michael and Kimberly Policicchio
 Patricia D. Popp
 Heather Powell
 Susan Quinn
 Frederick Randall
 Sally Reinholdt
 Jean Reiter
Judith Assmus Riggs ●
 Rebecca Rogers
 Salvatore Romano ●
 D. W. and Nynette Rourke
 Julie Russell
 Colleen Ryan Mallon
 Cynthia Schelhorn
 Charles W. Schudt ●
 Michelle Sendow
 Laurence Short
RADM Mac Showers (ret.) ●
 Howell Simmons

Deborah Smyth
 L. Britt B. Snider
 John R. Soltys
 Christine Soltys
 William Spates
 Robert and Jane Stiefvater
 Irene Stith-Coleman ●
 Janet Stodter
 Susan Stone
 Molly Stone
 Joseph W. Stuart
 Linda Summerall
Gordon Sweeney
 Jack Tarr
 Eric S. Trabert
 David Turch
 Brian Unwin
 Kelvin R. Ward
Clifford Warfield
 Thomas Warneka
 Mary Weaver ●
 Robert Weldie, Jr.
 Thomas West
 Donald and Elsa Willis
 John and Barbara Wing
 Arabella M. Wright
Jean Schiro-Zavela and Vance S. Zavela
 Chad Zeller

Thank You!

Patrons listed in bold have generously given \$1000 or more.

Circles (●) indicate AFDC's monthly givers.

AFDC has made every effort to accurately reflect our donor's generosity. If your name has been inadvertently omitted or incorrectly spelled, please accept our sincere apologies. Please notify us and we will gladly correct your record.

Community Support

A First-Class Move, LLC
Ada and Albert Wibel Foundation
 AFDC Support Group and Mind & Body
 AH&T Insurance
 Alexandria Business Connection
Alzheimer's Association National Capital Area America's Charities
 Arlington Artists' Alliance
 Arlington County Medical Society Alliance
 AT&T United Way Giving Campaign
Avalon House
 Bank of America Matching Gifts
 Bank of America United Way Campaign
 Best Care Home Care
 C.C. Pace Systems, Inc.
Care Options
CareFaxLTC
 Catalogue for Philanthropy Greater Washington
 Citronelle
Clark-Winchcole Foundation
Claude and Nancy Keener Charitable Fund
 Commercial Express HVAC
Dominion Guild
 Dukes & Graves, LTD
 ECHO of Northrop Grumman
 Elder Care Strategies
 ElderTree, LLC, Kate Caldwell
 Emeritus at Arlington
 Entertaining Designs by Melanie Barry
Episcopal Church Women, Church of the Holy Comforter
 FIT Interactive
 Glass Distributors, Inc.
Goodwin House Foundation
Goodwin House, Inc.
 GraceFul Care, Inc., Patricia Williams
Great Falls Assisted Living
 Great Falls Ecumenical Council
 Greater McLean Republican Women
IBM Employee Services Center
 Jean Galloway Ball, PLC
John Hancock Financial Services, Inc.
 LaBier Assisted Living
Mr. Randolph D. Rouse
Needham, Mitnick and Pollack, PLC, Judy Mitnick
 Neuropsychology Associates of Fairfax, LLC
Nursing Referral Service of Northern Virginia
 Pilot Club of Arlington, Inc.
 Randa's Custom Tours
Rotary Club of Tysons Corner, Richard Kaplar
 Rotary Club of Tysons Corner Foundation
 The Elder and Disability Law Center
 The Medical Team, Inc.
The Morris and Gwendolyn Cafritz Foundation
The Sylvestry at Vinson Hall Retirement Community
 The Woman's Club of Arlington
Thomas West Financial Services
 Trapeze School of NY-DC
Tyson's Civitan Club
United Way of the National Capital Area

Volunteers & Interns

Total Number of Volunteers & Interns

37

Total Number of Hours Served

1,974

Total Value of Volunteer Hours

\$39,972.34

Volunteers

Total Number of Volunteers

27



Quarter with the Most Volunteer Hours Served

1

Interns

Total Number of Interns

10



Total Number of Universities Represented

4

Staff

- Nancy Dezan**, Executive Director
- Marcy Hunter**, Center Director
- Susan Stone**, Outreach Coordinator
- David Maloney**, Finance Director
- Carrie Idol-Richards**, Communications Coordinator
- Christine Birden**, Nurse Advisor
- Mary Kanu**, Nurse Coordinator
- Cara Dooley**, Activities Director
- Lisa Cornelius**, Social Services and Activities
- Marilu Rivera**, Activities Coordinator
- Tsitsi Mapandu**, Program Assistant
- Elba Pfeifer**, Activities Assistant
- Mercy Mensah**, Program Assistant
- Mirna Bautista**, Personal Care Assistant
- Mariatu Kanu**, Personal Care Assistant
- Kristen Martin**, Early Stage Club Director

Staff Service

| | |
|-----------------------------------|------|
| Number of staff | 16 |
| Longest length of service (years) | 14.5 |
| Average length of service (years) | 4.8 |
| Most common anniversary month | 8 |

Board of Directors

- Thomas West**, CLU, President
Founder of Thomas West Financial Services
 - James R. Ball**, Vice President for Strategic Planning
Merrill Lynch
 - Colleen Ryan Mallon**, Vice President for Development
Corporate Director of Marketing at Goodwin House, Inc.
 - Rick Kaplar**, Treasurer
Vice President of The Media Institute
 - Irene Stith-Coleman**, PhD, Secretary
Director of the Division of Policy and Assurances
Office for Human Research Protections
 - John Beerman**
Retired, Former Chairman of the Fairfax County Board of Supervisors
 - Kate Caldwell**, MAG, CMC
Founder of Eldertree Geriatric Care Management Services
 - Dee Cascio**, LPC, LMFT, ACC
Retirement Lifestyle Strategies
 - Linda Harber**
Associate Vice President for Human Resources, George Mason University
 - John McNerney**, CPA, CFP
Retired, President of McCountant, Inc.
 - Judith Mitnick**, JD
Needham, Mitnick & Pollack PLC
 - Judith Assmus Riggs**
Retired, Alzheimer's Association National Capital Area
 - Patricia Williams**, MAT
Founder and President of Graceful Care, Inc.
 - Jack Zimmerman**
Retired, Shepherd's Center of Oakton-Vienna
- Staff and Board listing as of June 30, 2011

Financials

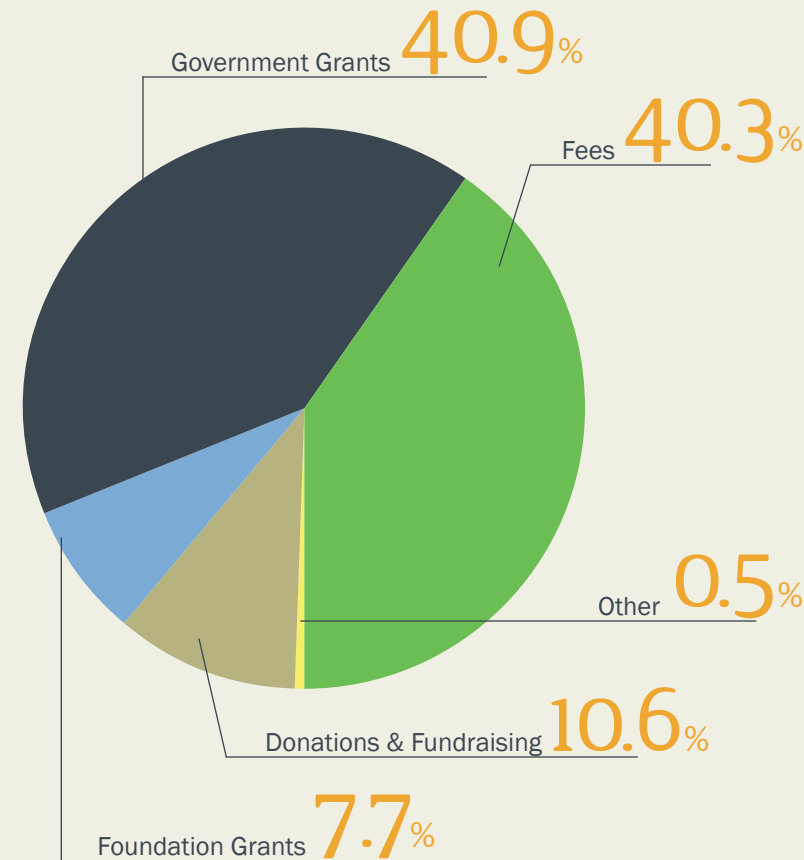
Assets

| | |
|----------------------------------|--------------------|
| Cash and Cash Equivalents | \$1,033,548 |
| Accounts Receivable | \$10,942 |
| Prepaid Expenses | \$26,696 |
| Total Current Assets | \$1,071,186 |
| Property and Equipment | \$66,091 |
| Other Assets (Security Deposits) | \$10,333 |
| | |
| Total Assets | \$1,147,610 |

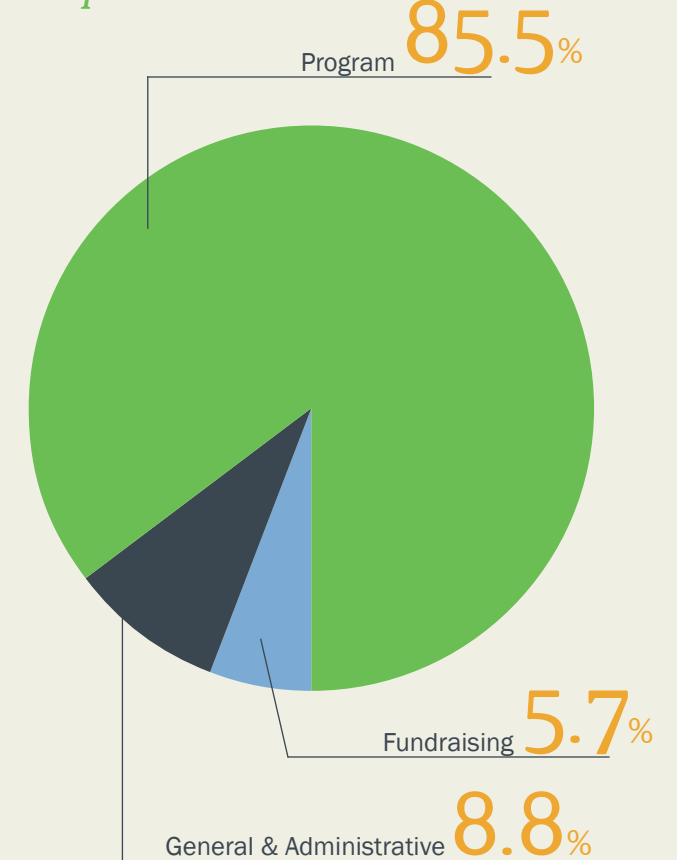
Liabilities

| | |
|---|--------------------|
| Accounts Payable | \$6,263 |
| Accrued Salaries | \$26,597 |
| Accrued Vacation | \$17,900 |
| Payroll Liabilities | \$4,650 |
| Total Liabilities | \$55,410 |
| Total Net Assets | \$1,092,200 |
| | |
| Total Liabilities and Net Assets | \$1,147,610 |

Income



Expenses



Alzheimer's Family Day Center

2812 Old Lee Highway

Suite 210

Fairfax, VA 22031

703.204.4664 (phone)

703.204.0509 (fax)

afdc@alzheimersfdc.org (email)

www.alzheimersfdc.org



#8096



#35282



#8035

AFDC appreciates funding received from
Fairfax County Government