

## FALL 2010 NEWSLETTER



Participants putting together Autumn Bouquets, which were used as centerpieces at our Garden Party in September.

## FUTURE PLANNING

Did you know, that in Northern Virginia, there are more than 13,000 individuals with Alzheimer's disease or a related dementia? These numbers are expected to increase dramatically as the baby boomer population reaches their senior years. In fact, Alzheimer's Disease International estimates that there are 35.6 million people living with dementia worldwide currently. That number is projected to increase to

continued on page 7

## WE'RE INCLUDED IN THE CATALOGUE FOR PHILANTHROPY!

Alzheimer's Family Day Center is proud to be part of the Catalogue for Philanthropy: Greater Washington. Each year some 250 organizations apply to be featured and undergo a rigorous vetting process. This year a panel of 100 expert reviewers from area foundations, corporate giving programs, giving circles, and peer nonprofits participated in the process, and this year's 70 nonprofits were selected. All 350 organizations

continued on page 7

## ALSO INSIDE...

New Board Members	3
Upcoming Events	5
Caregiving Tips	6

...and more! ★

## WHAT'S INSIDE

Letter from our Director	2
Welcome New Board Members	3
Farewell Linda	3
Garden Party Highlights	4
Calendar of Events	5
Fido 5K & Wag and Walk	5
We're on Facebook!	5
Holiday Shopping	5
Caregivers Corner	6
Future Planning	7
Catalogue for Philanthropy	7
Your Donation Helps!	8
Wish List	8



## CONTACT

Alzheimer's Family Day Center  
2812 Old Lee Highway, Suite 210  
Fairfax, VA 22031  
Phone: 703-204-4664  
Fax: 703-204-0509  
Email: [afdc@alzheimersfdc.org](mailto:afdc@alzheimersfdc.org)  
Website: [alzheimersfdc.org](http://alzheimersfdc.org)

## LETTER FROM OUR DIRECTOR



Dear Friends and Family at AFDC,

What a wonderful time we had at our second annual Garden Party on September 21, 2010. Thanks to our sponsors, our volunteers, our staff and those who donated auction items, the evening was a great success! Proceeds from the event will help AFDC continue to provide high quality care and support to individuals and families living with Alzheimer's disease and related memory loss illnesses.

On October 4th, new Board members and officers were elected at Alzheimer's Family Day Center. Please join me in welcoming Thomas West as the new Chairman of the AFDC Board of Directors. Tom comes to us with a wealth of experience in working with the long term care community, and is an appointed member of the Fairfax County Long Term Care Coordinating Council. He is the President of Thomas West Financial Services in Vienna and Bethesda. We look forward to working with Tom over the next many months. Sincere appreciation is extended to our outgoing Board Chair, Judy Riggs. Having been a member of the Board for many years, Judy has served as the Chairman of the AFDC Board since October 2008. During that time, she led the Center in growth, both financially and programmatically, to most effectively meet the needs of our participants and their families. We are sincerely grateful for Judy's time, efforts and support over these past two years. I would also like to welcome our new Board members, Jack Zimmerman, Linda Harber, and Dee Cascio. We are thrilled that you have joined our team!

A sincere "thank-you" goes to everyone who completed one of our surveys or participated in a focus group during past several months. Your responses will help guide AFDC's strategic planning for the next several years. The AFDC Board of Directors is working hard on strategic planning for our organization as we look toward the future growth and more effectively meeting the needs of individuals living with Alzheimer's disease.

May you enjoy a wonderful holiday season!

Sincerely,

Nancy Dezan  
Executive Director

## ABOUT US

Alzheimer's Family Day Center is a non-profit organization that provides a wide range of services including: adult day health care, training for caregivers, support groups, and preventative activities. AFDC is the only dementia-specific adult day care center in Northern Virginia with programs for people in the later stages of Alzheimer's.

The Family Times is published twice a year, supplemented by electronic newsletters. Email us to subscribe!

# WELCOME TO OUR NEW BOARD MEMBERS!

At the beginning of October, Alzheimer's Family Day Center welcomed its new Board of Directors for the 2010/2011 fiscal year. We are glad to see many returning faces, as well as three new board members this year.

Many of you may know Tom West as our Garden Party Auctioneer, but he has many other talents to share, and we are glad to welcome him into the role of President for the upcoming year. Tom's vision, energy and leadership will be a great asset to moving AFDC forward. We have two fantastic Vice Presidents this year: James R. Ball, who is filling the role of Vice President for Strategic Planning, and Colleen Ryan Mallon, who will be our Vice President for Development. By splitting the Vice President position into these two roles, these returning board members will provide skillful direction for our future planning. Rick Kaplar will be remaining on the board as our Treasurer, and Irene Stith-Coleman will continue to fill the role of Secretary. We are glad to have all of their experience on our board!

We want to extend a warm welcome to our new board members: Dee Cascio, Linda Harber, and Jack Zimmerman. Dee Cascio, LPC, LMFT, ACC, is a Certified Life Coach, who specializes in Retirement Planning. She has owned her own business, Retirement Lifestyle Strategies, since 1987, and can bring a wealth of knowledge to our board. Linda Harber is the Assistant Vice President and Chief Human Resources Officer at George Mason University. She moved to this area in 2003, having previously worked at VCU, and brings over 30 years of Human Resource experience to AFDC. Jack Zimmerman is currently retired, and works actively on the Board of Directors at the Shepherd Center of Fairfax-Burke. He not only brings this leadership experience to our board, but also has personal experience with caregiving for a loved one with dementia. We are glad to have so many diverse skill-sets in our new board members, and we look forward to working with them in the upcoming year!

*We want to extend  
a warm welcome to our  
new board members,  
Dee Cascio, Linda Harber,  
and Jack Zimmerman!*

## WE'LL MISS YOU LINDA!



We are sad to announce that Linda Hadley, our Director of Events and Donor Relations, has submitted her resignation from AFDC. Linda has been on staff since December of 2009, and was an active volunteer with our special events previously. Under her leadership, we initiated a new event last May, our Fido 5K & Wag and Walk. Over a hundred people (and their dogs!) came out to Burke Lake Park on May 22nd to run, walk, and raise awareness for Alzheimer's Disease in our community. Linda has also

been instrumental in putting together our Garden Party event for the past two years. She worked throughout the year to ensure both evenings went off without a hitch, and both events proved to be a great success. Linda has also been essential in maintaining our donor relations, databases, and other communications. She will truly be missed!

## BOARD OF DIRECTORS

Thomas West, CLU, ChFC, President  
James R. Ball II, Vice President for Strategic Planning  
Colleen Ryan Mallon, Vice President for Development  
Richard Kaplar, Treasurer  
Irene Stith-Coleman, PhD, Secretary  
John Beerman  
Kate Caldwell, MAG, CMC  
Delores (Dee) Cascio  
Linda H. Harber  
John C McNerney, CPA, CFP®  
Judith Mitnick, J.D.  
Judith Assmus Riggs  
Patricia D. Williams, MAT  
John (Jack) Zimmerman

## AFDC STAFF

Nancy Dezan, Executive Director  
Marcy Hunter, Center Director  
David Maloney, Finance Director  
Susan Stone, Outreach & Education  
Carrie Idol-Richards, Communications Coordinator  
Mary Kanu, Nurse Coordinator  
Heather Lee, Activities Director  
Cara Dooley, Social Services Coordinator  
Marilu Rivera, Activities Coordinator  
Elba Pfeifer, Activities Assistant  
Mercy Mensah, Program Assistant  
Tsi Tsi Mapandu, Program Assistant  
Mirna Bautista, Personal Care Assistant  
Mariatu Kanu, Personal Care Assistant  
Christine Birden, Nurse Advisor





# GARDEN PARTY HIGHLIGHTS

Alzheimer's Family Day Center held its Second Annual Garden Party on Tuesday, September 21st. The evening, which was picked to coincide with World Alzheimer's Day, was celebrated in style at the Atrium at Meadowlark Gardens. Over 150 guests were greeted with a glass of champagne and berries, and beautiful music provided by Broad Run Strings. The evening's weather could not have been better planned for a fall evening; guests were able to enjoy walking the gardens at the park, and conversing on the outdoor patio.

Inside, our silent auction contained a wide array of items. There was something for everyone! We want to thank our generous donors for providing items such as original works of art and photography, handmade global jewelry, sports memorabilia and tickets, original handmade weavings, and tours and entertainment packages. Many guests had their eyes on the clock, and pens in hand, ready to place their last bid just in time. Congratulations to all our winners, and we thank you for your generosity. Our silent auction raised almost \$2000 more than last year!



The highlight of the evening again this year was our Live Auction. Our incoming Board President, Tom West, led the festivities and got the crowd laughing. Items in the live auction included individual shooting lessons, a Nantucket cottage stay, a Vermont cabin vacation, a round of golf at Congressional Country Club, dinner at Citronelle, and a handmade quilt by AFDC's Sue Stone and participants. Bidding was very competitive at several points in the auction over these hot ticket items! Again, we congratulate our winners, and hope you all enjoy your items. Or better yet, take a staff member with you to share the experience!

Thank you so much to everyone who helped out with the event in any way! We truly appreciate all our guests, donors, volunteers, and sponsors. If you missed the evening, check out the pictures on our website ([alzheimersfdc.org](http://alzheimersfdc.org)) or on our Facebook page. It was a fabulous time!



## SPONSORS

### Gold

Goodwin House Foundation  
Goodwin House Inc.

### Silver

Avalon House  
Thomas West Financial  
Services



**GOODWIN HOUSE**  
*Foundation*

### Bronze

Alzheimer's Association, NCA  
Care Options  
Ms. Deborah Dunham  
Great Falls Assisted Living  
Ms. Judy Riggs  
Needham Mitnick & Pollack  
Nursing Referral Services  
Randolph D. Rouse  
Enterprises  
The Sylvestery

### Copper

A First-Class Move  
AFDC Support Group and  
Mind & Body Workshop  
Best Care Home Care Inc.  
Elder Tree  
Emeritus at Arlington  
Neuropsychology Associates  
of Fairfax, LLC  
The Medical Team



**GOODWIN HOUSE**  
*Incorporated*



**THOMAS WEST**  
FINANCIAL SERVICES

# CALENDAR OF EVENTS

## NOV 17 CLASSES FOR CAREGIVERS

Every 3rd Wednesday, 1:30 pm-3:00 pm, FREE

**Holiday Survival:** Holidays can be adapted to fit into the routine and needs of the whole family. Class will be held November 17th, 1:30 pm at AFDC. Respite care is available—please call to make arrangements: (703) 204-4664. Next year's schedule will be updated soon. Please check the AFDC website for details!

## NOV 25&26, DEC 24&31 HOLIDAY CLOSINGS

AFDC will be closed for the following holidays:

**Thanksgiving:** Thursday, November 25 and Friday, November 26.

**December:** Friday, December 24 and Friday, December 31.

## DEC 09 FAMILY HOLIDAY PARTY

Tuesday, December 9th, 4:30 pm

Day health center families, support group members, and Mind and Body Workshop participants, both current and former, are invited to join us for a fun evening of food, drinks, and the company of AFDC friends. Please RSVP to [afdc@alzheimersfdc.org](mailto:afdc@alzheimersfdc.org), so we can plan food and drink for everyone!

## JANUARY MIND AND BODY WORKSHOP

Early intervention for those with mild cognitive impairment and their families.

Next session is scheduled to begin in early January.

\$150 per couple, limited to 14 participants per session.

Please call Sue Stone for details and to register: (703) 204-4664.

## ONGOING CAREGIVER SUPPORT GROUP

2nd and 4th Wednesdays, 9:30-11:00 am

Newcomers are welcome! Respite offered free of charge; please call us to make arrangements: (703) 204-4664.

## FIDO 5K & WAG AND WALK

Alzheimer's Family Day Center held our first Fido 5K & Wag and Walk on Saturday, May 22nd at Burke Lake Park. More than 100 participants and their canine companions showed up to run, walk, and raise awareness for Alzheimer's disease. It was a fun morning for everyone; even if you didn't run, there was face-painting, music, and lots of food for everyone to enjoy.

All proceeds from the event went directly to our center programming. We want to especially thank all of our sponsors, volunteers, runners and walkers for making this event possible! If you missed the morning, check out pictures of the event on our website, [alzheimersfdc.org](http://alzheimersfdc.org).

## WE'RE ON FACEBOOK!

Want to keep up to date with what's going on at Alzheimer's Family Day Center? Learn about upcoming events, recent news articles, and see pictures, all on our facebook page!

Once you've logged into Facebook, just search for Alzheimer's Family Day Center; you'll recognize our page from our logo. Open our page, and click on the "Like" icon just to the right of our name. We'd love to have you as a fan!

## HOLIDAY SHOPPING?

Looking for a new way to give this holiday season? If you're doing your holiday shopping online, you can give back to AFDC at the same time! We are working with Give Back America, an online charity shopping mall. Simply go to their website, and they will direct you to all your favorite stores; there are hundreds of eligible vendors, including Amazon.com, Barnes & Noble, Target, Best Buy, and more! When you complete your purchase through the store's website, Give Back America will donate a portion of the purchase back to us!

For more information about Give Back America, or shopping online, visit our website-[alzheimersfdc.org](http://alzheimersfdc.org).



## WHY DOES MOM REFUSE TO BATHE?

In her younger years, Sally Jones always turned heads when she entered a room. She was an attractive, well-dressed woman who never left the house without her hair done and her make-up in place. Now, at 78 years of age and with Alzheimer's disease, things have changed. Sally wears the same worn clothing every day, and her daughter complains that she refuses to take a bath. Many evenings have resulted in heated arguments and pleading with Sally to bathe. Only rarely is her daughter successful.

Why might individuals with dementia resist bathing? There are many reasons, and the key to success is finding what the specific trigger might be. Those with dementia are often overwhelmed with complicated tasks. While taking a bath might seem simple to us, bathing involves many steps that must be completed in a specific order. For those with dementia, the multitude of steps is often far too complex. Once overwhelmed, the person with dementia stops in his tracks and refuses to participate.

For others, nudity is embarrassing, causing them to feel vulnerable. Removing clothing may also cause an individual to feel cold. He may refuse a bath simply because he prefers to stay warm and cozy in his own clothing. Nakedness is uncomfortable.

Lastly, don't underestimate the fear of falling. Bathrooms are full of hard places and slippery surfaces that often result in serious injury. If your loved one is at risk of falling, keep a firm grip on him while in the bathroom. Use handrails and a seat in the shower for safety.

Once the caregiver has determined the likely reason for resistance, he can respond directly to the concern and hopefully improve bath time at home.

## LOOKING FOR OTHER HELPFUL TIPS?

Check out these resources for additional information:

- Our [Classes for Caregivers series](#) provides free educational programs on a monthly basis. Classes cover topics such as stages of the disease, behavioral issues, money matters, legal documents, and much more. Our 2011 schedule will be posted on our website soon!
- The [AFDC website](#) (alzheimersfdc.org) provides information on upcoming Educational Programs, and other area trainings. Additionally, take a look at our News section for medical updates and recent events.
- Set up an [individual consultation](#) with us. If you have questions regarding care for your loved one, behavioral issues, or need help with a new stage of the disease process, come talk with us. We're always happy to answer basic questions, or set up an appointment for a consultation.

Here are some helpful tips for bathing those with dementia:

- Heat the bathroom with a small space heater so that the room is warm and inviting.
- Heat towels in the dryer to reduce the chill.
- Find a cozy bathrobe and slippers to wear at bath time.
- Play familiar music to signal bath time. Continue with familiar music during bath.
- Remember that older skin is sensitive and a shower may no longer feel pleasant.
- Address the fear of falling with a shower seat, handrails and your own firm grip.
- Consider that you may have to climb into the shower or bath with the individual to help him or her feel safe.
- Use bubbles in the tub and/or objects to keep anxious hands busy.
- Provide direct assistance so that the person is not overwhelmed.
- Allow the person to test the temperature of the water before climbing in.
- If the person is uncomfortable being naked, use hand towels or washcloths to cover private areas. Allow to bathe in her underwear, if necessary.
- Use baby shampoo that does not irritate eyes.
- Use a shower wand to get to "hard to reach" places.
- Don't rush. Make bathing an enjoyable time, rather than a difficult chore.

# FUTURE PLANNING

continued from page 1

65.7 million people by 2030, and 115.4 million people by 2050.

In order to meet these increasing needs in our area, new programs may need to be developed and facilities expanded. Alzheimer's Family Day Center is working diligently to assure that the increasing needs of the community will be met as the numbers of individuals with Alzheimer's disease is expected to increase by 50% over the next twenty years.

The AFDC Board of Directors is strategically planning for future growth. In doing so, AFDC has contracted the services of the Brooks Adams Research to make sure the organization is on the right track. The goal of Alzheimer's Family Day Center is to meet the needs of individuals with Alzheimer's disease throughout the course of the illness,

and to provide support and education to family caregivers.

*Did you know,*  
that in Northern Virginia,  
there are more than  
13,000 individuals with  
Alzheimer's disease or a  
related dementia?

Brooks Adams Research is working to determine where there are gaps in service, to locate where the most additional need might exist in Northern Virginia, and to establish how AFDC might grow to best meet the needs of individuals with dementia in our community. This is a long term fact-finding venture that will help the AFDC

Board make the best decisions in the interest of our participants, family caregivers and overall community.

Please do not hesitate to contact Nancy Dezan with any questions you might have concerning the on-going strategic planning at Alzheimer's Family Day Center.



---

# WE'RE IN THE CATALOGUE FOR PHILANTHROPY!

continued from page 1

(including ours!) can be viewed online at the Catalogue's website, <http://www.cfp-dc.org> -- where donations can also be made.

According to Barbara Harman, President and Editor of the Catalogue for Philanthropy: Greater Washington, "We know that many nonprofits have had a very difficult year. For most, contributions are flat or down, and the decrease or loss of foundation and government funding has created significant budgetary challenges. Individual donors can make a real difference this year, keeping great organizations afloat during these tough times."

Alzheimer's Family Day Center has been part of the Catalogue family since 2006. The Catalogue has enabled us to reach out to individuals in the region who would otherwise not hear our

story. The Catalogue also provides us with a stamp of approval, and donors tell us that they appreciate the good housekeeping seal that the Catalogue provides.



Since its inception in 2003, the Catalogue has helped raise over \$12.5 million dollars for local non-profit organizations. The 2010-11 Catalogue will be available in early November (you can request a catalogue online: they're free), and the Catalogue's

website will go live with the newly featured nonprofits on November 8th. Special features of the site include a gift registry, gift cards, a section especially for kids, and even a "donate now/decide later" fund that lets donors give in December and make their choices in January. Links on nonprofit profile pages connect donors with volunteer opportunities, events, news, videos, and more. According to Harman, "the new Catalogue website is the broadest and deepest regional philanthropy website in the country." We're proud to be featured on it.

Alzheimer's Family Day Center is also proud to be called "one of the best," and we hope you'll view our profile online at [cfp-dc.org](http://cfp-dc.org) (then search us by name) and help spread the word about the Catalogue so that together we can deepen the culture of giving in our nation's capital.

## YOUR DONATION HELPS!

Your donations are used to keep our fees affordable by supporting the Family Caregiver Respite Fund for those who need financial assistance but cannot pay for services; activity programs and therapies; and training, education, and support groups for caregivers. Here are a few ways to donate:

- **Contribution from your paycheck.** Your selection of AFDC from United Way (#8096), Combined Federal Campaign (#35282), or Commonwealth of Virginia Campaign (#8035) directly deducts your contribution from your paycheck.
- **Circle of Friends Monthly Giving Program.** This program allows you to pledge a monthly gift, to be automatically deducted from your checking account via secure EFT (Electronic Funds Transfer).
- **In Lieu of Flowers.** When a loved one has died, you may request that donations in their honor be made to AFDC.
- **Employer Match Program.** Your company can double your donation! Ask your personnel office for details.
- **Cash donations.** Monetary donations can be mailed to AFDC, 2812 Old Lee Highway, Suite 210, Fairfax, VA 22031.



#8096



#35282



#8035

## WISH LIST

Bingo prizes

i-Home

Blankets

Overhead projector

Keurig coffee maker

DVD movies

32" or larger flat screen TV

Magazine subscriptions

Digital Camera



2812 Old Lee Highway, Suite 210  
Fairfax, VA 22031

703-204-4664  
[www.AlzheimersFDC.org](http://www.AlzheimersFDC.org)

Nonprofit Org.  
U.S. Postage  
**PAID**  
Permit 345  
Merrifield, VA



FALL 2010 NEWSLETTER