

FALL 2011 NEWSLETTER



Brian Rudolph, one of our regular entertainers, serenades our participants at Oktoberfest!

MANAGING THE HOLIDAYS

The weather is getting cooler, leaves are changing, and winter decorations are already gracing the malls. The winter holiday season has arrived! Unfortunately, as a caregiver for someone with Alzheimer's disease, this may not be a happy time. You may be feeling the additional stress

continued on page 6

A TASTE OF THE ARTS

Alzheimer's Family Day Center held its annual fall fundraiser on Friday, September 23rd. A change from previous years, the evening was dubbed "A Taste of the Arts" and

continued on page 4

ANNUAL REPORT

Many exciting things happened at AFDC over the past year. These are a few of the highlights!

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.

continued on page 7

ALSO INSIDE...

Welcome to our New Board	3
Calendar of Events	5
New in our Library	7
...and more!	★

WHAT'S INSIDE

Letter from our Director	2
Welcome New Board Members	3
Welcome New Staff	3
A Taste of the Arts	4
Thanks to our Sponsors	4
Calendar of Events	5
We're on Facebook!	5
Support Groups	5
Caregivers Corner	6
Annual Report Highlights	7
New in our Library	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
Website: alzheimersfdc.org

LETTER FROM OUR DIRECTOR



Dear Friends and Family at AFDC,

What a wonderful time we had at "A Taste of the Arts" on September 23rd. The evening featured delightful music, dance, and art, as well as great food and beverages! A sincere thanks goes to all our wonderful sponsors, volunteers, and those who generously contributed to the raffle.

The evening was a great success. Funds raised will help Alzheimer's Family Day Center continue to provide quality day services for individuals with dementia, as well as support programs for their family caregivers. Thank you to all who helped to create a fun-filled evening.

In October, we sadly bid farewell to long-time Board member, Irene Stith-Coleman. Irene certainly set a record at Alzheimer's Family Day Center by serving on the Board of Directors for 24 years! Thank you, Irene for your many years of dedication and hard work.

This fall, we welcome four new Board members: William Offutt, Charles Sloan, Barbara Carrington, and Karen Fagelson. Tom West will continue to be the chairman for the AFDC Board for the next three years. As we look towards expansion, we are very fortunate to have an active and hard-working Board of Directors at Alzheimer's Family Day Center.

May you and your family enjoy a wonderful holiday season and a happy New Year 2012!

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!

BARBARA CARRINGTON

Barbara has spent most of her work life in the educational field as a Fairfax County teacher. She also works in the church, specifically training individuals and holding workshops. She brings a personal connection to AFDC; her husband attended the day center for several years. As a former family member, Barbara will bring great insight to our leadership board.

KAREN C. FAGELSON

Karen focuses her law practice on the real estate industry in the Washington, D.C. metropolitan area and represents developers, builders, investors and users of commercial and residential real estate. She is currently Managing Partner for the Virginia Region of Reed Smith LLP. Karen's clients have included Fortune 500 companies, real estate developers, national builders, government entities, associations, churches and automobile dealerships.

WILLIAM E. OFFUTT

William E. Offutt III, JD, CPA, CVA, is the Managing Principal of Offutt Advisory Ltd. He has over 30 years experience in business and tax planning, business valuations, litigation services, consulting and compliance services for businesses, organizations and individuals. William has a Juris Doctorate degree from the College of William and Mary and a Bachelor of Science in Business Administration from Georgetown University. He is a Virginia Certified Public Accountant and a Certified Valuation Analyst.

CHARLES W. SLOAN

Charles has been in the field of law for over 43 years, and is now practicing at Sloan and Swedish in Vienna. He received his Bachelor of Laws degree from Villanova University, and a Bachelor of Science from St. Joseph's University in Philadelphia. He also serves on the board of directors for Youth for Tomorrow, and is active with the Potomac Trail Club and the American Hiking Society.

WELCOME STAFF!

Welcome to our newest staff members, Veronica Ampona and Crista Kostenko! Veronica has joined our staff to assist while Maria is home with her new baby boy. Veronica is originally from Ghana, and now lives here with her husband and two of her sons. Her third son is still living in Ghana. She has her CNA, is currently taking additional classes, and enjoys music and going to her church.

Crista has joined our staff as our new Art Therapist. She comes each Friday morning to provide art making opportunities for our participants that encourage communication with their peers and families. Crista is a Fairfax native and received her Masters of Arts in Art Therapy from George Washington University.



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
Judith Mitnick, J.D., Secretary
John Beerman
Kate Caldwell, MAG, CMC
Barbara Carrington
Delores (Dee) Cascio
Linda H. Harber
William Offutt
Judith Assmus Riggs, MA
Charles Sloan, LL.B.
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
Cara Dooley, Activities Director
Lisa Cornelius, Social Services & Activities 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



A TASTE OF THE ARTS

continued from page 1

included fine arts displays, festive music and dancing, and of course delicious food and drink. The event was held at the beautiful Westwood Country Club in Vienna. Guests could first enjoy a lovely cocktail hour, with music provided by violinist Anthony Hyatt. Anthony frequently plays at our day center, entertaining participants as well!

After cocktails, everyone was invited to partake in the dinner buffet, browse the art display, and take a chance on our premium raffle. Soon after, the dancing began, with fabulous music provided by the Loudoun Jazz Ensemble. Specializing in big band music, they certainly got everyone's toes tapping!

The art show and sale was a key point of interest during the event. All art in the display was donated by local artists, and a portion of the proceeds benefited the center. Many guests enjoyed viewing the art, and a few pieces were purchased as well! Artists in the show included our long-time volunteer and professional photographer, Bob Burgess, as well as members of the Arlington Artists Alliance, who graciously provide the artwork gracing the hallways of the center.

The highlight of the evening was our premium raffle. Almost everyone in attendance purchased a chance to win one of the fabulous prizes, including a bed and breakfast stay, round of golf at Congressional Country Club, Redskins ticket package, dinner at Michel at The Ritz Carlton Tyson's Corner, and a gourmet wine basket and winery tour. Winners were announced at the end of the night. Congratulations to all the raffle winners, and we thank everyone for your generosity in participating!

Thank you so much to everyone who helped out with the event. We truly appreciate all of our guests, donors, volunteers, and sponsors. Over the next few years, we are planning to expand both our space and our services to help meet the need of our ever-growing waiting list. Your support of this event helps bring us closer to these goals, and for that we truly thank you! If you missed the evening, check out the pictures on our website (alzheimersfdc.org) or on our Facebook page. It was a fabulous time!



THANKS TO OUR SPONSORS!

Gold



Silver



Ms. Judy Riggs

Bronze

Care Options
GraceFul Care, Inc.
Great Falls Assisted Living
Nursing Referral Services
Tall Oaks Assisted Living
Thomas West Financial Services

Copper

A First Class Move
Avalon House
Ms. Colleen Ryan Mallon
Emeritus at Arlington
McCabe's Printing Group
Needham, Mitnick & Pollack, PLC
Personal Business Administrators, LLC
The Sylvestry at Vinson Hall

Retirement Community
Yates, Campbell & Hoeg, LLC

Additional Thanks

AFDC Board of Directors
Arlington Artists Alliance
James R. Ball
Briar Patch Bed and Breakfast
Blair Blunda
Chef Michel Richard
Glory Days Grill
LivHOME, Inc.
Loudoun Jazz Ensemble
Andrew Nickle
Old Dominion Home Care
Thrive at Home

CALENDAR OF EVENTS

NOV 11 CAREGIVER CONFERENCE

The Northern Virginia Dementia Care Consortium is hosting the 25th Annual Caregiver Conference: Looking for the Silver Lining at the Arlington-Fairfax Elks Lodge in Fairfax, from 8:00 am to 3:30 pm. Join area caregivers, professionals and volunteers for this fantastic, day-long conference and learn about recent research, seeing the humor in difficult situations, responding to behavior issues, and much more!

NOV 16 WHERE DO I GO FOR HELP?

Education program every 3rd Wednesday at AFDC, 1:30 pm-3:00 pm, FREE
Fairfax County has a plethora of resources for seniors. Learn what they can do for you! Respite care is available—please call to make arrangements: (703) 204-4664.

NOV 24 & 25 CLOSED FOR THANKSGIVING

AFDC will be closed Thursday and Friday in observance of Thanksgiving. Enjoy your holiday!

DEC 13 HOLIDAY OPEN HOUSE

Mark your calendars and join us as we enjoy the holiday season. Stop by the evening of Tuesday, December 13th to enjoy food, drinks, and the company of your AFDC friends. Look for more details as the holidays get closer!

DEC 21 MAKING CHANGES

Education program every 3rd Wednesday at AFDC, 1:30 pm-3:00 pm, FREE
Family roles, responsibilities, daily routines, and often living arrangements all change when living with Alzheimer's disease. Information and strategies for making these transitions will be offered. Respite care is available—please call to make arrangements: (703) 204-4664.

DEC 26 & JAN 2 CLOSED FOR WINTER HOLIDAYS

AFDC will be closed Monday in observance of winter holidays. Happy New Year!

ONGOING DAY CENTER FAMILY SUPPORT GROUP

AFDC has started a new support group for families with a current center participant. This will be a time for families to come together for support, to share ideas and concerns, and enjoy the company of other center families!

The Family Support Group will be held the first Thursday of each month, from 5:45 pm until 7:00 pm. Respite care will be provided for current participants. The support group will be led by Lisa Cornelius, LGSW, MSW.

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!

SUPPORT GROUPS

Our support groups give family caregivers the chance to connect, to compare similar journeys, to share practical advice, and to discuss frustrations, fears and hopes. All are welcome to join at any time.

2nd and 4th Wednesdays of the month

9:30 am to 11:00 am
Alzheimer's Family Day Center
2812 Old Lee Highway, Suite 210
Fairfax, VA 22031

3rd Wednesday of the month

6:30 pm to 8:00 pm
Reston Police Station
12000 Bowman Towne Drive
Reston, VA 20190



MANAGING THE HOLIDAYS

continued from page 1

just lurking around the corner. What used to be a festive time of year may now be one of your more difficult seasons. During the holidays, daily routines are altered, strangers are in the house, there are new places to navigate, and rich food to consume. All of these changes may cause the person with dementia to become more agitated, frightened and resistant to care.

What can caregivers do to survive (and even enjoy) the holiday season?

- Adjust your expectations and set limits on what you are able to do. Is it really necessary to bake all those holiday cookies? Consider smaller gatherings or hosting a potluck meal.
- As much as possible, maintain the daily routine. Individuals with Alzheimer's disease thrive with routine, and have great difficulty when that routine is altered or changes.
- Hold family gatherings earlier in the day when the person with dementia is more alert and less agitated.
- Remember that the diagnosed person becomes overwhelmed easily. Gatherings with too many people and too much conversation may cause increased agitation and anger. Consider leaving the diagnosed person at home with a care provider while you attend the holiday gathering.
- Adapt activity for the person with dementia. She may no longer be able to complete all the steps in baking holiday cookies, but she can stir the batter. He may not be able to shop for gifts at the store, but he can help wrap the presents you have purchased.
- Sing familiar songs and talk about holidays past. The diagnosed person will gain comfort in discussing familiar traditions and remembering special times.

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. The full class schedule can be found on our website!
- 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 new resources.
- 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.

How can you have others help you during the holidays?

Make a list of the tasks with which you need assistance.

- When a friend or family member asks how he can help, hand him the list and be specific about what you need.

If family is coming to visit, alert them ahead of time as to what they might expect from the diagnosed person.

- Tell them what has changed since their last visit, and any issues they might encounter when interacting with your loved one.

Encourage useful gifts for the person with Alzheimer's disease.

- Ideas include comfortable clothing, music, subscriptions to magazines, photo albums, identification bracelets and night lights.



ANNUAL REPORT HIGHLIGHTS

continued from page 1

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

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

AFDC was featured on a WUSA television story by reporter Peggy Fox on Friday, Sept 17, 2010 concerning caregiving for those with dementia.

Our second annual Garden Party was held on September 21, 2010 with 155 people in attendance, raising nearly \$20,000 for AFDC.

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

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

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

AFDC received funds from a private donor that allowed us to hire a certified art therapist to work weekly with the day center participants.

The Mind and Body program was expanded to two sessions on Monday evenings, providing more programming for those in the early stages of the disease.

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.

AFDC holds a three-year license – the highest level of licensure for adult day health programs in Virginia.

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

AFDC maintained full enrollment in the day health center for the entire fiscal year. AFDC offered 150 hours of physical therapy, 36 support groups, and \$162,000 in scholarship funding.

BY THE NUMBERS

Day Center

Total Number of People Served

73

Average Age

79

Average time at AFDC (months)

17

Longest time at AFDC (months)

77

Live in Fairfax County

60

Additional Services

Educational programs offered

39

Hours of physical therapy provided

150

Support group meetings held

36

Mind and Body Workshop classes

60

NEW IN OUR LIBRARY

Our library is ever growing! These are some of our recent acquisitions, with recommendations from Nancy.

Creating Moments of Joy

by Jolene Brackey
 "When a person has short-term memory loss, his life is made up of moments. We are not able to create a perfectly wonderful day with those who have dementia, but it is absolutely attainable to create perfectly wonderful moments – moments that put smiles on their faces or a twinkle in their eyes." This book will help you to create moments of joy with the diagnosed person.

Partial View: An Alzheimer's Journal

by Cary Smith Henderson
 Partial View is a narrative of the thoughts and musings of Cary Henderson, a history professor who was diagnosed with Alzheimer's disease at the age of 55. In describing his narrowing world, Cary hoped to help other Alzheimer's patients and their caregivers gain a better understanding of the disease.

Dancing with Rose

by Lauren Kessler
 "Part immersion reportage, part memoir, Lauren Kessler's book shows that people with Alzheimer's are still

capable of love, friendship and humor. Unflinching and smart, repentant and honest, Dancing with Rose offers ways for all of us to connect with people at the end of their lives."

Learning to Speak Alzheimer's

by Joanne Keonig Coste
 Learning to Speak Alzheimer's provides a practical approach to understanding Alzheimer's disease and effectively communicating with the diagnosed person. The book is a caregiver's roadmap for the journey through Alzheimer's disease.



2812 Old Lee Highway, Suite 210
Fairfax, VA 22031

703-204-4664
www.AlzheimersFDC.org

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



FALL 2011 NEWSLETTER

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
- Art supplies
- Grocery gift cards
- K-cups decaf
- iPod
- Blankets
- Overhead projector
- DVD or VCR movies
- Magazine subscriptions
- Video camera
- Holiday decorations

