



The Family Times


 For your United Way/
 CVC/ CFC
 donation designate
 # 8096/ 8053/ 35282

For the families and friends of people with Alzheimer's disease and other dementia.
Summer 2009

25 Years of "Sharing the Care" AFDC Celebrates its Silver Anniversary

Over 25 years ago, Dr. Lin Noyes Simon was working as the director of the Dementia Resource Center of National Hospital and serving as president of the board of directors of Northern Virginia's Alzheimer's Association (then known as ADRDA-NoVa). Concerned about the lack of services to meet the varying needs of those with memory loss, Simon



set out to fill the gap by offering respite for those coping with Alzheimer's disease. After several years of planning, the Family Respite Center was born in 1984. It provided two kinds of respite: a break for caregivers and a supportive, encouraging environment for participants that acknowledged their remaining strengths and minimized their losses.

Briefly housed in Paul VI High School in Fairfax City, then in the Chesterbrook Presbyterian Church in Falls Church, the Family Respite Center began small, with just four participants. Programs for recently-diagnosed individuals were added; annual events such as the Luminaria became tradition; community support increased. Dr. Simon spearheaded the "Right to Respite, Right to Care" confer-

ence in 1985, one of the first such events to focus specifically on the needs of Alzheimer's patients and their families.



In 2001, Executive Director Lin Noyes Simon passed the torch to Blair Blunda. During Blair's tenure, AFDC's programs, census and reputation continued to grow. Regular physical therapy for all participants was added, and the popular Mind and Body Workshop was expanded to include caregivers. The Family Respite Center changed its name to Alzheimer's Family Day Center. Eventually Blair led the way to a move in 2004 to a more spacious and therapeutically-designed space in Fairfax, where AFDC operates today.



These days, under the leadership of Executive Director Nancy Dezan, AFDC participants benefit from the services of a licensed occupational therapist and geriatric nurse practitioner. A new Saturday Social Club for those in the early stages of Alzheimer's disease now meets regularly. We have leapt into the 21st century and use email and the web to communicate with families and supporters. You can even find us on Facebook!

To celebrate the milestone, Alzheimer's Family Day Center is hosting a 25th Anniversary Garden Party on September 24 at the Meadowlark Botanical gardens in Vienna, Virginia. The evening will include hors d'oeuvres and cocktails, live music and a silent auction.

Judith Riggs, AFDC Board of Directors president, has a message to share: "We owe an enormous debt of gratitude to the people who have contributed so much to the Center's growth and success over the years — our dedicated staff and volunteers, our generous donors, and most of all the thousands of families who have placed their trust in us. We look forward to celebrating with all of you in September as we rededicate ourselves to the challenges and opportunities we will face together in the years ahead."



Participant-made quilt will be auctioned at the Garden Party

For the current list of auction items, www.alzheimersfdc.org/25th.htm

Thank you to our sponsors!

(as of 7/24/09)

- Arden Courts at Annandale
- Virginia Health Care Services
- AFDC Caregiver Support Group
- Thomas West Financial Services
- Neuropsychology Associates of Fairfax
- Needham, Mitnick & Pollack, plc
- Emeritus Senior Living at Arlington
- Randolph D. Rouse Enterprises
- Goodwin House



Alzheimer's Family Day Center (AFDC) is a not-for-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.

For information about AFDC's programs and services please 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**

Online: **www.alzheimersfdc.org**

The Family Times is published three times a year, supplemented by electronic newsletters 2-3 times a year. Email us to subscribe!

Contributors include:

Tori Adams

Nancy Dezan

Board of Directors

Judith Assmus Riggs* President

Richard Kaplar * Vice President

John Thios Jr, PhD * Treasurer

Irene Stith-Coleman, PhD * Secretary

James R. Ball II

John Beerman

Colleen Ryan Mallon

John C McNerney, CPA, CFP®

Judith Mitnick, J.D.

Thomas West, CLU,ChFC

AFDC Staff

Nancy Dezan, Executive Director

Marcy Hunter, Center Director

David Maloney, Finance Director

Susan Stone, Social Services Coordinator

Tori Adams, Donor & Community Relations

Cara Dooley, Activities Director

Cassie Stack, Assistant Activities Director

Mary Kanu, Nurse Coordinator

Marilu Rivera, Activities Coordinator

Elba Pfeifer, Activities Assistant

Mercy Mensah, Program Assistant

Tsi Tsi Mapandu, Program Assistant

Mirna Bautista, Personal Care Assistant

Rebecca Comer, Personal Care Assistant

Christine Birden, Nurse Advisor



From Our Executive Director

Dear Family and Friends of AFDC,

This year, Alzheimer's Family Day Center is celebrating 25 years of service to families and individuals living with Alzheimer's disease. This is an amazing milestone, and was made possible through vision and efforts of founder, Dr. Lin Noyes Simon, former Executive Director, Blair Blunda, and hundreds of dedicated staff, volunteers and Board members. I hope you will join us as we celebrate on September 24th at the beautiful Atrium at Meadowlark Botanical Gardens in Vienna, Virginia.

At Alzheimer's Family Day Center, we believe it is essential to provide support for diagnosed individuals and family caregivers from the time of diagnosis throughout the course of Alzheimer's disease or related dementia. Our early memory loss programs are based in the latest research, and provide mental stimulation, physical activity and an opportunity for social interaction for those who are just beginning their journey with Alzheimer's. Our education programs, support groups and individual counseling help caregivers to prepare for the road ahead and learn coping strategies for effective caregiving. We are proud of our variety of programs, and welcome your suggestions as we continue in our efforts to support those living with Alzheimer's disease.

Enjoy the remainder of your summer!

Nancy Dezan
Executive Director

Welcome to AFDC!

Mary Kanu, LPN, is our Nurse Coordinator. She comes to us with experience in Geriatric Care institutional settings. She has had a passion for nursing and helping the elderly, especially those with Alzheimer's, since she was a child. She is married with three children.



AFDC CALENDAR OF EVENTS

Caregiver Support Group

2nd and 4th Wednesdays, 9:30-11:00 a.m.

Newcomers are welcome!

Respite offered free of charge;
please call to make arrangements.

Mind and Body Workshop

Early intervention for those recently diagnosed with cognitive impairment and their families

Next session is planned for mid-September.

\$150 per couple, limited to 12 participants per session.

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

Classes for Caregivers

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

August 19—Understanding Hospice

September 16—Activities for those with memory impairment

October 21—Anger Management for Caregivers

November 18—Surviving the Holidays

Please Register for each session individually. Respite care is available—please call to make arrangements:

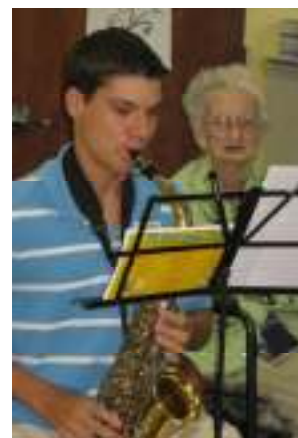
703-204-4664

25th Anniversary Garden Party

September 24, 6-9 pm, Meadowlark Botanical Gardens
Food & drink, live music & silent auction.

Meet Our Summer Interns

For the fourth year in a row, AFDC has had the privilege to host interns from the FUUSE program (*Fairfax Unitarian Universalist Summer Experience*). Logan Duffie, a 10th-grader at Robinson secondary school, says that his time here has



been one of his “most memorable experiences”. One of his specialties is leading word games with the group, although he can often be found keeping participants company outside or entertaining with his saxophone. Melissa Reff, a 10th-



grader at James Madison High School, says it’s “amazing to bond with people you never thought you’d know”. Even when participants don’t quite remember who she is, Melissa still feels that they respond to and appreciate her attention.

Caregivers’ Corner: How do I respond?

Those with Alzheimer’s disease and related memory loss illnesses often have a distorted view of reality. As a result, our attempts to discuss situations according to *our* logic may not be the best approach.

For example, Joe is sitting in the home he has lived in for forty years and says to his wife, “Please take me home”. If his wife argues that this IS his home, he will likely become defensive, frustrated and even angry. To Joe, nothing is familiar in the house and it does not feel like his home. Reasoning and explanations will only fuel his frustration.

So, how does a caregiver respond? Instead of arguing or correcting, validate the individual’s emotions. “*Ok, let’s take a walk and see what we can find.*” For some individuals, a walk around the block might be just enough to help them feel in control, and they may recognize the house as familiar upon returning from the walk. For others, it might help to talk about home. “*Tell me about your home. Do you remember the front porch swing?*” Reminiscing about a former home or looking at photos of home often help to provide a sense of comfort for the individual with Alzheimer’s disease. Another approach may be to acknowledge that this space is not a familiar home, but it might be just as good. “*I know this is not the home you would like, but I so enjoy your company and would love to have you stay here with me for a while. Let’s see what we can find for lunch.*”

Remember, the person with Alzheimer’s disease has significant brain damage that is interfering with his ability to fully conform to our reality. Avoid arguing or correcting. Instead, join his journey and you will avoid a lot of unnecessary conflict.



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



The **Annual Family Caregiver Survey**

should have already appeared
in your mail box or inbox.
Please respond by September 1.

These surveys help us to more
effectively meet the needs of our
participants and family caregivers.

You can complete the paper survey or
respond online. One lucky caregiver will
receive a \$50 gift card for participating.

Thank you!

OUR WISH LIST

- an LCD projector
- high-end or unique auction items for anniversary event
- volunteers before & during anniversary event
- Our early stage club is searching for a meeting place during the week. (9:00 am – 2:00 pm). The best location would be a church, space in a community center, or even in a long term care facility. Contact Nancy with possibilities.

