

## SPRING & SUMMER 2011 NEWSLETTER



Participants enjoy a visit from one of our four legged friends during pet therapy. A number of dogs regularly visit the center, including Rico, above.

### NEW MIND & BODY WORKSHOP CHANGES

Our popular workshop took on a new format this session, with great success! The Mind and Body Workshop is a six week program for people with mild cognitive impairment and their families. In the workshop, couples meet with others for support and discussion, participate in brain strengthening activities, and learn strategies to

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### ART THERAPY

AFDC is pleased to welcome Jackie McGeehan as our new art therapy instructor. She is currently running art therapy groups on Tuesday mornings at 10:30 am.

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### SURVEY RESULTS

Alzheimer's Family Day Center provides an annual family survey to gain insight on our programming. Anyone who has used any of our services in the past year is eligible to participate, and we enjoy gaining feedback on our Day Center, support groups, education programs, and

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...and more!



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## LETTER FROM OUR DIRECTOR

Dear Friends and Family at AFDC,

These are exciting times for Alzheimer's Family Day Center as we look toward future growth and development of our services. Seven years ago, the staff and Board of Directors of AFDC made the difficult decision to move to a new space at 2812 Old Lee Highway. The new facility was significantly larger, and allowed AFDC to provide quality care and support to many more individuals and families living with Alzheimer's disease and related dementia.



Today, our facility is full to capacity, providing innovative programs and therapies for our participants, as well as on-going support services for family caregivers. Additional space is needed to meet the growing needs of our aging community. Once again, Alzheimer's Family Day Center is thoughtfully considering the possibility of expansion to a larger space in an effort to more effectively meet the needs of our population.

In the coming year, we will be offering additional programs for those who have recently been diagnosed, as well as a new and fully stocked resource library for family caregivers. We will keep you informed of our progress as AFDC makes plans to expand our facility and our services in Northern Virginia.

Mark your calendar! Our third annual fall event, "A Taste of the Arts," will be held on Friday, September 23rd at the Westwood Country Club in Vienna. The evening promises to be great fun with dinner, dancing and lots of surprises! I hope you can join us.

Enjoy your summer!

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 STAFF MEMBERS!



## LISA CORNELIUS

Lisa joins our staff as our new Social Services and Activities Coordinator. She will be working closely with Cara to plan all the fantastic programming at the Day Center, while also working directly with participants and their families. Lisa is a Northern Virginia native, having grown up in Arlington. While earning her Master's Degree in Social Work, she interned

at an Erickson Community in Pennsylvania, which inspired her passion for working with the senior community. She sincerely hopes to be a resource to all our families, and is excited to join us.

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*We want to extend*  
a warm welcome to our new staff members,  
Lisa Cornelius and Jackie McGeehan!

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## JACKIE MCGEEHAN

Jackie, the newest addition to our team, joins us as our Art Therapy Instructor. Thanks to a generous donation, we are able to have Jackie provide an art therapy session with our day center participants once a week. Each group session provides participants with a safe and contained environment where they can use art as a means of communicating to self and others, begin identifying and developing

inner strengths, re-connect with both body and mind and explore end of life concerns. Jackie recently graduated from the George Washington University Masters in Art Therapy Program, and we are so glad to have her join us!

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## A TASTE OF THE ARTS

Mark your calendars now, and join AFDC for our annual fall event!

**Friday, September 23, 2011**

6:00 pm to 9:00 pm

Westwood County Club  
800 Maple Avenue East  
Vienna, VA 22180

Join us for "A Taste of the Arts," an evening celebration with AFDC. We will enjoy a buffet dinner, art, music, dancing, raffle and more. It will be an evening you don't want to miss!

More event information is available on our website at [www.alzheimersfdc.org](http://www.alzheimersfdc.org). Tickets will be available for purchase soon, but mark your calendars today!

## BOARD OF DIRECTORS

Thomas West, CLU, ChFC, President

James R. Ball II, Vice President for Strategic Planning

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Linda H. Harber

John C McNerney, CPA, CFP®

Judith Mitnick, J.D.

Judith Assmus Riggs

Patricia D. Williams, MAT

John (Jack) Zimmerman

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## 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



# NEW ART THERAPY PROGRAM

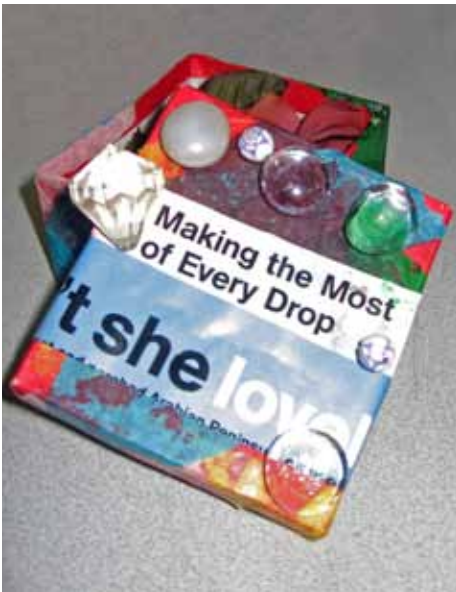
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Jackie recently graduated from the George Washington University Masters of Art Therapy Program. An art therapy program integrates the fields of human development, visual art (drawing, painting, sculpture, and other art forms), and the creative process with models of counseling and psychotherapy.

Art therapy is a form of treatment that integrates psychotherapeutic techniques with the creative process to improve mental health and well-being. The art making process helps people resolve conflicts, develop interpersonal skills, manage behavior, reduce stress, and increase self-esteem and self-awareness. Each art therapy group provides participants with a safe and contained environment where they can use art as a means of communicating to self and others, begin identifying and developing inner strengths, re-connect with both body and mind and explore end of life concerns.

Many of our participants enjoy the arts, and our new art therapy program provides a different outlet for their expression. The process is often quite successful in working with people, both young and old, who lack the words or communication skills to express themselves adequately. While words may no longer come, many can express their feelings and emotions quite easily through drawing or painting. As the American Art Therapy Association states, "Art therapy can be a much more viable means of communication rather than mere talking."

In their first few sessions, Jackie has guided participants through several art projects, including making small keepsake boxes (top left), painting on canvas, and making paper mache masks (bottom left). Through these projects, she has been able to learn more about our participants and their pasts, their likes, and their fears and frustrations. Jackie makes notes after each session, that can be used for future care plans and to gear all activities appropriately for each participant. The participants are excited about each session, and can't wait to display their artwork, or take home a project to show their families. We look forward to many more art therapy sessions with Jackie!



## NEW IN OUR LIBRARY

We currently have a number of books in our library, and it is growing! With special thanks to John and Glenys Dyer, we will be expanding our library in the upcoming months. These are some of our recent acquisitions, with recommendations from Nancy.

**Still Alice** by Lisa Genova  
A fiction novel depicting the life of a 50 year old woman diagnosed with Alzheimer's. It is a very accurate portrayal, and is extremely helpful in understanding the emotions and behaviors of those with Alzheimer's. Once I started reading it, I couldn't put it down!

**The Alzheimer's Action Plan** by P. Murali Doraiswamy, MD and Lisa Gwyther, MSW.  
Combining the insights of a world-class physician and an award-winning social worker, this book covers everything from testing, medical treatments, behavioral and emotional changes, clinical trials and the future of Alzheimer's. I also have a great deal of respect for the author, Lisa Gwyther.

**Hard Choices for Loving People** by Hank Dunn  
Written by a hospice chaplain, caregivers who are facing the final

stages of any form of dementia really need to read this book. It explains what hospice is and what it is not, and also discusses what to expect in the later stages and what treatment options are available.

**Moving a Relative with Memory Loss** by Laurie White and Beth Spencer  
This is a great little guide for family caregivers. It covers everything from how to make the decision, to dealing with the actual move to a residential facility. Everyone who is considering the move to residential care should read this book.

# CALENDAR OF EVENTS

## JUNE 15 HANDS ON CAREGIVING

Education program every 3rd Wednesday at AFDC, 1:30 pm-3:00 pm, FREE  
Practical information, covering everything from getting dressed to fixing nutritious meals, will help you find the individual strategies that will work best for you. Respite care is available—please call to make arrangements: (703) 204-4664.

## JULY 04 CLOSED FOR INDEPENDENCE DAY

AFDC will be closed Monday in observance of Independence Day. Enjoy your holiday!

## JULY 20 TAKING CARE OF BUSINESS

Education program every 3rd Wednesday at AFDC, 1:30 pm-3:00 pm, FREE  
A community based elder law attorney will help you evaluate legal matters, such as powers of attorney, trusts, wills and estates, and guardianship. Respite care is available—please call to make arrangements: (703) 204-4664.

## AUG 17 ASK THE EXPERTS: OPEN Q&A SESSION

Education program every 3rd Wednesday at AFDC, 1:30 pm-3:00 pm, FREE  
Bring your questions and join a guided discussion with the help of dementia care professionals and everyone in attendance! Respite care is available—please call to make arrangements: (703) 204-4664.

## SEPT 05 CLOSED FOR LABOR DAY HOLIDAY

AFDC will be closed Monday in observance of Labor Day. Enjoy your holiday!

## SEPT 21 FINANCIAL CONSIDERATIONS OF CAREGIVING

Education program every 3rd Wednesday at AFDC, 1:30 pm-3:00 pm, FREE  
Presented by a financial manager with expertise in long term care planning, explore some of your options for this important aspect of caregiving. Respite care is available—please call to make arrangements: (703) 204-4664.

## SEPT 23 A TASTE OF THE ARTS

Join us for “A Taste of the Arts,” an evening celebration with AFDC. Our fall event this year will be held at the Westwood County Club in Vienna. We will enjoy a buffet dinner, art, music, dancing, raffle and more. It will be an evening you don’t want to miss!

## 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



## CARING FOR THE CAREGIVER

Taking care of someone with Alzheimer's disease is a long and difficult journey. Each situation is different, and it is important that the primary caregiver identify where he or she can find support and assistance throughout the long course of the disease. *Are there adult children, neighbors or friends who can assist with caregiving? Is there a local support group nearby? Will the diagnosed person respond positively to help in the home?* Early in the disease process, the caregiver should assess the situation and begin to make a plan for care. Keep a handy list of suggestions when friends and family wonder how they can help, and learn to graciously accept assistance whenever it is offered.

It is normal for a caregiver to feel overwhelmed with his or her situation. The individual may feel powerless with his or her inability to manage behavior challenges or face the uncertainty of what lies ahead. Many are so busy with the duties of caregiving that they fail to recognize the physical symptoms of stress. Changes in sleep patterns, fatigue, headaches, ulcers, back pain, change in weight or appetite, and difficulty with focus may all be symptoms of stress which can lead to illness and inability to provide care for the individual with dementia.

Take the time to educate yourself and your family about the disease and its progression. An educated caregiver has more control over the situation and can plan more effectively for future care. Join a support group to learn caregiving tips and gain referrals to community resources. In a support group, it is very comforting to find that you are not alone in your caregiving journey.

Make an effort to take care of your own health. Maintain a regular daily routine, both for your benefit and that of the diagnosed person. Eat healthy meals and exercise daily, if possible. If your loved one is interfering with your sleep, find time to nap during the day.

Finally, accept your mistakes and be gentle with yourself. Enjoy your successes! Make a realistic plan for long term care, and allow yourself to grieve the many losses you are experiencing. And, if caregiving becomes too overwhelming, seek professional counseling to find effective ways to cope.

## 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](http://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 *reduce stress* in your life?

- Divide your concerns into (a) issues you cannot control, (b) issues you can influence and (c) issues you can fully control.
- Discard what you cannot control.
- Learn as much as you can and develop as much support as possible with the issues you can influence.
- Control what you can.

For example:

- You cannot cure this disease, but you can learn about medications and behavior challenges so that you are prepared for the next stage.
- You cannot control that friends tend to fall away when a loved one has Alzheimer's, but you can join a support group and develop new friendships and much-needed support.
- You cannot change the person with Alzheimer's disease, but you can change the way you respond to that person and each situation. Avoid arguments over issues that don't really matter, and focus on what will help your loved one manage his or her day more easily.

# MIND & BODY WORKSHOP

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adjust to changing abilities and family relationships. In addition, dinner provides a great time to socialize with others in a similar situation. As needs vary in early stages of the disease, for this session we offered couples the option of new expanded programming.

Traditionally, the Mind and Body Workshop included the group meeting time and dinner. This session included a new portion where couples were divided up; the caregiver participated in a support group, while the recently diagnosed person participated in

active games. If the traditional group meeting time had become too difficult for the diagnosed person, couples could still come enjoy the dinner and socialization, and join the support group and games later in the evening.

As one participant states, “[I like the] opportunity to be part of a community of people dealing with problems similar to those of my spouse and me.” The workshop was designed to promote camaraderie, and make everyone feel successful. We plan to continue this new format for the next workshop, which begins in early August.



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## ANNUAL FAMILY SURVEY RESULTS

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individual consultations. We first want to sincerely thank everyone that participated in the survey this year. We know your time is valuable, but your responses are vital in forming our future plans and goals. Additionally, the results allow us to report back to our funders and secure needed resources for future programming, which benefits everyone.

Overall, the feedback from the surveys was very positive this year. We are so pleased that families are happy with our services. Respondents overwhelmingly feel that staff is our greatest asset. Other positive areas were the activities and programming provided for day center participants, as well as the general environment and community feel at AFDC. One respondent sums up these assets well, saying, “For the time being I just have compliments in the quality of service, the beautiful and homey grounds, [and] most of all the qualified, professional staff. Thank you so much for the great job you do every single day!”

While we are very grateful for the many positive comments and feedback received, we also take your concerns and suggestions for improvement very seriously. While the percentage of

negative comments was much smaller, there were four areas of concern that we will be working to address over the coming year: communication, physical space, hours of operation, and caregiver support and education.

Feedback on electronic versus hardcopy information was very mixed; therefore we will be ensuring that communications are provided in multiple formats to suit everyone's preferences as best we can. A few respondents asked for additional

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*I just have compliments  
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and professional staff.*

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communication on the day to day activities of their family members at the day center. We will work to improve this communication as well.

Space concerns were addressed again this year as well. While we currently admit a smaller number than licensure permits in our day center, we know

that many days it can feel busy, and as the weather gets warmer we would love to have outdoor space to utilize. We are currently looking into several promising options for expansion. These concerns for both indoor and outdoor space are guiding our decisions as we weigh these options.

Concerns of hours of operation, and caregiver support and education seem to both be issues of providing evening and weekend opportunities to help meet the needs of busy schedules. While we have to balance evening programs with staffing needs and requirements, this additional programming is an option that will be carefully considered as we look at our scheduling options and plan for future programs.

Again we thank you for your honest feedback, and taking the time to complete this survey. We thank you for the many compliments, and we will be working to address concerns in our future planning. If you have any questions about this survey, or additional comments or concerns, please don't hesitate to contact us. Though the survey is done once a year, we welcome your feedback anytime!



2812 Old Lee Highway, Suite 210  
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SPRING 2011 NEWSLETTER

## YOUR DONATION HELPS!

AFDC truly values your donations. Your generosity is used to help keep our fees affordable for those who need financial assistance, provides activity programs for day center participants, and allows us to lead support groups and educational programs for family members and the community. Here are a few examples of how every little bit helps!

- **\$15** Provides a new book for the caregiver resource library.
- **\$30** Provides a week of medical supplies for the day health center.
- **\$50** Provides an caregiver education program for the community.
- **\$76** Provides one day of service for the day health center.
- **\$100** Provides a music program for the day health center.
- **\$200** Provides a field trip for day health center participants.
- **\$320** Provides one month of art therapy programming.
- **\$500** Provides a month of food for those with special dietary needs.

In addition to direct contributions, AFDC provides several ways to donate. You can read about these options at [www.alzheimersfdc.org](http://www.alzheimersfdc.org).



#8096



#35282



#8035

## WISH LIST

- Bingo prizes
- Art supplies
- Grocery gift cards
- K-cups decaf
- iPod
- Blankets
- Overhead projector
- DVD movies
- Magazine subscriptions
- Video camera

