



All of our Caregiver Cruisers had a great time in Bermuda on our 3rd annual trip!



The FamilyTimes

SHARE PROGRAM

Insight is proud to be offering the SHARE program! A research-tested program developed by dementia experts through the National Institute on Aging, the SHARE program provides families with a recent dementia diagnosis a straightforward and viable way to plan for future needs. SHARE empowers couples — either spouses continued on page 4

CAREGIVER BOOTCAMP

When a family member receives a diagnosis of dementia, it's a huge puzzle to piece together. How can we help them? What kind of care are they going to need? But this is just the start; we often overlook the crucial caregiving piece! Caregivers have to take on many new roles — doctor, lawyer, financial planner, and caretaker — often not knowing where to start. continued on page 6

CAREGIVER CRUISE!

The 2017 Caregiver Cruise was a rousing success! For our third annual cruise, we sailed to Bermuda on Royal Caribbean's Anthem of the Seas. While it can be difficult to travel with dementia, Insight offers the cruise as a way for families to still vacation together in a safe environment. Insight does all the planning so our families continued on page 5

2017 SPRING/SUMMER NEWSLETTER

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DIRECTOR'S MESSAGE

Dear IMCC Family Members and Friends,

It's been a busy spring here at Insight! We have fully launched the SHARE program for families who have an early diagnosis of dementia, already helping 9 families discuss their values and preferences, and put together a plan for future care. We've also just returned from our third annual Caregiver Cruise! We had a fantastic time in Bermuda, and all of the caregivers and families really enjoyed vacationing in a supportive environment. I hope you'll read more about both of these in this edition!



We've also been busy adding new education program offerings. While we continue to offer many of our tried-and-true caregiver classes, we have two new program additions. First, we're holding Caregiver Conversations as an opportunity to come together for a discussion with a local author on topics of importance for caregivers. Just last month many gathered with Barbara Kincaid, author of "Come Live with Me," as she shared her memoir of caregiving for her mother. It was a great morning of discussion, as her mother previously attended our day center! Second, we are now offering Wellness Workshops throughout the year. These programs will be specifically geared for caregivers to help take care of themselves. Earlier this month we had a presentation on organizing important documents — a constant stress for many caregivers! We hope these new class offerings will be a great addition to our regular education calendar.

Our early stage programs have kept us busy too! Reconnections, a program specifically for individuals with an early diagnosis, has been keeping participants active with a number of field trips this spring. You'll have to take a look at some of the pictures on our Facebook page! Additionally, we have updated our Mind and Body Workshop. Building on the program's social engagement and peer support, the workshop utilizes different topics throughout the year to promote cognitive enhancement, creative expression, movement, community engagement, and overall well-being while living with memory loss. Since the format of the program has proved so popular for many years, we have also updated our Memory Café to mirror this format. It is open to those in all stages of the disease and now offered twice a month on the first and third Wednesdays.

Here's to an exciting summer!



Joel Bednoski, ALA, CMIS
Executive Director



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ABOUT US

Insight Memory Care Center (IMCC) is a nonprofit adult day health and resource center providing specialized care, support, and education for individuals with Alzheimer's disease and other memory impairments, their families, caregivers, and the community. Serving Northern Virginia since 1984, IMCC offers a spectrum of holistic care, with a vision of a community where those affected by memory impairments can achieve the highest quality of life.

The Family Times is published 2 times a year; sign-up for our monthly e-news!

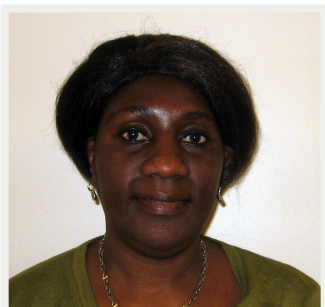
WELCOME NEW STAFF!



LYNETTE JACOB
Support Services Coordinator



KADIATU KAMARA
Personal Care & Program Assistant



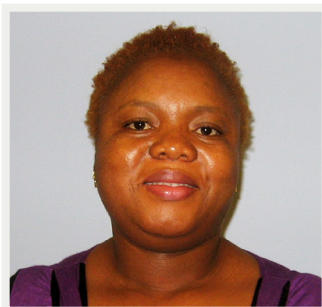
WIVINE MBUALUNGU
Nurse Coordinator



ARTIE ROTHENBERG
Development Associate



BIANCA SPATAFORA
Development Coordinator



HELLEN WESSEH
Personal Care & Program Assistant



RACHAEL WRAY
Sunshine Recreation Therapist



KATIE ZATT
Recreation Therapist

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Adriel Pond, *Vice-President*
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Jessica Wilson, Early Stage
Timothy Baltz, Early Stage Asst
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Katie Zatt, Recreation Therapy
Elba Pfeifer, Recreation Therapy
Rick Silton, Recreation Therapy
Christine Birden, Nurse Advisor
Wivine Mbualungu, Nurse
Marilu Rivera, Housekeeping Lead
Veronica Amponsa, Housekeeping
Cynthia Dyson, Program & Care
Kadiatu Kamara, Program & Care
MinJung Kim, Program & Care
Tsitsi Mapandu, Program & Care
Sarah Okyere, Program & Care
Mariama Turay, Program & Care
Hellen Wesseh, Program & Care

SHARE PROGRAM: EARLY STAGE SUPPORT

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or an adult child and parent — as “care partners” to make thoughtful future care decisions, and live more fully with dementia. The program helps partners better communicate with each other around values and preferences for care, make more-informed decisions about the type of care desired, and expand a support network of family, friends, and services.

SHARE involves the person with early-stage dementia visually as well as verbally, enabling them to participate in making decisions about how to best handle their daily activities should the time come that they need assistance with things such as managing finances, food shopping and preparation, personal hygiene or other tasks. Partners complete the 5 week program with a concrete plan to build a strong network of support they can rely on now, and in the future.

“Upon receiving a diagnosis of dementia, the person living with dementia and their family often feel unsure about where to go for help and have no one to talk to,” said Silvia Orsulic-Jeras, SHARE Program Manager at Benjamin Rose, where the program was developed. “SHARE provides an outlet for individuals with dementia and their families to express their fears and concerns, as well as access to professionals who can help them plan next steps and provide them with hope.”

Christi Clark, one of Insight’s SHARE counselors, says the program “allows couples and other family members to have difficult conversations that they haven’t had before...the caregiver often is afraid to bring up certain issues as are adult children. Often the caregiver feels they should take care of all of the needs of the person living with dementia, who often doesn’t feel the same way...they don’t want to burden their loved one and want to ask other family members or professionals to help out. Adult children may not be willing or capable of taking on caregiving roles. SHARE provides someone to listen to them and their concerns without judgment.”

Insight is currently the only center in Virginia offering the program, and we have already supported 9 families in creating their SHARE plans! For more information about the program, please contact Christi Clark at christi.clark@insightmcc.org or Lynette Jacob at lynette.jacob@insightmcc.org.

ANNUAL SURVEY

Many thanks to our program participants who completed this year’s family survey! Insight sends out an Annual Family Survey to solicit feedback to improve our services and develop future programs. We are still reading through comments, and full results will be available on our website. These are a few of the highlights!

“ IMCC is an incredible place that provides support for caregivers and a safe, stimulating environment for its participants. I don’t think I could be as strong as I have been without IMCC. ”

100%

are satisfied with the care their family member receives at the day center.

94%

felt that education programs built their skills, knowledge and abilities.

100%

found that support services at Insight helped manage their stress as a caregiver.

CAREGIVER CRUISE!

continued from page 1

and caregivers can just show up and enjoy! One caregiver said, “The caregiver cruise has been a wonderful experience for my husband and me. We were able to come on a glorious vacation, and the events were planned for us, we had wonderful companions, and we just had a really good time!”

In Bermuda, our participants and caregivers enjoyed a glass bottom boat tour, visiting the pink sands of Horseshoe Bay, the Fantasea Sightseeing Boat tour, and exploring the city of Hamilton. We also had some time for shopping, sampling rum cake, and of course a little eating and drinking at the Frog and Onion Pub! We took advantage of all the amenities on the Anthem of the Seas as well. Several participants were selected to participate in a jewelry fashion show, many raced in bumper cars, enjoyed a wine tasting, and took in evening shows at the theater. Joel and Christi, the Insight staff members on the cruise, were the only ones brave enough to try out the roller skating rink!

While everyone enjoyed all the attractions, many said the best part of the cruise was the company and the support. One caregiver shared, “This turned out to be the happiest trip – vacation – I’ve ever had in my life... all the people were so much fun, I feel like everybody that’s on the cruise with us is now like one family.”

Caregivers and participants alike appreciated the opportunity to vacation in a supportive environment. Many dinner conversations turned to caregiving stories and tips, as new friendships formed. Even though some caregivers came by themselves, and others came with spouses in the early to moderate stages, everyone found support through a group where the disease doesn’t have to be explained — everyone just gets it. One participant shared at the end of the cruise, “Thank you, those of you who are working to support us — those of us who are working to try and realize what we’re up against and the support that you provide to us, we thank you.”

We’re already looking into options for our 2018 Caregiver Cruise, so stay tuned for more details about our next great adventure! To learn more about this past cruise, check out our 2017 Caregiver Cruise blog at InsightMCC.org/cruise.

THANKS TO OUR CRUISE CONTRIBUTORS!



HIGHLIGHTS

We loved all of our land excursions, had fun with all of the activities on days at sea, and overall just enjoyed the opportunity to vacation in a safe and supportive environment. We have more pictures up on the website too!



Enjoying a sample of rum cake in sunny Bermuda!



Getting our toes in the pink sand.



Having a laugh over lunch on board the Anthem of the Seas!

Caregivers CORNER

WHERE DO I START? CAREGIVER BOOTCAMP!

1 PLAYING DOCTOR: UNDERSTANDING MEDICAL NEEDS

A good first step as a caregiver is to familiarize yourself with your loved one's diagnosis. There are many different forms of dementia that all affect the brain in different ways. The progression of the disease and symptoms displayed will be somewhat different, even between the common forms of dementia. Get an idea of what's normal. If your doctor prescribes your loved one any medications, ask about common side effects. Learn more about other medical conditions that are common with dementia (urinary tract infections are one!). The New England Journal of Medicine doesn't have to become your nighttime reading, but knowing what's normal—and what's not!—will help you know when it's time to make that doctor's appointment or seek medical attention.

2 BEYOND MEDICAL: UNDERSTANDING THE DEMENTIA EXPERIENCE

You know the old saying about “you won't understand until walking a mile in their shoes”? We all have different memories, moods, and behaviors to begin with, which makes it difficult to understand completely how the disease may be affecting your loved one. But if you know what's normal for the disease, and what's normal for them (have they always had that terrible sense of humor?), then you can begin to understand their experience. Perhaps they're having word finding difficulties, and your “life-of-the-party” loved one has become more reserved. They may be feeling self-conscious, or afraid of making a mistake. Rather than just getting frustrated that they don't want to socialize, talk to your loved one, and maybe they'd prefer smaller or shorter gatherings to feel comfortable.

3 PLAYING LAWYER: ADDRESSING LEGAL NEEDS

As much as the thought of wills and powers of attorney may make your head spin, now is the time to address your legal needs. The good news? You don't have to write these documents yourself! But you do have to prioritize your wishes. Think about your goals and desires for you and your loved one. Do you have a strong preference about where you live? Or maybe your loved one has strong opinions on health issues. Talk about these preferences and priorities now, especially if your loved one is still in the early stages. Getting their input in this stage is especially important, so you can ensure you help fulfill their wishes down the road. Once you've established your priorities, you can meet with an attorney to draft the documents needed to help you both satisfy your goals.

4 PLAYING FINANCIAL PLANNER: PAYING FOR LONG-TERM CARE

From a caregiver prospective, playing financial planner is a lot like playing lawyer. Your main objective is to prioritize your goals. This may be a similar (or the same!) conversation, but this time with a financial lens. Is your goal to remain in your home? Do you have children to provide for? Would you prefer a low-maintenance retirement community for your future years? Think about what you would like to accomplish. With these goals in mind, you may want to do some research (how much does that retirement community cost?), or you may want to skip ahead and reach out directly to a financial planner. The financial planner can help you prepare for costs, and consider options, such as long-term care insurance or Medicaid.

5 DON'T FORGET THE LAST PIECE: YOU!

With all these puzzle pieces, the last person you think about is yourself—the caregiver. However, we could certainly argue that you are the most important piece! Who else is going to play doctor, caretaker, lawyer, and financial planner for the family? These roles are all incredibly important, but so is taking care of yourself. Find some time for respite. Perhaps your loved one still enjoys going to lunch with a friend? Ask them to make it a weekly date so you can have time to run errands, or just relax! If you're still working, or need more hours in the day, Adult Day Health Centers are also a valuable resource to provide care for your loved one, while you have time for yourself. Creating some time for yourself ensures that you can jump back into your caregiving role as the need arises.

CALENDAR OF EVENTS

AUG 2 | MEMORY CAFE

The Memory Café is an opportunity for you and your loved one to meet with others for support, companionship, and fun! The program will provide structured activities that you can participate in with your loved one to promote reminiscence, cognition, and engagement. It is offered on the first and third Wednesday of each month from 4:00 to 6:00 pm.

AUG 16 | FAMILY IMPACT OF DEMENTIA

Dementia affects more than just the person with the diagnosis. It can be hard to know where to turn for support but there are many resources available! This is a part of our free Classes for Caregivers series, respite is available.

AUG 24 | BEACH PARTY NETWORKING

What better way to celebrate the end of summer than at the “beach”! Join us to take a tour of our early stage program offerings, and network with other long-term care professionals while having some summer fun.

SEPT 17-23 | ADULT DAY SERVICES WEEK

This special week has been celebrated annually since it was proclaimed on September 27, 1983, by former President Ronald Reagan. The third week of September is set aside to raise awareness for adult day programs nationwide!

OCT | BOOTCAMP: FUTURE PLANNING

Join IMCC for a special day-long training event covering many essential caregiving topics! This bootcamp session will focus on helping you get all of your ducks in a row after a loved one receives a dementia diagnosis.

OCT 26 | PAINTINGS & PAIRINGS

Mark your calendars for our Paintings & Pairings event on Thursday, October 26 at the Fairview Park Marriott in Falls Church. This year’s event will include a delicious seated dinner, paired wine and hors d’oeuvres, artwork for sale, a fantastic live and silent auction, and all of the proceeds benefit our center!

NOV 10 | CAREGIVER CONFERENCE

The 31st Annual Caregiver Conference, “Creating Moments of Joy,” features author Jolene Brackey who will help caregivers look beyond the challenges of Alzheimer’s disease and focus on creating moments of joy. While a perfect day may not be attainable, you can create perfectly wonderful moments!

LOOKING FOR MORE EVENTS?

Check out our full calendar online at InsightMCC.org. In addition to learning more, you can also register for events online too!

VOLUNTEERING!

Insight enjoys the involvement of many volunteers who share their talents in a variety of ways. We are enriched by each of our volunteers!

Orientations are typically held on the third Tuesday of each month from 3:30 to 4:30 pm, and include an overview and tour.

Upcoming dates include:
August 15, 2017
September 19, 2017

Join us! Please RSVP to Katie.Zatt@InsightMCC.org.

SUPPORT GROUPS

Insight Memory Care Center offers several support group options; all are welcome to attend!

Community Support Group
Second and Fourth Wednesday
10:00 am to 11:30 am

Early Stage Caregiver Group
Second Tuesday
2:00 pm to 3:00 pm

Lewy Body Dementia Group
Second Friday
1:00 pm to 2:30 pm





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SUMMER 2017 NEWSLETTER

STAY CONNECTED!

There's always a lot going on at Insight Memory Care Center, and we want to make it as easy as possible for you to stay connected!

- **Monthly E-newsletters** A general newsletter highlights new events and programs, a caregiving article, ways to get involved, and other helpful links. We also send a monthly listing of upcoming education programs!
- **Facebook** Like us on Facebook! Keep up to date with current events, recent news, and of course, lots of pictures of what's going on at Insight!
- **YouTube** We have our own YouTube channel! Watch videos on everything from a quick overview or virtual tour, to our programs in action, or a recent education class.
- **Website** Visit us at InsightMCC.org to learn more about everything we do! Beyond learning more about us, you can also take a look at our event calendar, sign-up for upcoming programs, or take a look at our ever growing resource library!

Learn more at InsightMCC.org or contact us at 703-204-4664!



WISH LIST

Active games (croquet, disc golf, etc.)
iPods and iTunes gift cards
Old maps and postcards
Puzzle mat
Picture frames (standard sizes)
Magazines
Watercolors
Colored pencils
Art Paper
Amazon, Target, etc. Gift Cards

