



VIRTUAL

paintings &
pairings

WELCOME!

OCTOBER 15, 2020

MANY THANKS TO OUR SPONSORS!

PAINTINGS & PAIRINGS 2020

DIAMOND



GOLD



SILVER

Care with Love | Great Falls Assisted Living | Independent You, Senior Services
Old Dominion Home Care, Inc. | Sourcebook Guide to Retirement Living

BRONZE

AARP | Allegiance House Calls | Bernstein | BrightStar Care of Fairfax | Chesterbrook Residences
Cucinelli Geiger PC | Home Care Assistance | Insight Board of Directors | Lansdowne Heights LLC
McCabe's Printing Group | Heather J. Mills & John A. Toney | Tiffani C. Moore
Paragon Home Care | The Providence of Fairfax

FRIEND

Dr. Amr Behiri | Susan Cherney & Tom Cahill | CarePlus Home Health, Inc. | Loren Danielson, RBC Wealth Management
Dementia Care Connections | The DiCarlo Family | Mark & Anita Epstein | Chris & Erin Grassmuck
Law Office of Betsy Sue Scott | Neuropsychology Associates of Fairfax, LLC | Pro-Healthcare Servicing LLC
Reflections | The Sylvestery at Vinson Hall | Thrive at Home | United Bank

WELCOME

TO PAINTINGS & PAIRINGS


We're so excited for our 9th Annual Paintings & Pairings event! While it looks a little different tonight, we're glad you could join us in celebrating the care, support, and education Insight provides to thousands of individuals affected by Alzheimer's disease and other memory impairments in our Northern Virginia community.

While we'll miss seeing you in person, our upmost priority is everyone's health and safety. But it doesn't mean we'll miss out on the fun! The virtual event will feature interactive networking, suggested hors d'oeuvres and wine pairings, an online auction, and the Excellence in Memory Care Award. Enjoy the best parts of Paintings & Pairings - networking with Insight friends, getting the last bid on that perfect auction item, and supporting our mission - all from the comfort of your living room!

We hope you're ready to get your bids in too! A fantastic auction is always a highlight of the event, and will be no exception this year. With the event being virtual, we're even spreading out the fun - the auction is open a full week before the event, and will close on Friday, October 16th at 1:00 pm. Take advantage of the Buy It Now option to snatch up vacation homes, holiday gifts, and many returning favorite items!

The event has grown each year, from 100 attendees in 2012 to a full ballroom in 2019, and now our lively virtual platform we have tonight. Even in a new format, we're still staying true to our roots, featuring delicious pairings (*as recipes this year!*) along with participant artwork, photography, and paintings from artists connected to our center. What hasn't changed is that all the proceeds from the event ensure families and our community are getting the support and care they need when faced with a dementia diagnosis.

We truly would not be where we are today without your generosity. I hope you have a wonderful evening at Paintings & Pairings!


Anita Irvin, Executive Director



6:30 - 7:00 | NETWORKING ON REMO

- Join us to mix and mingle with Insight friends on our event platform, Remo!
- Turn on your camera and microphone, and hop around to different tables - even visit the bar!
- If you're more of a wallflower, there are links to browse the program, silent auction and artwork, and even get some ideas for pairings at home!

7:00 - 7:30 | PROGRAM PRESENTATION

- Hear from Insight staff and board, and a special message from Chairman Jeff McKay.
- Insight families share their stories.
- Learn more about Insight's response to the COVID-19 pandemic.
- We'll announce the winners of our Excellence in Memory Care Award and NEW COVID-19 Care Response Award!

7:30 - 8:00 | NETWORKING ON REMO

- After the program, you'll have more time to jump back into conversations and visit other tables.
- Buy your last raffle tickets and get your last bids in on your favorite auction items!



Hear from experts in their fields, learn more
about essential caregiver topics - all from the
comfort of home!

SATURDAY, OCTOBER 24

9:00 am to 12:30 pm

9:30-10:30 | Basic Training: Dementia Overview

10:30-11:30 | Financial Considerations for Care

11:30-12:30 | How to Stay Connected Throughout the Dementia Journey

REGISTER ONLINE:
InsightMCC.org/events

Many Thanks to our Bootcamp Sponsors:

Brightview Great Falls Assisted Living/Brightview Woodburn Senior Living
Let's Connect, LLC



We're proud to support
Insight Memory Care
Paintings & Pairings 2020

PURPOSEFUL LIVING

Whether you're looking for Independent Living, Assisted Living or *Inspiritás* - Memory Care, we're committed to taking senior living to the next level. From our diverse enrichment and social programs to our exceptional fine dining experience, we deliver valued living all in the comfort of your new picturesque home.



Aarondale™

Springfield
 (703) 813-1808



ASHLEIGH
at Lansdowne™

Lansdowne
 (703) 345-6912



HEATHERWOOD™

Burke
 (703) 425-1698



PAUL SPRING™

Alexandria
 (703) 768-0234



THE
 WELLINGTON
 AT LAKE MANASSAS™

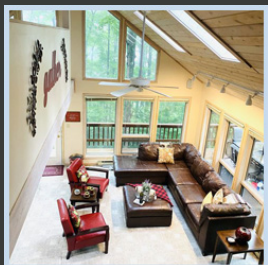
Gainesville
 (703) 468-2750

ONLINE AUCTION

CLOSES FRIDAY, OCTOBER 16TH AT 1:00PM!

Our online auction has something for everyone! There are several getaways within a short drive, food and gift baskets to pamper yourself, amazing photography and artwork from our participants, and even a gift basket you'd only need in 2020. Check out the auction now:

IMCC2020.GGO.BID



Mountain Retreat



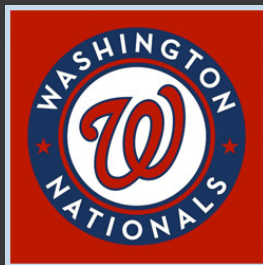
Charcuterie Board



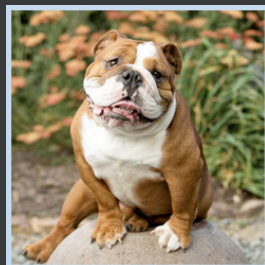
Pandemic Basket



Artwork: Sunflowers



2021 Nationals

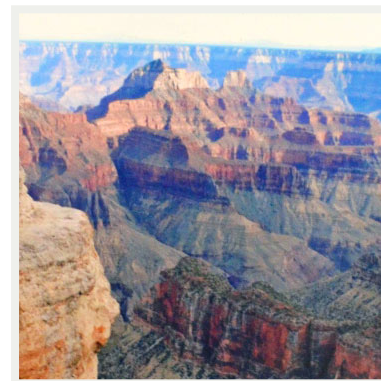


Pet Photography

FEATURED ARTISTS

CHET HUMBERD

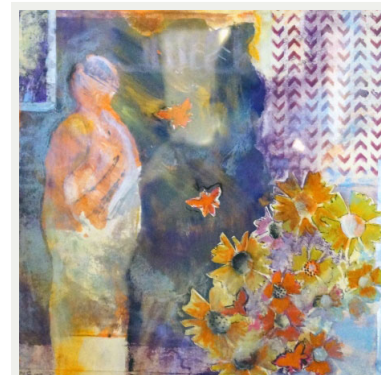
Chet Humberd was an amateur photographer who loved God's beauty throughout the world. Chet especially enjoyed nature and found great joy in framing the unique landscapes he encountered in his travels with his wife Mary. Chet was also a proud veteran of the U.S. Navy whose patriotism was a fundamental part of his character. After his Alzheimer's diagnosis in 2015, Chet took great pride in these achievements and found joy in sharing his photos with others. He would sincerely hope these photographs bring comfort and joy to others as well.



607 | GRAND CANYON

KAREN CHIN

Karen Chin is a juried mixed media and oils artist. She has over 15 years as an art educator for both children and adults. Her artwork subject matter is influenced by the world around her and includes a strong color palette with pieces in a variety of sizes. Karen has solo exhibits and sales at the Workhouse, Lorton, VA, as well as in Southport NC, and Virginia. Her active duty time is reflected in several Workhouse exhibits featuring the Workhouse's active and veteran artists' shows in the Workhouse's Warrior Way Gallery.



205 | COME WITH ME

FEATURED ARTISTS

INSIGHT DAY CENTER PARTICIPANTS

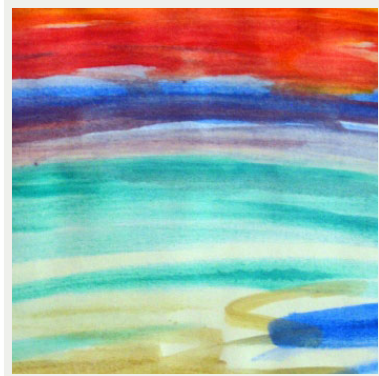
Art is an integral part of the Adult Day Health Center at Insight. Many of our participants enjoy the arts, and our art programs provide different outlets for their expression. When words may no longer come, many can express their feelings and emotions quite easily through drawing or painting. As the American Art Therapy Association states, "Art therapy can be a much more viable means of communication rather than mere talking."

We offer options for art programming throughout the day, whether through art therapy groups, creative arts programs, or even simply coloring for relaxation. There are many talented artists in our center, and we have featured a variety of works tonight to highlight their skills!

To learn more about our Early Stage Programs and Adult Day Health Center, please visit InsightMCC.org.



201 | CHERRY BLOSSOMS



200 | SUNRISE

RAFFLE TICKETS

WIN THE BRAND NEW FITBIT VERSA 3!

Chance to win the brand new Fitbit Versa 3™, the motivational health and fitness smartwatch with built-in GPS, Active Zone Minutes, and music experiences to keep you moving! A \$230 value!

TICKETS ARE JUST \$10!

IMCC2020.GGO.BID



Place your bid: imcc2020.ggo.bid

APPETIZER

RED PEPPER AND PORTABELLA SATAY



INGREDIENTS

Portabella Mushrooms Caps	6 each
Bell Peppers, Red	6 each
Salt	to taste
Pepper	to taste
Wooden Skewers 6in	20

HERB MIX

Olive oil and equal parts: Mint, Basil, Parsley, Cilantro, Sage, Rosemary (all combination of your favorite herbs from the garden or store)

Pick Herbs, to remove stalks. Puree in food processor. Slowly add olive oil to create a paste

SATAY

1. Roast peppers over an open flame to char skins (or purchase canned roasted red pepper and skip to step #3)
2. Cover tightly to steam the skins, let peppers cool, then peel and remove core.
3. Use the herb oil to coat portabella mushrooms
4. Grill portabella over an open flame (or roast in an oven)
5. Cook mushrooms until tender for 5 to 8 minutes per side, let cool
6. Starting with the portabella mushroom, lay it flat on cutting board skin side up
7. Cover the mushroom with roasted pepper ,
8. Repeat, use three mushrooms and three peppers
9. Starting at one edge place skewers 1 inch apart in lines
10. Slice pepper and mushroom in rows
11. Slice rows into pieces, repeat using the other peppers and mushrooms

WINE PAIRING

CHARDONNAY

A bolder choice of flavor profiles would be one aged in stainless steel. The removal of the oak aging won't overpower the bites.

paintings & pairings


Thanks to Chef Jonathan Stirnweis of Dallas, Texas for creating these delicious pairings for our event!


Learn more about Paintings & Pairings:
InsightMCC.org/paintings

YOU DESERVE HONEST, OBJECTIVE GUIDANCE ON YOUR FINANCIAL PLAN.

At Cassaday & Company, Inc., our award-winning team works collaboratively to provide a 360-degree analysis of your financial situation. Our process involves:


 Investment Management

 Planning for Retirement

 Financial Planning

 Tax Management

 Advanced Strategies:
*Life, Disability, Income
& Asset Protection*

 Life Transition Services

 Estate Planning

As markets change & personal circumstances evolve, we are there every step of the way to ensure your financial plan stays in line with your goals. Your trust is our top priority.



BARRON'S
Top
Advisor

2014, 2016, 2017, 2018, 2019, 2020

**CASSADAY
& COMPANY, INC.**
INDEPENDENT WEALTH MANAGEMENT
CONSOLIDATION • INTEGRATION • SIMPLIFICATION

Sarah Mouser, CFP® &
the entire Cassaday team
proudly support Insight
Memory Care Center

8180 GREENSBORO DR. SUITE 1180 MCLEAN, VA 22102 | WWW.CASSADAY.COM | (703) 506-8200

Securities offered through Royal Alliance Associates, member FINRA/SIPC. Investment advisory and insurance services offered through Cassaday & Company, a registered investment advisor not affiliated with Royal Alliance Associates. *Third-party rankings and recognitions are no guarantee of future investment success and do not ensure that a client or prospective client will experience a higher level of performance or results. These ratings should not be construed as an endorsement of the advisor by any client nor are they representative of any one client's evaluation. To view criteria for the awards, go to www.cassaday.com/disclosures

**GIVING
TUESDAY**

together
we give.

TUESDAY, DECEMBER 1

A Global Day of Giving

Giving Tuesday, a worldwide day of giving, takes place on December 1st this year. Insight will have a great day of programming on Facebook and we hope you'll mark your calendars to join and support us!

FOLLOW US ON FACEBOOK:

Facebook.com/InsightMCC

Questions about Giving Tuesday?

Please contact Robin McGlothlin at 703-204-4664
or robin.mcglathlin@insightmcc.org.

Engage and Thrive at Every Age
in Your Home or One of Ours!



GH
GOODWIN HOUSE

Goodwin House at Home:

Remain at home as long as you wish

- For healthy adults age 55+
- One call for everything you need 24/7
- Long-term care benefits with care coordination

Goodwin House Life Plan Communities:

- For adults age 65+; apartments customized for you
- Financial options with predictable long-term costs
- Convenient to Schlesinger Hall for ASO concerts!

Learn more about us!

703.578.7201 | goodwinhouse.org

Residential Living | Assisted Living | Memory Care
Nursing Care | Short-Term Rehab | Palliative Care and Hospice



KENSINGTON SENIOR LIVING

WE ARE HERE. WE ARE COMMITTED.
AND OUR PROMISE IS STRONGER THAN EVER.



We are proud to partner with Insight Memory Care Center and support the essential programs they provide.

We recognize that choosing a senior living community for your loved one is never an easy decision. If you are caring for a loved one who needs more assistance than you can provide at home, then you may be asking yourself: What's the right thing to do? Or the best thing to do?

Our promise is to love and care for your family as we do our own. That starts with getting to know you and those you love. Whether you need a listening ear, connection to resources or information about our Assisted Living and Memory Care services, we are here to provide support.

We're standing by, eager to listen and ready to help. Please give us a call.



OPENING SOON:

The Kensington Reston
(571) 494-8100

KensingtonReston.com
Assisted Living & Memory Care

The Kensington Falls Church
(703) 992-9868

TheKensingtonFallsChurch.com
Assisted Living & Memory Care

APPETIZER

CITRUS INFUSED SHRIMP AND SNOWPEA



INGREDIENTS

Shrimp, cooked	10 each
Snow Peas	20 each
Limes	3 each
Lemon	3 each
Oranges	1 each
Toothpicks	20

PREPARATION

1. Using precooked shrimp remove tails, and cut shrimp in half lengthwise
2. Zest the lemons, limes, and oranges
3. Squeeze the juice from all fruits
4. Mix the zest, the juice, shrimp
5. Drop the snow peas in boiling water for 1 minute and then shock in a ice bath (bucket of cold water)
6. For each piece place one shrimp on one snow pea (outside of shrimp up)
7. Skewer the end of the snow pea with the end of the shrimp
8. Arch the snow pea and shrimp to fit the toothpick, leaving a half moon shape to it

WINE PAIRING

SPARKLING ROSE

There are many great Roses; enjoy wines from regions such as California, Argentina, and of course, Champagne.

paintings &
pairings

Thanks to Chef Jonathan Stirnweis of Dallas, Texas for creating these delicious pairings for our event!

Learn more about Paintings & Pairings:
InsightMCC.org/paintings



Pavilion

MEDICAL HOME CARE & STAFFING

Care with dignity • Service with purpose



Pavilion

MEDICAL HOME CARE & STAFFING

Care with dignity • Service with purpose

**Physical Therapy • Occupational Therapy • Speech Therapy
Skilled Nursing • Medical Social Worker • Nurse Practitioner
Home Health Aid/CNA • Home IV Antibiotic Infusion
Hydration Therapy • Home IVIG Infusion • Wound Care**

4115 Annandale Road
Suite 202
Annandale, Virginia 22003-2500

703-299-9898

Fax 703-299-9595

9300 Forest Point Circle
Suite 164
Manassas, VA 20110-4766

703-530-9898

Fax 703-530-9191

www.PavilionMedicalHomeCare.com



703-299-9898 | 703-530-9898

PavilionMedical.com

AWARD WINNER

EXCELLENCE IN MEMORY CARE AWARD

STEVE GURNEY

POSITIVE AGING SOURCEBOOK

The winner of Insight's Excellence in Memory Care Award is Steve Gurney with the Positive Aging SourceBook. For over 30 years the Positive Aging SourceBook has made finding housing, aging in place solutions, and resources convenient by providing the most comprehensive and trusted resource in print and digital formats. In response to the COVID-19 pandemic, Steve has been working with his team to continue to connect people and help the families that need helping finding care through innovative ways.



Congratulations Steve! Thank you for all you do to positively impact memory care in our community.



AWARD WINNER

COVID-19 CARE RESPONSE AWARD

KATE CALDWELL

CAREAVAN CHALLENGE

The winner of Insight's COVID-19 Care Response Award is Kate Caldwell with the Careavan Challenge. Kate created the Careavan Challenge to allow healthcare heroes to be honored through the COVID 19 pandemic. It brought healthcare companies together to honor those in Assisted Livings, Memory Care Communities, as well as Nursing facilities for all they have done to keep residents safe from COVID-19. Kate thought outside the box to encourage the healthcare community to come together to honor workers.



Congratulations Kate! Thank you for positively impacting memory care in our community during the COVID-19 pandemic.



LIFECARE AFFORDABILITY PLANNING™

CREATED BY TOM WEST, SEIA

Bridging the gap between a plan of care and
a family's ability to pay for it

CONGRATULATIONS TO
INSIGHT MEMORY CARE CENTER
ON ANOTHER WONDERFUL YEAR.
GOOD LUCK AND SUCCESS
IN THE YEAR AHEAD!

LIFECARE AFFORDABILITY PLANNING™

SEIA

703.940.3000, opt. 1 | AffordLifecare.com
info@AffordLifecare.com

Securities offered through Royal Alliance Associates, Inc. member FINRA/SIPC. Advisory services offered through SEIA, LLC. Royal Alliance Associates, Inc. is separately owned and other entities and/or marketing names, products, or services referenced here are independent of Royal Alliance Associates, Inc. Lifecare Affordability Plan™ is a marketing name for SEIA. Services related to evaluating the client's healthcare treatment plan are independent of and are not endorsed by Royal Alliance Associates, Inc.



Care with LOVE

Care with Love was started with one goal in mind, to create a world where seniors could age gracefully and safely at home. Every day we work with our clients and community partners to make sure that can happen. With the help of our 300 caregivers and 45 Skilled Clinicians we are proud to serve the Northern Virginia area.

Meet with us today to discuss how we can help you.

10505 Braddock Rd. Suite 4C
Fairfax, VA 22031
703-935-4070
www.carewithloveus.com



DEMENTIA SHOULD NOT DEFINE THEM.

We help them be who they've always been.

GREAT FALLS
Assisted Living
A MEMORY CARE COMMUNITY

Managed
by



ARTIS
SENIOR LIVING



GreatFallsAssistedLiving.com • 703-421-0690

Great Falls Assisted Living: 1121 Reston Ave., Herndon, VA 20170



APPETIZER

ORANGE AVOCADO ENDIVE SPOON



INGREDIENTS

Belgium Endive	2 heads
Avocado	1 each
Orange	1 each
Red Onion, medium	1 each
Red Bell pepper	1 each
Cilantro	1 bunch
Lime	1 each

Optional, to make this wonderful bite a little more decadent
Lobster or shrimp meat, 8 oz cooked - diced

Another short cut? Buy as many ingredients as you can pre-diced at the grocery store!

WINE PAIRING

PINOT GRIGIO

Pinot Grigios are a great choice when enjoying lighter tasting bites. If you like a little more tart, enjoy a Sauvignon Blanc.

PREPARATION

1. Dice the avocado, orange, red bell and red onion
2. Mix all together in a large mixing bowl
3. Chop cilantro
4. Squeeze in the juice from one lime
5. Season with salt and pepper
6. If using add chopped lobster meat
7. Cut bottom 1 inch off the endive bulb, the leaves will peel off to create spoons
8. Fill with lobster mix and serve.

paintings &
pairings

Thanks to **Chef Jonathan Stirnweis of Dallas, Texas** for creating these delicious pairings for our event!

Learn more about Paintings & Pairings:
InsightMCC.org/paintings



RECONNECTIONS IS COMING TO LOUDOUN!

The group will begin virtually this fall, and as it becomes safe to do so, we will transition to meeting in-person in the Loudoun area.

WEDNESDAYS

11:30 am to 12:30 pm

LEARN MORE:
InsightMCC.org

Interested? Want to help us spread the word?

Please contact Katelyn Sloan at 703-204-4664
or katelyn.sloan@insightmcc.org.

Independent
YOU
Enriching the Lives of Seniors



We work closely with individuals and families to provide high quality, client-centered, and affordable home care and Geriatric Care Management services, so that seniors are able to lead dignified and independent lives, in the comfort and safety of their own homes



Call today for an in-home assessment and rate information at 703-999-3006 or visit us online at www.independentyou.net

Old Dominion Home Care

is proud to support Insight Memory Care Center



ALL Services provided in:
Private Homes, Facilities & Hospitals
Specializing in Parkinson's Care, Dementia/Alzheimer's Care & Fall Prevention
Family Owned & Operated since 2007

Caregiving Services Include:

- Assistance with Bathing & Dressing
- Laundry, Meal Preparation & Transportation
- Medication Reminders
- Philips Lifeline FREE for (2) months after starting services

Senior Visitor Services Include:

- Social Outings & Personal Errands
- Medical Appointments
- Transportation
- Technology Assistance
- No Hourly Minimum

CALL TODAY for a FREE IN-HOME Assessment!
703-273-0422
www.olddominionhomecare.com

APPETIZER

JALAPENO APRICOT RUMAKI



INGREDIENTS

Applewood smoked bacon	12 slices
Apricots, dried	12 each
Medium jalapeno	4 each
Toothpicks	12

PREPARATION

1. Remove the tip and the stem from each jalapeno
2. Slice each jalapeno into four slices
3. Carefully remove the center core from each slice using a paring knife
4. Discard jalapeno cores and seeds....Clean cutting board... Wash hands!
5. Fold apricots in half and stuff into jalapeno ring
6. Lay the bacon on a clean work surface
7. Place jalapeno-apricot on one end of the bacon
8. Roll bacon around apricot and secure with toothpick through the center
9. Place on baking sheet and bake at 375° for 10-15 minutes until bacon crisps
10. Remove the rumaki from bacon grease and cool for 2 hours
11. Remove toothpick from cooled rumaki
12. Slice in half
13. Reheat as needed at 325° until warm to the touch

OPTIONAL SAUCE

Maytag bleu cheese dip, combine ingredients in a mixing bowl
 ½ cup sour cream
 ½ cup Mayo
 1 cup crumbled maytag bleu
 1 tablespoon finely chopped chives

WINE PAIRING

A CLASSIC RED

Enjoy a the Rumaki with a nice Pinot Noir or a classic Zinfandel. Great choices can be found from growers in California and Oregon.

paintings &
pairings

Thanks to Chef Jonathan Stirnweis of Dallas, Texas for creating these delicious pairings for our event!

Learn more about Paintings & Pairings:
InsightMCC.org/paintings

Your COMPLETE SOURCE for Senior Living Resources

FREE complete directory of every option in the DMV Region!

Search online at:
positiveagingsourcebook.com



GET THE FAMILY CAREGIVING SUPPORT YOU NEED, WHEN YOU NEED IT

Your caregiving journey can be challenging in all kinds of ways.

You never know where it might lead you next.

At AARP Family Caregiving, we're here to help you get answers, connect with other family caregivers and find resources online and close to home. So you can take care of what matters most.

To learn more, visit
aarp.org/caregiving

facebook.com/AARPVirginia
 @AARPVa
 aarp.org/VA

AARP
 Virginia

Allegiance House Calls

allegiancehousecalls.com

Please email us for an appointment:
ryirga@gmail.com



Brad Hawkins
Brad.Hawkins@bernstein.com



BrightStarCare.com/Fairfax
703-267-2380

Fairfax's Trusted Provider of
Dementia Care at Home



**Quality Care for Loved Ones
Experiencing Cognitive Changes**

Most home care providers say they offer memory care services. At Home Care Assistance, we have invested in developing a program to provide the best-in-class cognitive care. Our memory care program is staffed with hand-selected caregivers and Client Care Managers, each required to pass our rigorous training. You have an entire team to support your loved one and your family. The Care Team not only knows how to deal with the specific challenges these diseases bring forth, but they also can make sound recommendations and provide guidance along your loved one's journey.



Speak to a Care Advisor to
schedule your free in-home
consultation today!

703-746-8084 | HomeCareAssistance.com/Fairfax

The Insight Board of Directors
recognizes the contributions of
our outgoing board members:

JIM BALL
KAREN FAGELSON
VALERIE GEIGER
CHRIS GRASSMUCK
KEN WOOD
KHADIJA ZACKRIA

Many thanks for your dedication,
commitment and service!



Where Residents Come First

Daily life at Chesterbrook Residences is a reflection of our dedication to the well-being of every resident. Delicious meals, visiting physicians, daily activities, 24-hour access to licensed nurses, and a commitment to helping you stay connected to loved ones are just a few of the ways we help residents thrive!

Call today: 703-531-0781.

Chesterbrook
RESIDENCES

A Caring Assisted Living Retirement Community

chesterbrookres.org
2030 Westmoreland St., Falls Church



*is pleased and proud
to support*

**paintings &
pairings**

*We would like to extend our gratitude to
Insight Memory Care Center for their support during
COVID*

4084 University Drive, Suite 202A, Fairfax, Va 22030
703-481-6464
www.cucinelligeiger.com



Trendsetters and Educators in Dementia Care

We are a new community located in the Leesburg/Ashburn area that opened in June of 2020. Our community is run by a seasoned management team dedicated to providing the highest level of care for our residents.



Call **703-936-7300** to schedule a tour or to learn more about how you can join our support group!

LansdowneHeights.com
19520 Sandridge Way | Leesburg, VA 20176



McCabesPrinting.com
703-560-7755



Many thanks for all that you do
for our participants and families.

~Heather J. Mills



In Loving Memory of my Nana
Dorothy Mae Rice Moore

~Tiffani C. Moore

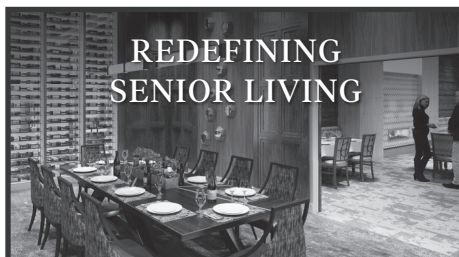


Trusted Senior Care Services

Assisted Living Services - at home...

- Personal Care Services
- Live-Ins
- Meal Preparation
- Light Housekeeping and Laundry
- Companion and Respite Care
- Transportation Services
- Licensed, Bonded and Insured

Call for a free Assessment today:
(703) 942-8950



REDEFINING SENIOR LIVING

The Providence Fairfax,
opening early 2021.

CALL 571-396-0500 FOR MORE INFORMATION,
OR TO SCHEDULE A PRIVATE IN-PERSON
OR VIRTUAL VIDEO CONSULTATION.



THE PROVIDENCE
FAIRFAX

Leasing Gallery: 8280 Willow Oaks Corporate Drive,
Suite 600 • Fairfax, VA 22031

Residences: 9490 Sprague Avenue • Fairfax, VA 22031
571-396-0500 • watermarkcommunities.com

ASSISTED LIVING • THE BRIDGE
MEMORY CARE



A SILVERSTONE/WATERMARK RETIREMENT COMMUNITY

MANY THANKS!

BOARD OF DIRECTORS

Heather J. Mills, President

Seth Balsam, Vice President

Priddy Chimney Sweeps

Tiffani C. Moore, Secretary

Federal Housing Finance Agency

Sarah Mouser, Treasurer

Cassaday & Company, Inc.

Brigid Reynolds, Member at Large

Georgetown Memory Disorders Program

Susan Cherney

Ken Connelly

Lutheran Social Ministries of Maryland

Mia DeBarbieri

Capital Caring Health

Mark Epstein

Arvette Reid

Signature Estate & Investment Advisors, LLC

Susan Stadsklev

US General Services Administration

Cynthia Sullivan

Neuropsychology Associates of Fairfax

Deborah Wilson

John McWilliams, Legal Counsel

ReedSmith

AUCTION COMMITTEE

Sandra Fields

Anita Irvin

Robin McGlothlin

Eric Reynolds

Dana Rizzo

Amy Stirnweis

PROGRAM CONTRIBUTORS

Anita Irvin, Executive Director

Tiffani Moore, Board Member

Chairman Jeffrey McKay, Fairfax

County Board of Supervisors

Cathy Graham, Insight Family

Tom McDonald, Insight Family

Ginny Mahlke, Insight Family

Karen & Gordon Seidenberg,

Insight Family

Jen Daugherty, Insight Family

Amy & Derrick Williams,

Insight Family

Jim H, Insight Participant

VIDEO PRODUCTION

CoCreate Studios



3953 Pender Drive, Suite 100, Fairfax, VA 22030

INSIGHTMCC.ORG

703-204-4664

