



# INSIDER



WELCOME SCOT, OUR CEO!

MEMORY CAFE AT FAMILLE

YOU MAKE A DIFFERENCE!

July 2019

*Your support provides a creative outlet for all of our program participants.*



## A CHAT WITH SCOT MARKEN, OUR NEW CEO

### What is your connection to Insight's mission?

I am named after my grandfather who had dementia whom I never met. I am also part of the "sandwich generation" and have several very close friends who are caregivers for their parents with Alzheimer's. I see how hard it is for them.

### What excites you most about joining the Insight family?

There is so much that excites me, including being part of an organization that provides caring, high quality services, and the opportunity to help Insight grow and expand across the DC region to help address a rapidly growing need.

### What do you like to do outside of Insight?

You can find me cooking, playing tennis, trying to get my teens to spend time with me, and doing stand-up comedy.

*Scot Marken, left, Insight's first Chief Executive Officer.*

# Welcome Scot

## JOIN US IN WELCOMING THE NEWEST MEMBER OF THE INSIGHT FAMILY!

We hope you'll join us in extending a warm welcome to the newest member of the Insight family, Scot Marken! Scot started in May as our Chief Executive Officer. This is a new position for Insight Memory Care Center, and we are very

and broadening our best practices and innovative dementia-specific care. Using his expansive skillset, Scot is actively working to build community partnerships and create connections that will help Insight reach these strategic goals

**We estimate that 71,500 individuals in Northern Virginia are living with some form of memory impairment. We will continue to grow to meet your needs!**

excited to welcome him to our team. Scot brings more than two decades of experience of building and leading mission-driven organizations, having worked with several established healthcare non-profits to develop new programs and partnerships, and expand locations and services.

Insight's vision is a community where those affected by Alzheimer's disease can achieve the highest quality of life. Based on recent Alzheimer's Association data, we estimate that 71,500 individuals in Northern Virginia are living with some form of memory impairment, and this number is expected to increase by 27% to over 90,000 by 2025.

As we work to meet this growing need, Insight has developed a strategic plan for 2025 that includes expanding our reach

and serve more in need in the community. We are continuing to advance our person-centered care best practices and develop unique and innovative programs to best serve our families. Christi Clark remains our Executive Director and will work with Scot to grow these services while also working closely with our families to ensure that everyone continues to receive the quality care, support, and education that they expect from Insight.

We all welcomed Scot at our 35th Anniversary Celebration on June 5th! We had a great time celebrating our past (complete with 80s fashion, be sure to check out our Facebook album!) and looking forward to an exciting future ahead.

*You can reach out to Scot Marken, Chief Executive Officer, at 703-204-4664 or [scot.marken@insightmcc.org](mailto:scot.marken@insightmcc.org).*



# 08-03

## CAREGIVER CRUISE!

You can follow along on our 5th annual Caregiver Cruise as we sail to sunny Bermuda!

[InsightMCC.org/cruise](http://InsightMCC.org/cruise)

# 09-09

## CHORAL GROUP BEGINS!

Join us for the Sentimental Journey Singers, a new chorus for those in the early stages and their caregivers!

[InsightMCC.org/chorus](http://InsightMCC.org/chorus)

# 10-17

## PAINTINGS & PAIRINGS

Celebrate the care that Insight provides in the community at our fantastic evening gala.

[InsightMCC.org/paintings](http://InsightMCC.org/paintings)



## Memory Cafe at Famille

### CREATING COMMUNITY THROUGH ART

Your support helps us develop truly unique programs for families living with dementia. The Memory Café at Famille is a prime example; our partnership with Falls Church Arts, The Kensington, and Famille allows us to offer a Memory Café that creates community through art. All activities are designed specifically for individuals with memory impairment and their loved ones to enjoy!

**"It's great to see a welcoming, safe place where people can share in a community activity together."**

Creative Expression Teaching Artists at FCA provide varied arts programming for memory café participants. One week might have guests creating unique watercolor cityscapes, while the next week a crocheting project. Insight staff, all highly trained in dementia care, lead additional cognitive programs and fitness activities. Staff teaches fun exercises that can be modified at home too.

"It's great to see a welcoming, safe place where people can share in a community activity together. Projects are adapted so that they're still stimulating, but also modified for the person with memory impairment to enjoy too," shares Katelyn Sloan, Director of Recreation at Insight. Since the program has been so popular, Sally Evans, FCA's art therapist now also provides regular art therapy programs at Insight's adult day health center!

*Want to learn more? Contact Katelyn Sloan at [katelyn.sloan@insightmcc.org](mailto:katelyn.sloan@insightmcc.org) or 703-204-4664, or visit [InsightMCC.org/memorycafe](http://InsightMCC.org/memorycafe).*



*Katelyn Sloan, top left, with Memory Cafe participants displaying their works of art!*

## Thank You to our Cruise Contributors

**YOUR SUPPORT PROVIDES A SUPPORTIVE VACATION FOR CAREGIVERS AND FAMILIES!**

**Day Sponsor:** Arbor Terrace Fairfax

**Cruise Contributors:** Always Best Care, EBA Wealth Strategies, Golden Pond Elder Care Strategies, Chris Grassmuck, and Great Falls Assisted Living.

Shasta, right, brought many smiles to participants in Insight's programs!

# You Make a Difference!

## A CHAT WITH SHASTA DOUGLAS, INSIGHT INTERN

### How did you get involved with Insight?

One of the key requirements for obtaining a Bachelor of Social Work degree is to complete a two-semester long field practicum. Having always been interested in working with older adults, Insight Memory Care Center was my top choice for placement – mostly due to their stellar reputation.

### How did it help your course work?

I absolutely loved getting to know the participants and their incredibly loving caregivers. I was inspired to design and implement a research project on male caregivers as part of a senior capstone project, and Insight was very supportive with the process.

**"I count myself lucky to have played a small part of the team for the past nine months!"**

### Tell us a little more about your internship experience.

I learned so much about dementia care during my time. Under the guidance of my supervisor, Stephanie, Insight's Assistant Program Director, I learned how to write care plans, conduct cognitive assessments, and create individualized activities for participants based on their interests. In addition to assisting with the daily activities, I had the opportunity to attend caregiver workshops, learn about local resources, and assist with family and community events presented by Insight. I learned how important it is for community agencies to host dementia-friendly events so that caregivers and their loved ones have the opportunity to socialize and celebrate in a safe and welcoming environment.

### What surprised you most about your internship experience?

Before interning at Insight, I didn't fully understand how the entire life history of a person with dementia plays such a vital role in their present state. Some of my favorite memories involved witnessing a participant respond positively to a reminder of their past, whether it be a song, a place, or a person (Elvis is popular!). For instance, I did a couple of presentations on my time studying abroad in Japan and was surprised by how much the participants knew and contributed to the conversation! I heard stories from Veterans who spent time in Japan post-WWII and from people who lived there as children. A lively discussion of culture, language, food, and politics was shared among the groups. I believe



we have so much to learn from our older adults, and I am happy to have facilitated those memories for them.

### Anything else you'd like to share?

As a newbie social worker, learning from the innovative, passionate, and educated dementia professionals at Insight has been invaluable. Insight's staff is an amazing group of individuals that truly care about the work they do. I count myself lucky to have played a small part of the team for the past nine months!

*You can learn more about volunteering and internships on our website at [InsightMCC.org/get-involved](https://InsightMCC.org/get-involved) or contact Stephanie Houpt at 703-204-4664.*



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GIVE AT WORK?

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