



insight
MEMORY CARE
CENTER

INSIDER

CELEBRATING 35 YEARS

COME WELCOME PENDER

YOU MAKE A DIFFERENCE!

January 2019

Your support provides creative expression for all of our program participants.



It's hard to believe that just 5 years ago you helped us celebrate our 30th Anniversary in a very different location - look how we've grown!

35 Years of Care

CELEBRATING HOW YOUR SUPPORT HAS HELPED US GROW!

Can you believe that Insight Memory Care Center is 35 this year? As with any major milestone, we are taking time to celebrate you – our families, volunteers, and supporters that have been involved in the IMCC story over the years.

“All the things on the outside can change but when the core values stay the same, that’s the longevity and sustainability of an organization.”

As the organization has transitioned from the Family Respite Center (our original name) to Alzheimer’s Family Day Center in 2001, and finally to our current name, Insight Memory Care Center, the founding principles of the organization have remained true: Enhancing lives of individuals and families living with Alzheimer’s disease; Providing holistic and collaborative care for our participants and families, and Caring for individuals who were not being served by existing

community services – specifically those in more advanced stages of Alzheimer’s disease who may have behavior challenges or significant personal care needs. As Blair Blunda, a previous Executive Director, shared, “All the things on the outside can change but when the core values stay the same, that’s the longevity and sustainability of an organization.”

Our founder, Lin Simon, started the center with only 3 participants and it is just incredible how you have helped us grow to where we are 35 years later. With your support, we are in a state-of-the-art facility with capacity for 60 participants in our adult day health center each day, a vibrant early stage program running 4 days per week, and education and support programs offered regularly throughout the week!

Mark your calendar for a community wide 35th Anniversary Celebration on Wednesday, June 5th. The event will be a celebration of the families and community involved in the care, support, and education that we have provided. We hope you’ll join us to celebrate with Insight friends and family!

Save the Date: June 5, 2019!

Mark your calendars to gather with Insight friends old and new as we celebrate 35 Years of Care!

02-06

INSIGHT HAPPY HOUR!

Join your Insight friends for a little winter fun! We're hosting a happy hour at Ono Brewing Company.

InsightMCC.org/events

03-21

INSIGHT IN ACTION

See for yourself the difference you have made for participants, caregivers, and families!

InsightMCC.org/InsightInAction

05-08

LEGACY BREAKFAST

Be inspired as you hear from Insight participants about the value of your support in their lives.

InsightMCC.org/breakfast



Welcome Pender!

YOU CAN VISIT HIM AT MANY OF INSIGHT'S PROGRAMS

You may have seen a new face at Insight — Pender, our therapy puppy! Since we adopted him as a puppy in November, he's grown by leaps and bounds, and learned a few new tricks in training! He'll soon be a regular visitor to many of Insight's programs as he works to become a certified therapy dog.

Why puppy therapy?

You can gain many physical, mental, and emotional benefits through pet therapy. Friendly interactions with a therapy pet can help reduce blood pressure and improve overall cardiovascular health. It has also been shown to produce a calming effect through the release of endorphins, which can help alleviate pain, reduce stress, and improve your overall wellness!

What will he do at Insight?

Pender will be a regular visitor to all of our programs for participants and caregivers alike! He will be a friendly face for our participants in Reconnections and the adult day health center, and he will make visits to our caregiver support programs. You'll be seeing him around the office too!

Can I meet him?

Yes! You're welcome to stop by to say hi, and welcome him to the Insight family.

Want to learn more? Contact Christi Clark at christi.clark@insightmcc.org or 703-204-4664, or follow us on Facebook or Instagram for puppy pictures and updates!



Many of you have already welcomed Pender to the Insight family with open arms!

MANY THANKS TO CUSTOM INK!

Enigma, Custom Ink employee, shares, "Having lost both my grandmother and mother to early onset Alzheimer's, I specifically looked for a local organization that offered services for that group. When I found Insight, I was touched by all you do and wanted to help in any way I could! Custom Ink's Three Hearts Volunteer Team has a Giving Tree every holiday season and we fulfilled the gifts from your online wish list."



Pam and her family thank everyone for participating in the Mind the Memory Golf Classic & Bazaar!

You Make a Difference!

A CHAT WITH PAM MARTIN, INSIGHT FAMILY MEMBER

How did the Golf Classic come about?

Like many families that have been touched by dementia, it's easy to feel helpless about the disease progression. There is research being done, but it's hard to believe that medical professionals still have such limited information. I founded 'Mind the Memory Golf Classic & Bazaar' because I wanted to "do" something to help the progression of research and spread knowledge about memory loss.

Can you tell us more about the event?

The inaugural event was held in October 2018, at Virginia Golf Center (VGC)

in Clifton, VA. I was humbled by the generosity of the local community; and because of their support, the event was a success. We had 31 golfers, 11 sponsors, 14 vendors, 18 raffle donations from local businesses, raising over \$2,500 in contributions!

How can others get involved?

Plans are underway for the 2nd annual event this fall. I've already received several confirmations for repeat sponsorships. My goal is to substantially increase the quantity of golfers and contributions this year; and I look forward to taking on the challenge!



Anything else to share?

I am so grateful for the help and resources that Insight provides. I don't see how families living with memory impairment could manage without them!

Do you have your own fundraising idea or want to learn about ways to get involved? Contact Robin McGlothin at 703-204-4664 or robin.mcglathin@insightmcc.org.

A CHAT WITH JIM, PLANNED GIVING DONOR

How are you connected to Insight?

I experienced first-hand the wonderful and knowledgeable care that you all provided for my wife, and the excellent help and advice you gave me on so many topics as we were facing uncharted - by our experience - waters.

Why did you decide to include Insight in your will?

I decided I wanted to make a meaningful contribution after [this experience]. So many unexpectedly face Alzheimer's or other dementia, and few families are

spared. I think others should consider supporting essentially for the same reasons; it would be sort of like an investment.

How would you encourage others to support Insight?

I describe our great experience with Insight to many people, and it helps when one of your client families is able to convey this value from their own experience, or when they can see your substantial contributions on a personal level as we did.

"I decided I wanted to make a meaningful contribution after experiencing first-hand the wonderful and knowledgeable care that you all provided."

You can learn more about bequests through your will, donor advised funds, or charitable gift annuities by contacting Robin McGlothin at 703-204-4664 or robin.mcglathin@insightmcc.org.



3953 Pender Drive, Suite 100 Fairfax, VA 22030
703-204-4664 | InsightMCC.org

GET SOCIAL!



GIVE AT WORK?



CHECK US OUT!

