



INSIDER

MUSIC & MEMORY IN ACTION

BRINGING TRAINING TO YOU

YOU MAKE A DIFFERENCE!

October 2018

Your support provides meaningful friendship and engagement for our participants.



Jean Moon, center, smiles with two of our day center participants after a Music & Memory program.

Music & Memory in Action!

JEAN MOON BRINGS HER OWN TALENTS - AND FLUTE! - TO THE PROGRAM

You may have heard about our Music & Memory program. Or perhaps you've even supported us through the annual Music & Memory at the Silver Diner event! The premise is simple; we provide our day center participants with personalized music, often on an iPod that they can listen to throughout the day. Familiar songs can calm agitation, provide opportunity for reminiscence, and engage the senses in a variety of ways.

This past summer, we had the pleasure of working with Jean Moon, a cognitive neuroscience major at Carnegie Mellon, who brought her own talents – and her own flute! – to the program. She had volunteered with us in high school, and pursued the Music and Memory internship because she “wanted to enrich the therapeutic influence of music for the participants, and also gain a fuller understanding of the compassion, empathy, patience, and love needed” to care for our population.

She designed several programs to incorporate music with as many different senses as possible. Popular programs included ‘Racing Through the Decades,’ a physical exercise program with jingle bells, ‘Musical Memories,’ a variation on Name that Tune, and ‘Musical Reflections,’ which channeled musical experiences into creative art.

Jean shares, “I feel so incredibly blessed, loved, and happy to be here. To me, music is a heartfelt and beautiful conversation, and to share the magical experience of music with my friends at Insight is a gift that only keeps giving. Whenever a

“To share the magical experience of music with my friends at Insight is a gift that only keeps giving.”

participant tells me ‘thank YOU,’ asks ‘when are you coming back?’ or recognizes me as ‘the flute girl,’ I feel that I have shared a hug together through the warm embrace of music, and by doing so, am filling their hearts with the appreciation, love, and joy that they all deserve so dearly. As one participant eloquently stated, ‘Music requires no language to understand it, and no knowledge of the arithmetic behind the phrases. You simply feel it – regardless of how old you are.’ Although we may not always be able to feel words, we will always feel music, and that sentiment inspires me to come here everyday.” We thank YOU, Jean, for inspiring us!

You can learn more about all of our activities online at InsightMCC.org or contact us at 703-204-4664.

10-25

PAINTINGS & PAIRINGS

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

InsightMCC.org/paintings

11-15

INSIGHT IN ACTION

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

InsightMCC.org/InsightInAction

12-04

HOLIDAY MIXER

Enjoy a little holiday cheer with Insight. We want to show our thanks for your support all year long!

InsightMCC.org/events

We'll Bring the Training to You

INSIGHT OFFERS CLASSES DESIGNED JUST FOR YOUR ORGANIZATION!

We know that dementia doesn't just affect the person with the diagnosis. It affects your spouse, your family, your friends – all of the people important to your life. Our caregiver education programs are designed for your situation – family members and friends – who want to know how to help and how to better prepare for the future. We present everything in layman's terms with concrete examples you can apply to your own situation.

And the best part? We'll bring the class to you! Lindsey Vajpeyi, our Director of Education and Outreach, already has several programs set up this fall across the region in your community centers and faith communities. A class participant recently shared, "This class was excellent, and Lindsey was great. It was very reassuring to see that my husband is not experiencing signs of Alzheimer's, but we did see some red flags that we can now address with my step-father."



"Our members are already asking about the next seminar that Lindsey will be holding for us!"

You can even set up a series! We're excited to partner with Prince of Peace Lutheran Church and The Springfield Parkinson's Disease and Care Partner Group to present a Caregiver Essentials education series throughout the school year. Another congregation said, "The 'Normal Aging versus Dementia' seminar was helpful to many of our congregants who are wondering about their own aging experiences as well as those congregants who have loved ones that are living with dementia. Our members are already asking about the next seminar that Lindsey will be holding for us!" We're excited to bring training to you!

Want to set up a class? Contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org. You can also learn more at insightMCC.org/training.

Lindsey leading a program for our own Insight staff at a recent training event.

Welcome to our Newest Board Members

YOUR DIRECTION HELPS INSIGHT GROW OUR SPECIALIZED CARE IN THE COMMUNITY

2018-2019 Board of Directors: James R. Ball II, Seth Balsam*, Ken Connelly*, Mia DeBarbieri, Karen Fagelson, Valerie Geiger, Esq., Chris Grassmuck, Heather J. Mills*, Tiffani C. Moore*, Sarah Mouser, Arvette Reid, Brigid Reynolds, RN, MSN, NP, Cynthia Sullivan, MD, Thomas West, CLU, ChCF, AIF, and Ken Wood. **new members*

Judy has been a wonderful supporter of Insight throughout the years and the changes!

You Make a Difference!

A CHAT WITH JUDY RIGGS, INSIGHT MONTHLY GIVER

How did you first connect with Insight?

I have long been an admirer of Insight, all the way back to the days it started with a small staff in a makeshift facility, under the original name, 'The Family Respite Center.'

Why do you continue to stay involved?

The commitment to its mission, the competence and dedication of the staff, and the constant search for new and better ways to serve participants and their families has never wavered, but it in fact gets stronger.

"I appreciate the opportunity to make my own small contribution in memory of my mother and to support the families who are dealing with memory impairment today."

How do you support Insight?

I've been a monthly donor since the Center set up the program. It's such an easy way to help. It amounts to a small part of my monthly budget. But the Center can count on it and I don't have to worry about remembering to write a big check at the end of the year. I appreciate

the opportunity to make my own small contribution in memory of my mother and to support the families who are dealing with memory impairment today.

Do you feel your support is making a difference?

I never had a friend or family member at the Center, but I think often of how much richer my mother's last years would have been if there had been a program like this when she needed it. She struggled with Alzheimer's at a time when no one had heard of the disease and when

services were non-existent. Fortunately, she lived in a small town where family and friends helped her. But, a nurse herself, Mom would have loved the Center staff, her fellow participants, and the vibrancy of a day spent in meaningful social interaction and stimulating activity.



You can learn more by visiting our website at InsightMCC.org/monthlygiving or contact Robin McGlothlin at 703-204-4664 or robin.mcglathlin@insightmcc.org.

\$25 A gift of \$25 bridges the gap between the daily fee for care and the daily cost of care for a participant.

\$75 A monthly gift of \$75 would cover the costs of our beloved music therapy program for day center participants.

\$150 A monthly gift of \$150 would provide 12 free consultation appointments for families in the community.



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703-204-4664 | InsightMCC.org

GET SOCIAL!

GIVE AT WORK?

CHECK US OUT!

