



Reconnections participants enjoying an outing to Meadowlark Botanical Gardens this fall!



The FamilyTimes

A FAMILY STORY

Steve, an Insight family member, shares his story of caring for his wife: Jan had been diagnosed with Alzheimer's disease about 4 years ago. I had been her sole caregiver, but she began experiencing agitation and paranoia that made her care more difficult for both of us. We found Insight Memory Care Center, and

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PLAYING DETECTIVE

As a caregiver, you wear many hats during the day, but one you probably didn't anticipate is that of detective. However, when our loved ones exhibit troubling behaviors, playing detective can be the key to interpreting what these behaviors mean. We've all heard of the 5 Ws – here are 6 to keep in mind for understanding behaviors.

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A FANTASTIC EVENT!

Thank you so much to our supporters who joined us in celebrating the care, education, and support that Insight provides to thousands of individuals affected by Alzheimer's disease and other memory impairments in our community each year. Our 6th annual Paintings & Pairings event was held on October 26th at the Fairview Park

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FALL | WINTER NEWSLETTER

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DIRECTOR'S MESSAGE

Dear IMCC Family Members and Friends,

We're always busy over at Insight, and this holiday season has proven to be no different! While we're taking time to celebrate the season — of course! — with our annual holiday party, we're also making time to get out into the community to help advance some exciting new memory care efforts.



Christi Clark, our Assistant Director, is continuing our work with George Mason University and their Music & Memory study. They will be presenting this December at the Alzheimer's Disease and Related Disorders Commission in Richmond, advocating to bring the program to more facilities across the state. We've seen the fantastic results that Music & Memory has for the participants in our Day Center, and we're happy to continue our work with George Mason to expand it to those who can benefit.

We are also getting out to Herndon to help out with the Dementia Friendly Herndon initiative. Dementia Friendly America is a national program that aims to educate communities — including businesses, faith communities, legal and financial services, and more — on ways to become more dementia friendly. Insight is helping put together the training that will be used for the Herndon community initiative. This will be a great opportunity for many community members to learn more, and support people living with dementia in our neighborhood!

Beyond Virginia, we'll be taking dementia care internationally next summer! We're already planning our next Caregiver Cruise for 2018. Due to the popularity of this previous destination, we will be cruising to New England and Canada from July 5th to 14th! Caregivers can come by themselves as a great way to travel with friends, or caregivers and their loved ones can enjoy the vacation together. Insight offers respite during the day and supervision and support for all planned excursions. We're all looking forward to our time on Royal Caribbean's Grandeur of the Seas and all the sightseeing as we cruise up north! Please feel free to reach out to us if you are interested in vacationing with us, or supporting the program as a Cruise Contributor!

Whether you're traveling near or far this holiday season, we wish you all the best, and for a great 2018 ahead!

A handwritten signature in black ink, appearing to read 'Jm'.

Joel Bednoski, ALA, CMIS
Executive Director



CONTACT

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(formerly Alzheimer's Family Day Center)
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InsightMCC.org | web

ABOUT US

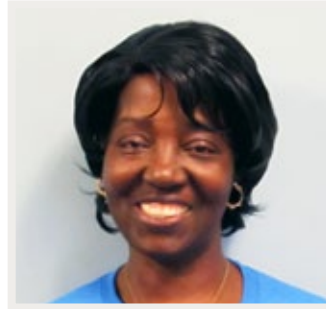
Insight Memory Care Center (IMCC) is a nonprofit adult day health and resource center providing specialized care, support, and education for individuals with Alzheimer's disease and other memory impairments, their families, caregivers, and the community. Serving Northern Virginia since 1984, IMCC offers 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!



DOREEN FERGUSSON
Personal Care & Program Assistant



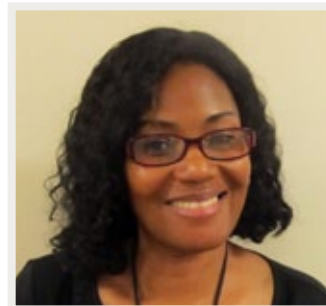
JEANNE GBE
Personal Care & Program Assistant

A WARM WELCOME

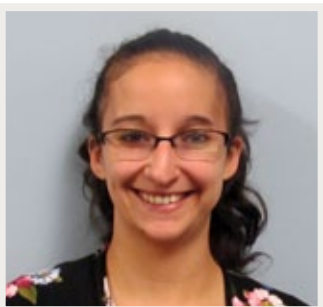
to our newest staff members,
Doreen, Jeanne, Journee,
Maureen, Niki, and Lindsey!



JOURNEE GUADALUPE
Personal Care & Program Assistant



MAUREEN MASON
Personal Care & Medication Aide



NIKI TINDALL
Administrative Office Assistant



LINDSEY VAJPEYI
Director of Education & Outreach

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IMCC STAFF

Joel Bednoski, Executive Director
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David Maloney, Accounting
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Christi Clark, Assistant Director
Lindsey Vajpeyi, Education & Outreach
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Vivian Coda, Director Rec Therapy
Jessica Wilson, Early Stage
Rachael Wray, Sunshine Rec Therapy
Katie Zatt, Recreation Therapy
Elba Pfeifer, Recreation Therapy
Rick Siltan, Recreation Therapy
Christine Birden, Nurse Advisor
Wivine Mbualungu, Nurse
Maureen Mason, Medication Aide
Marilyn Rivera, Housekeeping Lead
Veronica Amponsa, Housekeeping
Doreen Fergusson, Program & Care
Jeanne Gbe, Program & Care
Journee Guadalupe, Program & Care
Tsitsi Mapandu, Program & Care
Sarah Okyere, Program & Care
Hellen Wesseh, Program & Care

A FAMILY STORY: GRATEFUL FOR IMCC!

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Jan came to enjoy many activities at the day center, while her husband had time for respite. Here, she cashes in her winning ticket from a carnival game!

although Jan was initially a “challenging” participant, Insight stuck with her patiently as she settled in. She came to enjoy stimulating activities and companionship, while receiving warm and respectful care five days a week.

For the next two years, the Day Center not only enriched her life, but allowed me adequate respite to care for myself. Without it, I would not have been able to care for her for as long as I did at home, which was important to us as a family.

“It cannot be over-emphasized that the IMCC day center program provides a double benefit. First, and most importantly, is the enormous quality of life enhancement experienced by the dementia patients who attend the program. Second, and of almost equal importance, is the relief/respite provided to family care-givers who are then able to engage in paid employment or other activities.”

Recently, motivated by safety concerns, we had to transition my wife to a residential memory care facility. I am continuing to come to the caregiver classes and support groups that have been so valuable in providing practical advice, and a boost in morale from being with others on the same journey.

“The bottom line is that IMCC provides tremendously valuable resources to the ever-expanding community of dementia patients and their in-home caregivers.” I feel certain that without IMCC, we would have been required to make the transition to residential care much earlier. I am very grateful for IMCC!

2017 EXCELLENCE IN MEMORY CARE AWARD

Congratulations to Eden/Larmax Homes, the winner of our 2017 Excellence in Memory Care Award!

Insight Memory Care Center’s Excellence in Memory Care Award recognizes programs and services that are models of excellence and are positively impacting memory care in our community. Eden/Larmax Homes was selected this year for their unique therapeutic model of care, and their innovative equine therapy program. Each resident receives a personalized, comprehensive care plan that goes beyond typical therapy options to promote engagement and improve quality of life. Equine therapy is one of these innovative programs integrated into the care plan. Residents benefit from both traditional riding therapy as well as an equine assisted therapy program where the horses are brought to the homes. We thank them for their commitment to advancing memory care in our community!

If you’d like more information, or how to apply for the 2018 award, please contact Carrie Idol-Richards at 703-204-4664 or carrie.idol-richards@insightmcc.org. You can also learn more on our website at InsightMCC.org.



Accepting the award at Insight’s 2017 Paintings & Pairings event.

A FANTASTIC EVENT

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Marriott with about 400 in attendance. We all enjoyed great auction items, delicious hors d'oeuvres and wine pairings, and a fantastic program, raising over \$70,000 for Insight Memory Care Center!

We brought the silent auction into the 21st century this year with a new feature — mobile bidding! Guests enjoyed perusing the silent auction tables and texting in their bids for their favorite items. The mobile platform helped bidders keep track of their items, sending updates when you've been outbid! We had many of our favorite silent auction items, and some great new additions, including a homemade pasta basket, bar method classes, tours of local wineries and breweries, and college sports memorabilia. There was something for everyone!

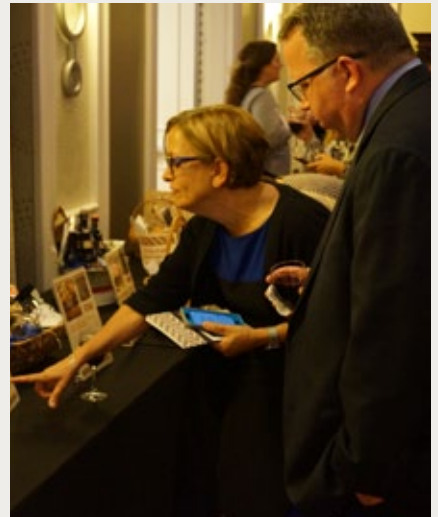
During the program, caregivers shared their experiences through videos of our SHARE program, Person Centered Care initiatives, and our Caregiver Cruise. (If you missed them — they're up on YouTube and Facebook!) We also presented our Excellence in Memory Care Award to Eden/Larmax Homes for their innovative equine therapy program.

The program wrapped up with our live auction that had several new and exciting items, including a wine education experience, Jiffy Lube Live concert tickets, and last but certainly not least, a week-long stay at a luxury resort in Puerto Vallarta or Riviera Maya! The vacation was certainly the hot ticket item this year!

Jim Gibbs, an Insight family member, was also generous enough to share his story at the conclusion of the evening. He has been caring for his wife, Grace, for many years. He shared: "Caring for a vulnerable loved one is a huge responsibility. For most caregivers it is a totally new experience. I came to the task with no experience and no training. Only a deep love for my spouse, my intuition and an innate desire to care. Insight is not a local landmark but it is a local treasure to many families. It is a place that has helped Grace retain her greatest treasures: her dignity, self-worth and the sense that her life still has value, meaning and purpose." We sincerely appreciate his kind words, and all of our many supporters who made the evening such a success!

HIGHLIGHTS

If you missed out this year, we have the event videos up on our website and our YouTube page, and the event pictures up on Facebook! Take a look, and be sure to mark your calendars next year for October 25, 2018!



MANY THANKS TO OUR SPONSORS!

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Group | Old Dominion Home Care | Judy
& Jack Riggs | Right at Home | Synergy
HomeCare | Tall Oaks Assisted Living | Tribute
at One Loudoun, Heritage Village, and The
Glen | Colleen & Kevin Walker

SILVER

BrightStar Care of Fairfax | Brightview
Woodburn & Great Falls | Capital Caring |
Capital City Nurses | Cassaday & Company
| The Crossings at Chantilly | Karen &
John Fagelson | Great Falls Assisted Living
| Goodwin House, Inc. | Lifematters |
Sunrise Senior Living

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| Farr Law Firm | Griswold Home Care | Home
Instead Senior Care | Colleen Ryan Mallon | The
Medical Team | Needham Mitnick & Pollack, PLC
| NeoSystems Corporation | Thrive at Home |
Tysons Woods Assisted Living

PLAYING DETECTIVE: 6 TIPS FOR UNDERSTANDING BEHAVIORS

1 WHAT IS HAPPENING?

The first question to ask is what behavior is occurring? Sometimes this is an obvious answer. If your loved one is continually pacing, or perhaps striking out, these are clear behaviors. However, sometimes the behavior might be emotional. Perhaps they are afraid, withdrawn, or frustrated. These emotional behaviors may not be as obvious to spot, and could manifest themselves through physical behaviors. Perhaps your loved one is pacing because they are frustrated. Take note of everything you can when determining what is actually happening.

2 WHY IS THE BEHAVIOR HAPPENING?

This leads into the next question: why? Is there an emotional or psychological reason for the behavior? Feeling afraid, frustrated, or lost can lead anyone to act out. Don't forget about physical and environmental triggers too. Is the person hungry or thirsty? Is it too hot or too cold? Are they in an unfamiliar setting? The behavior in question can easily be triggered by these needs for comfort. Finally, see if the behavior may be related to their cognitive decline. Is the task too difficult? Maybe the current activity is too complex, or their attention span isn't long enough.

3 WHO IS INVOLVED?

This may seem like an easy question, but see if the behavior involves just the person you are caring for or if others are involved. If so, is it a particular person? Or perhaps it's a certain type of person; does the behavior only occur with male or female caregivers? If a particular person is triggering the behavior, do they look like, or remind your loved one of someone else? As much as we may not want to admit that we hold onto grudges, if your loved one's care provider reminds them of their former high school bully, they will probably be resistant to care.

4 WHERE DOES THE BEHAVIOR HAPPEN?

The environment can be key to assessing — and triggering — behavior. Does the behavior only happen in a certain location? For example, if your loved one is resistant to getting in the car, is it just a certain car? (Maybe it's hard for them to get into?) Or is it all cars in general? (Perhaps they're unsure where they might be going.) Does the behavior happen in both familiar and unfamiliar environments? (Does the person recognize the car they're getting into?) Again, gather as much information as you can about the environment where the behavior is taking place.

5 WHEN DOES THE BEHAVIOR USUALLY HAPPEN?

Is the behavior predictable? Does it happen at the same time every day? If so, time may be what's to blame. Sundowning is a very common example of this. As the sun sets and natural light begins to fade, many with memory impairment experience increased confusion, as well as mental and physical fatigue, which cause them to act out. If the behavior isn't always on schedule, could it be due to a change in their schedule? If someone has a late lunch, they may simply be acting out because they're hungry. Make a behavior log with times to assess the behavior.

6 WHAT NEXT?

First ask yourself if this is a behavior you need to change. Is it dangerous, or hurting or affecting other people? Or is it just annoying? If it's not harming your loved one or others, it may be fine to let the behavior continue. At least now you may be able to anticipate when, where, or who might trigger it. If the behavior is a problem, do you need to reinforce, or redirect it? Reinforcing or supporting the behavior namely requires that you validate the person's emotions. If the person is afraid to get in the car, confirm where they're going. Redirecting, or changing a dangerous or inappropriate behavior will most likely be the hardest. Keep the person in mind; remember their personality, their likes and dislikes. Information gathered from your 5 Ws will help address the situation appropriately.

EDUCATION CALENDAR

Our monthly Classes for Caregivers series is offered on the third Wednesday of the month from 1:00 pm to 3:00 pm. All classes are free, open to the public, and geared towards family caregivers providing care at home. Respite may be available, please call us at 703-204-4664 in advance to make arrangements.

DEC 20 | RECONNECTING & RE-ENGAGING

How can you reconnect with someone with dementia? Keeping their current abilities in mind, learn ways to keep your loved one active and engaged in personalized activities.

JAN 17 | VIRTUAL DEMENTIA TOUR

The Virtual Dementia Tour (VDT) is designed to help simulate the effects of dementia, allowing caregivers to better understand the needs of their loved ones. Register early for this popular session!

FEB 21 | NORMAL AGING VS. DEMENTIA

Join us for a discussion on changes that occur with age, warning signs of a memory problem, and what to do if someone you love is experiencing symptoms of dementia.

MAR 21 | DEMENTIA 101

Learn the basics of dementia, including Alzheimer's disease and other dementias. While not everyone travels the same path, come and learn about the general stages to help you anticipate future changes.

APR 18 | LEGAL & FINANCIAL CONCERNS

Many people are unprepared to deal with the legal and financial consequences of dementia. We will learn about legal documents, resources to help cover future care costs, and where to turn for assistance.

MAY 16 | ADL SUCCESS

Make each day more successful! Learn tips and tricks for providing hands-on care for eating, dressing, bathing, hygiene, and toileting.

JUN 20 | KEEPING YOUR LOVED ONE SAFE

As the brain changes, abilities change too. Learn about potential safety issues, balancing safety with independence, and ways to keep a loved one safe at home and away.

LOOKING FOR MORE?

Check out our full calendar online at InsightMCC.org, and register for events online too! Can't make it in person? Check out our Education Library for class recordings.

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

MEMORY CAFE

Join us for support, companionship, and fun! The Memory Cafe provides structured activities to promote reminiscence, cognition, and engagement. Caregivers can also participate in a caregiver support group. A light dinner will be served, providing additional opportunity to share conversation and get to know others in a safe, supportive environment.

Insight Memory Cafe
First and Third Wednesday
4:00 pm to 6:00 pm





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FALL | WINTER 2017 NEWSLETTER

YOUR DONATION HELPS!

Here are a few ways you can continue supporting Insight this year:

- **Make a donation.** Your donation makes a difference! Please send a check to Insight, 3953 Pender Drive, Suite 100, Fairfax, VA 22030 or you can go to InsightMCC.org and make a secure online donation.
- **Employee Giving and Matching.** Check to see if your employer offers employee giving and if they match employees' donations. IMCC is part of the Combined Federal Campaign (CFC # 35282) or America's Charities.
- **Gifts in Honor or Memory of a Loved One.** Honor a loved one with your gift, or you may choose to ask family and friends make a donation to IMCC.
- **Car Donations.** Do you have a vehicle you want to get rid of? Consider donating it to IMCC and getting the tax credit!
- **Our Wishlist.** Cleaning out the closet? We can always use the help of in-kind donations! Our full wishlist of needed items is on our website.

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

