



Alzheimer's Family Day Center  
ANNUAL REPORT

2012  
2013

# Welcome

This year can be summed up as planning for growth. While there have been many days that we wished for a bigger space to come overnight – when we have had to place a deserving family at number 15 on the waitlist for the day program, or when staff has to vacate an office to make room for a private family consultation. However, growth cannot come simply for growth’s sake, it must be deliberate, judicious—and most of all—beneficial for our families.

In the midst of vetting potential sites, running budget numbers, and evaluating our needs for space, we have also taken a step back to look at why we are growing. Was it just for swanky new offices and the latest technology? Staff and board members took a hard look at our mission, vision, values, and strategic plan through this process, and determined why we want to move. We care. We care that participants have to be put on a waitlist to receive the care they need. We care that support groups and education programs have to be capped for lack of chairs and room space. We care that there is unmet need in the community—and we want to meet it. Our growth and expansion is not for us, but for the growing need in the community.

Rest assured, we’re not just waiting for the bigger space to fall in our laps overnight. Plans are underway for an expansion, and in the meantime we’re expanding all we can in the current space. This year we have become a Certified Music & Memory Care Facility, providing participants with individualized music playlists to calm anxiety, and reawaken the senses. We participated in an innovative physical therapy study on balance and gait, and found out the results of a previous study, the Daily Stress and Health of Caregivers, that use of adult day services reduces caregiver risks for illness. We have brought on a full time Education and Outreach Coordinator who is already planning great new programs and training opportunities for our families.

We’re doing all we can to meet the need today, and we’re more excited than ever for what the future will bring.

Joel Bednoski  
Executive Director

Tom West  
Board President

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# Who We Are

## MISSION

To provide specialized care, support and education for individuals with Alzheimer’s disease and other memory impairments, their families, caregivers and the community through our adult day health and resource center.

## VISION

A community where those affected by Alzheimer’s disease and other memory impairments can achieve the highest quality of life.



Kelly, a Social Work Intern assists a participant during Creative Arts. Our volunteers and interns help at the Day Center throughout the year, allowing us to provide participants with more one-on-one interaction.

## VALUES

### We CARE!

C

Collaboration

- We value partnerships with families and caregivers to provide a holistic approach to care.
- We value alliances with other organizations to enhance the use of community resources.

A

Awareness

- We value equipping families and caregivers with the resources to provide quality care.
- We value expanding community understanding of Alzheimer’s disease and other memory impairments.

R

Respect

- We value the dignity of each individual we serve, fostering the capabilities of each individual.
- We value providing compassionate care and support to our individual participants, families, and caregivers.

E

Expertise

- We value innovative practices in providing specialized care while maintaining a safe and secure environment.
- We value the importance of continuing education to enhance our knowledge and abilities.

# Programs & Services

In keeping with our mission, Alzheimer’s Family Day Center strives to provide a comprehensive spectrum of care, support and education to those affected by Alzheimer’s disease and other memory impairments throughout the course of the disease process.

Located in Fairfax, Virginia, our programs are open to anyone in the DC metro area, and our caregiving resources are used across the country.

## CARE

The **Mind and Body Workshop** is designed specifically for families that have received a recent diagnosis or are in the early stages. The program focuses on maximizing capabilities, while also providing caregivers with new ways to interact and adjust to the changing family dynamics.

Our **Adult Day Health Program** provides a safe, engaging, and therapeutic environment for people with memory impairment in mid to late stages. It is the only dementia-specific day center in the DC metro area and still the only adult day health center in Northern Virginia with programs for people in the later stages of an Alzheimer’s illness.

## SUPPORT

As families are also affected by the disease, AFDC offers support groups, consultations, and home visits to reduce caregiver stress and provide practical solutions to challenges.

**Support Groups** offer people in like circumstances the chance to share practical advice, discuss frustrations and fears and connect with others who are on a similar journey in a secure group environment. AFDC can provide **Individual Consultation** to discuss a family’s specific needs or challenges and make recommendations of area resources that may be appropriate. **Home Visits** can also provide additional insight for families on a safe living environment.

## EDUCATION

AFDC’s innovative education programs help family members remain confident and effective in their caregiving roles and increase understanding of the disease in the community.

**Classes for Caregivers** are offered to build skills and confidence while learning more about Alzheimer’s resources in the community. AFDC also offers a variety of **Community Training** options to businesses, professional groups, service organizations, and faith communities regarding current topics in Alzheimer’s disease and caregiving. In addition, our publication, “**Caregiving at a Glance**” provides strategies for managing behavior challenges and planning for future care.

# Highlights this Year

10  
2012

Paintings & Pairings  
Guests enjoyed food and wine pairings with artwork in celebration and support of AFDC on October 4th.

12  
2012

ExxonMobil Intern  
AFDC was selected as one of 30 agencies to receive a summer intern through the Community Summer Jobs Program.

4  
2013

Future Plans  
As a part of a larger rebranding, AFDC adopted new Mission, Vision, and Values and updated our strategic plan.

4  
2013

Annual Monitoring Visit  
On our annual visit from the Virginia Department of Social Services, we had a completely deficiency free report.

5  
2013

Daily Stress and Health Study  
Our caregivers participated in a Penn State study showing reduced caregiver stress with Day center use.

11  
2012

Physical Therapy Study  
AFDC partnered with Dr. Julie Ries and Marymount University for an innovative study on balance and gait.

2  
2013

Voice of America  
AFDC was featured by Voice of America in a video on improving the quality of life for both participants and caregivers.

4  
2013

Mind and Body Workshop  
The Mind and Body program was updated and additional sessions added to best serve those in the early stages.

5  
2013

Music & Memory  
Trained as a Certified Music & Memory Care Facility, AFDC provides participants with personalized music playlists.

6  
2013

Scholarship  
AFDC provided almost \$130,000 in financial assistance to 20 participant families in FY13.

## HONORS

AFDC holds a three-year license, the highest level of licensure in Virginia.

AFDC was honored to be granted a 2012 Top-Rated Award, from GreatNonprofits, with all 5 star reviews from our families, board members, and volunteers.

AFDC was selected as one of the top 30 favorite charities in the Washington Region by Exxon Mobil.

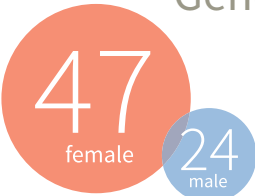
# Who We Serve

## DAY CENTER POPULATION

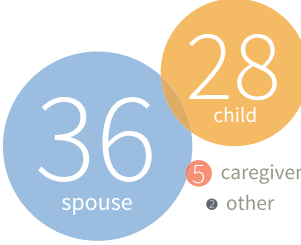
### Total Number Served



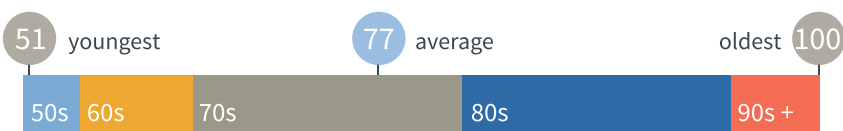
### Gender



### Live With



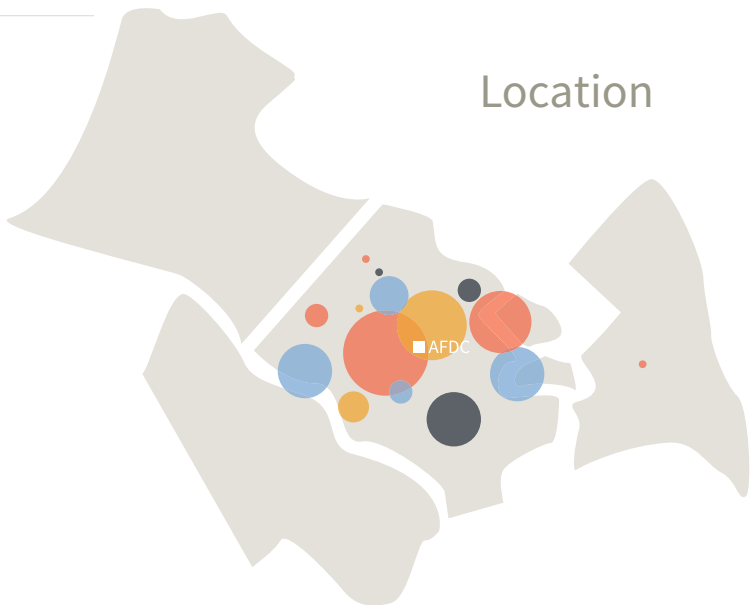
### Age Range



### Participant Stay



### Location



## CAREGIVER ATTENDANCE

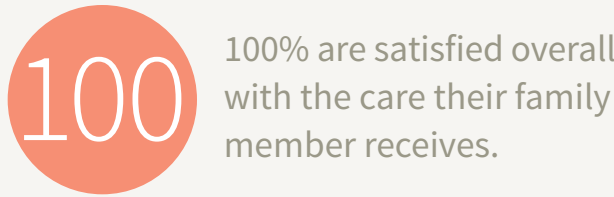
38 Mind & Body Workshops

313 Support Groups

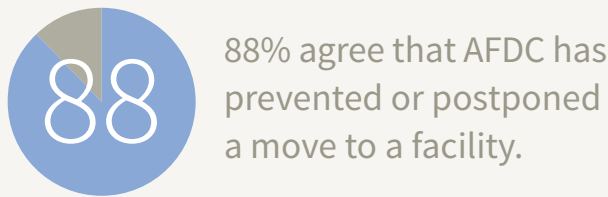
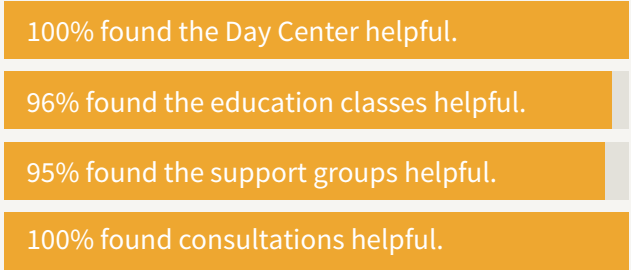
725 Education Programs

111 Consultations

## CAREGIVER SURVEY RESULTS



### Our programs are helpful.



## FROM A FAMILY: SHARING HOPE

Thank you AFDC for everything you're doing for our mother!

As her children, we remember how our mom had always been a social butterfly of sorts – flitting about her network of nieces, nephews, church friends, and neighbors. She was always eager to share her joy. However, shortly after our dad passed, our mom suffered a TIA stroke and other hardships which aggravated her dementia to a point where she was often depressed and had no interest in interacting with friends and family.

For over three years, we sought professional guidance, counseling through her pastor, and other supportive assistance for her (as well as ourselves), but made very little progress in improving her outlook in life. Having dementia is bad, but having no hope is worse.

Then we found AFDC.

Our mom started attending AFDC – first in the Mind and Body Workshop and now in the Day Center program. Since joining, we have noticed a tremendous change in her. Outwardly, the biggest difference is her smile, a smile we have not seen in over 3 years. She is excited to tell us about her day, the art work she has done, the music she's listened to, and of course, the dancing. Inwardly, the biggest change in her is the same change in us children – now we have hope. Thank you so very much, AFDC, for all you have done, and continue to do, for our mother...and us!



# AFDC Patrons

## INDIVIDUALS GIVING \$100 & ABOVE

Per-Erik Aasum	Ann S. Daniels	Margaret Johnson	Randee Pino-Marina
Susan and Filiberto Agusti	Marilee Davies	Helen M. Jones	Christy Poole
Martha Ary	Guy and Joan Davis	Herschel Kanter	Patricia D. Popp
Karen Bailey-Jackson	Katherine DeWitt	David and Mary Jo Kantor	<b>Heather Powell</b>
Alison Michelle Baker	Nancy Dezan	Julie A. Kapral	Eleanor Price
Sara Baker	John F. Dold	William Karas	Carlos Proske
James Ball and Jean	Joanne and Rob Doolittle	Dennis Keefe ●	Susan Quinn
Galloway Ball	Eleanor Duffield	Constance P. Kitchen	Frederick Randall
Norma and Bruce Ball	<b>John and Glenys Dyer</b>	Sharon Kourtz	Kirk Randall
Elicia Bass	Sherri Evers	Marilee Kovacs	Patrick Retton
Catherine H. Beauchamp	Andrew B. Falck	Travis Lail	Eric Richardson
Galeet BenZion	David Farrell	David Lap Keung Man	<b>Judith Assmus Riggs ●</b>
Joseph Berkel	Sandra Fields	James Lawless	J. Scott Roberts
Bruce Bishop	Elisaeth Fopp	Paul Lengi	Charles and Rebecca Rogers
Reagan Black	Joan C. Forte ●	Maureen Lewis	John Rogers
Woodrith and Gary Blazek	Peggy Fox	Corinne Liang	Salvatore Romano ●
Jonathan Bloom	Gerry Frank	Dow H. Luetscher	Victoria Rutson
Blair and Michael Blunda	Christine Friedberg	Cynthia Lundstrom	<b>Colleen Ryan Mallon</b>
Michelle B. Bouma	Mary Jane Daly Gabbay	Bernard Lynch	Jane Ryan
Debra Bowers	Caroline H. Gaudet	Carol A. Mahoney	Cindy L. Schaefer
Ronald A. Boyle	Bruce Ghrist	Helen Martin	Cynthia Schelhorn
Philippe Brechot	Jennifer Gillett	Mike Maszka	Charles W. Schudt ●
Steve and Jan Brose	Lisa Gold	Roseann Mazaka	Barbara Sekhar
Barbara E. Bryant	Jeffrey and Patricia Green	<b>Linda and Lou Mazawey</b>	Peter Shaw
Susen Buckendorf	Gail Green-Anderson	Robert and Judith McLaughlin	<b>RADM Mac Showers (ret.) ●</b>
<b>Susannah E. Calkins</b>	Endurance Gyapong	Beverly Melani	Mark Silverman
Marilyn Campbell	Carlene Halmo	Judy Mitnick	Patricia Silvey
Ian and Margaret Carr	James R. Hamrick ●	Mario and Dana Morino	Fay Sim
Barbara Ann Carrington	Grayson Hanes	Desaix and Lynn Myers	Howell Simmons
Judy Carter	Linda Harber	Edward J. Newberry ●	Charles Sloan
Dee Cascio	Peggy Harding	Oliver A. Nickle, Jr.	L. Britt B. Snider
Alejandro Cavazos	Denise Hedrick	Robert and Mary Ann Nirschl	John R. Soltys
John L. Chellman	Pamelia A. Henriksen	Thomas E. Norwood	William Spates
Pamla Clark ●	Sheldon Hochberg	Charles O'Brien	Irene Stith-Coleman ●
Ross Clark	Lisa Howard-Grabman	William M. Offutt	Susan Stone
Sue Clark	Antonia B. Ianniello	Paul Ondrasik	Joseph W. Stuart
Ann C. Cole	Bill and Linda Idol	<b>Lennox Shelton and Ann E. O'Neil</b>	Linda Summerall
John Collins	Richard Igercich	Joseph Perea	Steven Traylor
Jamie Cooper	Edward Lee and Kimberly Isler		David Turch

Raymond and Ann Vickery  
Kevin and Colleen Walker  
Roger E. Warin  
Christy Watts  
**Tom West**  
Catherine Wilkinson  
Karen Williams  
Norma Williamson  
**Linda Windsor**  
Kelli Wright  
Joseph Yao  
**Jean Schiro-Zavela and Vance S. Zavela**  
Chad Zeller  
John (Jack) Zimmerman

Patrons listed in bold have generously given \$1000 or more. Circles ( ● ) indicate AFDC's monthly givers.

## COMMUNITY SUPPORT

American Automobile Association <b>Act For Alexandria</b> American Airlines Political Action Committee <b>America's Charities Arden Courts</b> <b>Arlington County Medical Society Alliance</b> AT&T United Way Giving Campaign <b>Bank Of America Matching Gifts</b> Bank Of America United Way Campaign Capital Caring <b>Care Options</b> Catalogue For Philanthropy Greater Washington City Of Fairfax	<b>Clark-Winchcole Foundation</b> <b>Community Foundation for Northern Virginia</b> Community Health Charities Of The National Capital Area, Inc. <b>David &amp; Lorna Gladstone Foundation</b> <b>Emeritus At Arlington Episcopal Church Women, Church of the Holy Comforter</b> <b>Exxonmobil Employee's Favorite Charity Campaign</b> <b>ExxonMobil Foundation</b> Fairfax Presbyterian Church Gifts That Give Hope, Inc. <b>Goodwin House, Inc.</b> <b>GraceFul Care, Inc.</b> Great Falls Assisted Living Greater McLean Republican Women	Home Instead <b>IBM Employee Services Center</b> Leewood Assisted Living <b>McLean Citizens Foundation</b> Needham Mitnick & Pollack, PLC Old Domion Home Care, Inc. <b>Reed Smith LLP</b> Rivermark Medical Supply <b>Rotary Club Of Tysons Corner Foundation</b> <b>Signature Estate &amp; Investment Advisors, LLC</b> <b>Tall Oaks Assisted Living</b> <b>The Charles Delmar Foundation</b> The Woman's Club Of Arlington United Way Of Central Maryland <b>United WayNCA</b> <b>Washington Forrest Foundation</b>
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## VOLUNTEER SUPPORT

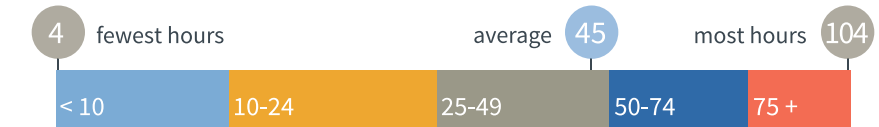
23 Volunteers

6 Interns

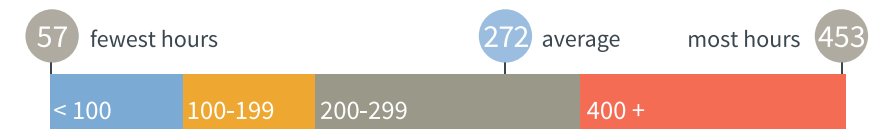
2671 Total Hours

\$60K Total Value

Volunteers

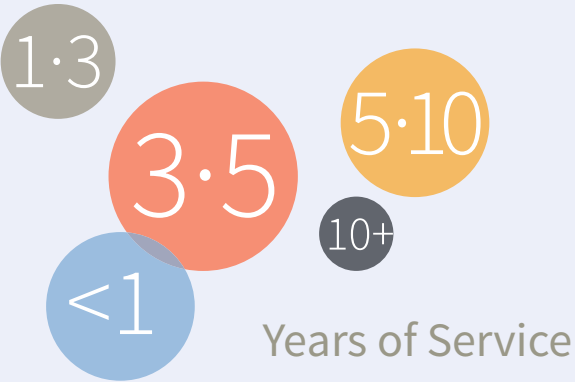


Interns



# Staff

- Joel Bednoski, Executive Director
- David Maloney, Director of Finance & Personnel
- Christi Clark, Education & Outreach Coordinator
- Carrie Idol-Richards, Director of Communications
- Robin McGlothlin, Director of Donor Relations & Events
- Lisa Wright, Program Manager
- Paula Riddle, Director of Recreational Therapy
- Christine Birden, Nurse Advisor
- Mary Kanu, Nurse Coordinator
- Melissa Taylor, Social Services Coordinator
- Marilu Rivera, Activities Coordinator
- Elba Pfeifer, Activities Assistant
- Tsitsi Mapandu, Program Assistant
- Mercy Mensah, Program Assistant
- Mirna Bautista, Personal Care Assistant
- Mariatu Kanu, Personal Care Assistant
- Veronica Amponsa, Personal Care Assistant
- Kristin Martin, Early Stage Club Director



# Board of Directors

- Thomas West, CLU, *President*  
Founder of Thomas West Financial Services
- James R. Ball, *Vice President for Strategic Planning*  
Senior Financial Advisor, Merrill Lynch & Co
- Colleen Ryan Mallon, *Vice President for Development*  
Corporate Director of Marketing at Goodwin House, Inc.
- Rick Kaplar, *Treasurer*  
Vice President of The Media Institute
- Judith Mitnick, JD, *Secretary*  
Needham, Mitnick & Pollack PLC
- Barbara Carrington  
Retired, Arlington County Public Schools
- Dee Cascio, LPC, LMFT, ACC  
Retirement Lifestyle Strategies
- Karen Fagelson  
Partner, Reed Smith, LLP
- Linda Harber  
Associate Vice President for Human Resources, GMU
- William Offutt  
Principle, Offutt Advisory LTD
- Judith Assmus Riggs  
Retired, Alzheimer’s Association National Capital Area
- Charles Sloan  
Partner, Sloan and Swedish
- Patricia Williams, MAT, CSA  
Founder and President of Graceful Care, Inc.
- Jack Zimmerman  
Retired, Shepherd’s Center of Oakton-Vienna

Staff and Board listing as of June 30, 2013

# Financials

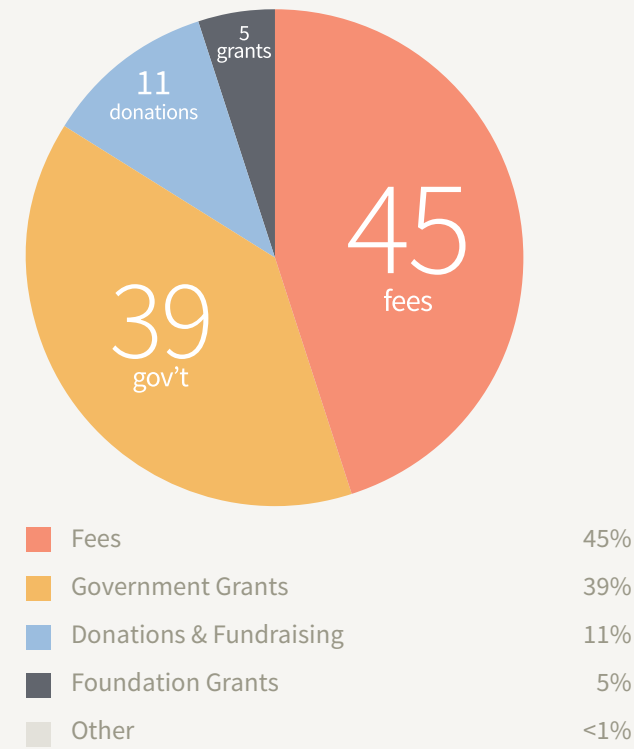
## ASSETS

Cash and Cash Equivalents	\$1,176,573
Accounts Receivable	\$6,726
Prepaid Expenses	\$29,384
Total Current Assets	\$1,212,683
Property and Equipment	\$31,759
Other Assets (Security Deposit)	\$10,333
<b>Total Assets</b>	<b>\$1,254,775</b>

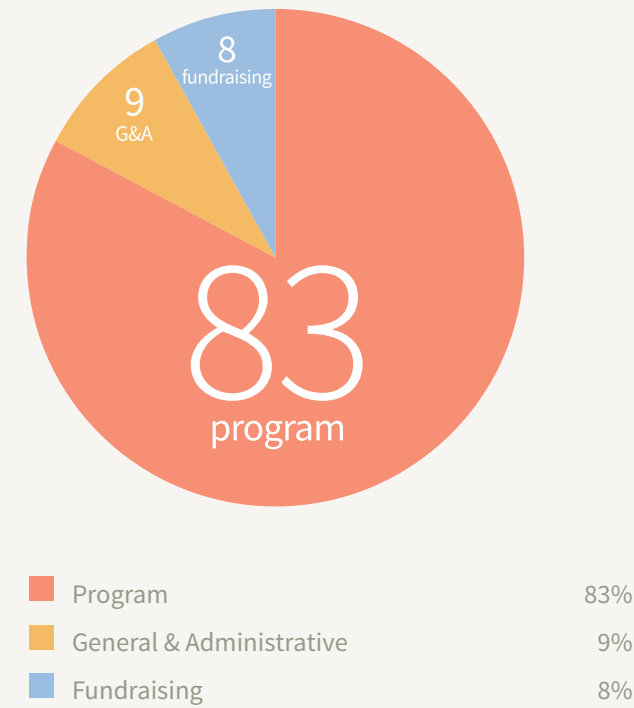
## LIABILITIES

Accounts Payable	\$10,675
Accrued Salaries	\$31,988
Accrued Vacation	\$21,306
Payroll Liabilities	\$4,452
Total Liabilities	\$68,910
Total Net Assets	\$1,185,865
<b>Total Liabilities and Net Assets</b>	<b>\$1,254,775</b>

## INCOME



## EXPENSES





## Alzheimer's Family Day Center

2812 Old Lee Highway, Suite 210

Fairfax, VA 22031

703.204.4664 | phone

afdc@alzheimersfdc.org | email

703.204.0509 | fax

www.alzheimersfdc.org | web



#8096



#35282



#8035

AFDC sincerely appreciates funding  
received from Fairfax County Government