



# ALZHEIMER'S FAMILY DAY CENTER

ANNUAL REPORT ■ 2011-2012

# Welcome

As someone with a longstanding passion for caring for those with memory impairments, I am so grateful to have joined the AFDC family, and to serve our participants, family members, and the AFDC community every day. The organization has come a long way over the past 28 years, and I am eager to help lead us into the future.

This has been a very successful year for us. Our early stage programming was redesigned to better support families coping with a recent dementia diagnosis, and we added support group sessions to better meet the needs of our family caregivers. Not only has AFDC provided caregiver support, but we are committed to maintaining quality care for our participants. AFDC holds a three year license—the highest in Virginia—for our adult day health center.

## A NOTE FROM OUR PRESIDENT

The past year for Alzheimer’s Family Day Center has been one of success, change, growth, and excitement for future opportunities and possibilities. Our programs received a 100% satisfaction rate from our participants, and we are consistently looking to meet new community needs. While there were changes this past year, AFDC has made the best of them. Our esteemed Executive Director, Nancy Dezan, retired in early 2012. While her departure is bittersweet, Joel Bednoski, has come on board as our new Director. He brings fantastic vision to the organization, and is already guiding the organization in the right direction for future growth.

I am thrilled to have come on board with AFDC at such an exciting time. We are actively pursuing plans for expansion, meeting the growing need by serving more participants in our day center, providing additional education programs, and offering more for those in the early stages of the disease. Plans are being designed for a state of the art space, first and foremost keeping in mind our populations’ unique needs.

We would not be where we are today without the generous support of our patrons, the selfless giving of our volunteers, and the dedication of our board and staff members, and for that I sincerely thank you all. I look forward to working with the entire AFDC family for many years to come.

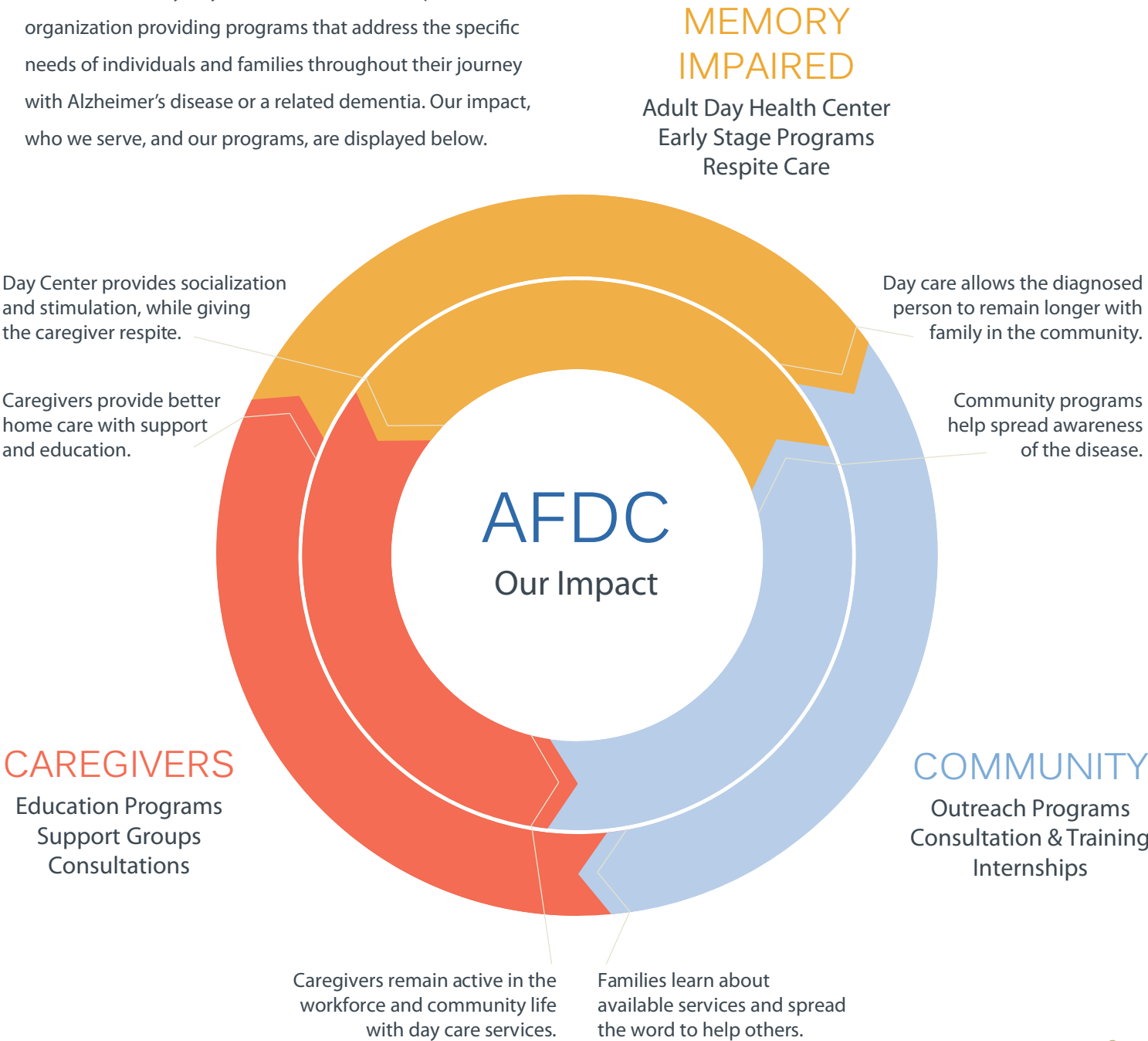
-Joel Bednoski, Executive Director, AFDC

The need for dementia care is only increasing. There is hardly anyone that has not been affected by the disease; whether it be a friend, neighbor, co-worker, or family member. AFDC is poised to meet the growing epidemic, as we actively pursue plans for expansion. We are busy laying the groundwork for a future center, and our board and staff are excited for what lies ahead. As I reflect upon this past year at AFDC, I want to thank all of our supporters for helping us get to where we are today. I hope you are equally excited for what is to come.

- Tom West, President, AFDC Board of Directors

# Who We Are

Alzheimer’s Family Day Center (AFDC) is a non-profit organization providing programs that address the specific needs of individuals and families throughout their journey with Alzheimer’s disease or a related dementia. Our impact, who we serve, and our programs, are displayed below.



# Our Programs & Services

## FOR PEOPLE WITH MEMORY IMPAIRMENT

**The Day Health Center** is a therapeutic weekday program providing opportunities for people in the middle to late stages of Alzheimer’s disease to connect with others and maintain social and cognitive skills in a fun environment. Our failure-free programs provide opportunities for mental stimulation, physical exercise, social interaction, and participation in life’s daily activities. The Day Health Center provides personal care and assistance, as well as one-on-one sensory, physical, and cognitive stimulation for those in the late stages.

**The Mind and Body Workshop** is a wellness program for people in the early stages of memory loss along with a family member, spouse, or caregiver. The Mind and Body program offers coping strategies, ideas for interaction, and support for both the person with memory loss and the caregiver. A great additional benefit of the group is the opportunity for socialization and camaraderie with others in a similar situation.

## FOR CAREGIVERS

**Education programs** are free workshops designed for caregivers, with helpful information regarding Alzheimer’s disease, practical financial and legal advice, and information on area resources. Respite care is available for programs.

**Caregiver Support Groups** are open to the public and give family caregivers the chance to connect, to share practical advice, and to discuss hopes and frustrations.

**Caregiving at a Glance** is AFDC’s guide to dementia care, providing techniques to empower family caregivers, on topics such as communication, behaviors, meal time, and bathing.

## FOR THE COMMUNITY

**Consulting Services** are provided for both professionals and individual family caregivers. Care facilities, groups serving older adults, and individuals and families caring for a loved one with dementia can all benefit.

**An Internship Site** for students is provided for those looking to practice their skills while they learn effective ways to assist, communicate, and care for people with dementia.

**Volunteers** help us provide our quality service by sharing their time and talents. Last year, volunteers provided almost 2,000 hours of service.

# Highlights

9.11

**A Taste of the Arts**  
Guests enjoyed dinner and dancing in support of AFDC at “A Taste of the Arts” on September 23.

12.11

**Resource Library**  
Renovated our caregiver resource library, adding resources and a comfortable place to sit and read.

2.12

**In the News**  
JC Hayward featured AFDC on a CBS Hero Central news segment, spotlighting our programs.

5.12

**Support Group**  
New support group added specifically for family members of Day Health Center participants.

11.11

**Mind and Body Workshop**  
Revamped the Mind and Body Workshop to include individualized support groups.

2.12

**Executive Director**  
Hired Joel Bednoski, a Certified Memory Impairment Specialist, as the new Executive Director.

2.12

**Participant Art Show**  
An Art Show highlighted the work of our art and art therapy programs on February 23.

6.12

**Scholarship**  
AFDC provided over \$150,000 in scholarship funding to ensure all in need are able to attend.

## HONORS

AFDC holds a three-year license, the highest level of licensure in Virginia. A three-year license is issued when a facility’s activities, services, and management routinely and substantially exceed the minimum standards.

AFDC was selected as one of the top 25 favorite charities in the Washington Region by Exxon Mobil.

The Center’s new Executive Director was selected to participate with INOVA Fairfax Hospital’s Hospital Elder Life Program, discussing current geriatric cases and finding solutions for care.

# Who We Serve

## DAY CENTER POPULATION

79

Total Number of People Served

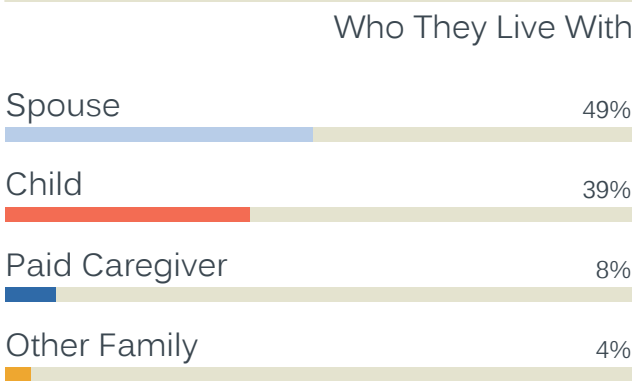


16 months

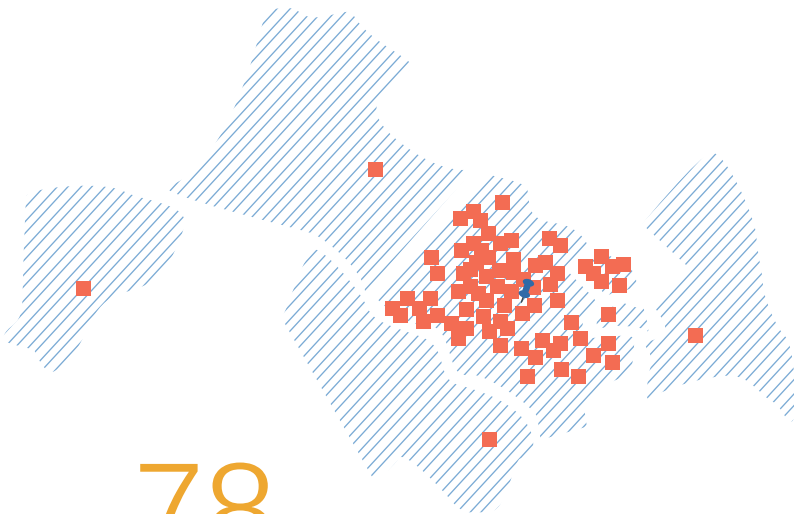
Average Time at AFDC

7½ years

Longest Time at AFDC

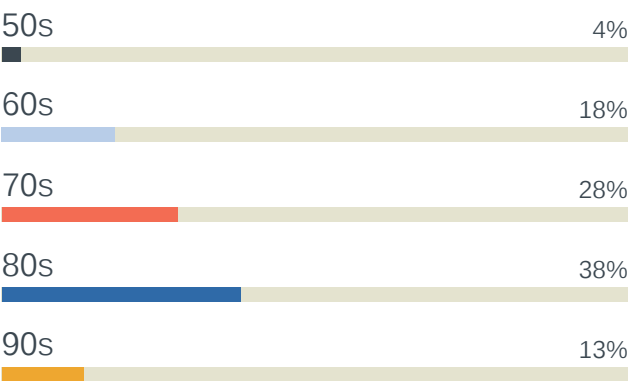


Where They Live



78

Average Age of Participants



## CAREGIVER SERVICES

30

Mind and Body Workshops

41

Support Groups held

385

Number Attending Support Groups

29

Education Programs offered

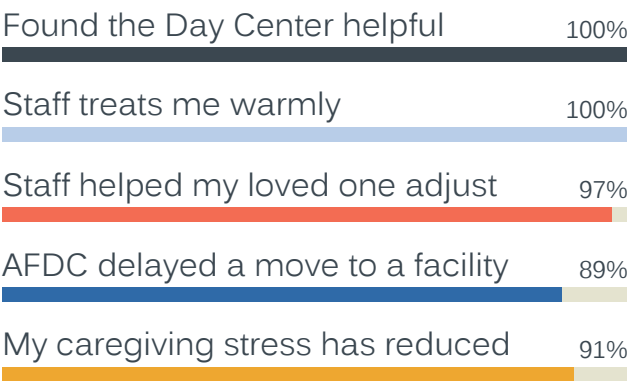
677

Number Attending Education Programs

106

Consultations

## CAREGIVER SURVEY RESULTS



## FROM A FAMILY MEMBER

I am writing to express my sincere gratitude to you, for working with my husband and all the other center's residents. You have turned our lives around. While my first motivation to join was my husband's safety, I realize now (once we've been with you for a while) that you provide much more than a safe environment. My husband feels special and valued every day because of your dedicated care. He feels that there is purpose to his life, and that his thoughts and actions matter.

You take the time to listen to my husband. You find ways for him to feel a productive member of the AFDC family. You validate his desire to help his peers, and you celebrate the initiatives that he is making. If several months ago he was willing to give up on life, now he is looking forward to the greeting at the door, reading and discussing the daily newspaper, attending field trips to local attractions, and taking active part in the music, dance and leisured physical activities that you offer each and every day.

A tremendous knowledge of dementia is required in order to provide patients with an emotionally appropriate environment. That alone however, does not guarantee meaningful care. Each of you own this knowledge but more importantly you demonstrate a loving attitude at the core of which is your compassionate listening and gentle ways for communicating with the center residents.

For all that, I thank you from the bottom of my heart.

# AFDC Patrons

## 1958

Total Number of Volunteer Hours

\$39,656

Total Value of Volunteer Hours

\$119,451

Total Value of Donations

### VOLUNTEERS

15

Total Volunteers

96.4

Avg Hours Each

525

Most Hours, One

### INTERNS

5

Total Interns

102.45

Avg Hours Each

275

Most Hours, One

### INDIVIDUALS GIVING \$100 & ABOVE

Joseph Amaral  
Joyce Amenta  
Kathleen S. Anderson  
Pailin Ang  
Judy Annis  
Joseph Anthony  
Janet and Irwin L. Auerbach  
Bill Bailes  
Norma Ball  
James R. Ball II  
Catherine H. Beauchamp  
John Beerman  
Woodrith Blazek  
Blair Blunda  
Barbara Bradley  
Charles and Martha Brady  
Judy Branting  
Julia Brown  
Robin Brown  
Barbara E. Bryant  
Margaret B. Bunce  
**Susannah E. Calkins**  
Marilyn Campbell  
Barbara Ann Carrington  
Anthony and Natalia Carro  
Judy Carter  
Dee Cascio  
Michael W. Chellman  
Beverly A. Christopher  
Pamla Clark ■  
Robert Clements  
Ann C. Cole  
Deeann Connors  
Susan B. Crim  
Bill Crum  
Peggy Daley  
Ann Daniels  
James Davenport  
Marilee Davies  
Sarah Lloyd Davis  
Katherine DeWitt  
Nancy Dezan  
Eleanor Dill  
Robert Drinkuth  
Eleanor Duffield

William and Deanna Dulka  
John and Glenys Dyer  
Harriet Epstein  
Eileen Erbengi  
Jeremy Esposito  
Andrew B. Falck  
George and Nancy Falck  
Sandra Fields  
Elisabeth Fopp  
Joan C. Forte ■  
Gabriel Friedman  
Mary Jane Daly Gabbay  
Joan Gaw  
Bruce Ghrist  
Betty Gillen  
Evan B. Gilman  
Lorna J. Gladstone  
Mary Jane Godlove  
Trudy Ann Golt  
David Grass  
Thomas and Judy Grumbly  
Linda Hadley  
Mary Haffey-Rippert  
Katherine Hall  
James R. Hamrick ■  
Linda Harber  
Linda Hardin  
**Stephen Hart**  
Dabney Hart  
Constance Hartke  
Julie Hayes  
**Mary Alice Healey**  
Edward Healey  
Joseph and Patricia F. Healey  
Pamelia A. Henriksen  
Roger A. Hess  
Jacquelyn Hill  
Janet Hoffman  
Philip Hunter  
Bill and Linda Idol  
Margarita Irek  
Cecilia Javier  
Ann Jones  
Ginny Kackley  
Dennis Keefe ■

Barbara K. Kincaid  
David Lap Keung Man  
James Lawless  
**Sue A. Leathers**  
Paul Lengi  
Phyllis Liner  
Constance A. Long  
Andrew A. Luhtanen ■  
Cynthia Lundstrom  
Michelle Madigan  
Carol A. Mahoney  
**Christina Mailki**  
Tom and Jacqueline Manger  
Gary Mansavage  
Del Marsha  
Kristin Martin  
Roseann Mazaka  
Linda and Lou Mazawey  
Dave and Barbara McConnell  
Stephen McConnell  
Julie McCulloch  
Mia McNaughton  
Beverly Melani  
Bonnie Monk  
Edward J. Newberry ■  
Robert W. Newton  
Oliver A. Nickle, Jr.  
Charles O'Brien  
Ann E. O'Neil  
Susan E. Park  
Randee Pino-Marina  
Patricia D. Popp  
Donna Praytor  
Alexis Press  
Eleanor Price  
Jacqueline Prior  
Susan Quinn  
Kirk Randall  
Donna Reid  
Sally Reinholdt  
Jean Reiter  
Jason Richards  
Joan Richardson  
**Judith Assmus Riggs** ■  
Rebecca Rogers

Salvatore Romano ■  
D. W. and Nynette Rourke  
Colleen Ryan Mallon  
Florence Santore  
Walter Scheib  
Cynthia Schelhorn  
Charles W. Schudt ■  
Dean Shahinian  
Laurence Short  
**RADM Mac Showers (ret.)** ■  
Fay Sim  
Howell Simmons  
John R. Soltys  
William Spates  
Michael and Sandra Splaine  
Irene Stith-Coleman ■  
Janet Stodter  
Susan Stone  
Bobbie Strigel  
Joseph W. Stuart  
Gregory Suess  
Linda Summerall  
David Turch  
Regina Veloso  
Raymond and Ann Vickery  
Mary Walker  
Richard and Shirley Ward  
Clifford Warfield  
Mary Weaver ■  
Tom West  
William and Bonnie Whyte  
Richard Williams  
Norma Williamson  
Donald and Elsa Willis  
Linda Windsor  
Koichi Yamaguchi  
Richard Zambito  
**Jean Schiro-Zavela and Vance S. Zavela**  
Chad Zeller  
Kay Zerwick  
John Zimmerman  
Robert Zimmermann

### COMMUNITY SUPPORT

A First-Class Move, LLC  
**Act For Alexandria**  
**Ada and Albert Wibel Foundation**  
**America's Charities**  
AT&T United Way Giving Campaign  
Avalon Assisted Living  
Cardinal Management Group  
**Care Options**  
**Clark-Winchcole Foundation**  
ECHO of Northrop Grumman  
Emeritus at Arlington  
Entertaining Designs by Melanie Barry  
**Episcopal Church Women**  
Freddie Mac  
**Gannett Foundation, Inc.**  
**Goodwin House Foundation**  
**Goodwin House, Inc.**  
**GraceFul Care, Inc.**  
**Great Falls Assisted Living**  
Greater McLean Republican Women  
**IBM Employees**  
**John Edward Fowler Memorial Foundation**  
Jones Lang LaSalle Americas

Kelly A. Thompson, Esq.  
Kirlin Mid-Atlantic, LLC  
Needham Mitnick & Pollack, PLC  
**Nursing Referral Service of Northern Virginia**  
Old Domion Home Care, Inc.  
Personal Business Administrators, LLC  
Professional Counseling Center  
Rivermark Medical Supply  
Rock Spring Congregational  
United Church of Christ  
**Rotary Club of Tysons Corner**  
Mr. Randolph Rouse  
**Steele Family Foundation**  
**Tall Oaks Assisted Living**  
The Woman's Club of Arlington  
Thomas West Financial Services  
**Unitarian Universalist**  
**Congregation of Fairfax**  
**United Way of the National Capital Area**  
Vinson Hall Retirement Community  
**Washington Forrest Foundation**  
Yates Campbell & Hoeg LLP

### Thank You!

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

AFDC has made every effort to accurately reflect our donor's generosity. If your name has been inadvertently omitted or incorrectly spelled, please accept our sincere apologies. Please notify us and we will gladly correct your record.



# Staff

Joel Bednoski, Executive Director

David Maloney, Director of Finance & Personnel

Susan Stone, Education & Outreach Coordinator

Carrie Idol-Richards, Communications Coordinator

Lisa Wright, Program Manager

Christine Birden, Nurse Advisor

Mary Kanu, Nurse Coordinator

Clara Kilts, Social Services Coordinator

Marilu Rivera, Activities Coordinator

Elba Pfeifer, Activities Assistant

Tsitsi Mapandu, Program Assistant

Mercy Mensah, Program Assistant

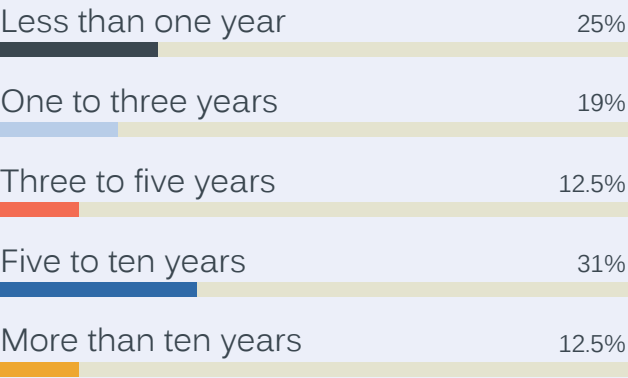
Mirna Bautista, Personal Care Assistant

Mariatu Kanu, Personal Care Assistant

Veronica Amponsa, Personal Care Assistant

Kristin Martin, Early Stage Club Director

## Length of Staff Service



# 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

John Beerman  
Retired, Former Chairman of the Board of Supervisors

Kate Caldwell, MAG, CMC  
Founder of Eldertree Geriatric Care Management Services

Barbara Carrington  
Retired, Fairfax 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, 2012

# Financials

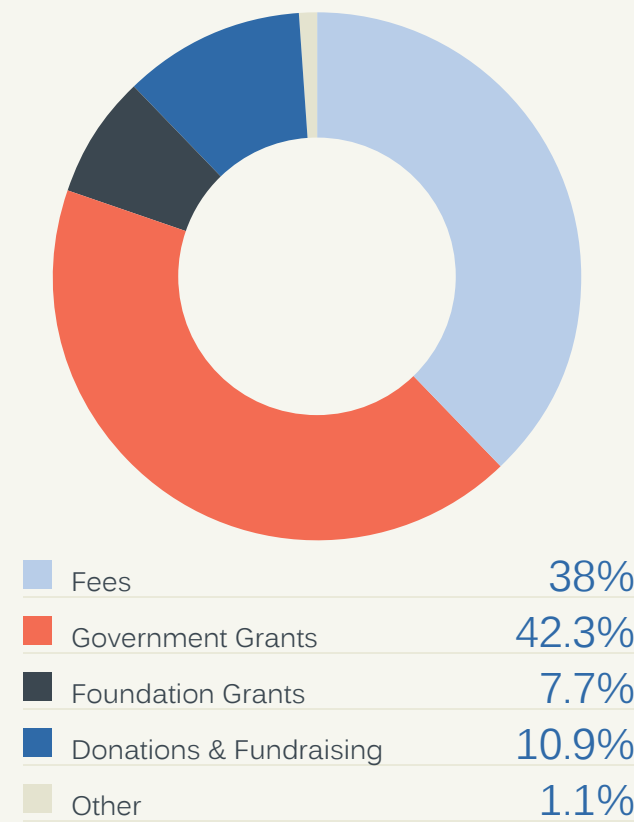
## ASSETS

Cash and Cash Equivalents	\$1,085,756
Accounts Receivable	\$27,820
Prepaid Expenses	\$24,998
Total Current Assets	\$1,138,574
Property and Equipment	\$47,366
Other Assets (Security Deposit)	\$10,333
<b>Total Assets</b>	<b>\$1,196,273</b>

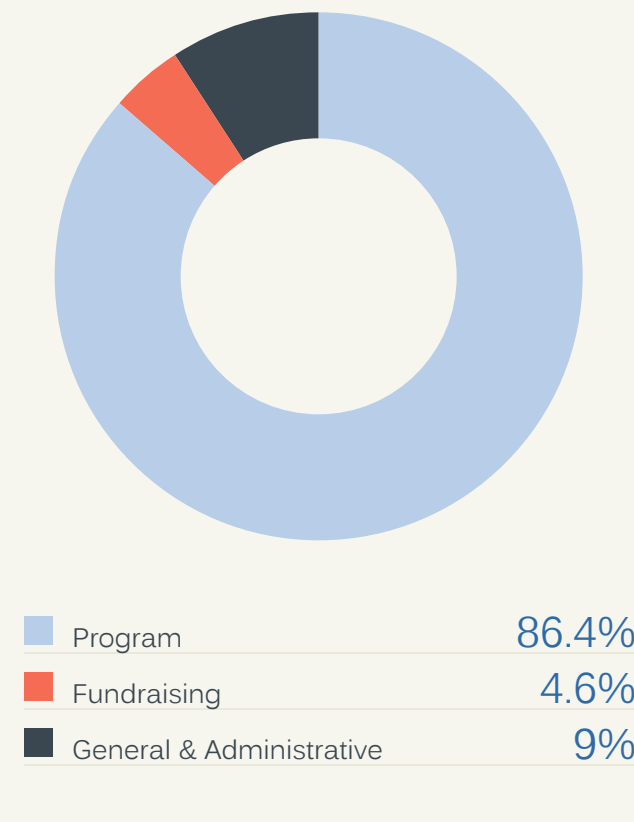
## LIABILITIES

Accounts Payable	\$8,579
Accrued Salaries	\$25,257
Accrued Vacation	\$13,501
Payroll Liabilities	\$3,306
Total Liabilities	\$50,643
Total Net Assets	\$1,145,630
<b>Total Liabilities and Net Assets</b>	<b>\$1,196,273</b>

## INCOME



## EXPENSES





#8096



#35282



#8035

AFDC sincerely appreciates funding  
received from Fairfax County Government

### Alzheimer's Family Day Center

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Suite 210

Fairfax, VA 22031

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703.204.0509 ■ fax

afdc@alzheimersfdc.org ■ email

www.alzheimersfdc.org ■ web