



**insight**  
MEMORY CARE  
CENTER

welcome home  
**ANNUAL REPORT**  
**2014-2015**





The new space, gutted and ready for renovation!



Our Executive Director, Joel, hard at work.



Beginning to look like a space we can call home!

our mission is 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.

# WELCOME HOME

They say a picture is worth a thousand words. Rather than bore you with an overly long introduction, the pictures included here begin to tell our story. And what a story it has been this year!

This year we said goodbye to our center on Old Lee Highway in Merrifield. While we were certainly ready to move on to bigger things (our waitlists proved that!), it was in some ways bittersweet to leave behind a center that had served us well for 10 years; providing care for hundreds of families that could not have received support elsewhere.

But as of January 12, 2015, we opened the doors at our new center location on Pender Drive in Fairfax. We almost tripled our square footage, and now have capacity for up to 60 day center participants per day. We can hold larger education programs and support groups in our dedicated Linda and Lou Mazawey Education and Support Center. You can see the changes from the pictures at right, but what isn't pictured is the true expansion in not just space, but quality of life. Our activity rooms and dining room grew, but we also added new spaces for art therapy, physical therapy, a multi-sensory environment, media room, bedroom, and shower room. Our late stage activity room no longer looks at a mural of the outdoors, but overlooks our new outdoor space.

Participants have more options throughout the day; joining the large group in the activity room, participating in a small group art project, relaxing in the Multi-Sensory room, or even sneaking away for an afternoon nap in the bedroom. And our programming options are less limited too. An early stage group can be meeting in the Education and Support Center, at the same time as an education program for caregivers, while all of the activities are still happening in the day center.

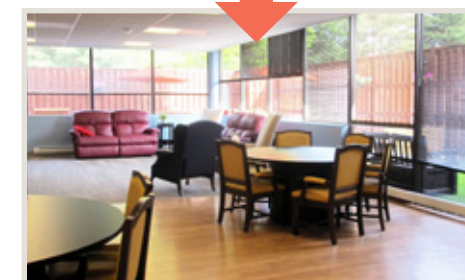
In some ways it feels like we just moved in and celebrated our Grand Opening yesterday. In other ways it feels like we've always been here. But it certainly feels like home.

Sincerely,

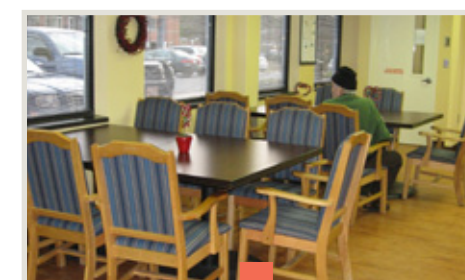
Joel Bednoski  
Executive Director



Main Activity Room (Then and Now)



Sunshine Room (Then and Now)

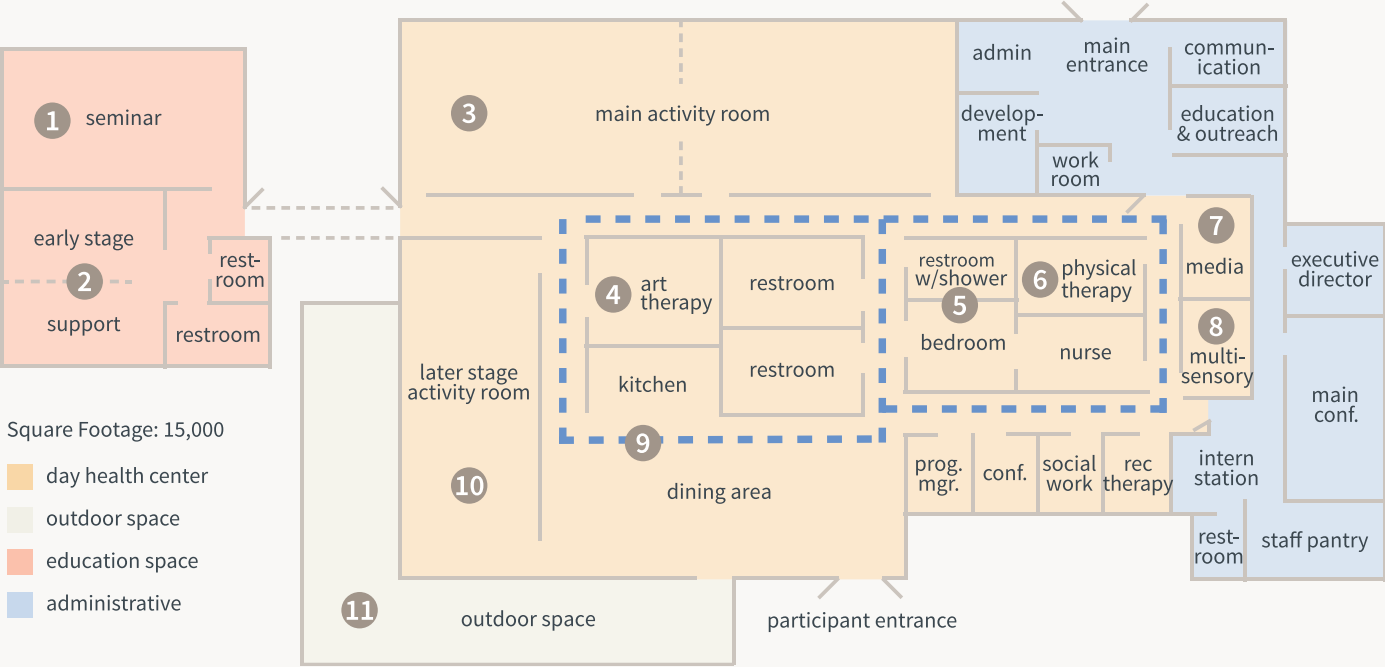


Dining and Kitchen Area (Then and Now)

highlights

NEW CENTER SPACE

On January 12, 2015, Insight moved to a new facility on Pender Drive in the Fair Oaks region of Fairfax County. The new space of 15,000 square feet – triple that of the previous facility – provides Insight with the ability to expand all of our programs and services, while still providing quality care in the community.



1 | Education & Support

Dedicated seminar space for educational programs, support groups, workshops and more!

2 | Early Stage

Dedicated, separate space for our early stage programs, Reconnections and the Mind and Body Workshop.

3 | Main Activity Room

The main activity room provides over 2,000 sq ft for many programs. The main and later stage rooms equate to the size of our previous space!

4 | Art Therapy

Separate room for art therapy, and arts activities throughout the week.

5 | Shower & Bedroom

Showers can be provided in a separate bathroom for privacy. The bedroom adjoins to provide care.

6 | Physical Therapy

A room for physical therapy allows for equipment and individual sessions.

7 | Music & Memory

The media room will serve as a separate spot for the program, providing quiet space for music, and the DAKIM computer system.

8 | Multi-Sensory Room

A larger room for our Multi-Sensory program will allow for individual and group programs.

9 | Open Floor Plan

The day center layout is designed for dementia; conducive to wandering with no dead ends.

10 | Later Stage Activity Room

Late stage participants receive individualized care plans and more one-on-one assistance with activities.

11 | Outdoor Space

1,000 square feet of outdoor space with areas for gardening, active games, activities, and conversation.

**Annual Survey Results** ➔ Our annual family survey results show that Insight continues to provide quality care in the new space!

Caregivers are satisfied with our programs.

100% satisfied with the Day Center.

100% satisfied with Mind and Body.

100% satisfied with Reconnections.

“The priority of IMCC is not “taking care” of my mother, but ensuring that she is stimulated and happy (and loved!). IMCC succeeds in this.”

97%

Agree that staff treats them warmly and respectfully.

“Warm, professional staff from top to bottom, always willing to work with me when I needed help or exceptions, warm and respectful to my husband, constant activities for my husband, and managed disruptive behavior calmly.”

100%

Agree that their family member is safe while at the Adult Day Health Center.

“I feel that my wife is safe and secure at the center and that she is participating in programs/activities good for her well-being.”

100%

Agree that IMCC’s environment is pleasant and inviting.

“The new facility is beautiful. Very bright, cheerful, and roomy. My mother enjoys attending because it makes her feel useful.”

90% function better (FY15)

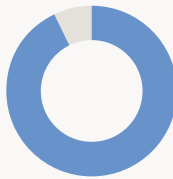
66% function better (FY14)

This year we expanded our facility, tripling our square footage and adding dedicated rooms for unique activities. We feel it is no coincidence that 90% of caregivers report that their family members function better on days that they attend, up from 66% last fiscal year - a 24% increase!

100%

Agree that staff made a sincere effort to help their family member adjust.

“My mother is SO much happier since joining IMCC. They are doing everything right!”  
“The staff is amazing. I appreciate the personalized attention given to my dad.”



93% feel more connected and supported since becoming involved with IMCC.

“[I liked the] Individual Counseling when my husband was transitioning to residential care. Great response to need for a Lewy Body support group in DC. Insight created one.”

97%

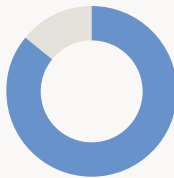
Agree that activities are appropriate and therapeutic.

“At IMCC - mom is getting the specific care she needs. She loves the activities, specifically the dancing and any outings that are provided. It’s also beneficial that she can be around people she can communicate with and build friendships.”

96%

Find the Care Plans helpful and informative.

I love the staff. I know my father is well taken care of in my absence. I also really appreciate that the staff is willing to sit with my father and listen to his stories. I also love the care plans and meeting. That is very helpful.”



86% agree that attendance at IMCC has prevented or postponed a move to a residential facility.

“I feel blessed to have lived near IMCC so my husband could participate in such a caring, comprehensive program. Kudos!”

90% agree their stress has been reduced.

“I have time to do other things: laundry, grocery shopping, cleaning, medical appointments, and to occasionally read or rest.”

And we see a greater reduction in stress with longer participation.

Somewhat agree stress has been reduced

Agree stress has been reduced

Avg Time at IMCC 6 mos. 1 year 18 mos. 2 years



## early stage PROGRAMS

### Mind and Body Workshop

The Mind and Body Workshop is a weekly wellness-oriented program series designed specifically for families that have received a recent diagnosis. The program focuses on helping people in the early stages of memory loss to maximize their capabilities, while also providing caregivers with new ways to interact with their loved one and adjust to the changing family dynamics.

### Reconnections

Reconnections is a weekly gathering of individuals with Mild Cognitive Impairment or who are in the early stages of dementia. Together with professional staff, a small group of club members participate in individualized discussion groups, recreational therapies, learning experiences, and all have the opportunity for peer support and to socialize in a safe, non-judgmental setting.

## FEEDBACK

“ I’ve enjoyed every minute that I’ve been here – I really have – and I’ve just been very impressed with everything I’ve seen, watched, and been a part of. The first time I got here, it was two of the interns where here and they came in and said, “Here sit down!” and I sat with them, and then they got up and danced and I started dancing, and I was like, okay this is going to be a lot of fun....I’ve really been so impressed by everything that’s going on.

Staff has been wonderful, arranging for transportation for my husband, and doing many other helpful things for the program.

I like the fact that we have men and women and we have fun, we have meals together, and it’s a nice group, we get to know each other, and it kind of keeps us leveled out and enjoying each other and have lots of laughs. I love it. I LOVE it.

My Mom and I both have fun going together and is worth our time and efforts.

I found out that this group was so, so helpful. It wasn’t just a matter of helping with suggestions about how to solve this problem or how to solve that problem, it’s how you deal – how you yourself deal with these things.

”



# adult day health center PROGRAMS

IMCC's adult day health center 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.

## Friends Club

The Friends program is a therapeutic weekday program providing opportunities for people in the middle stages of memory impairment to connect with others and maintain or improve their physical, social, and cognitive skills in a safe and engaging environment.

## Sunshine Club

The Sunshine program is a therapeutic weekday program for people in the later stages of an Alzheimer's illness that provides personal care and sensory, physical, and cognitive stimulation. Individual activity plans and a 1 to 3 staff ratio provide personalized care for participants.

# FEEDBACK

“

I feel blessed to have lived near IMCC so my husband could participate in such a caring, comprehensive program. Kudos!

I love the staff. I know my father is well taken care of in my absence. I also really appreciate that the staff is willing to sit with my father and listen to his stories. I also love the care plans and meeting. That is very helpful.

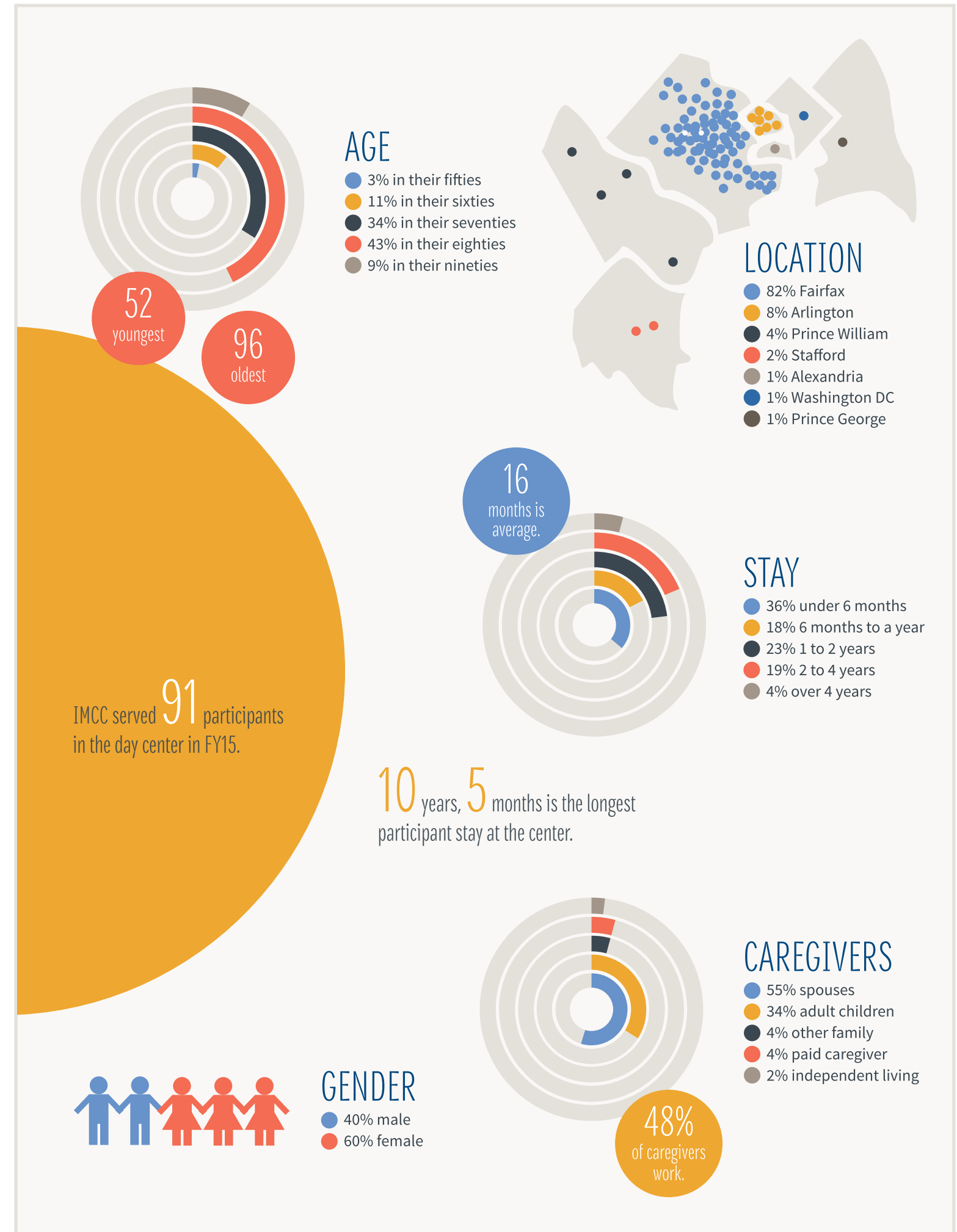
It matters to come here because you know that the people who are taking care of your loved one get it, and they get you. And it's a collaborative effort, and that's what I appreciate the most.

The priority of IMCC is not “taking care” of my mother, but ensuring that she is stimulated and happy (and loved!). IMCC succeeds in this.

I can see that this is a home away from home for her. A really safe sanctuary with people who love her, and that she trusts.

When we drop mom off, we don't worry about her and when we pick her up she's happy, she's just happy, and she has things to talk about. More than that, she told me once that you all make her feel that she has dignity. That matters to us.

”







support

## support PROGRAMS

### Support Groups

Led by experts in dementia care, 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.

### Consultations

Every situation is unique. IMCC can meet with families in person or by phone to discuss a family's specific needs or challenges and make recommendations of area resources that may be appropriate.

### Memory Screenings

Insight Memory Care Center offers free, confidential, face-to-face memory screenings and educational materials to people with concerns about their memory or who want to check their memory now for future comparison.

## FEEDBACK

“ The support group is a lot more than just trying to help you cope with the problems of the person with Alzheimer's. They're there to help you cope with your problems, which you tend to view as not relevant – you're too busy worrying about the other person – so you put them up on the shelf...People don't realize that there's something in it for you also.

It gives me a place to talk about what's going on, to ask, a place to share information because some of the people that are further down this road than I am have learned things, and some of the speakers that you've brought in that are professionals in this field have been very, very helpful.

Insight was there with me every step of the way from beginning to end, and they will be there for you too if you ever need them.

”



educate

## education PROGRAMS

### Classes for Caregivers

Free specialized classes are offered for caregivers to build their skills and confidence while learning more about Alzheimer's resources in the community. Respite care is provided during each class session to allow caregivers to attend without worry.

### Community Training

IMCC offers training options to groups regarding current topics in Alzheimer's disease and caregiving. With our expertise in dementia care, IMCC also provides specialty seminars for long-term care facilities and professional groups serving older adults.

### Caregiving at a Glance

A fingertip guide for caregivers, and IMCC's own unique publication, "Caregiving at a Glance" provides strategies for managing behavior challenges and planning for future care. Over 4,000 have been distributed in the community.

## FEEDBACK

“ Through Insight, it allowed us to make an agenda, I will say that we are now probably in the reconstruction phase, that we now have a list of what to get done, we have appointments with people, and little by little we cross that off so that my father will have the best quality of life, and so will my mom and my sister and I as the caregivers.

To have a resource like this has been extremely helpful, because we can know that they're going into good hands if we say contact someone at Insight.

Seek help. You cannot do this alone. Find a place like Insight - if you're not local, find a place like Insight, if you're local, start coming to the classes and the workshops, they have support groups, the day care center itself once they get to that part of the disease, but learn as much as you can, become friends with the people who come here on a monthly basis, they do become your support group as well. We laugh, we cry, we talk about our wins and our losses, and most of all we all comfort each other, but finding a place like Insight is the number one thing you can do.

”



# a look back HIGHLIGHTS

## JULY 2014

IMCC celebrated our **30th Anniversary!** We held a community celebration on July 24th with over a hundred people attending, viewing our 30 Years of Care compilation video, and learning about our innovative programs, and plans for the future facility.

## AUGUST 2014

IMCC was again selected through a competitive grant process to work with a pro bono volunteer team from **Compass for Strategic Alignment**. The Compass team provided research and direction to help refine current operating processes and enable future growth of the center. The equivalent market value of the Compass service to IMCC is approximately \$174,400.

## OCTOBER 2014

Held our sixth annual fall event, “**Paintings & Pairings,**” with a wonderful evening of paired hors d’oeuvres with seasonal wines, a three-course seated dinner, local artwork for sale, and silent and live auction items in support of IMCC.

## OCTOBER 2014

Insight launched the **Pender Drive Expansion Campaign** with a goal of \$425,000. Thanks to the support of Linda and Lou Mazawey, The Philip L. Graham Fund, Insight Board of Directors, and others, we have raised over 60% of the goal.

## NOVEMBER 2014

IMCC was honored to be included in the 2014/2015 **Catalogue for Philanthropy** for the third time as one of the “best small charities in the Washington region,” a distinction only given to a select few regional charities.

## JANUARY 2015

On January 12, 2015, we opened the doors at our brand **new 15,000 square foot facility** on Pender Drive in Fairfax. The state-of-the-art facility will expand the capacity of all of our programs and services.

## FEBRUARY 2015

The **early stage Reconnections program expanded** from the Mount Vernon Men’s Group to add a second group in Fairfax in February. 18 individuals participated in discussion groups, recreational therapies, learning experiences in a safe, non-judgmental setting.

## MARCH 2015

We celebrated the new center at our **Grand Opening on March 4, 2015** with over 150 in attendance. We showed the space and shared its ability to grow our programs in the future, as well as formally cut the ribbon with our Board of Directors; Linda Mazawey, Legacy donor; Patricia Rohrer, Long Term Care Program Developer at Fairfax County; and Mike Collins from Congressman Connelly’s office.

## MARCH 2015

IMCC took our first **Caregiver Cruise!** Eight couples took part in the week-long cruise from Baltimore to the Bahamas, allowing all of the families to enjoy a vacation together in a safe and supportive environment.

## APRIL 2015

One of our fantastic volunteers, Beth Pokorny, was honored with the **RSVP Northern Virginia Award** at the 2015 Fairfax County Volunteer Service awards, held by Volunteer Fairfax in April.

## MAY 2015

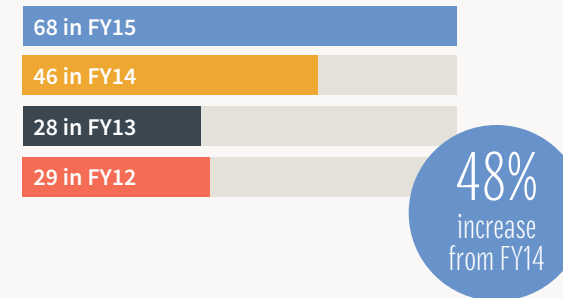
On our annual monitoring visit from the Virginia Department of Social Services, we had our third completely **deficiency free report** to maintain our three-year license – the highest level of licensure for adult day health services.

## JUNE 2015

IMCC provided **over \$127,000 in financial assistance** to 17 participants and their families throughout the last fiscal year. Our goal is that no one be turned away from needed services for lack of ability to pay.

68

different education programs were offered to caregivers free of charge.

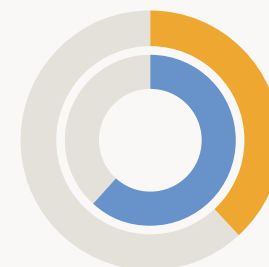
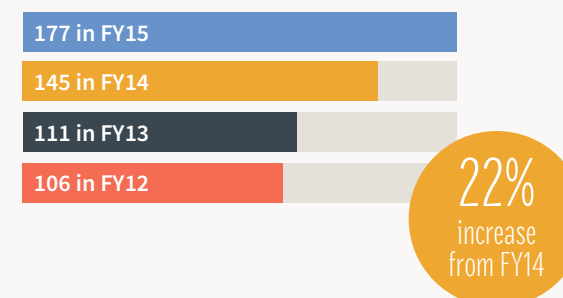


70

sessions of Reconnections were offered in 2 locations.

177

individual consultations were provided for families in FY15.

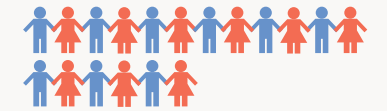


## HOURS SERVED

Volunteers (2914)  
Interns (1800)

Volunteers each gave an average of 48 hours during the year. Interns, many of whom have course requirements, gave an average of 164 hours each.

1807



Education Programs

226



Support Groups

177



Consultations

91



Adult Day Health Center

54

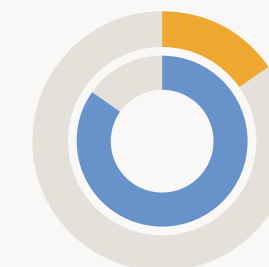


Early Stage Programs

2355



Total Served



## SERVICE

Volunteers (61)  
Interns (11)

In FY14, 45 volunteers and interns generously served their time at IMCC. Our increase to 72 volunteers and interns in FY15 represents a 60% increase!

60% increase from FY14

127K

in scholarships were offered to 17 families.



our wonderful  
DONORS

INDIVIDUALS

Per-Erik Aasum  
Tori Adams  
Peter Aliferis  
Judy Annis  
Rosann Armour  
Kelly Arthur  
Kenny Augst  
Nairi Balian  
James R. Ball  
Sharyn & Michael Ballweg  
Jack Bandy  
Rainer Barthel  
Elicia Bass  
Catherine Beddow  
Michael Bell  
Sarah Benson  
Karen & Tom Berlin  
Reagan and Ellen Black  
Woodrith Blazek  
Joseph Blevins  
Patricia Blevins  
Blair & Michael Blunda  
Nancy Bond  
Debra Bowers  
Ronald A. Boyle  
Margaret Brady  
Carmel Brosnan  
Ginny Brosseau  
Barbara E. Bryant  
Barbara Burke  
Rosalie Burnett  
Ray & Mary Burns  
Marion Burton ●  
Rabab Butti ●  
Carol Caesar  
Julia Cain  
Mike Caldwell ●  
June Callahan  
Marilyn Campbell  
Mary Carns  
Barbara Ann Carrington  
Annmarie Carroll  
Judith Carter  
Linda Carullo  
Jay Cherniak  
Christi Clark  
Pamla Clark ●  
Joann Clegg  
Ann C. Cole  
Cody Cole  
Sandra Coleman  
Davita Cooks  
Joanne G. Crantz ●  
Susan B. Crim & Sylvia Smith  
J. Godfrey Crowe  
Nancy Crowley  
Willie Crum  
Ann Daniels

David Danner  
James Davenport  
Richard & Marilee Davies  
Rathna Davuluri  
Alan Dechter & Sheree Smith  
Nancy Dezan  
Eileen Doheny  
Catherine Doherty  
Michael Downs  
Robert Drinkuth  
Marguerite Drucker  
Safwat Eldabaa  
Harriet Epstein  
Brian & Joan G. Evans  
Sherri Evers  
Eileen Fagan  
Karen & John Fagelson ●  
Andrew B. Falck  
George & Nancy Falck  
Richard Falls  
Imane Farid ●  
David Baum & Nancy Fiedelman  
Sandra Fields  
Katharine Firor  
Angela Fitzgerald  
Jennifer Flather  
Elisabeth Fopp ●  
Joan C. Forte ●  
Camile France  
Mary Jane Daly Gabbay  
Andrew Garrison  
Phyllis Garrison  
The Tondria L. Gelman Family Trust  
Lisa George  
Bruce Ghrist  
Joseph Giffler  
Emilie Gillanders  
Jennifer Gillett  
Leslie Gillum  
Myra Gillum  
Evan B. Gilman  
Vera Golenzer  
Daniel Gordon  
Jody E. Green  
Edward Gross ●  
Judy A. Grumbly  
James R. Hamrick ●  
Grayson Hanes  
Dabney Hart  
Alex Haupt  
Gordon Haw  
Kinderlyn Haynes  
Edward Healey  
Pamelia A. Henriksen  
Kathryn Hershberger  
Alice Heyer  
Carl & Sherry Hill  
Jacquelyn Hill

Helen Hipps  
Debra Hogan  
Kay Hopkins  
Lisa Howard-Grabman ●  
Bill & Linda Idol  
Richard Igercich  
Margarita Irek  
Anita and Dennis Irvin  
Edward Lee & Kimberly Isler  
Jeanne Jacob  
Lynette Jacobs  
Paula Jacobs  
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Charitable Fund  
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Rick Kaplar  
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Bradley Keller  
John Kelley  
Gary Kelloff  
Nancy Killoran  
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Landon King  
J. R. Kjerland  
Leslee Koch  
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Mary Jane Lackey  
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Helen Lane  
John Laster  
Michael Laufer  
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James Lawless  
Jennifer Lawrence  
Paul Lengi  
Trevor Leonard  
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Valerie Lingeman  
Constance A. Long  
Bernard Lynch  
Samuel Lyons  
Carol A. Mahoney  
Mary Mahoney  
Bradley Marcinkiewicz  
Yanira Marrero Rodriguez  
Virginia Martin  
Roseann Mazaka  
Linda & Lou Mazawey ●  
Peter McConnell  
Gail McGlothlin  
Edward McKay  
Charles & Karen McLaughlin  
Diana McManus  
Beverly Melani  
Ethel U. Miranda

Sherry Mosely  
Pauline Narcavage  
Edward J. Newberry ●  
Ngoc-Lan Nguyen  
Oliver A Nickle, Jr.  
Lennox Shelton & Ann E. O'Neil ●  
Kate Owens  
Peggy Pamplin  
Lois M. Passman  
Lewis & Antoinette Paternoster  
Charles & Barbara Peck  
Shirley Pelzel  
Renny Perdue  
Mary Peterson  
Katalin Pfeifer  
Sherry Platt  
Beth Pokorny ●  
Diane Poldy  
Patricia D. Popp  
Janet Stodter ●  
Ramon Strauss  
Joseph W. Stuart  
Bob Sutherland  
Aaron Sweger  
Diane Regan  
Patrick Retton  
Lorraine & David Rhoad  
Paula Riddle  
Judith Assmus Riggs ● ●  
Philip Rigueur  
Sara Roades  
Philip & Rosanne Rodilosso  
Charles & Rebecca Rogers  
Salvatore Romano ●  
Virginia Rongley  
Sandy Rosengart  
D. W. & Nynette Rourke  
J. Brinton Rowdybush  
Donald Rudzinski  
Julius M. Rule  
John & Gloria Runyon  
Theresa Ann Ryall  
Colleen Ryan Mallon ●  
Donald Salamack  
Glenn Saunders  
Cynthia Schelhorn  
Barbara Schmidt  
Richard Schoembs  
Catherine Schreiner  
Charles W. Schudt ●  
Carol Schwartz  
Michael Schwartz  
Edward McKay  
Michelle Scott  
Martha Scoville  
Bob Seiler  
Donald Sender ●  
Michele Sendow

Dean Shahinian  
Peter Shaw  
Christine Sheehy  
William Shiffman  
Richard Silvestri  
Fay Sim  
Howell Simmons ●  
Joyce Simmons  
Norma Smith  
Sharnette Smith  
Sylvia Smith  
Valerie Smith  
L. Britt Snider  
John R. Soltys  
William Spates  
Louis & Madge Spector  
Susan Spivack  
Byron Squier  
Emily Steelman  
Richard Stern  
Irene Stith-Coleman ●  
Janet Stodter ●  
Ramon Strauss  
Joseph W. Stuart  
Bob Sutherland  
Aaron Sweger  
Richard & Myrna Taylor  
David & Patty Texin  
The Helen M. Jones Charitable Trust  
Rose Thomas  
Susan Tillery  
Catherine K. Tompkins  
Seth Tosi  
Robert Tucker  
James Tuckerman  
David Turch  
Daniel Vitiello ●  
Jennifer Vyskocil  
Kevin & Colleen Walker  
Monika Walters  
Wilma Weisman  
Jack West  
Monte West  
Angelina Whittenburg  
William & Bonnie Whyte  
Erin D. Williams  
Gregory Williamson  
Norma Williamson  
Matthew Wills  
Ben Wilmot  
Jeff Wilson  
Linda Wilson  
Carolyn Wyatt  
Jean Schiro-Zavela & Vance Zavela ●  
John (Jack) Zimmerman  
Nicole Zuke

ORGANIZATIONS

Aarondale Retirement Community ●  
AARP  
AARP Corporate Match  
Act For Alexandria ●  
Alzheimer's Foundation of America ●  
AmazonSmile Foundation  
American Endowment Foundation  
America's Charities ●  
Arden Courts Fair Oaks ●  
Arden Courts of Annandale ●  
Arlington Community Foundation ●  
Bank of America Matching Gifts ●  
Booz Allen Hamilton  
Bright Masonry Inc  
Capital Caring ●  
Care Options ●  
Chesapeake Bay Area CFC  
Clark-Winchcole Foundation ●  
Comfort Keepers  
Compass DC ●  
David & Lorna Gladstone Foundation  
Digital Community Foundation ●  
Eden Homes ●  
ElderTree, LLC ●  
Episcopal Church Women of the Church of the Holy Comforter ●  
ExxonMobil Foundation Matching Gifts Program ●  
Goldklang Group CPA's P. C. ●  
Goodwin House, Inc. ●  
Greater McLean Republican Women  
Griswold Home Care  
IBM Employee Services Center ●  
Intermark Group Inc  
J.C. Penny Corporation, Inc.  
John Hancock Financial Services ●  
Legal & General America  
Lewinsville Presbyterian Church  
Lockheed Martin Corporation  
McLean Community Foundation ●  
Needham Mitnick & Pollack, PLC

NeoSystems Corporation  
Nixon Law Group  
Northern Virginia Neighbors (NVN)  
Old Dominion Home Care  
Personal Money Matters, LLC  
Right At Home ●  
Rivermark Medical Supply  
Rotary Club of Tysons Corner Foundation ●  
Safeway Foundation ●  
Savant Capital Management  
Sidgmore Family Foundation ●  
Silver Diner Development, Inc.  
Stay Well Home Health Care ●  
Steele Family Foundation ●  
Synergy HomeCare ●  
Tall Oaks Assisted Living ●  
The Morris and Gwendolyn Cafritz Foundation ●  
The Woman's Club of Arlington  
Tysons Regional Chamber Of Commerce ●  
United Way of Central Maryland  
United Way of the Midlands  
United Way of the National Capital Area ●  
Virginia Hospital Center Senior Health Department  
Washington Forrest Foundation ●

Orange circles ( ● ) indicate patrons who have given \$1000 or more.  
Red circles ( ● ) indicate IMCC's monthly givers.

Thank you for your generosity that helps put smiles on all of our participant's faces!

thank you!



# IMCC 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 Development

**Maria Hoffman**  
Administrative Office Coordinator

**Lisa Wright**  
Program Manager

**Stephanie Houpt**  
Social Services Coordinator

**Paula Riddle**  
Director of Recreational Therapy

**Christine Swann**  
Recreation Therapist

**Diana Akumiah**  
Recreation Therapy Assistant

**Elba Pfeifer**  
Recreation Therapy Assistant

**Tsitsi Mapandu**  
Sunshine Recreation Coordinator

**Marilu Rivera**  
Housekeeping Lead

**Mirna Bautista**  
Housekeeping Assistant

**Veronica Amponsa**  
Program Assistant

**Rick Silton**  
Program Assistant

**Mariatu Samora**  
Program Assistant

**Meaza Yimeru**  
Program Assistant

**Christine Birden**  
Nurse Advisor

**Cisse Sissoko**  
Nurse Coordinator

Staff, Board, and Volunteer lists  
as of June 30, 2015.

A CLOSER LOOK →

# BOARD

**Thomas West, CLU, President**  
Senior Associate, Signature Estate  
& Investment Advisors, LLC

**Colleen Ryan Mallon, VP**  
Corporate Director of Marketing at  
Goodwin House, Inc.

**Rick Kaplar, Treasurer**  
Vice President of The Media  
Institute

**Judith Mitnick, JD, Secretary**  
Partner, Needham, Mitnick &  
Pollack, PLC

**James R. Ball**  
Senior Financial Advisor, Merrill  
Lynch & Co

**Barbara Carrington**  
Retired, Arlington County Public  
Schools

**Dr. Joanne Crantz, MD, FACP**  
Private Practice, INOVA Fairfax  
Hospital

**Karen Fagelson**  
Partner, Reed Smith, LLP

**William Offutt**  
Principle, Offutt Advisory LTD

**Ann O'Neil, RN, MSN**  
Founder, Care Options

**Judith Assmus Riggs**  
Retired, Alzheimer's Association  
National Capital Area

**Steve Starnes, MBA, CFP**  
Financial Advisor, Savant Capital  
Management

**Jack Zimmerman**  
Retired, Shepherd's Center  
of Oakton-Vienna

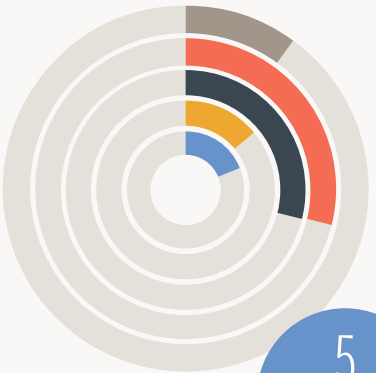
# VOLUNTEERS

Sheila Acheampong  
Fatema Albalawi  
Joy Arakelian  
Samet Ayhan  
Shannon Berenbaum  
Linsey Berens  
Shreya Bhatia  
Cynthia Bialek  
Gissell Botero  
Huong Cao  
Sarah Carter  
HeeJin Cheon  
Susan Crim  
Barbara Dailey  
Brie Davis  
Ana Dias

Amber Dillon  
Dhruv Dixit  
Chris Duncan  
Tyler Elliot  
Jennifer Fofi  
Justin Fribush  
Kendall Goodyear  
Nathan Graham  
Rachel Grasberger  
Misty Green  
Josue Guerrero  
Melissa Gurney  
K. Dimitri Haddad  
Lewis Hagen  
Yuju Hong  
Ross Hunt

Jenni Jenson  
Brittany Johnson  
Elizabeth Johnson  
Devon Kardel  
Sarah Karimi  
Brody Leake  
Mason LIFE  
Patricia Lowney  
Christianna Madson  
Tural Mammadli  
Janelle Meyers  
Katrina Nayak  
Brianna Nedved  
Kennedy O'Donnell  
Don Peterson  
Beth Pokorny

Vivian Quach  
Kate Reading  
Asmita Shah  
Nishad Shah  
Yaman Shah  
Nadiya Sharifi  
Eileen Shaw  
Susan Sidamon-Eristoff  
Sami Tamrakar  
Cassie Thornton  
Daniela Torres  
Cecile Truong  
Marie Tummarello  
Stratford University  
Anastasia Walsh  
Matthew Wills



## STAFF SERVICE

- 19% less than a year
- 14% 1 to 2 years
- 29% 3 to 5 years
- 29% 5 to 10 years
- 10% more than 10 years

5  
years is  
average.

18.5 years is the longest  
staff time of service.

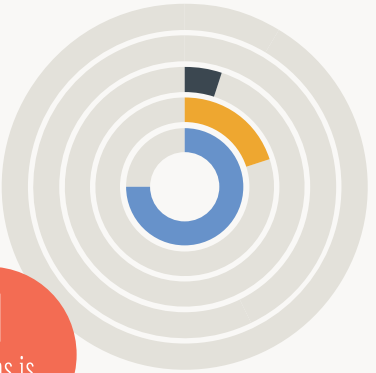


## BOARD SERVICE

- 0% less than a year
- 23% 1 to 2 years
- 31% 3 to 5 years
- 31% 5 to 10 years
- 15% more than 10 years

6  
years is  
average.

596 hours were given  
to IMCC by a single volunteer.



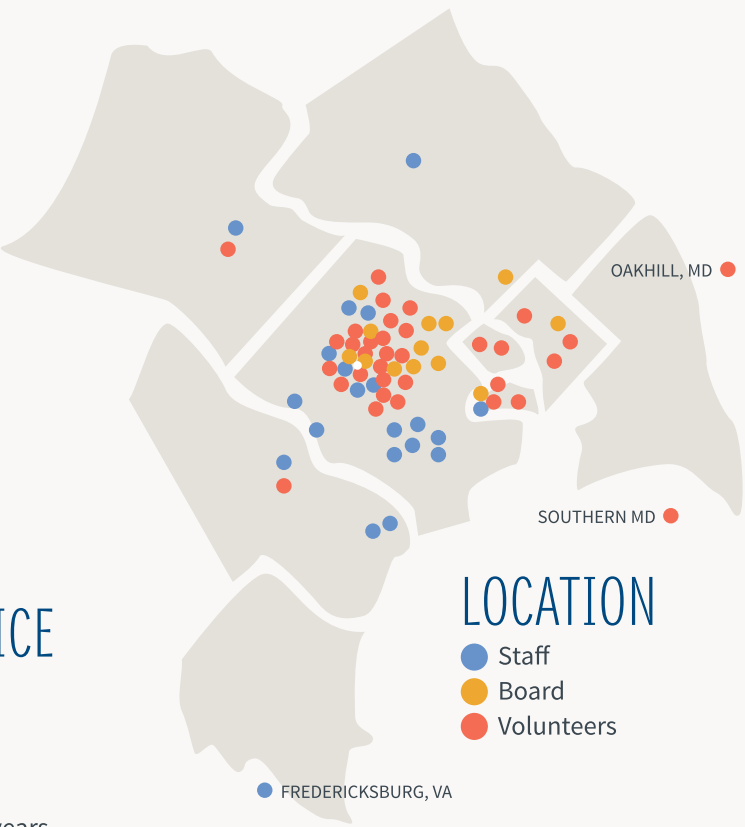
## VOLUNTEER SERVICE

- 75% less than a year
- 20% 1 to 2 years
- 5% 3 to 5 years

11  
months is  
average.

Longest travel was 2,231  
miles for an internship at IMCC.

- BARNWELL, ALBERTA, CANADA
- WINONA, MN
- STATE COLLEGE, PA



## LOCATION

- Staff
- Board
- Volunteers



# IMCC Financials FY 2015

## ASSETS

Cash and Cash Equivalents	\$883,136
Accounts Receivable	\$9,692
Pledges Receivable	\$20,633
Prepaid Expenses	\$83,036
Total Current Assets	\$996,497
Property and Equipment	\$871,448
Other Assets (Security Deposit)	\$80,867
<b>Total Assets</b>	<b>\$1,948,812</b>

## INCOME

- 44% Fees
- 31% Government Grants
- 18% Donations and Fundraising
- 7% Foundation Grants



# financials

## LIABILITIES

Accounts Payable	\$16,807
Accrued Salaries and Vacation	\$80,365
Payroll Liabilities	\$6,764
Deferred Income	\$5,226
Deferred Lease Liability	\$37,310
Notes Payable	\$44,490
Total Current Liabilities	\$190,962
Long-Term Liabilities	\$366,611
Total Net Assets	\$1,391,239
<b>Total Liabilities and Net Assets</b>	<b>\$1,948,812</b>

## EXPENSES

- 81% Program
- 10% General and Administrative
- 9% Fundraising





LEGACY

Linda and Lou Mazawey

CHAMPION

The Philip L. Graham Fund

BENEFACTOR

Capital Caring  
Ed Young  
*in loving honor of Mabel Young*  
Judy and Jack Riggs  
Stay Well Home Health Care  
Tom West

GUARANTOR

Karen and John Fagelson  
*in honor of Edward and Joyce Kolb*  
Ann O’Neil  
Patrick Retton and Joel Bednoski  
Colleen Ryan Mallon

PATRON

James R. Ball  
Barbara Carrington Family  
*in memory of Levi Carrington*  
Drs. Joanne and Frank Crantz  
Rick Kaplar  
*in honor of Adeline S. Kaplar*  
James Lawless  
*in honor of Barbara Lawless*  
Robin and Jake McGlothlin  
Judy Mitnick  
Jason Richards and Carrie Idol-Richards  
In honor of Melvin and Michael Sender  
Steve and Catherine Starnes  
Jack Zimmerman

CONTRIBUTOR

Daryn Allday  
Godfrey Crowe  
*in honor of Patricia Crowe*  
GraceFul Care, Inc.  
Kenneth C. Knapp  
Alexandra Johnson  
*in honor of Joyce Mason*  
William E. Offutt III  
Sherry Platt  
*in honor of Alan Platt*  
Dean V. Shahinian  
Susan Crim and Sylvia Smith  
L. Britt Snider

PENDER DRIVE  
expansion campaign

The new facility incorporates the latest technology and best design practices to ensure that participants are safe and secure, and that family members and caregivers continue to have the highest confidence that their loved ones are being cared for in the best possible manner. The new facility enables Insight to realize its long-term goal of dramatically increasing its programs and services. It provides opportunities to expand enrollment in the center, expand education programs and seminars, and increase the number and range of support programs.



The overall project cost for Insight’s move to the new facility was approximately \$1.2 million. This includes construction, equipment, furnishings and professional services. The Insight Board of Directors strategically authorized the use of \$500,000 from its operating reserves to fund a portion of this project. Additionally, the organization successfully secured over \$280,000 in tenant improvement allowance from the property’s landlord. The remaining \$425,000 will be raised through private philanthropic support from the community.

Insight received a generous lead gift of \$100,000 to the campaign, with an additional \$25,000 already received when Insight was able to match that with an additional \$25,000 in new contributions. The campaign is moving forward, with 100% board commitment. With the support of the community, we have been able to raise over 60% to date. We truly thank all of our campaign supporters for making our vision a reality.

Our dedicated art therapy room, with participant art!



The Multi-Sensory Room, a comfy, inviting space.



Our seminar room that can seat up to 70 people!



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





**insight**  
MEMORY CARE  
CENTER

703-204-4664

[InsightMCC.org](http://InsightMCC.org)



#8096



#35282



IMCC sincerely appreciates funding  
received from Fairfax County Government