



INSIDER



LIFE IS BETTER WITH US!

VOLUNTEER SING-ALONG

YOU MAKE A DIFFERENCE!

Winter 2020

Your support provides supportive and engaging social programs for our families.



Enjoying the Caregiver Cruise, one of the many programs we offer for caregivers and families at Insight.

Life is Better with Insight

A FAMILY MEMBER SHARES HIS EXPERIENCE WITH US

The first time I noticed a difference in my wife was about three years ago when we were packing to move to Virginia. Of course, moving is always a stressful time and I thought that everything would be alright after we got settled. Unfortunately, that was not to be. We scheduled an appointment with a neurologist and she diagnosed her with early stages of dementia.

As caregivers, we need the help and guidance that only trained professionals can truly provide. I started to attend caregiver classes and support groups and learned more about the disease and how to better care for my wonderful wife. Both

everything we discussed was a real circumstance that we all learned from and helped tremendously if we also had a similar event later on with our loved one. I think all of us left with a feeling of comfort and comradery.

As the dementia progressed, my wife participated in the Reconnections program and later into the Day Center. All of the staff are always so kind and attentive to our loved ones and very well trained for situations that most of us cannot imagine. They are true angels for our loved ones.

"Insight Memory Care Center has helped my wife, myself and our family to cope with this tragic disease and given us knowledge and tools to provide better care for the most wonderful person we know."

our son and daughter-in-law also attended some of the support groups whenever they could and because of Insight, all of us felt more comfortable in everyday care for her.

We began participating in the bi-monthly Mind and Body Workshops and met some wonderful people with our common situations. I particularly liked this small support group because

Insight Memory Care Center has helped my wife, myself and our family to cope with this tragic disease and given us knowledge and tools to provide better care for the most wonderful person we know. Life is certainly better with Insight.

Want to learn more about our programs? Join us for Insight in Action, offered the third Thursday of each month at 9:00 am.

02-20

CAREGIVER CRUISE!

You can follow along on our 6th annual Caregiver Cruise as we sail down the southeast coast!

InsightMCC.org/cruise

03-19

INSIGHT IN ACTION

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

InsightMCC.org/InsightInAction

05-13

LEGACY BREAKFAST

Be inspired as you hear from Insight participants about the value of your support in their lives.

InsightMCC.org/breakfast



Engaging holiday sing-along!

MANY THANKS TO RSVP AND THE HAWAII STATE SOCIETY

Your volunteer efforts truly make a difference to brighten the lives of our participants. We wanted to give a special thank you to RSVP – Northern Virginia and the Hawaii State Society for putting together an engaging holiday sing-along for our participants this past December.

"We are so appreciative of everyone volunteering their time. Our participants loved it; everyone was engaged and had a really great time."

These volunteers truly went the extra mile to ensure that everyone was engaged in the program. The Hawaii State Society came with ukuleles in hand and performed carols along with hula dancing! RSVP volunteers provided songbooks and helped many of our participants follow along and enjoy familiar carols. They also brought holiday cards so that everyone would feel the spirit of the season!

Michelle Weinstein, our Director of Recreation shared, "We are so appreciative of everyone volunteering their time. Our participants loved it; everyone was engaged and had a really great time." Thank you for helping to spread holiday cheer this season!

Interested in volunteering? Contact Michelle Weinstein at 703-204-4664 or michelle.weinstein@insightmcc.org, or visit InsightMCC.org/get-involved.



Many thanks to our volunteers for their wonderful music and helping us sing-along!

Insight's Legacy Society

Insight established the Legacy Society to recognize individuals and couples who have made provisions in their estate plans to provide a gift to Insight. These gifts continue the care, education and support for families living with memory impairments that Insight has provided to the community since 1984. Legacy Society members have made a commitment to invest in a community where those affected by dementia can achieve the highest quality of life ensuring the future of Insight and its programs.

To learn more, please contact Robin McGlothin at 703-204-4664 or robin.mcglathin@insightmcc.org.

Participants in the balance study practice keeping their balance while waving scarves!

You Make a Difference!

A CHAT WITH JULIE RIES, PT, PHD

When's the last time you tried to balance on one foot? Or pretend like you were walking a tight rope? Or raise up high on your tip toes and walk around the room? It's probably been a while, unless you've been hanging out at Insight! Over the past couple of months, we have been doing all this to decrease the risk of falling. Insight Memory Care Center and Physical Therapist Julie Ries, PhD, from Marymount University have teamed up to improve the balance of day center participants. Hear a little more from Julie about the balance study.

First, why a balance study?

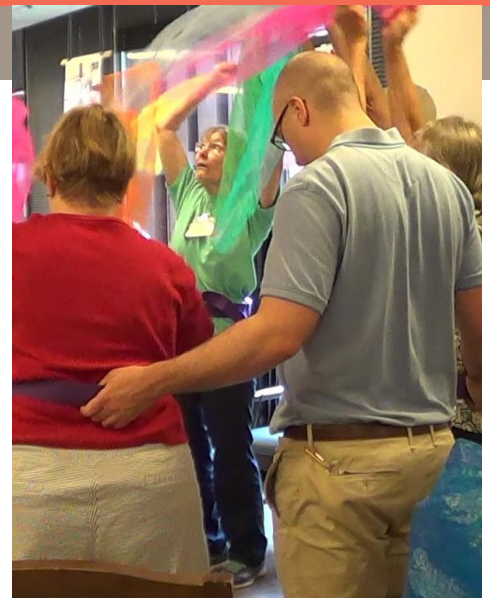
Up to 30% of individuals over age 65 will fall this year. For those with dementia, the risk of falling doubles. But falling is NOT an inevitable part of aging, nor is it a predestined result of dementia. The premise: if we have the opportunity to lose and practice recovering our balance in a safe environment, then when we lose our balance in "real life," we will be better equipped to recover without a fall! My previous research has demonstrated that, even when people with dementia don't remember participating in balance training, their bodies remember, and their balance gets better.

How does the study work?

As part of a research study sponsored by a grant from the US Department of Health & Human Services, Administration for Community Living, we integrated a balance training program within the Reconnections program and a subset of Blue Group participants. This 8-week program brought Marymount University Physical Therapy students to Insight twice a week for 45 minutes of up-on-your-feet balance training. We challenged balance by changing foot position, standing surface, and visual input. We practiced throwing, kicking, reaching, dancing, and doing two things at once. There was also fair amount of balancing while laughing.

What are the results?

Data analysis is underway, but preliminary results show some improvements in balance for many of the Insight participants! Reconnections is continuing to integrate the balance training into regular programming under the capable hands of Kennedy and Rodney. I am working with Insight staff to create a balance program that is appropriate and sustainable for Blue Group participants.



Can you practice this at home?

It is easy to integrate safe balance training into daily life: when you are brushing your teeth, stand on one leg or with one foot directly in front of the other (heel to toe). If you feel unsteady, hold on with one hand or hover your hand over the sink or counter. Practice stepping to catch your balance when you lose it. If you do this daily, you will notice an improvement over time. Community-based balance training classes are another great way to decrease fall risk. For information on local programs, visit the Northern Virginia Falls Prevention Alliance: <https://www.novafallsprevention.com/>.

Learn more about what's happening at Insight on our website at InsightMCC.org or contact Anita Irvin at 703-204-4664.



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GET SOCIAL!

GIVE AT WORK?

CHECK US OUT!

