



FY22 Highlights

“ I like it because it is like joining a family when you start there and you are treated like one of the family from the very start. And that family atmosphere extends even if you lose your loved one. I still attend as much stuff as possible because I feel as though I am paying back to the new family members what was given to me when we first started. ”

2022 at a Glance

September 2021

Held a small ceremony to rename our scholarship fund to the **Kenneth G. Wood Financial Assistance Fund** in memory of his dedication to our mission and for his board service.

October 2021

Held our **10th Annual Paintings & Pairings** event virtually, raising over \$140,000. We awarded our 6th annual Excellence in Memory Care Award to R. Scot Turner, MD for his research and commitment to quality care.

January 2022

Opened our second location, **Insight Memory Care Center – Sterling!** The new early stage focused center offers our Reconnections program, along with care partner support groups and education programs.

Added the **Obie for Seniors system** to our day center that uses a projector and motion sensors to turn walls, floors, and tables into interactive gaming centers! This program was funded by the Alzheimer’s Foundation of America.

February 2022

Offered six distinct support groups throughout the year, and introduced a new **Successful Support Group train-the-trainer course** to expand support offerings in the community.

March 2022

The **Mind & Body Workshop** was offered after a two year hiatus in our new Sterling Early Stage Center! Both the care partner and the early stage individual participate, providing social engagement and peer support, while adjusting to life with a new diagnosis.

Our annual monitoring visit from the Virginia Department of Social Services was completely **deficiency free** for the 11th year in a row to renew at the highest level of licensure.

Our **Caregiving at a Glance Workshop** was awarded Honorable Mention in the 2022 Best Practices Awards from the Commonwealth Council on Aging.

May 2022

Held our second **Legacy Breakfast**, raising over \$40,000 for our programs.

June 2022

Named one of the **best local nonprofits** through The Catalogue for Philanthropy: Greater Washington, an honor we have received since 2006.

Completed **SAGECare training** at a Platinum level, making our services welcoming to LGBTQ+ families.

Individuals Served: 4163

12% increase from last year!

Care

Day Center	144
Reconnections	72
Insight at Home	14

Support

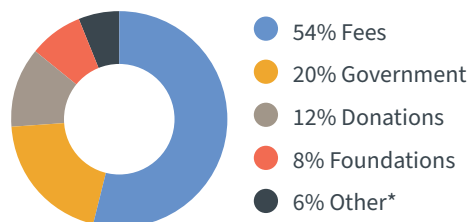
Support Groups	960
Consultations	355
Memory Cafe	106
SHARE Program	34
Mind & Body	22

Education

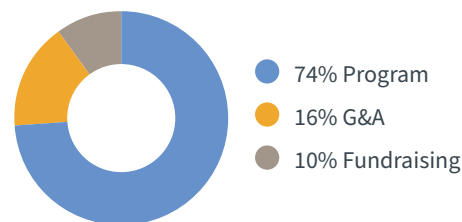
Classes	1370
Webinar Views	905
Prof Training	181

Financials

Income



Expenses



\$215,000

scholarships to 22 families to attend the Day Center

\$2.9 million

operating budget for FY22

*includes one-time CARES Act Funding

Who We Serve

From a family member:

“ We would like to thank you profoundly for the love and kindness you showed to our dear mother for the past year. You gave her life meaning and purpose twice a week in her twilight years when she doubted her own worth. She loved to get dressed each morning complete with necklace and earrings, silver hair in place and clothes matching. Although she was often fearful on the way to “school” she was always welcomed with a smile and a compliment which made her feel valued, made her feel beautiful. Rarely did she ever wave goodbye to me since whoever greeted her that day made her feel safe and secure. She always came home feeling that she had accomplished her important “work” for the day. My mom loved people so very much! She wanted everyone to feel the joy that she felt. She wanted everyone to be happy, and if they weren’t she was going to take care of them until they were! Thank you for recognizing this in her and always receiving her with the respect and decency she deserved. ”



Care: Day Center

144 participants

Participants

52% male

48% female

Care Partners

60% spouse

35% adult child

*5% caregivers and other

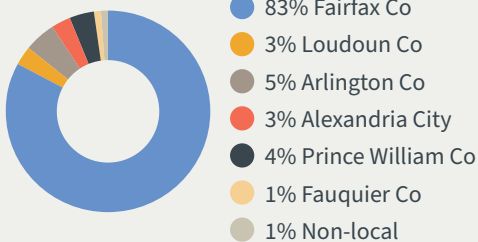
5³/₄ yrs

longest stay

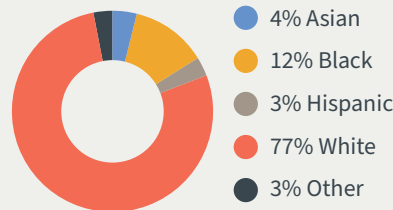
79 yrs

average age

Location



Ethnicity



Support & Education

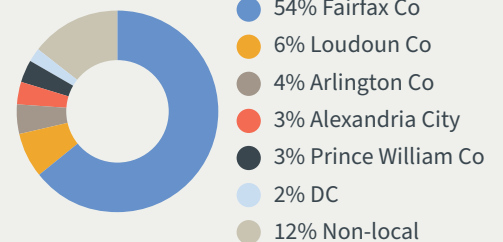
Attendees

27% male

73% female



Location



Care: Reconnections

72 participants

Participants

57% male

43% female



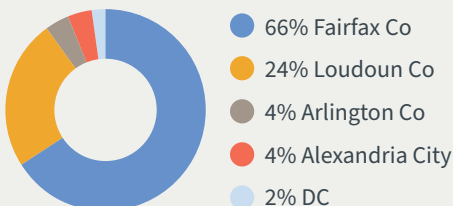
6¹/₃ yrs

longest stay

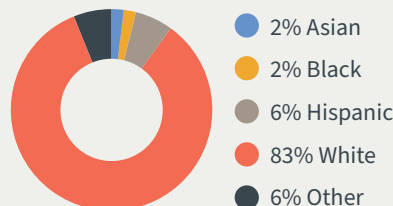
76 yrs

average age

Location



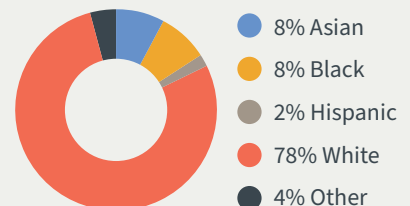
Ethnicity



“ Insight was the FIRST level of support when my father moved in with us. Through, webinars, conversations, in person meetings I was able to get a grasp of our new reality. ”

~ Family Care Partner

Ethnicity



In their own words...



94% agree they have more time to do work or other needed things since becoming involved at IMCC.

“It’s a safe, caring environment for my loved one during the day and allows me time for errands and self-care. Every single person I have come in contact with has been very kind and friendly.”



99% agree education programs have been helpful

“I like all the classes, particularly the ability to watch them online at a later date, as I am still working and am often not available when seminars are offered.”



94% agree support services help them feel more connected

“Insight was the FIRST level of support when my father moved in with us. Through webinars, conversations, in person meetings I was able to get a grasp of our new reality.”



100% agree staff is attentive to my needs as a caregiver.

“Professional and caring staff that are willing to listen and make things better for your family member and caregiver.”

100%

were satisfied overall with the care and services their family member received.

“The staff are truly wonderful. They have families and those living with dementia first, front and center. The programs are thoughtful and engaging. The caregiving programs are well balanced. This is the only location that offers the variety I’ve been looking for.”

100% agree their family member is safe while at the day center.

97% find the Care Plans helpful and informative.

88% agree their family functions better on days they attend.

100%

agree staff treats me and my family warmly and respectfully.

“I like it because it is like joining a family when you start there and you are treated like one of the family from the very start. And that family atmosphere extends even if you lose your loved one.”

100%

agree staff made a sincere effort to help their loved one adjust.

“Staff at all levels “gets it”. If my husband is especially difficult on a given day, gentle measures are used to identify and address issue. Staff really seems to understand who each individual participant is.”

100%

agree the Reconnections program has provided opportunity for increased socialization.

“The Sterling Instructors are the BEST of the Best - very knowledgeable, kind, helpful, happy, and welcome our suggestions. My participant feels his brain is challenged and has shown signs of improvement. Loves the friends he has made in class.”

100% agree staff is responsive and professional.

94% have found the Reconnections group helpful.

100%

agree Insight’s virtual community is welcoming and inviting.

“Love all you have virtually, both Insight at Home as well as educational and support programs for caregivers.”

100%

agree that virtual activities are engaging for their family member.

“We liked the virtual Reconnections. The activities could engage our entire family in “preparing” my husband to participate.”

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We sincerely appreciate funding from Fairfax County Government. Many thanks to all of our supporters who make this possible!

