



insight
MEMORY CARE
CENTER



stronger

together
(even 6 feet apart)

year in review *july 2020 to june 2021*

“ To have Insight as a resource has been extremely helpful. We know you are going into good hands if we say contact someone at Insight. ”

~ Dr. Cynthia Sullivan, Ph.D.



hi.

It's been quite a year, hasn't it?

If we've learned anything this year, it's that we're **stronger together**. At Insight, we have always talked about meeting families where they are. It's an implied part of our mission; we want to help families in the early and the late stages of memory impairment. We're here for the brother helping to provide care for his sister in another state, along with the adult children in the thick of caring for both a parent and kids in their home. We know that every story is unique, each family takes their own journey. Together, we are able to help navigate with care, support, and education along the way.

As a professional in the long-term care industry for over 25 years, I have been there for so many families struggling with the diagnosis of a family member. Despite this, I was not prepared for the emotional impact becoming a caregiver for my own father would have on me this year. My father was diagnosed with Alzheimer's in November, and it has felt like a punch in the gut. I thought I understood what our caregivers go through, but I now truly understand what it means to need support. As I navigate through this new role and work to create my own care team for my dad, I have a deeper passion for the work of Insight.

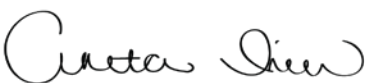
This passion keeps me ever committed to working harder to expand Insight's services and programs so that we can serve more families. COVID didn't put dementia on hold. The need is growing, the number of people living with dementia in Northern Virginia is projected to increase 27% by 2025.

The board is with me. Our board of directors has worked over the last year to develop strategic initiatives to expand our reach and serve more people living with dementia and their care partners to achieve their highest quality of life.

The staff is with me. This past fiscal year we served 16% more people than the previous year. This is due to the amazing Insight team for innovating and persevering through all the changes this year brought to continue to support our families.

From this report, we hope you'll take away that Insight has come out of this year stronger than ever. We're stronger together - and that's with you. All our participants, families, and supporters who have stuck with us through quite a year - you're the reason we're still passionate, and keep helping each family navigate through their own dementia journey.

We sincerely thank you.



Anita Irvin, Executive Director

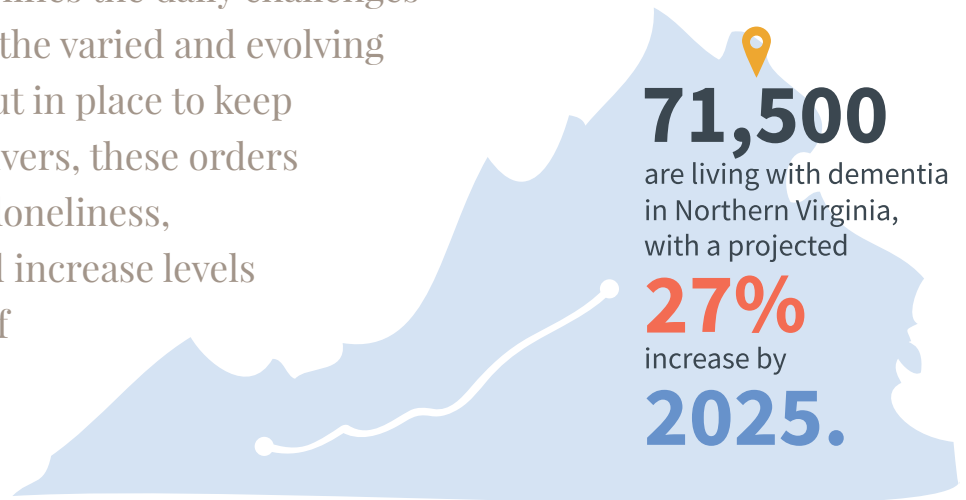


* Anita, left, at our first vaccine clinic in January. She is always finding ways to encourage and support our staff and families!

there is still a problem.

With all the problems across the globe in 2020, it was easy to forget about dementia. Unless your mom was becoming more and more forgetful. Or your spouse was just diagnosed. Or you weren't able to go visit dad with all the COVID restrictions, and you worried about him even remembering you when you could visit again. While it didn't make the daily news, dementia is still a problem.

“The COVID-19 outbreak amplifies the daily challenges caregivers face as a result of the varied and evolving restrictions and mandates put in place to keep communities safe. For caregivers, these orders could precipitate feelings of loneliness, intensify social isolation, and increase levels of caregiver stress because of social-distancing efforts.”¹



1 in 10



people over 65 have Alzheimer's.

2x

as many caregivers indicate substantial emotional, financial and physical difficulties.

Caregivers are more likely than non-caregivers to have high levels of stress hormones, reduced immune function, slow wound healing, new hypertension, and new heart disease.²

4x

cost of nursing home care as compared to day center care.

The Genworth Cost of Care Survey shows nursing home care costs up to \$156,000 per year in 2020. Depending on your level of care, 5 days a week at Insight is just under \$36,000 per year - less than a quarter of the cost for families.³

* *the pandemic didn't put dementia on hold...*

44%

reported that COVID had a negative impact on the person living with dementia.

This could include worsening symptoms, lack of mental stimulation, disrupted routines, or reduced visits from family and friends.⁴

60%

dementia caregivers who report experiencing anxiety symptoms.

We know that caregivers are stressed from daily demands, so it's not surprising that COVID intensifies this. These caregivers are not just stressed, but now facing anxiety symptoms.⁵

¹ Impact of COVID-19 Pandemic Restrictions on Community-Dwelling Caregivers and Persons With Dementia

² Alzheimer's Association Facts and Figures

³ Genworth Cost of Care Survey

^{4,5} Impact of COVID-19 on Dementia Caregivers and Factors Associated With their Anxiety Symptoms

ask cathy.

My name is Cathy, and my sweet mother started having some very noticeable memory issues maybe about three years ago. I aggressively started looking for a place for her to live up here in Washington DC because she was isolated living alone in Texas. She agreed to the idea; she was very thankful at the idea of living near a child but she thought, you know, we'll see in a couple years see how I'm doing. But there was no time to wait a couple years, she was not safe being alone. So now I have a roommate!

I'm all she has, so everything is on me. I work full-time, and it's a lot.



tom.

My name is Tom. My brother and I noticed that my father's memory was just not the same as it used to be. We had gone to see his primary care doctor a few times, and he just chalked it up to old age. We thought it was more than that, so we got a referral to a neurologist.

And the neurologist confirmed our fears, saying, "Your father has Alzheimer's."



or debbie.

Hi, I'm Debbie. My mom, Jeanette, has been in the Reconnections program for a little over 2 years. We've both been a part of the Insight family for over 2 years. **When the pandemic hit, and Insight was forced to close for the health and safety of everyone, it left a void in our lives** because it has become such an everyday part of life. Seeing the participants, seeing the employees, it was just like you woke up and we were in abnormal times not knowing what to do.



here's what we do.

our mission

We 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

Insight offers care for all stages of memory impairment. Early stage programs offer participants recreational activities with the opportunity for peer support and socialization in a safe, non-judgmental setting – both in-person and virtually. Our adult day health center provides a safe, engaging, and therapeutic environment for people in mid to late stages. It is the only dementia-specific day center in the DC metro area and still the only center in Northern Virginia with programs for people in the later stages.

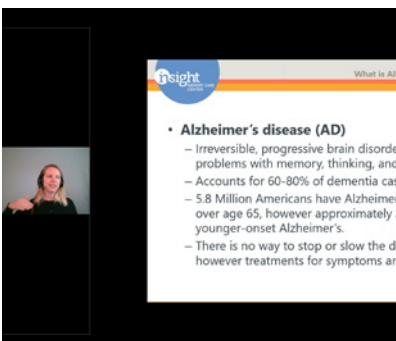


support

As families are also affected by the disease, Insight offers support groups and on-on-one consultations to reduce caregiver stress and provide practical solutions to caregiving challenges. Additionally, we offer the SHARE Program specifically for families in the early stages looking for a hands-on way to plan for the future. Since living with dementia can be isolating for both the diagnosed individual and their caregivers, Insight provides social programs, like the Memory Cafe, as an outlet for families to enjoy activities together.

“Insight goes well beyond being just an adult day center. Insight offers comprehensive services that cover all aspects of living with dementia, including educational and emotional support for the caregiver. We are so glad to have found Insight!”

~ Family Caregiver



education

Insight's innovative education programs include caregiver classes, workshops, community and professional trainings. We also share our wealth of knowledge through our blog, resource library, and our own publication, *Caregiving at a Glance*. These programs help families remain confident and effective in their caregiving roles and increase understanding of the disease in the community.

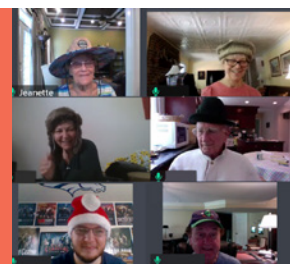
* last year it looked a little different - note the overly complex chart of programs.

programs

	Offering	In-Person	Virtual	Audience	Early Stage	Moderate	Late Stage	Caregivers	Professional	Cost	Free	Fee-Based
Adult Day Health Center												CARE
Blue Group	●	⊖			●							●
Orange Group	●				●							●
Coral Group	●					●						●
Early Stage												
Reconnections Fairfax	●	⊖		●								●
Reconnections Loudoun	○	⊖		●								●
Reconnections at Goodwin House	●			●								●
Reconnections at The Kensington	●	⊖		●								●
Insight at Home		●		●	●							●
Support Programs												SUPPORT
Support Groups	○	●		●			●				●	
Consultations	○	●					●				●	
SHARE Program	○	●		●			●					●
Social Programs												
Memory Cafe	●	⊖		●	●		●				●	
Mind and Body Workshop	○			●	●		●					●
Caregiver Cruise	○			●	●		●					●
Classes												EDUCATION
Classes for Caregivers	○	●					●				●	
Caregiving at a Glance Series	○	●					●					●
Community Programs	○	●					●				●	
Professional Training	○	●						●				●
Resources												
Blog & Resource Library		●					●	●			●	
Caregiving at a Glance	●	●					●	●			●	●
Memory Screening	○	●		●			●				●	

New Program ● Current offering ⊖ Interim COVID-19 offering ○ On hold during COVID-19 ● Planned Program

When Insight launched the virtual Reconnections program, my mom was like “Oh, my group! My group is on the computer! I can see my friends!” Mom is constantly like, “Look, there’s Cheryl, I know this woman.” They know each other, they recognize each other, and they’re a part of each other’s lives. **She feels connected.** It’s really just been something that has added to her life on a daily basis – making her happier, which makes me happier.



who we are.

staff

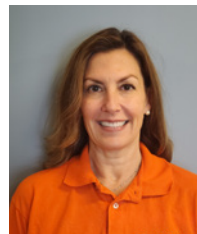
Brown, Markita Outreach Coordinator

Campbell, Christine Personal Care & Program Assistant

Coppola, Jennifer Administrative Office Assistant

Denk, Jen Recreation Assistant

Goodwin, Taylor Nurse Coordinator



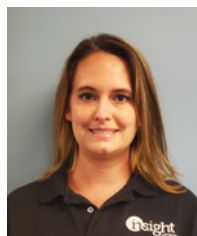
Hassan, Shokreia Personal Care & Program Assistant

Hoffman, Maria Human Resources Coordinator

Haupt, Stephanie Program Director

Idol-Richards, Carrie Director of Communications

Irvin, Anita Executive Director



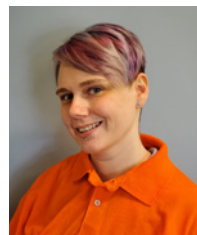
Koon, Hilary Personal Care & Medication Aide

Mapandu, Tsitsi Personal Care & Program Assistant

McGlothlin, Robin Director of Philanthropy

McNamee, Tammy Recreation Assistant

Para, Melissa Early Stage Coordinator



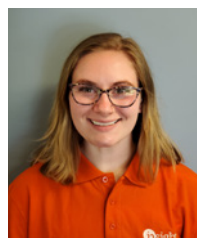
Peters, Marilyn Director of Nursing

Pettoni, Ellie Social Services Coordinator

Powell, Liv Recreation Assistant

Rivera, Marilu Personal Care & Housekeeping Lead

Samura, Marian Personal Care & Program Assistant



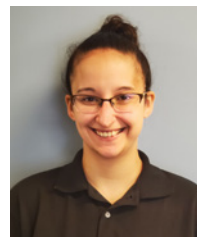
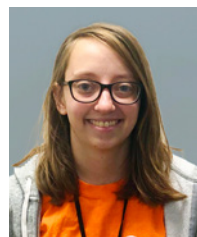
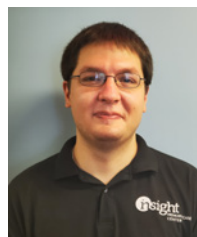
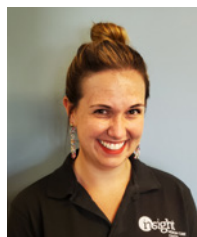
Sloan, Katelyn Marketing Director

Stirnweis, Amy Development Coordinator

Thim, Rodney Director of Social Services

Thompson, Jenny Recreation Assistant

Tindall, Niki Finance Associate

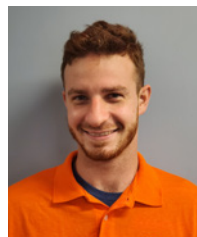
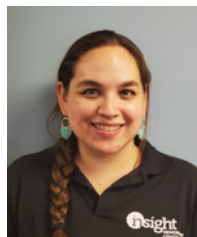


Vajpeyi, Lindsey Director of Education and Outreach

Weinstein, Michelle Director of Recreation

Wilson, Nate Early Stage Activity Assistant

Zuke, Nicole Assistant Director



* board and staff listing as of June 30, 2021

board

Mills, Heather President

Balsam, Seth Vice President
Priddy Chimney Sweeps LLC

Moore, Tiffani C. Secretary
Federal Housing Finance Agency

Mouser, Sarah Treasurer
Cassaday & Company, Inc.

DeBarbieri, Mia At-Large
Capital Caring Health

Cherney, Susan

Connelly, Ken

Epstein, Mark

Reid, Arvette
*Signature Estate & Investment
Advisors, LLC*

Reynolds, Brigid, RN, MSN, NP
*Georgetown University Memory
Disorders Program*

Stadsklev, Susan
*US General Services
Administration*

Sullivan, Cynthia, Ph.D.
*Neuropsychology Associates
of Fairfax*

Wilson, Deborah

McWilliams, John Legal Counsel
ReedSmith

*To learn more about our board,
visit InsightMCC.org/board*



“ My board service is ‘my love letter’ to my Nana. I serve others through an organization committed to supporting individuals with Alzheimer’s disease and dementia as well as their heroic and compassionate caregivers. ”

~Tiffani C. Moore, Board Member

“ Insight is about helping people to live at their best through engagement and connection and in doing so, brings hope for a brighter future to its participants. As a clinician with years of experience in dementia care and research, I’m hard pressed to think of anything worthier of my time. ”

~Brigid Reynolds, RN, MSN, NP, Board Member

Newest Members

11 staff

joined the team this fiscal year

3 board

joined the team this fiscal year

Longest Served

24 years

Staff: Marilu Rivera

15 years

Staff: TsiTsi Mapandu

Awards Won

2 individual

Anita and Lindsey, staff

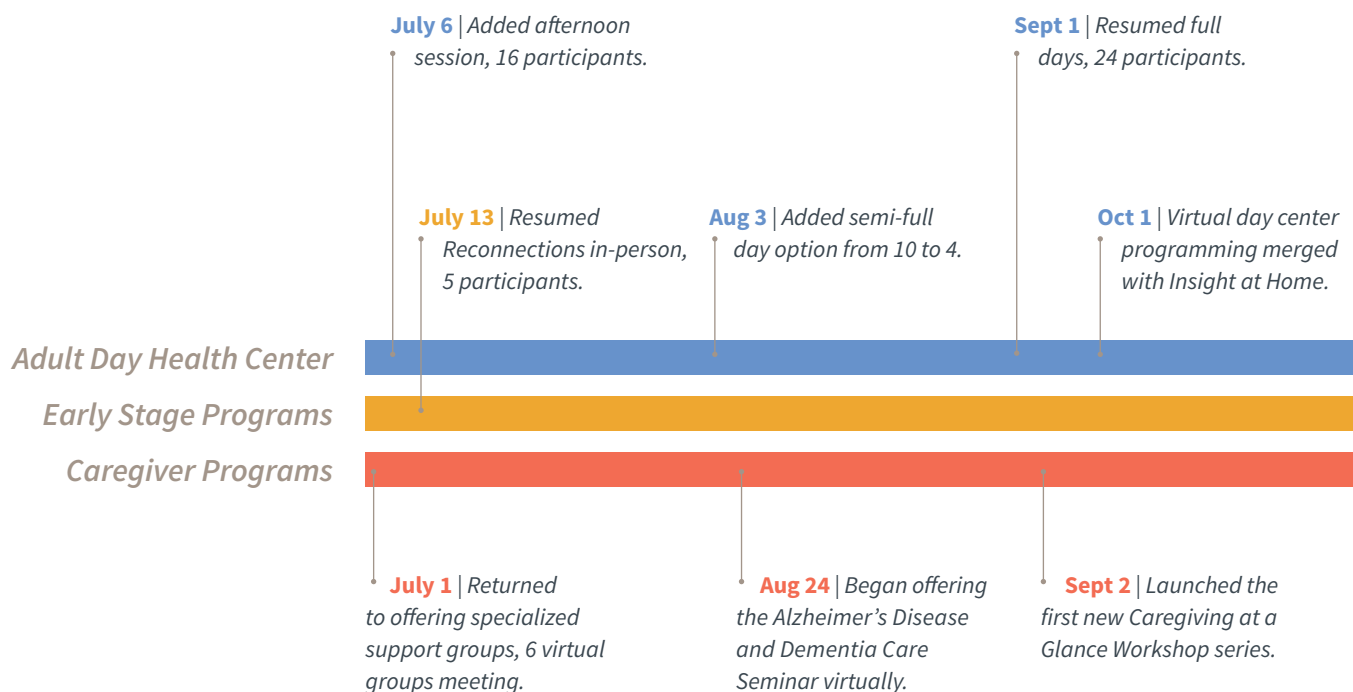
1 organization

thanks to the whole team!

together, we did it!

taking things day by day

It was a year of changes and hybrid programming. But we took it in stride, keeping the health and safety of our staff, participants, and families at the forefront. Having shut our doors the previous March, we opened for half-days and eight participants on June 26th. Our virtual programs continued throughout the year.



10 Years Deficiency Free

Our annual monitoring visit from the Virginia Department of Social Services on July 27, 2020 was completely **deficiency free** for the 10th year in a row to renew at the highest level of licensure.

Emerging Leader Award

On August 18, 2020, Lindsey Vajpeyi, Director of Education and Outreach, was awarded LeadingAge Virginia's **Emerging Leader Award** for her dedication to bettering the lives of families living with dementia.

Go To Guidance

Our Executive Director participated in a panel discussion on Adult Day Services in COVID-19 in September. This was the first of several speaking engagements and **requests for guidance on re-opening**.

* We ended the year at 80% of our pre-pandemic attendance in the Day Center, and more than our prior capacity in Reconnections. With new virtual programs, we served more people in a pandemic!



Nov 1 | Attendance up to 30 participants.

Dec 2 | Reconnections Loudoun begins one day per week virtually.

Jan 1 | Insight at Home begins offering 5 days of programs.

Jan 26 | First vaccine clinic!

Feb 16 | Second vaccine clinic.

Mar 9 | Third vaccine clinic. We're 100% vaccinated!

Apr 5 | Reconnections resumes full program hours, 6 per day.

May 19 | Began offering in-person Memory Cafe in addition to virtual.

May 31 | Reconnections at pre-pandemic capacity; 12 per day, 4 days per week.

June 2 | Reconnections at Goodwin House resumes.

June 8 | Reconnections at the Kensington summer series begins.

Nov 9 | Led NVDCC's 34th Annual Caregiver Conference as a week long virtual event.

June 14 | Offered Dealing with Dementia, a new program from RCI.

Paintings & Pairings

Held our 9th Annual **Paintings & Pairings** event virtually on October 15, raising over \$90,000 in support of our programs, as we came together to celebrate and support the care Insight provides to the community.

Nonprofit Leadership Award

Insight was honored to receive a **2020 Northern Virginia Leadership Award** from Leadership Fairfax at their event on December 18, 2020 for community building, innovation, and leadership in the face of COVID.

Vision Award

On June 9, 2021, Anita Irvin, Executive Director, was awarded Leading Age Virginia's **Vision Award** for her inspirational leadership, vision, and dedication in achieving our mission over the last year.

it turned out pretty good.

individuals served: **3722**

* 16% increase from last year!

<u>Care</u>		<u>Support</u>		<u>Education</u>	
Day Center	118	Support Groups	1161	Classes	1220
Reconnections	73	Consultations	396	CDP Seminars	64
Insight at Home	19	SHARE Program	32	Webinar Views	572
		Memory Cafe	67		

“ I can’t thank you enough. Your consultation has changed my whole life. After meeting with you, I’ve changed my approach in dealing with her memory loss, and my wife and I are so much happier. ”

~ Family Caregiver



I’ve been so blessed to be able to participate in Insight’s virtual caregiver classes. Who knew I’d be thankful for the pandemic! **This is my silver lining: that I’m able to participate so easily since I’m working from home.** I have the privacy and the flexibility to get to participate in programs.



My father was a little reluctant in the beginning. We signed him up for the Reconnections program, but he didn’t seem like he really wanted to go – probably the whole new environment. He was a little afraid. But when he came home that first day, there was a little pep in his step. He wanted to know how soon he could go back. He was doing that until the COVID crisis struck.

Insight pulled out all the stops to keep their participants active.

They set up virtual classes. He started doing the virtual Reconnections program, but he had issues looking at the TV screen with so many people. So I talked with the staff who ran the program, and he said he would set up one-on-one calls, twice a week, virtually. Dad loves those calls.

* we actually saw more reporting that Insight helped reduce their stress as a caregiver - in a pandemic - so we can't ask for more than that!

family survey results



91% have more time to work and/or do other things they need or want to do since becoming involved with IMCC.

"The program has been a lifesaver for me as a caregiver. I know my husband is safe and involved and I can get a break to take care of myself."

100% were satisfied overall with the care and services their family member received.

"The entire staff at IMCC has been phenomenal to work with. That is IMCC's best asset as buildings can be replaced, but your staff is what brings out your true value to all of Northern Virginia."

91% agree that Day Center activities are appropriate & therapeutic.

97% agree staff made a sincere effort to help my family member adjust.

81% agree attendance has prevented or postponed a move.



93% are more able to cope with caregiving involved with IMCC.

"Insight has been an invaluable resource to me as a caregiver, and to my loved one as a participant. We have appreciated the SHARE program, virtual Reconnections, and the Day Center. I have benefited from the support groups and classes. Staff are always available, friendly, supportive, and professional. I feel completely supported, learn of new resources as we move along our journey. Insight goes well beyond being just an adult day center. Insight offers comprehensive services that cover all aspects of living with Parkinson's and dementia, including educational and emotional support for the caregiver. We are so glad to have found Insight!"

97% agree staff treats me and my family warmly and respectfully.

"It gives Dad a safe place to go and brings routine to his life and keeps him social. It is helping him cognitively a lot on the days he goes. I love the dedication and kindness of the whole team at Insight."

100% agree their family member is safe at the Day Center.

"For my mom to be safe is one thing, but safe AND happy is a double blessing!"
"It is a nice place with a very nice, warm and caring staff. For me, it is a relief to know my husband is safe and okay."

100% agree IMCC's virtual community is welcoming and inviting.

"All of the staff and support are excellent. The leader is upbeat, energetic, fun, understanding, supportive, and compassionate. She really understands how to engage each participant and makes every session something my wife looks forward to."

100% agree Insight at Home activities are engaging for their loved one.

86% agree their loved one functions better on days attended.



90% agree that with IMCC, stress as a caregiver has been reduced.

"IMCC is an absolute gift to our family."

100% agree Reconnections helps their loved one feel connected.

"My dad loves coming; he always meets nice people and has good conversations."

100% agree their family member functions better on days attended.

"The staff is excellent, and my wife really thrives at Reconnections."

a closer look.

program growth

Reconnections

46%

increase in participants
We added three new program locations by the end of the year!

Consultations

23%

increase in consults
Whether by phone or Zoom, staff remained available for community questions.

Support Groups

70%

increase in attendance
Six distinct support groups, offered weekly and monthly allow caregivers flexibility.

Education Classes

12%

increase in attendance
The ability to watch live or on-demand from home gave more access.

day center by the numbers

48% male
52% female



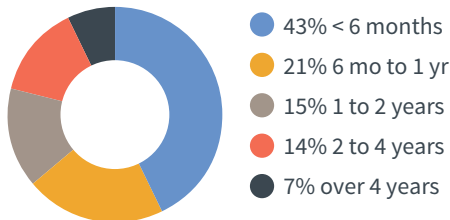
55
youngest

103
oldest

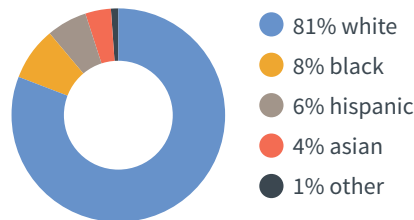
8 years
longest stay

15 mos
average stay

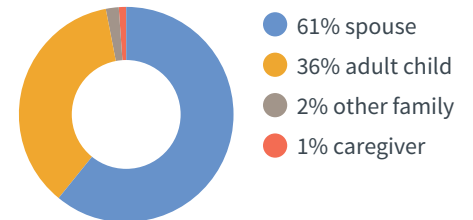
Stay



Race



Caregivers



virtual programs by the numbers

Insight at Home

45% male
56% female



33%

served outside of Fairfax County

Memory Cafe

28% male
72% female



58%

served outside of Fairfax County

Support Groups

24% male
76% female



27%

served outside of Fairfax County

Education Classes

22% male
78% female



32%

served outside of Fairfax County

expanding access: *the silver lining*

Virtual programs can meet the needs of caregivers both near and far. Online support groups have allowed family members living in another state to participate regularly. Education classes are live and recorded - now accessible to attendees on a flexible schedule. Attendance has grown by 70% in our support groups this year - as families have the flexibility to participate online from home.



“ We’ve done the SHARE program with a family in Florida, we’ve had support group members join from New York, Connecticut, Pennsylvania, and other areas, and we have people attend education classes from all over – even someone from Hawaii joined a Wellness Workshop! ”

~ Lindsey Vajpeyi, Insight staff

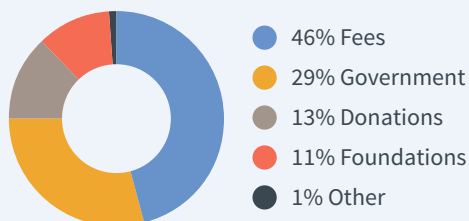
Our early stage program, for example, has a participant that moved to North Carolina during the pandemic that is still able to participate virtually every day. We have regular attendees in our virtual Insight at Home programs from Maryland, North Carolina, DC, and Florida. This new virtual platform has allowed our families to travel and still stay connected socially and programmatically to their Insight friends. Recent attendees traveled to Hawaii and Dubai and were still active participants!

Being able to offer care, support and education through a virtual presence provides a unique opportunity for families to stay connected and engaged in a way that was geographically limited pre-pandemic.

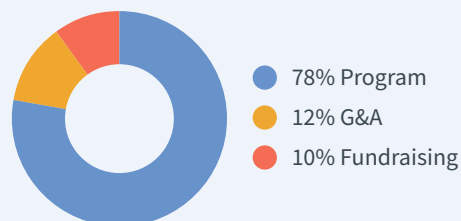
financials: **\$2.1 million**

* operating budget for FY21

Income



Expenses



Financial Assistance

\$163,124

scholarships to 15 families to attend the Day Center

Ensuring participants in need of Day Center care are able to attend regardless of ability to pay.

here's where we're going.

our vision

We aim to create a community where those affected by Alzheimer's disease can achieve the highest quality of life. Guided by our strategic goals over the next three years, we're working towards this vision in three ways:



expand early stage programs

We hear time and time again, "If only I had known about you sooner!" Insight is aiming to reach people earlier in the disease process to support families from the beginning of the journey (and the whole way through). From those first steps after diagnosis, to planning for the future, and staying engaged in early stage programs, we're here to help. We want to expand our early stage programs in the Northern Virginia and greater metro area. We are starting with plans to expand in Loudoun County.



explore additional services

As we all certainly learned over the last year: needs change. Who could have predicted the huge increase in demand for virtual services without a pandemic? Insight is always striving to provide quality services to meet the needs of our caregivers. Many times this includes simply asking, "how else can we help?" We plan to continue exploring additional services to meet the needs of people living with dementia and their care partners.

“ The SHARE program has really been invaluable to my patients with a new diagnosis because they get the family based counseling that is so vital at that stage. There is no way I could provide that type of care for my patients without your help. ”

~Dr. James Bicksel



ensure quality programs

At Insight, we pride ourselves on offering personalized care for everyone. Care plans are tailored to individual interests in the Day Center, families are offered support based on their current needs. We know from our annual surveys that our programs are effective. As Insight continues to grow, we are dedicated to continuing to offer a high level of quality care. We will be working with researchers and experts as we continue to provide quality and effective programs, and build upon evidence-based outcomes and evaluations.

benefiting cathy's family.

My mom now participates in the memory café. We've been doing that for a couple of months and she loves it, she laughs the whole time! She thinks it's so much fun. I never have to coax her. She is also doing the Reconnections program, and again, she loves it! She loves the homework; she's so intent, if there's anything else going on I've learned don't put the homework in front of her because she's totally focused on it. She has mental stimulation from the safety of our own home. She can't catch the virus over Zoom, so it's just been wonderful for her.

With her doing the programs, me doing the support group and classes, Insight has made a huge impact and I'm just so grateful. Dementia is a whole new world - you don't know what you don't know. But the more I learn, I'm just so very thankful that I've discovered Insight and the wealth of knowledge and tools they have to help me and my mom.



support for tom.

What I really like about Insight is, right from the get-go, I started going to support groups in-person and classes that they offer in-person. When the COVID crisis started, they moved all of that virtually. **Being here at Insight is like being with family.** When I had mentioned this at a support group meeting, they all immediately agreed, "Yes, Tom, we are one big family."



connections for debbie.

Insight has been a sense of normalcy in abnormal times this year. Beyond the Reconnections program, you guys send such wonderful activities to do at home. It supports me to do things with my mom during the day. You share programs that you're running, that other organizations are running, and it helps enrich life. We're not just sitting here in a pandemic enclosed in a house with no routine and no normalcy.

The connections my mom has made at Reconnections – her people – it's turned into our people. You get to know others online as well, and the caregivers tend to be right there with the participants. I don't know what we would have done if we hadn't joined the Reconnections program!



you can help.

Every little bit helps. Your small actions – like sharing a Facebook event – join with other’s actions – signing up for Amazon Smile – can add up to something big! Here are five easy ways you can help.

“ Insight is such a blessing to my life. I probably tell someone about it almost on a daily basis. ”

~ Family Caregiver



* Anita, right, championed our spring campaign promising an ice bucket challenge!

1 make a donation

Your gift, no matter the size, makes a big difference in the lives of our families.

- **Monthly Giving:** Your secure, recurring monthly gift provides sustaining support to Insight.
- **Workplace Giving:** Giving through your employer payroll deductions is a convenient way to provide needed support. Many companies match donations as well!
- **IRA Distribution:** Anyone 70.5 years of age or older can give a tax-free Qualified Charitable Distribution (QCD) from a traditional IRA account.
- **Memorial Gifts:** Honor a loved one with your gift; you may choose to have family and friends make a donation to Insight.
- **Leave a Legacy:** With a planned gift, you are able to leave a legacy, supporting a next generation of participants and families.

2 designate Insight

Bring in needed funds for Insight, without opening your wallet!

- **Amazon Smile:** Choose Insight as your preferred charity and a portion of purchases comes to us!
- **Host an Event:** Restaurant night, golf tournament, supply drive; Insight is happy to help anyone looking to set up an event!
- **Online Fundraiser:** Use Facebook or Insight’s platform to host a fundraiser for a birthday, in honor of a loved one, or just because!

3 share and be social

- **Share posts** on your favorite social media channels.
- **Share Insight events** on Nextdoor, the Patch, or in your faith community bulletin.
- **Contact HR;** share our information with your company as a resource.

4 donate items

- **Donate items from our wishlist,** or hold a drive for needed items, such as art supplies, bingo prizes, or for a spa day.
- **Vehicle Donation:** If you have an older or non-working car, donate it to us and get the tax credit! It’s easy through the CARS program.

5 volunteer your time

- **Volunteer** to help with our participants in the Day Center, Reconnections, or even with administrative tasks.
- **Use your professional experience** to provide pro-bono volunteer service, or serve on an event or board committee.

“ You all are like family to me. I’m grateful for the many seen and unseen ways you all encourage and help people. ”

~ Family Caregiver





703-204-4664

InsightMCC.org/YearInReview

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