



One Year!

Early Stage Center in Loudoun

Insight Memory Care Center celebrated a milestone event with the opening of its second location, an Early Stage Center in Sterling, Virginia, on January 5, 2022. It's hard to believe the Sterling Early Stage Center is now one year old!

For the past 39 years, Insight has provided specialized care, support, and education for individuals in all stages of memory loss, their care partners, and the community. We have grown significantly since caring for our first three participants in the basement of a church, and this new center in Sterling represents the first time programs have expanded beyond partnerships and shared spaces to a dedicated, second center. This new space expands our programs for those with mild cognitive impairment and early dementia and serves care partners through support groups and education programs.

Our Loudoun location offers our popular Reconnections early stage program four days a week. This early-stage, social model day program offers small group, engaging activities for those living with MCI or an early dementia diagnosis, surrounded by peers and in a safe, supportive, and non-judgmental setting. The program offers a chance for peer support and socialization that isn't found in many other places – as evidenced by the fact our program in Fairfax is full and often operating with a waiting list!

We know that more than just the individual living with the diagnosis needs support. We also offer care partner education and support programs at this location as well, as we aim to serve the entire family through their journey. Learn more about the programs we offer, partnerships that make it possible, and the first year at our Sterling Early Stage Center in Loudoun!

2022

Sterling Early Stage Center Highlights

Sterling Programs

As of January 5, 2022, Insight Memory Care Center opened a 5,000 square-foot early stage focused center in Sterling! This space expanded our early stage programs for those with mild cognitive impairment and early dementia, and offers care partner support and education programs.

- **Reconnections**, early stage brain health program for individuals to engage and connect (*top left*)
- **Mind and Body Workshop**, early stage couples engagement program to learn to live well with a new diagnosis (*top center*)
- **Care Partner Training**, education programs for care partners, family, and friends (*top right*)
- **Memory Café**, for families to come together for activities and fun (*bottom left*)
- **Care Partner Meet-Ups**, began in September, offering care partners an informal way to connect
- **SHARE Program**, for families to plan for the future
- **Community & Professional Training**, options for your workplace or organization to learn more about dementia

“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.”

~Care Partner



35
attended
Reconnections

101
attended
Memory Café

12
attended
Mind and Body
Workshop

17
attended
Care Partner
Meet-Ups

hundreds

Attended education programs, both in-person and offered virtually and on-demand.

- *Virtual Dementia Tour*
- *Alzheimer's Disease and Dementia Care Seminar*
- *Caregiver Bootcamp*
- *Covering Dementia Care: Financial Considerations*



Partnerships Make It Possible!

The **Sentimental Journey Singers** with Encore Creativity for Older Adults meet weekly for a care partner and early stage individual to sing with others. They hold a spring and holiday concert open to the public. *(top left)*

We partnered with **By Faith Fund** to hold a Book Drive and Thanksgiving Food Drive. Reconnections participants sorted donations benefitting local Loudoun families and schools. *(top center)*

Loudoun Therapeutic Riding gave a hands-on presentation for our Reconnections participants! *(top right)*

Inova Parkinson's and Movement Disorders Center offers a monthly support group for those with Parkinson's to connect and share information.

Insight has partnered with **Arcola UMC** in Dulles to host an ongoing Memory Café and care partner support group.

Insight hosted a Sage Table event with **Aging Rainbows**, fighting isolation in the LGBTQ+ community through intergenerational connections.

We have expanded our partnership with **Marymount University** to include Sterling as a site to share research studies with our participants.

We also work with local business **Ridgetop Coffee & Tea** to provide our Reconnections lunches and to hold monthly Care Partner Meet-Ups.

Over the summer we were fortunate to have two student volunteers from the **Claude Moore Community Builders program** *(see right!)*.

An Amazing Experience

Interning at Insight has been an amazing experience. The staff and members are extremely kind and welcoming - they put a smile on my face the second I walk through the door. I had never worked with an older population before, and I love it. It is fascinating being able to hear stories from their past and gaining new perspectives from their generation. I am an aspiring nurse, and I was matched with IMCC through Claude Moore Community Builders. My favorite part is knowing the difference I am making to both the individual with dementia and their family. I hope to continue to have amazing experiences like this throughout my pathways in medicine.

~ Claude Moore Community Builders intern

Many Thanks to Grantors Supporting our Sterling Center

- Loudoun Impact Fund of the Community Foundation for Loudoun and Northern Fauquier Counties
- 100WomenStrong of the Community Foundation for Loudoun and Northern Fauquier Counties
- Loudoun County's Human Services Nonprofit Grant
- The Joseph E. & Marjorie B. Jones Foundation

We are grateful for all of our supporters who made this Loudoun expansion possible! Insight is a nonprofit organization that relies upon the generosity of people like you to engage people with dementia and support their care partners. To support Insight Memory Care Center, visit InsightMCC.org/donate.



Watch the Video!



“Stephen was one of the first to sign up for the Reconnections early stage program at Insight’s new Sterling location. He is eager to attend, is fully engaged and excited to show me his work from the day’s classes when he returns home. Most importantly, he is making new friends!”

~Lynn, Care Partner

Insight Memory Care Center

Insight Memory Care Center provides quality memory and cognitive care for families living with dementia. We do this through specialized day programs for individuals living with memory and cognitive impairments, support for care partners and families, and education and engagement opportunities for the wider community. A nonprofit organization serving Northern Virginia since 1984, Insight offers a spectrum of holistic care, with a vision of a community where those living with cognitive impairment can achieve the highest quality of life.

Insight Memory Care Center - Fairfax

3953 Pender Drive, Suite 100
Fairfax, VA 22030

Insight Memory Care Center - Sterling

45945 Center Oak Plaza, Suite 190
Sterling, VA 20166

InsightMCC.org

