

2025

# ALEXANDRIA ADULT DAY SERVICES CENTER

JUNE NEWSLETTER



**MONTHLY AFFIRMATIONS**

**CENTER TRIPS AND ACTIVITIES**

**HEALTH & WELLNESS TIPS**

**CELEBRATING JUNE BIRTHDAYS**

**VOLUNTEER SPOTLIGHT**

**ANNOUNCEMENTS**

**WORD SEARCH ACTIVITY**

**BEING  
YOU  
IS YOUR  
power**

**MONDAY-FRIDAY**

8 A.M. - 5 P.M.

Lee Center, 1108 Jefferson Street

Call 703.746.5676 for more information.

For newsletter inquiries please email: [Jana.hobson@alexandriava.gov](mailto:Jana.hobson@alexandriava.gov)



Department of Community  
and Human Services

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**MEET OUR AMAZING**  
**STAFF**



**Darrell Wesley**  
*Director*



**Jackie McCord**  
*Manager*



**Caroline Crisp**  
*Therapeutic  
Recreation Leader*



**Jana Hobson**  
*Therapeutic  
Recreation Leader*



**Maurice Cannon**  
*Therapeutic  
Recreation Leader*



**Michelle Walker/ RN**  
*Therapeutic  
Recreation Leader*



**Dora Conteh  
Mansaray**  
*Registered Nurse*



**Rubina Awan**  
*Certified Nursing  
Assistant*

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# **JUNE**

## **MONTHLY AFFIRMATION**

**“As the days grow longer and the sun shines brighter,  
I remind myself that every season of life holds  
beauty, purpose, and possibility. I carry the  
strength of my experiences, the wisdom of my  
years, and the quiet power of resilience within me.  
I am still growing, still learning, and still deeply  
deserving of joy, connection, and peace.”**





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JUNE NEWSLETTER

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## DC BRUNCH CRUISE

June was a vibrant and activity-filled month for our seniors, filled with enriching experiences and joyful moments!

One of the standout highlights was a delightful trip aboard the Washington, D.C. Signature Lunch Cruise on the Spirit of Washington.

Our participants, joined by their loved ones, enjoyed a scenic and relaxing cruise along the Potomac River, taking in breathtaking views of the nation's capital from the water. The outing featured a delicious lunch, lively music, and plenty of opportunities to socialize, dance, and savor the fresh breeze and stunning cityscape.

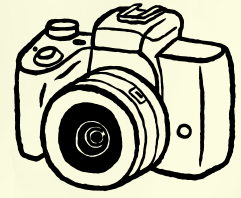
It was a truly memorable afternoon—full of laughter, great food, and the simple joy of being together. Experiences like this are just one of the many ways we celebrate life, connection, and community every day!





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DC BRUNCH CRUISE  
PHOTOGRAPHS



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## HEALTH & WELLNESS TIPS JUNE



### **Stay Hydrated**

Warmer weather increases the risk of dehydration. Keep a water bottle nearby and aim to drink water regularly, even if you don't feel thirsty.

### **Protect Your Skin**

Wear a wide-brimmed hat, sunglasses, and apply sunscreen (SPF 30 or higher) before going outside, especially between 10 A.M. and 4 P.M.

### **Move Your Body Daily**

Movement like walking, stretching, or chair yoga can boost circulation, balance and mood. Even 10-15 minutes a day makes a difference.

### **Eat Seasonal Fruit and Veggies**

Enjoy fresh produce like berries, cucumbers, tomatoes, and leafy greens. These are hydrating, rich in vitamins, and support digestion and heart health.

### **Connect with Others**

Spend time with friends, attend a community event, or call a loved one. Social connection improves mental well-being and reduces feelings of isolation.

### **Prioritize Rest**

Good sleep is crucial for healing, memory, and energy. Create a calming bedtime routine and limit screen time before bed.

### **Listen to Your Body**

June can be busy, but it's okay to rest, say no, or ask for help. Tune in to your body's signals and honor what you need each day.

### **Take Time for Joy and Reflection**

Make time for activities that bring you peace and joy, such as gardening, journaling, or listening to music. Reflecting on happy memories can uplift your spirits and enhance emotional well-being.



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HAPPY  
BIRTHDAY



**Mr. Karl**  
**JUNE 5**



**Ms. Martha**  
**JUNE 30**

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JUNE NEWSLETTER

## We ♥ our Volunteers

Thank you to everyone who contributed their time, talent, and heart. Your commitment and passion were essential to our achievements. Whether behind the scenes or in the spotlight, your kindness and spirit created something meaningful.

Volunteering goes beyond tasks; it involves caring enough to take action, making a lasting impact on lives, and fostering community. We are grateful for such a dedicated group and appreciate your efforts and support.

LAURIE



PATRICE



LULEY

ROMITA



LEIGH



ACDS





# ALEXANDRIA ADULT DAY SERVICES CENTER

JUNE NEWSLETTER

## JUNE ANNOUNCEMENTS

We're excited to announce the upcoming launch of the caregiver space. The goal of this caregiver group is to provide a safe, nonjudgmental, and supportive space for older adult caregivers where they can fully express themselves, communicate their challenges and approaches, and receive or exchange useful information.

This monthly group meeting is an opportunity to reach out to others and receive support from those who have walked the path of caregiving. Meetings will start in July, and will be held second Thursdays (7/10, 8/14, 9/11, 10/9, 11/13, 12/11) every month from 3- 4 pm as there is no cost.

**If you have any questions, please email:**  
**[romita.afzal@alexandriava.gov](mailto:romita.afzal@alexandriava.gov) and**  
**[jackie.mccord@alexandriava.gov](mailto:jackie.mccord@alexandriava.gov).**

The Division of Aging and Adult Services has partnered with **TRUALTA**, an easy-to-use online resource that helps family caregivers learn how to safely care for their loved ones at home at no cost to Alexandrians.

### **TRUALTA offers:**

- Short lessons and videos on topics like:
  - Dementia care
  - Mobility and transfers
  - Personal care (bathing, dressing, toileting)
  - Medication management
  - Caregiver stress and self-care
  - Kinship care
  - And much more...
  - Printable guides and checklists
- Available 24/7 on any device
- Offered in English and Spanish
- Helps caregivers build skills and confidence at home

**Sign up for Trualta at [alexva.trualta.com](http://alexva.trualta.com)**

## ROMITA AFZUL



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X	R	R	N	B	H	X	S	E	P	O	G	R	P
W	D	M	E	D	A	N	O	M	E	L	Q	Z	G
R	S	S	D	J	Y	J	F	L	O	W	E	R	S
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R	C	J	O	G	D	H	G	A	N	A	W	E	C
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F	S	S	E	L	E	F	P	J	V	V	V	Z	B
O	N	S	K	G	R	K	B	D	J	K	C	M	V

1. SUNSHINE
2. SUNGLASSES
3. FIREWORKS
4. SUNSCREEN
5. LEMONADE
6. VACATION

1. HAMMOCK
2. FLOWERS
3. PICNIC
4. BREEZE
5. BEACH
6. SAND