

2025

ALEXANDRIA ADULT DAY SERVICES CENTER

AUGUST NEWSLETTER



MONTHLY AFFIRMATIONS

CENTER TRIPS AND ACTIVITIES

HEALTH AND WELLNESS TIPS

CELEBRATING AUGUST BIRTHDAYS

NURSE DORA'S HEALTHY TIPS

GLOBAL HEALTH INSTITUTE

VOLUNTEER SPOTLIGHT

ANNOUNCEMENTS

WORD SEARCH ACTIVITY

MONDAY-FRIDAY

8 a.m.-5 p.m.

Lee Center, 1108 Jefferson St

Call 703.746.5676 for more information.

For newsletter inquiries please email: Jana.hobson@alexandriava.gov



DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**

MOTIVATIONAL

Affirmations.

- 1) I am capable of achieving great things and I trust the process to unfold as it should.
- 2) Every challenge I face is an opportunity to grow stronger and more resilient.
- 3) I am committed to my goals and relentlessly pursue them with focus and determination.
- 4) I trust in my ability to navigate through uncertainty and come out victorious.
- 5) I embrace the journey of progress, knowing each step brings me closer to success.
- 6) My dreams are valid, and I take inspired action every day to turn them into reality.
- 7) I have the power to transform my vision into tangible achievements.
- 8) I am worthy of the success I am working toward, and I am prepared to receive it.
- 9) My motivation is fueled by my passion, purpose, and unwavering belief in myself.
- 10) I am constantly evolving, and with each day, I am becoming the best version of myself.

**BELIEVE IN
YOURSELF**



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AUGUST NEWSLETTER

ALEXANDRIA FIRE STATION 203



Our wonderful seniors wrapped up the month of August with a memorable outing to Alexandria Fire Station 203!

The group enjoyed an engaging tour, learned more about the important work of our local firefighters, and had the chance to see the equipment up close. It was a fun and educational experience that left everyone smiling as we ended the month on such a high note.

A heartfelt thank-you goes out to the dedicated team at Fire Station 203 for welcoming us so warmly and making this visit possible.



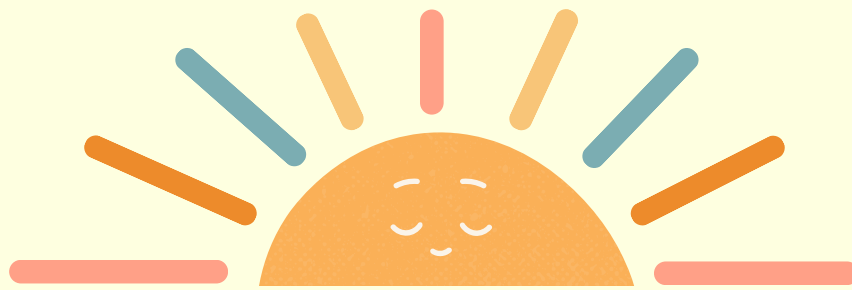
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ALEXANDRIA FIRE STATION 203 PHOTOGRAPHS





A MINDFUL WEEK

M

Say something kind to yourself.

T

Write down something you are grateful for.

W

Find a moment to take five deep breaths.

TH

Do a quiet and calming activity you enjoy.

F

Celebrate something you achieved this week.

S

Observe what you see, hear, and smell outside.

S

Something you can accomplish next week.

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HAPPY
BIRTHDAY



Ms. Lisa
AUGUST 11

NURSE DORA'S HEALTHY TIPS

FOR FLU SEASON



As we head into the fall season, it's the perfect time to protect yourself and those around you from the flu! Here are a few quick tips from your nurse:

- **Get Your Flu Shot Early** – The CDC recommends getting your flu vaccine by the end of October for the best protection throughout flu season.
- **Wash Your Hands Often** – Good hand hygiene is one of the easiest ways to stop the spread of germs.
- **Rest and Recharge** – A strong immune system starts with good sleep and proper nutrition. Aim for 7–8 hours of sleep and eat plenty of fruits and veggies.
- **Stay Active** – Light exercise like walking or stretching can help keep your immune system strong.
- **Stay Home if You're Sick** – If you're feeling under the weather, take care of yourself and help prevent spreading illness to others.
- **Your health matters** — let's work together to stay safe, healthy, and flu-free this season!

For more information please visit [cdc.org](https://www.cdc.org)





GLOBAL HEALTH INSTITUTE



Mariatu Kargbo is the founder of Global Health Institute, an entrepreneur, and an educator dedicated to creating opportunities for lifelong learners. She holds degrees in marketing, nursing, and family practice nursing from George Mason University.

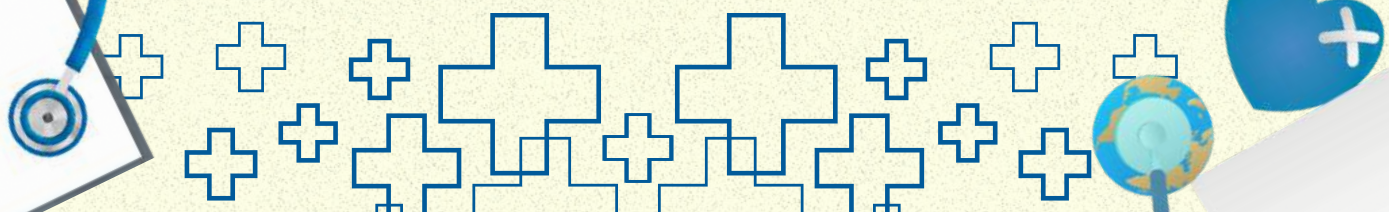
Kargbo founded Global Health Institute to make nursing education more accessible and to inspire personal growth. Her passion for teaching is reflected in the supportive, engaging learning environment she creates.

Founded in 2004, **Global Health Institute (GHI)** is a private nursing school located in Alexandria, Virginia, committed to preparing students for meaningful and successful careers in nursing. Through rigorous academic programs and hands-on training, GHI equips students with the knowledge, clinical skills, and confidence necessary to excel in today's evolving healthcare environment.

Adult Day Services is honored to maintain a strong partnership with Global Health Institute, working together to advance education, professional development, and community health initiatives. This collaboration provides nursing students with invaluable real-world experiences while simultaneously enriching the quality of care, engagement, and companionship offered to older adults in our community.

Our center is deeply grateful for the dedication, compassion, and professionalism demonstrated by Global Health Institute students. Their visits bring warmth and joy to our participants, who eagerly look forward to spending time with these future healthcare professionals.

For more information *visit* global.edu



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AUGUST 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

CLARA & BENNETT



ROMITA



LEIGH



CHEF PHILIPPE



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R	L	F	H	Q	V	O	H	X	Y	S	V	Z	Y
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C	N	G	U	K	R	O	R	L	M	X	S	J	H
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PATRIOT DAY
APPLES
AUTUMN

LIBRA
EQUINOX
LEAVES
RAIN

LABOR DAY
FOOTBALL
HARVEST
VIRGO

THIRTY
SEPTEMBER
COLORS
SCHOOL

