

2025

ALEXANDRIA

ADULT DAY SERVICES CENTER

SEPTEMBER NEWSLETTER



STAFF

MONTHLY AFFIRMATIONS

CENTER TRIPS AND ACTIVITIES

HEALTH AND WELLNESS TIPS

CELEBRATING SEPTEMBER BIRTHDAYS

NURSE DORA'S HEALTHY TIPS

VOLUNTEER SPOTLIGHT

ANNOUNCEMENTS

GAMES



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**



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MEET OUR AMAZING STAFF



Darrell Wesley
Director



Jackie McCord
Manager



Caroline Crisp
*Therapeutic
Recreation Leader*



Jana Hobson
*Therapeutic
Recreation Leader*



**Dora Conteh
Mansaray**
Registered Nurse



Michelle Walker
*Temporary
Therapeutic
Recreation Leader*



Rubina Awan
*Certified Nursing
Assistant*

Fall AFFIRMATIONS



I am worthy of
what I desire.



Today is a new
opportunity to make
a positive impact.



I have the power to
create change.



I am confident and
believe in myself.

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BILL PICKETT RODEO

September was a fun and memorable month for our amazing seniors!

As we embraced the beauty of early fall, our participants enjoyed a variety of engaging programs, outings, and social activities that brought both joy and enrichment to the month. One of the most exciting highlights was our special trip to the Bill Pickett Invitational Rodeo in Upper Marlboro, Maryland.

The Bill Pickett Invitational Rodeo is more than just a thrilling showcase of rodeo skills it's a powerful celebration of history and culture.

The event honors the legacy of Black Cowboys and Cowgirls and their vital contributions to shaping the American West. Through lively competitions, horse riding demonstrations, and storytelling, our seniors had the opportunity to experience a living piece of history that often goes untold.

The day was filled with excitement, laughter, and learning. Participants cheered from the stands, enjoyed the energy of the crowd, and shared in conversations about the courage and determination of the cowboys and cowgirls they saw in action.



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BILL PICKETT RODEO
PHOTOGRAPHS





THE BEST HEALTH TIPS EVERY DAY



1

Consume fruits, vegetables, whole grains, lean proteins, and healthy fats as part of a balanced diet.

2

Walking, jogging, weight training, and yoga are all good ways to maintain your physical fitness.

3

Maintain your body and mind's optimal functioning by getting adequate sleep each night.

4

Meditation, deep breathing, and spending time with loved ones can help you manage stress levels.

5

Taking time to rest and relax throughout the day is essential.

6

Having realistic goals is essential, as is having a positive attitude.



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HAPPY
BIRTHDAY



Mr. Richard
SEPTEMBER 6



Mr. Tom
SEPTEMBER 17



Ms. Nancy
SEPTEMBER 18



Ms. Cathy
SEPTEMBER 29

NURSE DORA'S HEALTHY TIPS

FALL PREVENTION



Preventing falls is an important part of senior care, as even a minor fall can lead to serious injuries and a loss of independence.

Here are a few helpful strategies to promote safety and confidence for older adults:

- **Stay Active:** Regular exercise helps improve balance, flexibility, and strength. Activities such as walking, chair yoga, or tai chi can make a big difference.
- **Keep Up with Vision and Hearing Care:** Schedule regular eye and hearing checkups to address any changes early, reducing the risk of falls related to limited sight or hearing.
- **Make the Home Safer:** Simple modifications like installing grab bars, using non-slip mats, keeping walkways clear, and improving lighting can significantly reduce fall risks.
- **Take a Fall Prevention CheckUp:** The Falls Free CheckUp is a great resource to identify potential risks and receive personalized tips to stay safe.

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

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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





DEPARTMENT OF
COMMUNITY &
HUMAN SERVICES

The Caregiver Space SUPPORT GROUP

ROMITA AFZAL

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Romita Afzal, LCSW, is a senior therapist with the Older Adult Mental Health Team at the City of Alexandria Community Services Board. A mental health professional for 13 years, she holds a bachelor's degree in psychology and a master's degree in clinical social work from George Mason University.

For the past six years, Afzal has provided therapeutic services to older adults, their families, and groups. She is passionate about supporting caregivers by creating space to address care-related challenges, prevent burnout, and enrich the caregiving experience. She has led numerous psychoeducational groups through Older Adult Clinical Services at the Department of Community & Human Services.

Outside of work, Afzal enjoys nature, reading, cooking, and spending time with her family.

We're excited to launch ***The Caregiver Space*** — a free monthly group for older adult caregivers to share challenges, experiences and support in a safe, welcoming space. Meetings are held the second Thursday of each month from 3 to 4 p.m. There is no cost to attend.

Adult Day Services Center, 1108 Jefferson St.



FALL SEASON

WORD SEARCH



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

- SCARECROW
- PINE CONE
- ACORN
- PUMPKIN

- LEAVES
- MUSHROOM
- SQUIRREL
- HEDGEHOG

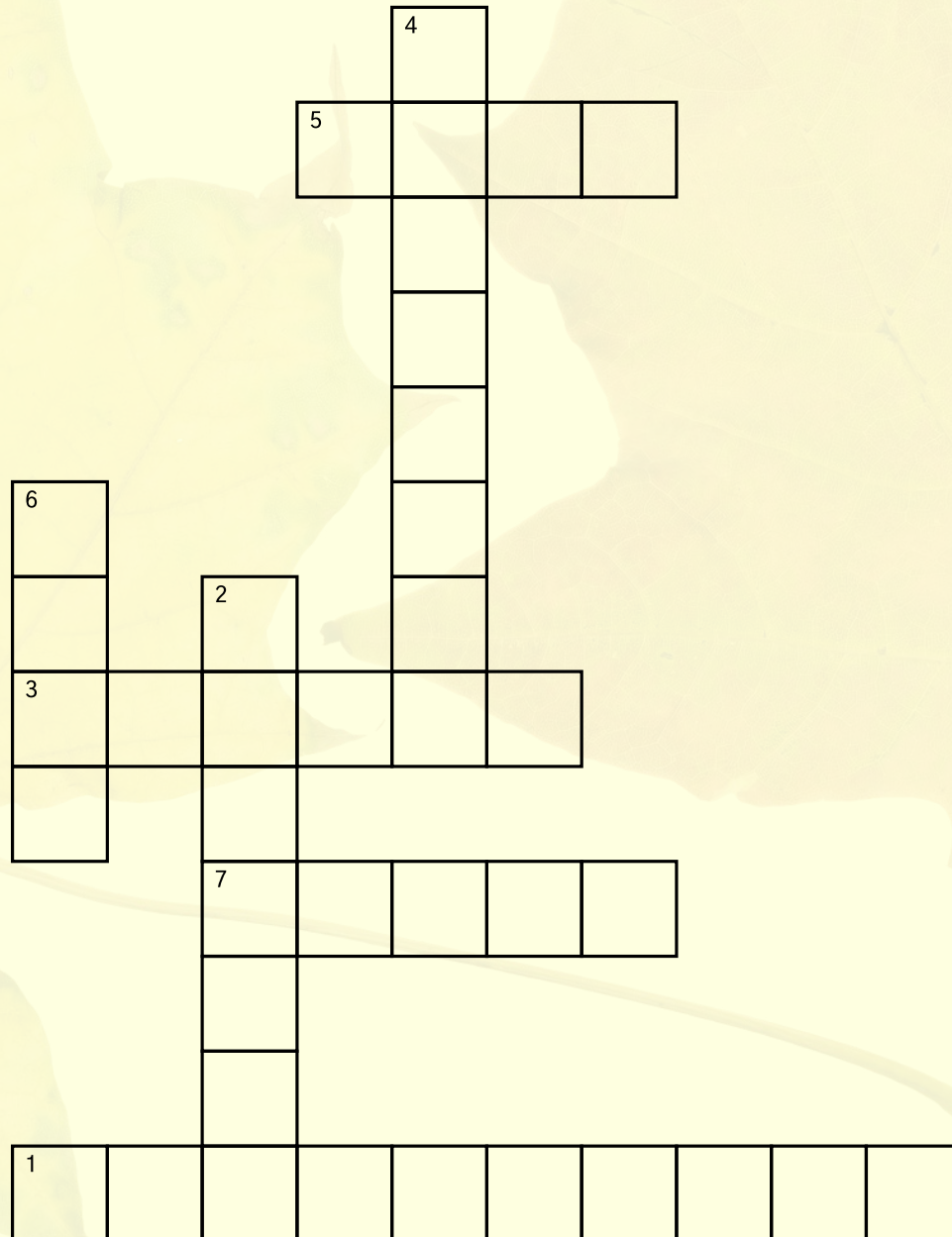
- RAKE
- CHESTNUT
- SWEATER
- UMBRELLA



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Across:

1. Day of remembrance.
3. Plural form of a leaf.
5. Tool for gathering.
7. The zodiac sign for September.

Down:

2. Agricultural activities.
4. Birthstone for September.
6. Signifying the start of autumn.

Word Bank: Fall, Virgo, Sapphire, Patriot Day, Harvest, Leaves, Rake

Fall Word Scramble

Unscramble the following fall / autumn words

1. TRSEE

2. WNDIY

3. JCKEAT

4. ACRON

5. LEASEV

6. APESPL

7. BAKETS

8. MSHUOORMS

9. PIUMKPN

10. HRVETS

11. SCACRREOW

12. SQRRELUI



Fall Word Scramble

Keys

1. TRSEE

TREES

2. WNDIY

WINDY

3. JCKEAT

JACKET

4. ACRON

ACORN

5. LEASEV

LEAVES

6. APESPL

APPLES

7. BAKETS

BASKETS

8. MSHUOORMS

MUSHROOMS

9. PIUMKPN

PUMPKIN

10. HRVETS

HARVEST

11. SCACRREOW

SCARECROW

12. SQRRELUI

SQUIRREL

