

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



Department of Community
and Human Services

ALEXANDRIA
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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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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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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



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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 and
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

ROMITA AFZUL



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X	R	R	N	B	H	X	S	E	P	O	G	R	P
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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