

QUARTERLY NEWSLETTER

ALEXANDRIA

ADULT DAY SERVICES CENTER

2026



WHY WE WEAR PINK
MANDATORY CENTER UPDATES
MONTHLY PAYMENT REMINDER
QUARTERLY BIRTHDAYS
NURSE DORA'S HEALTHY TIPS
UPCOMING EVENTS
ANNUAL CAREGIVERS CONFERENCE
MENUS AND ACTIVITY CALENDARS
VOLUNTEER SPOTLIGHT
RESOURCES
STAFF

Program Closures:

- Indigenous Peoples' Day: Monday, October 12
- Veterans Day: Wednesday, November 11
- Thanksgiving Day: Thursday, November 26 and Friday, November 27
- Christmas Week: Monday, December 21 - Friday, December 25

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: AdultDayServiceCenter@alexandriava.gov



DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**

DollyWood

IN REMEMBRANCE OF
Dolly Parton

Please note that our center theme through the end of the year is “DollyWood,” inspired by the one and only Dolly Parton!

We encourage our seniors, caregivers, and staff to join in on the fun by wearing PINK and WHITE, along with your favorite cowboy or cowgirl attire. Think cowboy hats, boots, bandanas, denim, and plenty of pink and white!

Let's bring Dolly-inspired fun, music, and country spirit to our center while celebrating the joy, kindness, and positive energy that Dolly Parton represents.



CENTER UPDATES



Important Reminders for Caregivers and Loved Ones

- **Medication Changes:** If your loved one has any medication changes, please provide the center with an updated medication list. If the medication will be administered at the center, a current prescription must also be provided showing the medication, dosage, and instructions.
- **Care Plan and Annual Physical:** Caregivers must respond promptly to the nurse's email when documents are requested.
- **Return After Hospital, Rehabilitation, or Emergency Department Visit:** If your loved one is discharged from a hospital, rehabilitation center, or emergency department, medical clearance documentation must be provided to the center for review and approval before your loved one can return. Please allow staff 3–4 business days to review and respond to your request. Be sure to provide any updated discharge paperwork and medication information.
- **Return to the Center:** All required medical and medication documentation must be submitted to the center and reviewed and approved before your loved one returns.

Failure to provide the required documentation may result in your loved one being unable to return due to center regulation requirements.

Thank you for your cooperation and for helping us maintain accurate records to provide a safe environment for everyone.

If you have any questions or need clarification about the required documentation, please reach out to the Center Director or Nurse.

MONTHLY PAYMENT REMINDER

Monthly Billing & Timely Payments

As a friendly reminder, bills are emailed on a monthly basis. We kindly ask that you take a moment to review your bill when received and submit payment by the due date.

Timely payments help us continue providing consistent services and avoid any interruptions. Please note that continued failure to make payments on time may result in the participant's discharge from the program.

We truly appreciate your attention to monthly payments. Please be aware that any overdue balances will be subject to a **1.5% late fee**, in accordance with our payment policy.

Thank you for your cooperation and for helping us keep accounts current. We greatly appreciate your support.

Happy BIRTHDAY



Ms. Tammy
JULY 1



Ms. Jacqueline
JULY 5



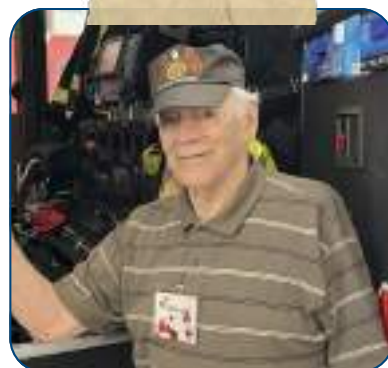
Ms. Lisa
AUGUST 11



Ms. Susan
AUGUST 19



Mr. Sonny
AUGUST 30



Mr. Richard
SEPTEMBER 6



Mr. Tom
SEPTEMBER 17



Ms. Nancy
SEPTEMBER 18



Mrs. Cathy
SEPTEMBER 29

Know the signs. Know your normal.

Knowing the signs and symptoms
of breast cancer can save your life.

The most common breast cancer signs and symptoms include:

- A new lump in the breast or underarm
- A change in the breast's appearance (size, shape, skin)
- A change in the nipple (inversion, discharge, skin changes)

These are not the only signs and symptoms of breast cancer. Always report any changes in your breasts to your doctor right away.



Learn more
in NBCF's
free eBook.



Download for
free today.

Not all breast cancer causes signs or symptoms, especially in the early stages. It is important to receive a mammogram every year and perform a breast self-exam once a month.



NURSE DORA'S HEALTHY TIPS



Staying Safe Outdoors During Fall Weather

- Dress in layers to stay comfortable as temperatures change throughout the day.
- Dress with a light jacket or raincoat when rain is expected.
- Dress appropriately to protect yourself from strong winds and chilly temperatures.
- Change out of wet clothing as soon as possible to stay warm and comfortable.
- Check the weather forecast before spending extended periods of time outdoors.

For more information, please visit the National Institute on Aging.

UPCOMING EVENTS

**OCT
7**

ADSC Intergenerational Game Day with The Alexandria Country School

- Location: Lee Center, 1108 Jefferson St - Exhibit Hall
- Time: 10 a.m.-12 p.m.

**OCT
9**

Accessible Voting in Alexandria

- Prevention of Blindness Society is offering a session to learn about voting aids and procedures that can help blind and low vision voters exercise the right to vote privately and independently.
- To register call 301.951.4444
- Location: 5005 Duke Street
- Time: 1 p.m. – 2 p.m.

**OCT
16**

Dolly Parton Teatime Celebration with Country singer Ed Schafer

- Special guest Former Mayor Silberberg
- Location: Lee Center, 1108 Jefferson St - Exhibit Hall
- Time: 11 a.m.

**OCT
19**

Special Pizza Luncheon

- Location: Lee Center, 1108 Jefferson St - Adult Day Services Center
- Time: 12:00 p.m.

**OCT
30**

Halloween Masquerade Party

- Location: Lee Center, 1108 Jefferson St - Exhibit Hall
- Time: 10:30 a.m.
- **RSVPs are required. Please RSVP no later than Friday, October 16.**



DARS | VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES
DIVISION FOR AGING SERVICES

SPEAK UP

Help Virginia Age Better!



Statewide Listening Sessions for Aging Services

DARS is leading the effort to prepare for Virginia's next State Plan for Aging Services.

In Person

- | | | |
|------------|---------|---------------|
| • Fairfax | Oct. 9 | 11a.m.-1p.m. |
| • Norfolk | Oct. 30 | 10a.m.-12p.m. |
| • Roanoke | Nov. 18 | 10a.m.-12p.m. |
| • Richmond | Dec. 3 | 10a.m.-12p.m. |

Online

- | | | |
|--------|--------|-------------|
| • Zoom | Dec. 1 | 6p.m.-8p.m. |
|--------|--------|-------------|

We want to hear from:
adults age 60+, caregivers, and
aging services professionals
who are residents of Virginia.

Learn more about these
listening sessions and let us
know you're coming by
visiting the [DARS State
Plan webpage](#) or scan the
QR code below.



QUESTIONS?



804.662.7093



Rooted in Care, Radiant in Hope

40th Annual Caregiver's Conference

November 14, 2026

LOCATION

Inova Conference Center
8100 Innovation Park Drive
Fairfax, VA 22031

CONFERENCE FEE

\$40 conference fee includes continental breakfast, lunch, materials and certificate of attendance.

REGISTRATION

Visit nvdcc.com to register.

WHY ATTEND

Join experts in caregiving, aging, and dementia for practical insights, helpful resources, and meaningful connections with fellow caregivers.

QUESTIONS?

For information about the conference, please call (703) 966-2947



Scan or Click to Register

Northern Virginia Dementia Care Consortium Members

ARP Virginia
Alexandria Department of Community and Human Services, Division of Aging and Adult Services
Arlington Aging and Disability Services
Fairfax Area Agency on Aging
Goodwin Living
Inova ElderLink

Inova Parkinson's and Movement Disorders Center
Inova Brain Health & Memory Disorder Program
Insight Memory Care Center
Loudoun County Area Agency on Aging
Prince William County Area Agency on Aging
RAFT Dementia Support Program
The National Chapter of the Alzheimer's Association

EVENT SPONSORS





TALENTED VOLUNTEERS

***Do You Have a Hidden Talent to Share with the
Participants at the Adult Day Senior Center?***

Whether you enjoy singing, dancing, painting,
crafts, storytelling, playing an instrument, or
have another special talent, we'd love to see it!

You must be 14+ to volunteer!

**Take the stage and
show off your skills!**

For more information:

AdultDayServiceCenter@alexandriava.gov



alexandriava.gov/dchs

For reasonable disability accommodation, contact
jana.hobson@alexandriava.gov or call 703.746.5676,
Virginia Relay 711.



DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**

THANK YOU

The Adult Day Services Center would like to express a heartfelt thank-you to George T. Curtis, the volunteer leader of our ADSC Men's Group. Mr. Curtis is a dynamic facilitator who keeps the men engaged, encourages meaningful conversations, and creates a welcoming environment where everyone feels comfortable sharing and expressing themselves. He has created a special "Men's Cave" where our male participants can relax, share, and enjoy time together. Thank you for your time, dedication, and commitment to our men!





THANK YOU

We would like to extend our heartfelt gratitude to Lynda Soady for her generous donations to our center. Her kindness and support are deeply appreciated and make a meaningful difference in the lives of the individuals and families we serve.

Generous contributions from community members like Lynda help us continue providing valuable programs, resources, and services to our community. Every donation, no matter the size, plays an important role in helping us fulfill our mission and create a welcoming and supportive environment for everyone who walks through our doors.





The Division of Aging and Adult Services has partnered with TRUALTA, a free and easy-to-use online resource designed to support family caregivers in Alexandria. This platform helps caregivers build the knowledge, skills, and confidence needed to safely care for their loved ones at home.

TRUALTA provides caregivers with access to:

- Short educational lessons and videos on important caregiving topics, including:
 - Dementia care
 - Mobility assistance and safe transfers
 - Personal care such as bathing, dressing, and toileting
 - Medication management
 - Caregiver stress management and self-care
 - Kinship care
 - And many additional caregiving topics
- Printable guides, tools, and checklists for everyday caregiving support
- 24/7 access from any computer, tablet, or smartphone
- Content available in both English and Spanish

Whether you are new to caregiving or have been supporting a loved one for years, TRUALTA offers practical guidance and resources to help make caregiving at home safer and more manageable.

Alexandria residents can sign up for free at: alexva.trualta.com

THANKS TO OUR STAFF

We would like to thank Mrs. Jana Hobson-Abraham for her continued dedication to our quarterly center newsletter. Her hard work helps keep our community informed and connected.



CHERYLL ELLIOTT
TEMP INTERIM
DIRECTOR



DORA CONTEH MANSARAY
REGISTERED
CENTER NURSE



JACKIE MCCORD
THERAPEUTIC
RECREATION
MANAGER



CAROLINE CRISP
THERAPEUTIC
RECREATION LEADER



RUBENA AWAN
TEMP THERAPEUTIC
RECREATION LEADER