

2025

# ALEXANDRIA ADULT DAY SERVICES CENTER

NOVEMBER NEWSLETTER



## STAFF

## MONTHLY AFFIRMATIONS

## HONORING ADCS VETERANS

## GIFTS OF GRATITUDE

## HEALTH AND WELLNESS TIPS

## CELEBRATING NOVEMBER BIRTHDAYS

## VOLUNTEER SPOTLIGHT

## EVENTS & 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](mailto:Jana.hobson@alexandriava.gov)

MAKE  
TODAY  
GREAT



DEPARTMENT OF  
COMMUNITY &  
HUMAN SERVICES

# ALEXANDRIA

## ADULT DAY SERVICES CENTER

NOVEMBER NEWSLETTER

# 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

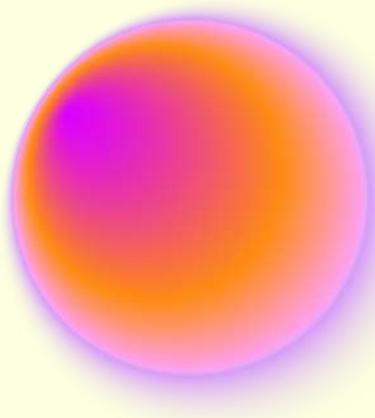


**Michelle Walker**  
Temporary  
Therapeutic  
Recreation Leader



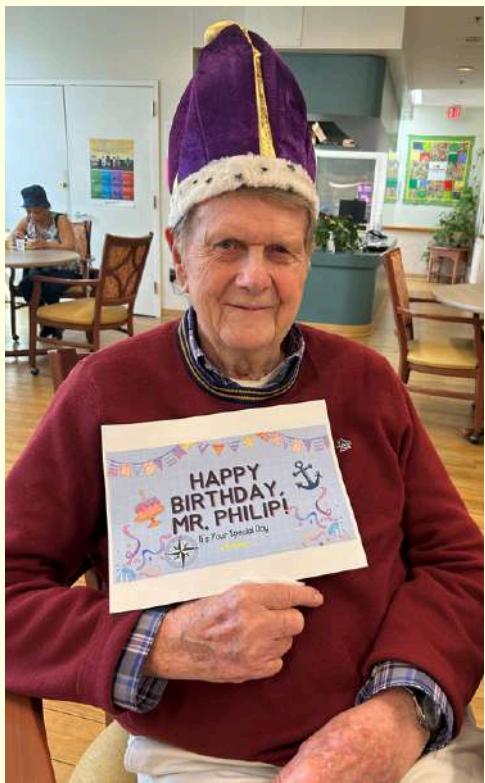
**Rubina Awan**  
Certified Nursing  
Assistant

# Monthly Affirmations



- I am worthy of love and acceptance.
- Today, I prioritize my peace.
- I embrace my uniqueness.
- I attract abundance effortlessly.
- I trust my journey.
- I release the past, embrace the present.
- Love flows to me freely.
- My mind is positive and empowering.
- Success is my birthright.
- I let go, embrace potential.
- The universe supports my dreams.
- I am a powerful creator.
- I am deserving of self-care and compassion.
- Today, I choose to honor my needs.
- I love and accept myself completely.
- I attract positive experiences into my life.
- I believe in my abilities and strengths.
- I forgive myself and others.
- Love surrounds me in all forms.
- My thoughts are filled with positivity and abundance.
- I am unstoppable in achieving my goals.
- I release fear and step into courage.
- The universe conspires in my favor.
- I am a magnet for joy and fulfillment.

HONORING ALL WHO SERVED



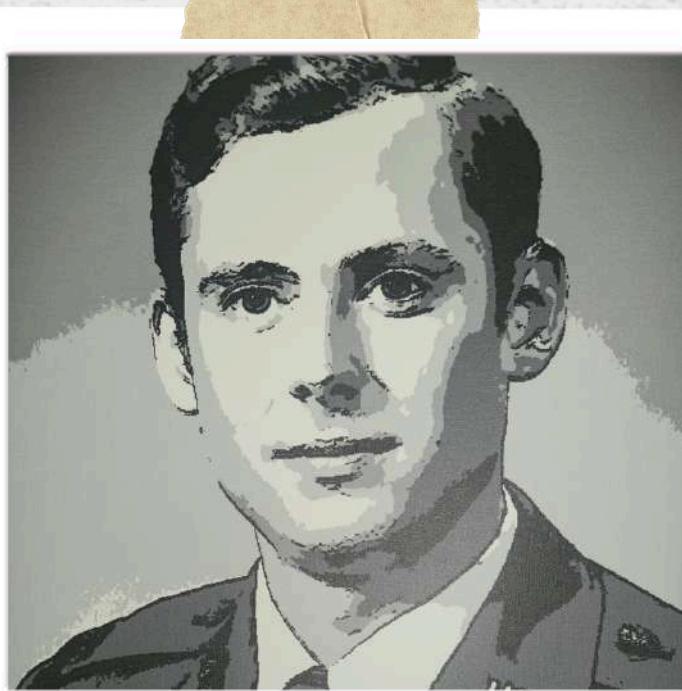
THANK YOU  
VETERANS



**Mr. Sonny**  
U.S. Airforce



**Mr. Wilbert**  
U.S. Airforce



**Mr. Tom**  
U.S. Navy



**Mr. Philip**  
U.S. Navy



**Mr. John**  
U.S. Airforce



**Mr. William**  
U.S. Army



**Mr. Richard**  
U.S. Airforce

# Thank you

As we enter this season of thanks, I want to express my deep gratitude for the incredible seniors we have the privilege of serving. Their stories, strengths, and spirits inspire us every day, and this newsletter is one way to showcase and celebrate them.

I also want to thank the loved ones and caregivers who support our seniors with such dedication, as you all are an important part of our community.

Best,

*Jana Hobson*

Therapeutic Recreation Leader

# THANKFUL

# HOW POSITIVE THINKING

## AFFECTS MENTAL HEALTH

### Reduces Stress and Anxiety



Positive thinking helps reframe negative situations, making it easier to manage stress and reduce anxiety. It encourages problem-solving instead of dwelling on worries.

### Boosts Emotional Resilience



A positive mindset helps you bounce back from setbacks faster. Optimism strengthens emotional resilience, allowing you to handle life's challenges with confidence.

### Improves Physical Health



Positive thinkers tend to have lower blood pressure, stronger immune systems, and better heart health.

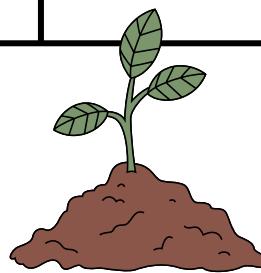
### Enhances Self-Esteem and Confidence

Focusing on strengths instead of weaknesses helps build self-worth. Positive affirmations and self-compassion can boost confidence and personal growth.



### Encourages Healthy Habits

Optimistic people are more likely to maintain healthy routines, such as exercising, eating well, and getting enough sleep.



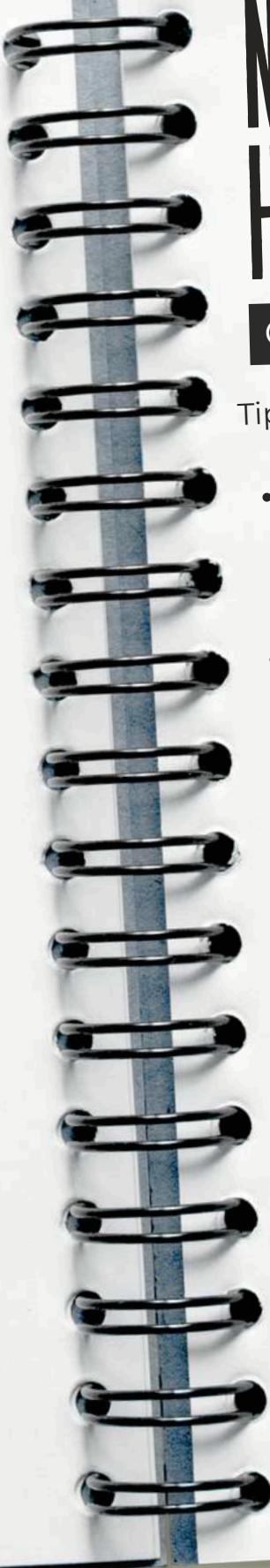
### Promotes a Growth Mindset

With positive thinking, failures become learning opportunities. This mindset fosters resilience, motivation, and continuous self-improvement.



### Increases Happiness and Life Satisfaction

A positive mindset leads to greater overall happiness and a sense of fulfillment. Gratitude and optimism help you appreciate life's moments, big or small.



# NURSE DORA'S HEALTHY TIPS

## COLD WINTER MONTHS

Tips To Stay Healthy During the Long, Cold Winter Months

- **Stay Hydrated:** Make sure to drink plenty of water throughout the day to stay properly hydrated. Proper hydration supports overall health, aids digestion, and helps maintain energy levels.
- **Maintain a Healthy Diet:** Focus on a balanced diet that includes plenty of fruits and vegetables, particularly those rich in vitamin D and other essential nutrients. A nutrient-dense diet strengthens your immune system and supports overall well-being.
- **Dress Appropriately:** Layer your clothing to stay warm during colder weather. Consider using thermal wear or insulated outer layers to protect against the cold, especially during outdoor activities.
- **Engage in Regular Exercise:** Stay active with activities such as walking, yoga, or light stretching. Regular exercise helps maintain physical health, boosts mood, and supports cardiovascular fitness.
- **Schedule Routine Check-ups:** Regular health check-ups are important to monitor your well-being, especially if you have chronic conditions. Preventive care can help detect issues early and ensure you stay on track with your health goals.

For more information, please visit [HealthShots.org](https://HealthShots.org)



**ALEXANDRIA**  
ADULT DAY SERVICES CENTER

NOVEMBER NEWSLETTER

**HAPPY  
BIRTHDAY**



**Ms. Jennie  
NOVEMBER 23**

**ALEXANDRIA**  
ADULT DAY SERVICES CENTER

NOVEMBER 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



# UPCOMING EVENTS

December 2025 - January 2026

**WEDNESDAY,  
DEC 17**

**Anonymous Talk: When Caregiving Gets Hard (Cameras Off) (Online Event)**  
6:00pm-7:00pm EST

**WEDNESDAY,  
DEC 17 -19**

**Relax & Recharge: Gift of Rest (Cameras Off) (Online Event)**  
8:00pm-8:30pm EST

**THURSDAY,  
DEC 18**

**Anonymous Talk: Compassion Fatigue (Cameras Off) (Online Event)**  
3:00pm-4:00pm EST

**MONDAY,  
DEC 22**

**Anonymous Talk: Loneliness & Isolation in Caregiving (Cameras Off) (Online Event)**  
12:00pm-1:00pm EST

For more details and updates about these events, please visit **trualta.com**.  
Please note: Registration is required on the website prior to event attendance.

# FIRST NIGHT

# Alexandria

12.31.2025

KIDS  
SENIORS  
JAZZ  
ROCK  
AMERICANA  
MAGIC  
DANCING  
COMEDY  
AND MORE!

STAY  
LOCAL

## NEW YEAR'S EVE!

**It's a family-friendly  
festival of music  
and more all day!**

GW Masonic Memorial

NOON - 4PM

John Carlyle Square Park

4:30 - 8:30PM

Market Square

6:30PM - MIDNIGHT

Various Old Town Venues

7:00 - 11:00PM

**\$10**



For tickets and more info:  
[firstnightalexandria.org](http://firstnightalexandria.org)

Fireworks at 7PM & Midnight

C E L E B R A T E 2026



DEPARTMENT OF  
COMMUNITY &  
HUMAN SERVICES

# The Caregiver Space

# SUPPORT

# GROUP

## ROMITA AFZAL

✉️ [romita.afzal@alexandriava.gov](mailto:romita.afzal@alexandriava.gov)  
☎️ 703.328.8505  
✉️ [jackie.mccord@alexandriava.gov](mailto:jackie.mccord@alexandriava.gov)  
☎️ 703.746.5672 - Ext. 5672



**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.

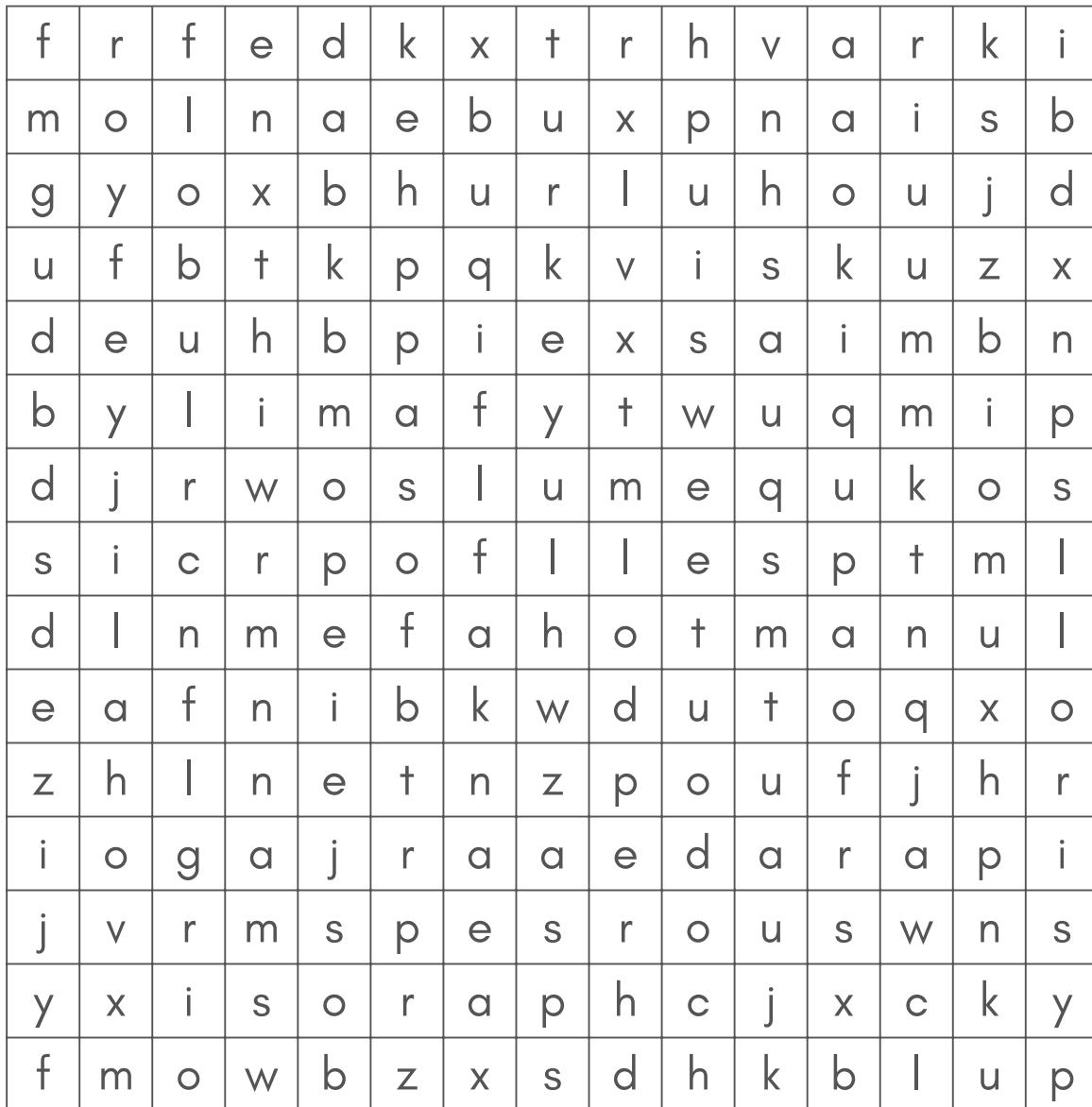
We're excited to launch ***The Caregiver Space*** — a free monthly group for older adult caregivers to share challenges, experiences and support in a safe, welcoming space. Meetings are held the second Thursday of each month from 3 to 4 p.m. There is no cost to attend.

**Adult Day Services Center**, 1108 Jefferson St.

# THANKSGIVING

## word search

Can you find all the words related to Thanksgiving?



cranberry

football

pumpkin

squash

dinner

parade

pumpkin

stuffing

family

pie

rolls

turkey





# Thanksgiving Word Scramble



Directions: Unscramble the following words using the word bank below. When finished, write five sentences using some of these words. Each sentence should demonstrate an understanding of the definition of the word.

abundance

appreciation

community

compassion

empathy

family

generosity

gratitude

harvest

reflection

sincerity

tradition

cnaioitiaperp

---

yisrtgeeno

---

acsonpmiso

---

itdaegurt

---

ypthame

---

mnytiuco

---

annduacbe

---

efltiorcn

---

yitrcnese

---

iatrdonit

---

limfay

---

tesarhv

---