

2025

ALEXANDRIA

ADULT DAY SERVICES CENTER

OCTOBER NEWSLETTER



STAFF

MONTHLY AFFIRMATIONS

CENTER TRIPS AND ACTIVITIES

HEALTH AND WELLNESS TIPS

CELEBRATING OCTOBER BIRTHDAYS

NURSE DORA'S HEALTHY TIPS

VOLUNTEER SPOTLIGHT

EVENTS & ANNOUNCEMENTS

GAMES

MONDAY-FRIDAY

8 a.m.-5 p.m.

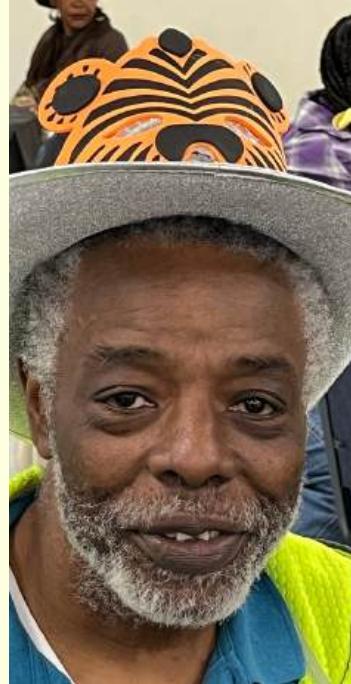
Lee Center, 1108 Jefferson St

Call 703.746.5676 for more information.

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



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

DAILY AFFIRMATIONS

This October:

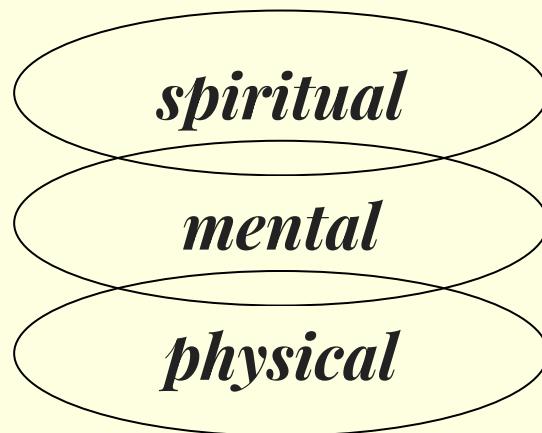
**I WILL LOVE AND
ACCEPT MYSELF
EXACTLY AS I AM!**





Three DAILY WINS

Three Daily Wins is an exercise designed to help you focus on nurturing key areas of your life.



Each day, choose one achievable win in each category to promote balance and well-being. By tracking your progress, you build momentum and create a more intentional, fulfilling routine.

Physical Win

- walking for 30 minutes
- jogging
- practicing yoga
- lifting weights
- stretching exercises
- dancing
- taking the stairs
- preparing a healthy meal
- trying a new fitness class
- going for a hike
- drinking enough water
- getting 7-8 hours of sleep
- doing a home workout
- breathing exercises
- eating veggies

Mental Win

- planning and organizing tasks
- setting a personal challenge
- reading
- journaling
- learning a new skill
- creating a vision board
- studying a new topic
- listening to a podcast
- practicing a language
- writing a to-do list
- reviewing goals and progress
- creating a mind map
- listening to an audiobook
- doing a creative hobby
- organizing your workspace

Spiritual Win

- practicing positive self-talk
- meditating
- praying
- writing a gratitude list
- spending time in nature
- random act of kindness
- doing a digital detox
- practicing affirmations
- volunteering
- forgiving someone
- letting go of negativity
- offering emotional support
- lighting a candle
- using incense for focus
- sending an uplifting message

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HALLOWEEN MASQUERADE BALL



October was a wonderfully productive and joy-filled month as we fully welcomed the fall season.

The vibrant leaves, cooler weather, and festive spirit inspired a variety of meaningful activities for our seniors.



To close out the spooky month, we hosted a lively Halloween Masquerade Ball that brought our community together in the best way.

Our seniors dressed in creative costumes and various masks, filling the room with excitement and personality. Loved ones, friends, and guests from St. Martin's Senior Center joined us, adding to the energy and making the event even more special.

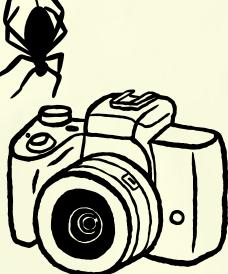


The afternoon was filled with music, line dancing, delicious treats, and plenty of laughter. It was truly a heartwarming celebration that highlighted the joy and connection within our center.

Please enjoy more photos from this memorable event below!

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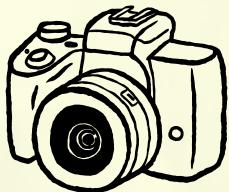


HALLOWEEN MASQUERADE BALL PHOTOGRAPHS



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HALLOWEEN MASQUERADE BALL PHOTOGRAPHS





STAY HEALTHY DURING SEASONAL SICKNESS



Boost Immunity

Include vitamin-rich foods and stay hydrated.



Practice Hygiene

Wash hands, sanitize, and avoid touching your face.



Weather Readiness

Wear weather-appropriate clothing and keep warm indoors.

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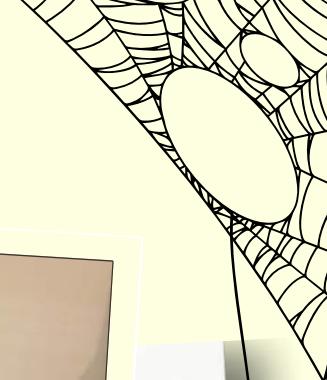
HAPPY
BIRTHDAY



Ms. Frances
OCTOBER 16



Mr. Wilbert
OCTOBER 21



NURSE DORA'S HEALTHY TIPS

FALL ALLERGIES

Strategies for Fall Allergy Relief - Lifestyle Adjustments

Here are a few helpful proactive measures to help manage your fall allergy symptoms!

- **Shower before bedtime:** Rinsing off pollen from your skin, hair, and clothing helps prevent it from transferring to your pillow and bedding, which can reduce nighttime allergy symptoms.
- **Keep windows closed at home and in the car:** While fresh air can feel nice, open windows allow pollen to enter your living spaces and vehicle, potentially worsening allergy flare-ups.
- **Monitor local pollen levels:** Try to limit outdoor activities on days when pollen counts are especially high. The American Academy of Asthma, Allergy, and Immunology provides an online tool with up-to-date pollen information for cities across the country.
- **Use a HEPA air filter:** Whether integrated into your HVAC system or used as a separate air purifier, a HEPA filter can help remove pollen, mold, and other allergens from the air.
- **Wear a mask when raking leaves:** This simple step helps protect you from inhaling mold spores that may be released from damp or decaying leaves.



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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

✉️ romita.afzal@alexandriava.gov
☎️ 703.328.8505
✉️ 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.

UPCOMING EVENTS

December 2025 - January 2026

**FRIDAY,
DEC 5 - 19**

**Caregiver Class: The Mental Fog of Care
(C11) (Cameras Off) (Online Event)**
1:00pm - 2:00pm EST

**TUESDAY,
DEC 9**

**Anonymous Talk: Navigating
Dementia During the Holidays
(Cameras Off) (Online Event)**
12:00pm-1:00pm EST

**WEDNESDAY,
DEC 17**

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

**THURSDAY,
DEC 18**

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

HALLOWEEN

WORD SEARCH

Find the words below in the word search.

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

PUMPKIN

ZOMBIE

HOST

WITCH

SCARECROW

SKELETON

VAMPIRE

SPIDER

BROOMSTICK

CAULDRON

CANDY

BAT



HALLOWEEN



Unscramble the Halloween words below.

On the reverse side write 4 sentences
using these words!



W H I C T

K P U P I M N

T U A N H

O S H T G

U C T O M E S

C I R K T

P M A E V I R

L B K A C A T C
