

paintings &
pairings
AN INSIGHT GALA

welcome!

october 4, 2024

5:30 pm to 9:00 pm

Westfields Marriott
Chantilly, Virginia

40
years

insight

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welcome to paintings & pairings!

Welcome to our 13th Annual Paintings & Pairings Gala! We are truly glad you could join us in celebrating the care, support, and education Insight Memory Care Center provides to thousands of individuals affected by Alzheimer's disease and other memory impairments in our community. Let the celebration begin!

This evening we invite you to enjoy great food, place your bids in the auction, get your beads for the heads or tails raffle, do a little networking, and enjoy a fantastic program highlighting dementia care in our community. You'll also be the first to hear the winner of our 9th annual Excellence in Memory Care Award!

We hope you're ready to bid! A fantastic auction is always a highlight of the event, and will be no exception this year. We kept the silent auction virtual again this year to spread out the fun - but it closes tonight! Take advantage of the Buy It Now option to snatch up outings and experiences, holiday gifts, and many returning favorite items!

While the event has grown and changed over the years, what hasn't changed is that all the proceeds from tonight ensure families are getting the support and care they need throughout their dementia journey. Thank you to the many who have celebrated with us from the beginning, and we welcome those attending Paintings & Pairings for the first time this year!

As we celebrate our 40th Anniversary, we truly want to express our gratitude for your generosity over the years. We have more friends than ever here to celebrate with us tonight, and we couldn't be more grateful for each and every one of you. I hope you have a wonderful evening at Paintings & Pairings!

Welcome!

Anita Irvin, Executive Director

paintings & pairings

AN INSIGHT GALA

5:30 PM | Mix, Mingle & Bid!

- Enjoy paired hors d'oeuvres and seasonal wines as we welcome you to Paintings & Pairings!
- Take a photo and tag Insight! #PaintingsPairings #InsightGala
- Place your mobile bids in the Silent Auction! The auction will close at 7:30 pm promptly.
- Get your beads for the Heads or Tails Raffle!

7:30 PM | Dinner

- Enjoy a delicious three-course dinner and the company of Insight friends at your table.

8:00 PM | Event Program

- Staff highlight what's new at Insight Memory Care Center.
- Find out the winner of our 2024 Excellence in Memory Care Award!
- Get your bids ready for one-of-a-kind experiences in our Live Auction.
- Insight families share how you can make a difference each and every day as they navigate their dementia journey.
- Have your beads ready and play to win at Heads or Tails!



40^{years} | insight

Since 1984, Insight Memory Care Center has been making a meaningful difference in the lives of those living with dementia. This anniversary year marks four incredible decades of unwavering commitment to providing quality dementia-specific care, support, and education in the Northern Virginia community.

We've served over 40,000 through our programs and services over the past 40 years.

We have raised over 1 million dollars through our Paintings & Pairings Gala to support our families.

We've been humbled to witness the unwavering support our of donors, the enthusiasm of our volunteers, the commitment of board members, and the tireless dedication of staff members throughout the years who have all shaped the organization to where we are today.

thank you!

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Assisted Living | Memory Care



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Memory Care



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paintings &
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AN INSIGHT GALA
2024



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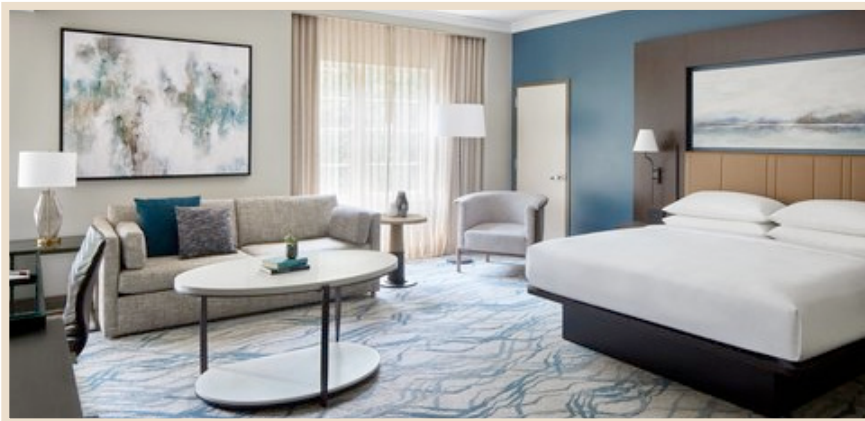
heads or tails!

\$20 for a Chance to Win the Raffle!

Play Heads or Tails for a chance to win a weekend stay at the lovely Westfields Marriott, valued at \$500! The Heads or Tails game will take place during the program and you must play to win - get your beads!

Weekend Stay: Westfields Marriott

Enjoy a weekend stay for two with breakfast for two! This award-winning hotel offers a tranquil location set on 26 beautiful acres in Chantilly, Virginia. Book a weekend stay during the holidays, for a visiting guest, or to enjoy the Paintings & Pairings Gala next year!



Heads or Tails: How it Works

Heads or Tails is a coin toss game. Everyone participating will stand up and choose “heads” or “tails” for the coin toss. If you guess right, you keep going — until we’re down to our winner!

caregiver BOOTCAMP

10.19.24

Tools to tackle everyday caregiving challenges!

Saturday, October 19th from 9:00 am to 12:30 pm

Insight Memory Care Center - Fairfax

Register today at InsightMCC.org/events

GIVING TUESDAY

TUESDAY, DECEMBER 3

A Global Day of Giving

Giving Tuesday, a worldwide day of giving, takes place on December 3rd. Insight will have a great day of programming on Facebook, LinkedIn, and YouTube – and we hope you’ll mark your calendars to join and support!

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menu

Passed Hors d'oeuvres

Baked Brie and Raspberry in Phyllo *(contains dairy)*

Pairing: California Avalon, Cabernet

Vegetable Bahn Mi Spring Roll *(contains egg)*

Pairing: St. Michelle, Riesling

Vegan Antipasto Skewer

Pairing: St. Michelle, Riesling

Bacon Wrapped Brisket Bites

Pairing: Monumental IPA

Cucumber Crab Canape

Pairing: Kim Crawford, Sauvignon Blanc

Plated Dinner

Arugula and Frisee Salad with roasted beets, watermelon radish, goat cheese, toasted pepitas, and horseradish vinaigrette *(contains dairy)*

Lemon Thyme Grilled Chicken with tomato caper basil relish, haricot verts, and olive oil roasted potatoes

Vegetarian Option: Vegetable Ratatouille Lattice Tart with haricot verts, and olive oil roasted potatoes

Focaccia bread slices *(contains gluten)*

Vegan Chocolate Mousse Tart

Please enjoy a fine selection of wine and beer at the bar throughout the evening. Soft drinks, coffee, and tea are also available.

All menu items are gluten friendly, dairy-free, and nut free unless otherwise noted. Please check with the wait staff if you have any concerns.



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award finalists

Excellence in Memory Care Award

REBECCA C. HARRISON, LCSW, CDP counseling for families living with dementia

Rebecca is a licensed clinical social worker and therapist, providing experienced counseling and consultation to individuals and families facing the psychological impact of a dementia diagnosis, the challenges of dementia caregiving and other elder care issues.



She goes above and beyond in providing compassionate care, ensuring families have the tools needed for their dementia journey. One care partner shared, “Rebecca’s experience, natural capacity for compassion and empathy and patient approach to counseling has helped get me through the first few years as my wife’s caregiver. I seriously question how well I would be handling the “loss” of my wife to this terrible disease without Rebecca’s support and advice. She has patiently listened and explained a lot of the issues I have faced and understands the anguish that is so common to a caregiver.”

WINNER WILL BE ANNOUNCED DURING TONIGHT’S PROGRAM!

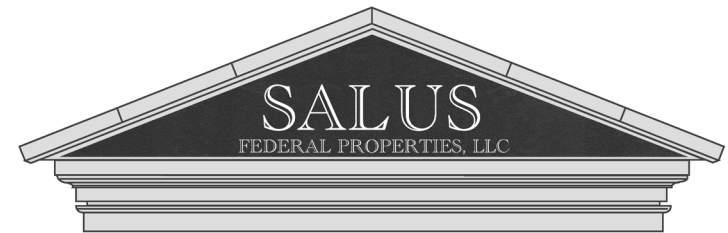
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In Loving Memory of Robert J. Warren
Dr. Alison Warren and James M. Jacobson, Jr.



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1323294

award finalists

Excellence in Memory Care Award

DR. JENNIFER PAULDURAI personalized approach to care

Dr. Pauldurai is a specialty care physician board certified in neurology and board eligible in neuropsychiatry, working as a part of the Integrated Neurological Care Team at Inova.

She has a special interest in mental health and psychology and finds that she cannot care for brain disease without overlap with psychological wellbeing. Therefore, she integrates therapy and coping skills into her practice.

Dr. Pauldurai takes the time to look at the whole person, and their whole story, to provide personalized care. She makes sure to teach and explain the eccentricities of dementia so a family can understand it, and she is eager to share her knowledge in our community by partnering to provide lectures and new educational programs - making sure all families have the tools they need to succeed.



award finalists
Excellence in Memory Care Award

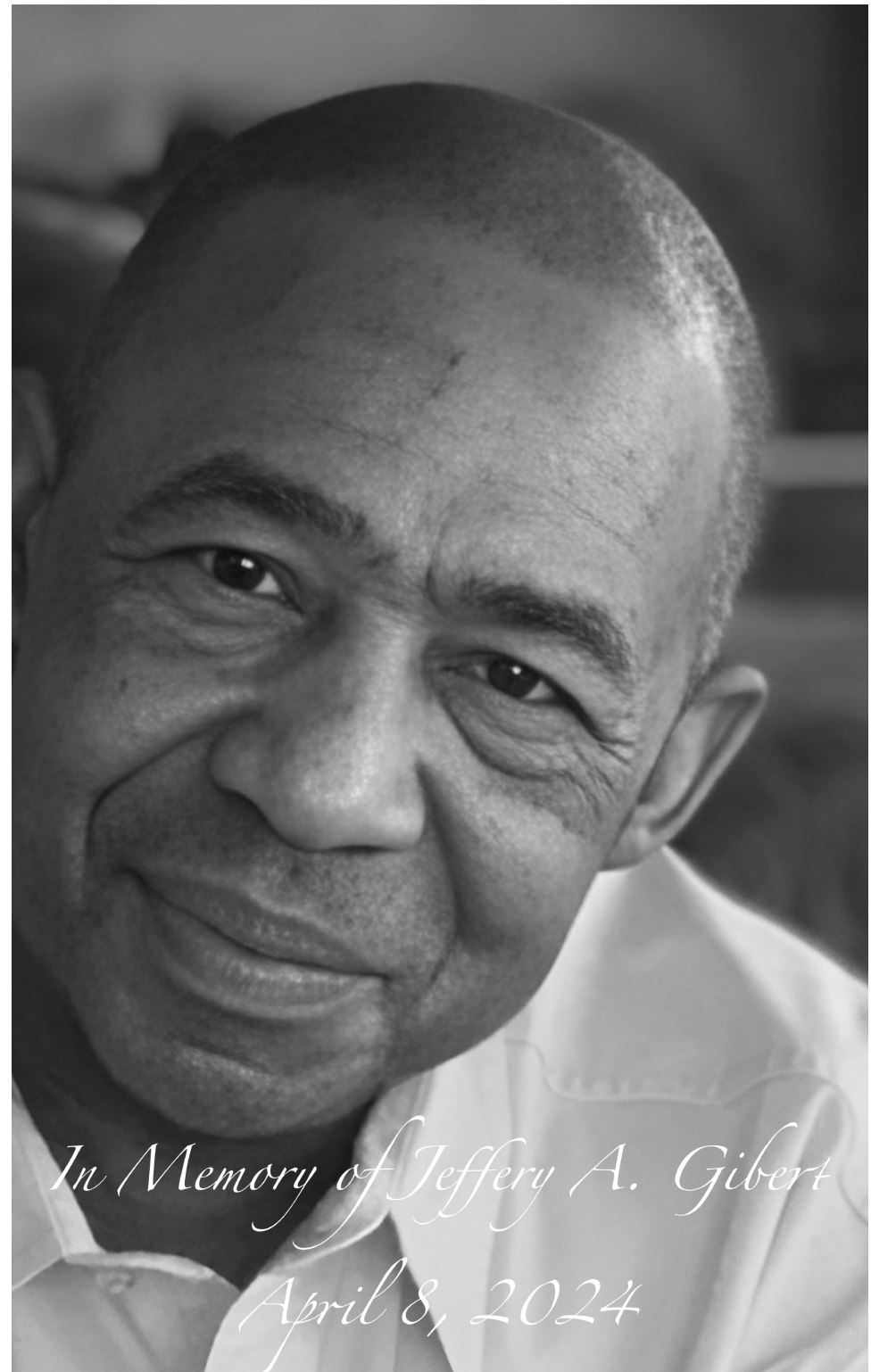
SEE ME AT THE SMITHSONIAN
dementia-friendly museum programs

See Me at the Smithsonian is a museum-based program designed to provide social interaction and cognitive stimulation for people living with dementia and their care partners. Through close looking at art, historical, and scientific objects, they encourage participants to discuss what details they notice and then make meaning based on their reactions to those objects and ideas.



The See Me team has been trained in the best practices for working with people with dementia and their care partners. They meet people where they are, honor their lived experiences, and provide opportunities to create meaningful moments with loved ones.

Research has shown that dementia-friendly museum programs like See Me can reduce isolation for both the individuals living with dementia and their care partners, as well as reduce caregiver burden. It is a great way to help mitigate social stigma around issues of memory loss and dementia.



In Memory of Jeffery A. Gibert
April 8, 2024

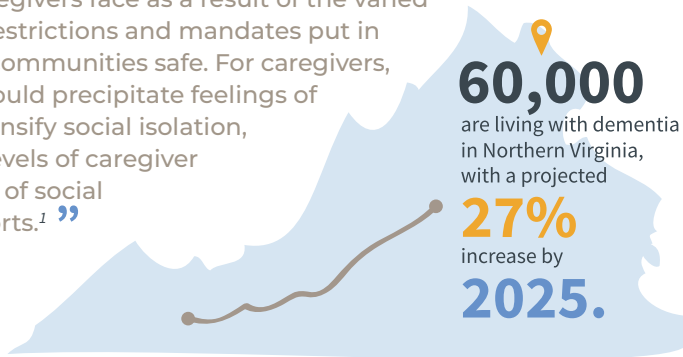



the problem

the need for quality care grows

With all the problems across the globe, it can be easy to forget about dementia. Unless your mom is becoming more and more forgetful. Or your spouse was just diagnosed. Dementia is still a growing problem.

“The COVID-19 outbreak amplifies the daily challenges caregivers face as a result of the varied and evolving restrictions and mandates put in place to keep communities safe. For caregivers, these orders could precipitate feelings of loneliness, intensify social isolation, and increase levels of caregiver stress because of social distancing efforts.”¹”



1 in 9

people over 65
 have Alzheimer's.

¹ Impact of COVID-19 Pandemic Restrictions on Community-Dwelling Caregivers and Persons With Dementia

² Alzheimer's Association Facts and Figures

³ Genworth Cost of Care Survey

⁴ Community Foundation 2023 Report "Growing Old Together in Northern Virginia"

2x
 as many caregivers indicate substantial emotional, financial and physical difficulties.²

61%
 increase in older adults over 65 in Northern Virginia since 2010.⁴

4x
 cost of nursing home care as compared to day center care.³

97%
 of older adults prefer to remain at home in Northern Virginia.⁵

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Insight 

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offered **EACH** MONTH!

OVERVIEW AND TOUR

New to Insight Memory Care Center?
 Events are offered monthly in both Fairfax and Sterling! See our programs in action, meet the staff, and learn more about resources available.

Register at InsightMCC.org/events

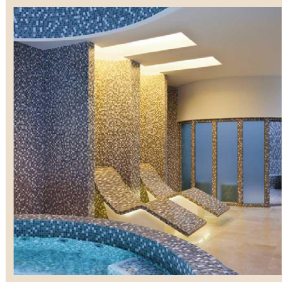
live auction

get your bids ready!

1 | Salamander Spa Experience

Indulge in ultimate relaxation with \$700 to spend at Salamander Spa. Treat yourself to a luxurious spa day filled with rejuvenating treatments and pampering services. Whether you're in need of a massage, facial, or body wrap, you'll find the perfect escape!

Courtesy of Silverado Memory Care Community and Presidential Realty & Reid Construction Group
Valued at \$700



2 | Wine and Dine Private Dinner Party

Enjoy a luxurious evening featuring a personal chef who will create a delectable dining experience for you and three guests. Pair your feast with a nice bottle of red and white wine to elevate the dining experience and entertain your guests in style.

Courtesy of Chefs for Seniors and Presidential Realty & Reid Construction Group
Valued at \$500

3 | Nationals Tickets & Signed Baseball

Spend a day at the ballpark in the row behind the Visitors' Dugout with four tickets and a parking pass to a 2025 Washington Nationals regular season home game. To top it off, the Keibert Ruiz autographed baseball is a coveted collectible to add to the game day experience.

Courtesy of Nancy Scott and Washington Nationals Baseball Club
Valued at \$660

4 | Getaway at the Four Seasons

Indulge in a luxurious getaway with this one-night stay in a deluxe king room at the Four Seasons Washington, D.C. with breakfast for two. Whether you're looking for a romantic escape or a solo retreat, the Four Seasons promises a relaxing and unforgettable experience.

Courtesy of Four Seasons Hotel Washington, DC
Valued at \$1123

5 | Exclusive NBC Studios Tour

Six guests can take a personalized tour of the NBC Washington news studio! NBC's own Aimee Cho, tonight's host, will be your tour guide for a firsthand look at what goes into reporting our nation's news.

Courtesy of NBC News4
Value is Priceless!

6 | Marriott Bon Voyage!

Elevate your travel experiences with 180,000 Bonvoy points. The possibilities are endless; you could book luxurious stays at top Marriott hotels and resorts around the world, upgrade to premium suites, or even enjoy exclusive experiences such as VIP concerts or culinary events.

Courtesy of Insight Memory Care Center
Valued at \$1400

7 | Wizards Center Court Floor Seats & VIP Tickets to Caesars Lounge for Dinner and Drinks

Experience the ultimate VIP package for two, offering an unparalleled view of the Wizards vs. Hornets, December 26th at 7:00 pm. You'll also enjoy the prestigious Caesars Lounge, where you can indulge in a delectable dinner and a selection of refreshing drinks before and during the game.

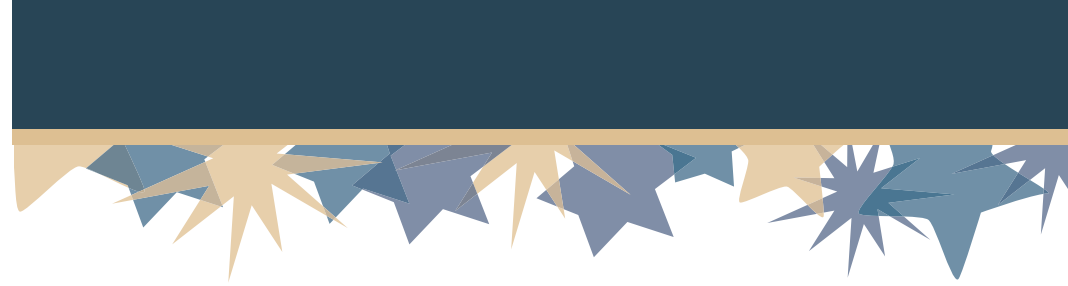
Courtesy of Presidential Realty & Reid Construction Group
Valued at \$3600

8 | Mountain Retreat Getaway at Shenandoah Cabin

Enjoy a two night stay at the base of Old Rag Mountain in the Shenandoah in this mountain cabin suited with modern luxuries. You will be close to great outdoor activities and wineries, or relax indoors with the amenities, including a bar, theater, pool, foosball, and arcade games.

Courtesy of Paragon Assisted Living
Valued at \$3700





about us

Care: Early Stage Programs

RECONNECTIONS

Reconnections promotes brain health and building cognitive reserve, while creating connection for those living with mild cognitive impairment (MCI) or in the early stages of memory impairment. Together with professional staff, small groups participate in discussion groups, recreational therapies, learning experiences, and all have the opportunity for peer support and to socialize in a safe, stigma-free setting.



SHARE PROGRAM

The SHARE Program provides a hands-on way to plan for the future together. It is a series of 5 weekly sessions for families in the early stages of dementia to discuss values and preferences for care, build a strong network of support, and create a plan to rely on both now and in the future.

MEET ME: COMMUNITY OUTINGS

Meet Me: Community Outings are free, and give families living with mild cognitive impairment (MCI) or early stage memory loss an opportunity to connect and stay engaged in the community, in a safe and supportive way. Outings are designed for both the diagnosed individual and a care partner or friend to participate together, and meet new friends in the process!

Learn more at InsightMCC.org/earlstage

many thanks for all you do!

Kathy MacDonald



The
**American
Gift Fund**

STEP UP YOUR GIVING

about us

Care: Adult Day Health Center

ADULT DAY HEALTH CENTER

Insight's adult day health center provides a safe, engaging, and therapeutic environment for people with memory impairment in early to late stages. It is the only dementia-specific day center in the DC metro area and still the only adult day health center in Northern Virginia with programs for people in the later stages of dementia.



Blue Group

The blue group offers therapeutic care and programming designed for participants in the early to mid stages, offering a variety of activities to foster peer support and engagement through small group programs.

Orange Group

The orange group offers therapeutic care and programming designed for participants in the moderate stages, providing activities that create a sense of purpose and connectedness to other participants in the group.

Coral Group

The coral group offers therapeutic care and programming designed for participants in the moderate to late stages, offering individualized staff attention to enable stimulation and engagement through sensory based adapted programming.

Learn more at InsightMCC.org/daycenter



In Loving Memory of my Nana
Dorothy Mae Rice Moore

~Tiffani C. Moore



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CONGRATULATIONS INSIGHT MEMORY CARE CENTER ON YOUR 40th ANNIVERSARY

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How will you pay for it?

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703-940-3485 / areid@seia.com
LifecareAffordability.com



Investment advisory services are offered through SEIA, LLC. Securities are offered through Signature Estate Securities, Inc. member FINRA/SIPC. Lifecare Affordability Plan® is a marketing name for SEIA. Services related to evaluating the client's healthcare treatment plan are independent of and are not endorsed by Signature Estate Securities, Inc. SEIA Virginia branch address is 1650 Tysons Blvd, Suite 1575, Tysons Corner, VA 22102, and phone number is 703-940-3400.

about us Support Programs

As families are also affected by the disease, Insight offers support programs specifically for care partners to reduce stress, plan for the future, and build a network of support that provides practical solutions to caregiving challenges.



SUPPORT GROUPS

Led by experts in dementia care, support groups offer people in like circumstances the chance to share practical advice, discuss frustrations and fears, and connect with others who are on a similar journey in a secure group environment.

CONSULTATIONS

Every situation is unique. Insight can meet with families in person, virtually, or by phone to discuss a family's specific needs or challenges and make recommendations of area resources that may be appropriate.

MEMORY CAFE

The café is an opportunity for care partners and their loved one to meet with others for support, companionship, and fun! The program provides structured activities to promote reminiscence, cognition, and engagement.

CARE PARTNER MEET-UPS

An informal way for current care partners and families to meet, chat, and get to know one another over coffee!

Learn more at InsightMCC.org/support

about us

Education Programs

Insight's innovative education programs and virtual resources help family members remain confident and effective in their caregiving roles and increase awareness and understanding of the disease in the community.



CARE PARTNER TRAINING

Free specialized classes are offered for care partners to build their skills and confidence while learning more about dementia resources in the community. Classes and workshops are offered on a variety of topics throughout the year, both in-person and online.

COMMUNITY & PROFESSIONAL TRAINING

Insight offers a variety of training options to businesses, school groups, service organizations, and faith communities regarding current topics in Alzheimer's disease and caregiving. With our expertise in dementia care, we also provide consulting services and specialty seminars for long-term care facilities and other professional groups serving older adults.

RESOURCE LIBRARY & BLOG

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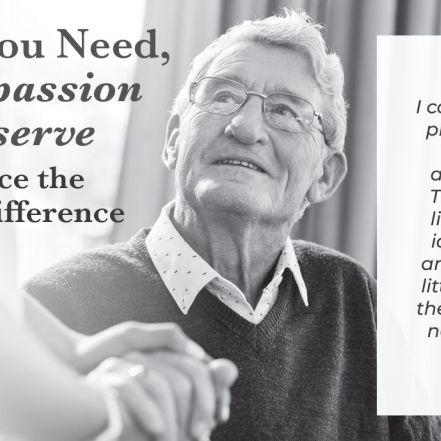
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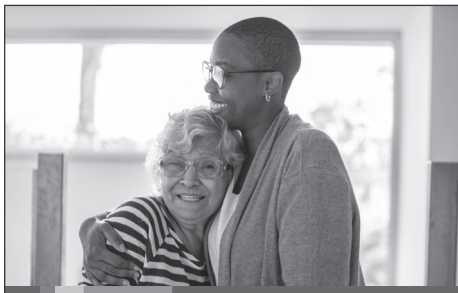


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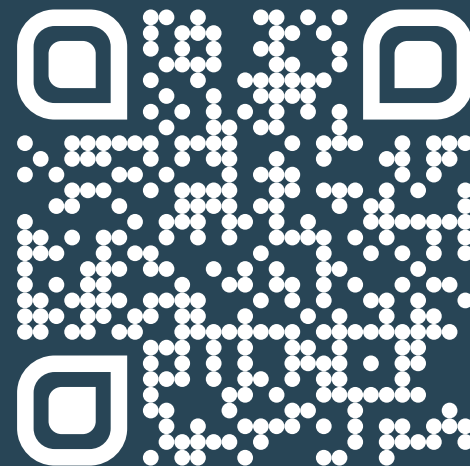
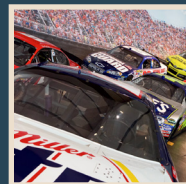
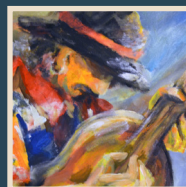
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