



# **Genevieve N. Johnson Senior Day Care Center Advisory Council's Quarterly Newsletter™**

**Volume 6, Issue 4**

**October-December 2022 Edition**

## **CHAIRPERSON'S MESSAGE**

Greetings Fellow Zionites in the name of Jesus Christ our Lord and Savior!

We are very pleased to share with you our latest edition of the quarterly newsletter of the GNJ Senior Day Care Center's Advisory Council. Our purpose of printing this quarterly newsletter is to provide valuable news and information about the wonderful work that is being accomplished at the GNJ Senior Day Care Center and how you can take advantage of these great services and programs. If you have a good story about your experience at the GNJ Senior Day Care Center please feel free to share it with us and thank you in advance for your continued support of the GNJ Senior Day Care Center.

*Elaine S. Saunders*

**Chair, GNJ Senior Day Care Advisory Council**

## **MISSION OF THE GNJSDC ADVISORY COUNCIL**

The mission of the Genevieve N. Johnson Senior Day Care Center Advisory Council is to provide advice and guidance to the staff of the GNJ Senior Day Care Center on ideas and initiatives that serve to enhance the awareness and utilization of a wide range of opportunities for the Center's participants and their family members as well as any interested members of Zion Baptist Church and/or the local community. In accordance with the DC Office on Aging and Community Living (DACL) grant to the GNJ Senior Day Care Center an advisory group has been established by Zion Baptist Church and the current advisory council members are as follows:

- Sister Elaine S. Saunders (chair)
- Deacon Norma Hutcheson
- Sister Linda Scope
- Brother Reginald Watson
- Trustee Roy Castleberry
- Sister Thelma Burless (ex officio)

We are continuing to conduct a comprehensive outreach review in order to better understand the demographic profile of eligible seniors at Zion Baptist Church so that we can not only improve upon the current services and programs but develop a strategy to market and offer additional services and programs. Accordingly, please feel free to offer any suggestions that you believe might be of interest and we will definitely do our best to consider if applicable. Also, if you would like to volunteer your knowledge, skills and abilities in support of our mission please let us know.

Contact Sister Saunders at [esaunders80@outlook.com](mailto:esaunders80@outlook.com).

## **INSIDE THIS ISSUE**

- 2** Overview of the GNJ Senior Day Care Center
- 3** News and Information About the GNJ Center
- 4** GNJ Center Receives Additional Grants in 2022
- 7** Important Information on Ten Early Warning Signs About Dementia That You Should Not Ignore

## OVERVIEW OF THE GNJ SENIOR DAY CARE CENTER

The Genevieve N. Johnson Senior Day Care Center Program ("Center") is an Adult Day Care Center domiciled in Zion Baptist Church's Family Life Center located at 4817 Blagden Avenue, N.W., Washington, D.C. 20011. The Center has been in operation for approximately thirty-nine years and incorporates quality day care services for the frail elderly as well as the recreation/socialization for the reasonably healthy elderly persons. The Center is located in Ward Four of the District of Columbia and serves residents age sixty years and older throughout the Washington metropolitan area. The Center is a one-of-a-kind program that combines adult day care services and senior center services.

The overall goal of the Genevieve N. Johnson Senior Day Care Center's Program is to provide an atmosphere designed to enable families to successfully manage the responsibility of quality care for an elderly or frail senior family member in their home environment. The Center provides various rehabilitative, social and recreational activities and services made possible to maintain a high quality of life and forestall early institutionalization. The participants at the Center enjoy recreation and friendship with their peers as well as receive health education, nutrition and family supportive services via counseling, comprehensive assessments and required resources and services after assessments as well as case management reviews and follow-ups.

The Center provides a very important outlet for family caregivers, as it offers socialization, activities, and necessary supervision to those individuals who are socially isolated or in need of essential care and assistance. Caregivers feel confident that their loved ones are in a safe environment and well cared for while they are at work or performing other necessary tasks. In addition, the Center offers a variety of programs and amenities, including medical screening, cognitive assessment, exercise programs, recreational activities, therapeutic services, transportation and escort services, and a diverse schedule of engaging activities as well as nutritious meals on a daily basis.

For many caregivers, the Center provides them with the adult day care services they need in order to adequately care for their aging spouse or relative. Whether they use the Center for respite services or for daily care so that they can work or tend to other responsibilities this is an important option for family caregivers.

Currently, through an annual grant awarded from the D.C. Office on Aging and Community Living (DCAL), the Center provides: (a) Adult Day Care Services, (b) Recreational/Socialization Activities, (c) Health Promotion, (d) Comprehensive Assessment, (e) Counseling and (f) Case Management. These six components are accomplished through the provision of: (a) Transportation and Escort Services, (b) Congregate Meals, (c) Therapeutic Arts, (d) Inter-generational Activities, (e) Caregiver's Support Group, (f) Music Therapy, (g) Fit and Wellness Programs, and (h) Outreach to the Local Community.

The Center also makes referrals to other services offered to residents of the District of Columbia aged sixty years and older by the D.C. Office on Aging and Community Living (DACL) such as: (a) Caregiver Support, (b) Community and Home-Delivered Meals, (c) Information and Referral/Assistance, (d) Legal Assistance, (e) Long-Term Care Planning, (f) Medicaid Enrollment Assistance, (g) Nutrition Programs, (h) Safe at Home Resources and (i) Nursing Home to Community Living Transition. In addition, the Center collaborates with the D.C. Aging and Disability Resource Center (ADRC) for low-income seniors interested in receiving assistance in completing the necessary government forms for Medicaid benefits and the Supplemental Nutrition Assistance Program (SNAP)

The GNJ Center's minimal admission criteria are as follows: self-toileting, self-feeding, independent mobility, ability to make routine decisions alone, present no threat to self or others, fully vaccinated, sixty years of age or older and a District resident.

***For more information about the Genevieve N. Johnson Senior Day Care Center please contact Thelma Burless, the Executive Director of the GNJ Senior Day Care Center at (202) 723-8537 or 202-697-3017. Email: [tburless@gjnsd.org](mailto:tburless@gjnsd.org).***

## ***NEWS AND INFORMATION ABOUT THE GENEVIEVE N. JOHNSON SENIOR DAY CARE CENTER***



With more than three decades of experience, the exemplary quality and compassionate services of the Genevieve N. Johnson Senior Day Care Center (GNJ Center) is incomparable. The GNJ Center is located at 4817 Blagden Avenue, N.W. in Ward Four of the District of Columbia and serves residents age sixty years and older. Through an annual grant from the District of Columbia's Department on Aging and Community Living (DACL) the GNJ Center is a one-of-a kind dual program that offers adult day care services for the frail elderly as well as the recreation/socialization for the well-to-do elderly and committed to expanding the continuum of senior care and support services. The overall goal of the Genevieve N. Johnson Senior Day Care Center's Program is to provide a pleasant and thriving environment designed to enable families to successfully manage the responsibility of quality care for an elderly or frail senior family member in order that they may be able to comfortably remain in their home; and therefore maintain a reasonable quality of life for as long as possible by providing cognitive, rehabilitative, social and recreational programs, activities and services at the GNJ Center.

### ***GENEVIEVE N. JOHNSON SENIOR DAY CARE CENTER PLANS FOR FUTURE EXPANSION OF PROGRAMS AND SERVICES***

Zion Baptist Church, in conjunction with Zion Community Enterprise, is in the process of designing an affordable quality senior housing development project to be known as the Genevieve N. Johnson Senior Residences. As a direct outcome of this effort, plans are underway to further enhance the continued expansion and sustainability of both the scope and impact of programs and services at the Genevieve N. Johnson Senior Day Care Center for Zion Baptist Church members and the community at-large. This will include, but not be limited to: (a) expanded visibility and impact by seeking additional funding and resources through grants and sponsorship; (b) moving forward with renovations and repairs to the Family Life Center; and (c) moving forward with the design and implementation of an enhanced "Wellness Center" as a component to the affordable senior housing development project at the Family Life Center to be known as the Genevieve N. Johnson Senior Residences. Please stay tuned for ongoing updates!

# *GENEVIEVE N. JOHNSON SENIOR DAY CARE CENTER RECEIVES ADDITIONAL GRANTS IN YEAR 2022*

**Great News! We are extremely pleased to share with you fantastic news and information regarding the Genevieve N. Johnson Senior Day Care Center being the recipient of three special grants during the year 2022 as follows:**

**The Washington Homes (TWH) provided a \$51,000 grant in June 2022** to the GNJ Center. This grant is designed to address the lack of Respite Care Support Services for our caregivers and participants. The GNJ Center understands that being a caregiver is so hard because they are watching a loved one change, often for the worse. This could be mental due to a form of Dementia or due to a physical disability. A caregiver might find it hard to see the person they care for the way they were before they became sick, or they might feel like they have lost the person they were before they became a caregiver. It is difficult because they are still on call as a caregiver 24/7, especially if they are doing it alone. This problem impacts at least 95% of our clientele and nearly 92% of the targeted population. Doctors often think of caregivers as hidden patients. If the bad feelings are lasting a long time and impacting your life, then this could mean that you as a caregiver are stressed and could lead to possible burnout known as Compassion Fatigue. This can be dangerous because it can lead to medical errors and/or disrupted relationships with the person you are caring for, as well as other family and friends. Compassion fatigue can be a cloud over your empathy, meaning you might not notice things are going wrong, with others or yourself.

The GNJ Center's solution was to create a comfortable learning environment that will allow us to train, educate and provide resources to the caregivers and participants. Services that we provide include: a weekly caregiver support group, registered nurse contractor (to provide health education talks and weight/blood pressure screenings), social worker contractor (to provide emotional support to participants), community outreach events (to raise awareness on dementia and caregiving), senior friendly durable furniture for participants and the provision of food/snacks. We intend to serve fifty (50) caregivers and seventy-five (75) participants with this grant. This particular grant is uniquely designed to serve as a dedicated multi-functional "safe space" for caregivers in order to learn more about available resources participate in peer support sessions and enjoy get-togethers. The participants experience self-directed learning sessions to support and enhance their caregiving journey. In particular, the "Caregivers' Lounge" is perfect for small group sharing sessions and was able to accommodate up to twenty (20) persons in a workshop-style setting. The goal of the TWH grant is to create a trusted environment that is available whenever needed as caregivers need their own "safe space" where they can be heard, supported and engaged – and that is exactly what the GNJ Center seeks to offer through this TWH grant.

**The DC Commission on Arts and Humanities provided two grants in October 2022: One grant in the amount of \$24,000 to conduct a TimeSlips Storytelling Program and the other grant in the amount of \$17,400 to conduct a Music Memory Café Program for a total amount of \$41,400.**

**Music Memory Café:** The GNJ Center will design a specialized Musical Memory Café comprised of retired musicians with Alzheimer's and other Dementia-related diseases providing them with the opportunity to talk about music and create a DC Rhythm City Band performing with others throughout the District of Columbia. The Musical Memory Café will be established as a safe environment that will allow musicians to continue their love for music through socialization and performance. The Musical Memory Café's overall goal is to support the well-being of participants throughout the District of Columbia using a creative approach to opening up imaginative memories through a structured series of

creative engagements. Led by a musician who is a certified facilitator, participants will be able to create musical expressions that reflect their interest. With the guidance of the teaching musician, and special guest musicians as appropriate, the Musical Memory Café will develop a product to be shared with the broader community. Each of the participant's family members, care partners and others within the community will be invited to a celebratory event featuring the participants in a way that is culturally appropriate and memory friendly, honoring their inspiration and their work with an artistic value and connection to their communities.

**TimeSlips Storytelling:** The GNJ Center will design a specialized TimeSlips Storytelling engagement approach using a creative approach to open up imaginative storytelling through a structured series of creative story sessions. Led by a teaching artist who is a certified facilitator, participants will be able to co-create a collaborative work of artistic expression that reflects their interests, tastes, hopes and desires. With support from the facilitator, group stories will be crafted into a "text" for sharing – works of original poetic stories, images, and visual artworks. The final form will be determined by the participants themselves. Using the format of a "Memory Café" each participant's family member, care partners and others within the community, will be invited to a celebratory event featuring the participants-artist in a way that is culturally appropriate and memory friendly, honoring their inspiration and the work with artistic value and connection to their communities.

The TimeSlips Storytelling pilot-project will offer a short series of engagement sessions, through the Create and Thrive! Program, that offers a taste of this work, and is shared as an example and inspiration. These creative sessions will be designed to reflect joy and well-being as evidenced by their active participation and memory recall. The interactive workshops will provide each participant with an opportunity to enjoy self-expression while sharing heart felt stories and other creative modalities to provide a sense of self and reminiscent play. The TimeSlips Storytelling pilot-project model is designed to shift away from the expectation of memory – where participants with Dementia can feel shame and loss – toward imagination, where participants, staff, family and artistic collaborators can participate as equals from a position of strength.



## **WEEKLY CARE GIVER LOUNGE HELD EVERY WEDNESDAY AT THE GENEVIEVE N. JOHNSON SENIOR DAY CARE CENTER**

If you missed it, please consider joining us in the Caregiver's Lounge every Wednesday evening from 5pm to 7pm at the GNJ Senior Day Care Center. It's an evening that will allow for some well-deserved respite and networking. The Caregiver's Lounge is open to all District of Columbia Caregivers. For more information and registration please contact the GNJ Center at 202-723-8537.

ALL DC  
CAREGIVERS  
ARE INVITED  
TO JOIN US...



## In the GNJ Caregiver's Lounge

For

- ✓ Weekly support groups
- ✓ Respite Time
- ✓ Real Talk
- ✓ Health Presentations
- ✓ Snack bags and gift give-aways
- ✓ Special Guests
- ✓ Referrals and Resources

**Every Wednesday**  
**5:00pm – 7:00pm**

**WHERE:** Genevieve N. Johnson Senior Center  
4817 Blagden Avenue, NW WDC 20011  
**Website:** [www.GNJSeniorDaycare.com](http://www.GNJSeniorDaycare.com)  
**Email:** [info@gnjseniordaycare.com](mailto:info@gnjseniordaycare.com)  
**Phone:** 202-733-8537

# Ten Early Warning Signs of Dementia You Should Not Ignore

by Patrick J. Kiger, [AARP](#), Updated November 04, 2022

**How To Spot Symptoms That Your Loved One May Have Alzheimer's Or Dementia.** Brothers, from age fifty onward, it's not unusual to have occasional trouble finding the right word or remembering where you put things. But persistent difficulty with memory, cognition and ability to perform everyday tasks might be signs of something more serious.

## What Is Dementia?

Dementia isn't actually a disease, according to the Mayo Clinic. It's a catch-all term for changes in the brain that cause a loss of functioning that interferes with daily life. It can diminish focus, the ability to pay attention, language skills, problem-solving and visual perception. Dementia can also make it difficult for a person to control his or her emotions and can even lead to personality changes.

Roughly 6.5 million Americans are living with Alzheimer's disease, the most common type of dementia, though many experts say that number is probably higher. And its prevalence is projected to reach nearly 13 million by 2050, according to a 2022 report from the Alzheimer's Association. Globally, over 55 million people have dementia, the World Health Organization estimates.

## Diseases That Cause Dementia

These conditions are the leading causes of dementia. Many patients have mixed dementia, a combination of two or more types, such as Alzheimer's and vascular dementia.

**Alzheimer's Disease.** Alzheimer's is characterized by amyloid plaques and tangled fibers in the brain and by a loss of connections between nerve cells. Damage initially appears in the hippocampus, an area of the brain involved in memory formation, and gradually spreads.

**Vascular Dementia.** The second most common type of dementia results from damage to the vessels that supply blood to the brain. It tends to affect focus, organization, problem-solving and speed of thinking more noticeably than memory.

**Lewy Body Dementia.** Abnormal protein deposits in the brain, called Lewy bodies, affect brain chemistry and lead to problems with behavior, mood, movement and thinking.

**Frontotemporal Disorders.** Degenerative damage to the brain's frontal and temporal lobes is the most common cause of dementia in people age sixty-five and younger. Symptoms might include apathy; difficulty communicating, walking or working; emotional changes; and impulsive or inappropriate behaviors.

*Sources: National Institute on Aging, Mayo Clinic*

If someone is showing signs of dementia, it's important to see a medical expert who can conduct tests and come up with a diagnosis. Several, often treatable, conditions — from infections to a vitamin deficiency — can cause dementia-like symptoms, so it's necessary to rule them out first. If it is dementia, you'll want to plan how you will manage care, especially as the condition progresses.

# Ten Warning Signs of Dementia

Here are some symptoms to watch for:

- 1. Difficulty With Everyday Tasks.** Everyone makes mistakes, but people with dementia may find it increasingly difficult to do things like keep track of monthly bills or follow a recipe while cooking, the Alzheimer's Association says. They may also find it hard to concentrate on tasks, take much longer to do them or have trouble finishing them.
- 2. Repetition.** Asking a question over and over or telling the same story about a recent event multiple times are common indicators of mild or moderate Alzheimer's, according to the Cleveland Clinic.
- 3. Communication Problems.** Observe if a loved one has trouble joining in conversations or following along with them, stops abruptly in the middle of a thought or struggles to think of words or the name of objects.
- 4. Getting Lost.** People with dementia may have difficulty with visual and spatial abilities. That can manifest itself in problems like getting lost while driving, according to the Mayo Clinic.
- 5. Personality Changes.** A loved one who begins acting unusually anxious, confused, fearful or suspicious, or who becomes upset easily and seems depressed is cause for concern.
- 6. Confusion About Time And Place.** If someone forgets where they are or can't remember how they got there, that's a red flag. Another worrisome sign is disorientation about time — for example, routinely forgetting what day of the week it is, says Jason Karlawish, M.D., a neurologist and professor of medicine at the University of Pennsylvania Perelman School of Medicine and co-director of the Penn Memory Center.
- 7. Misplacing Things.** Someone with dementia may put things in unusual places and may have difficulty retracing their steps to find misplaced items, the Alzheimer's Association notes.
- 8. Troubling Behavior.** If your family member seems to have increasingly poor judgment when handling money or neglects grooming and cleanliness, pay attention.
- 9. Loss Of Interest.** Not feeling especially social from time to time is one thing, but a sudden and routine loss of interest in family, friends, work and social events is a warning sign of dementia.
- 10. Forgetting Old Memories.** Memory loss that becomes more persistent is often one of the first signs of dementia.

Some people who experience memory loss or have difficulty with attention, decision-making language or reasoning may have a condition known as mild cognitive impairment (MCI). The condition causes a noticeable decline, but the changes are less severe than with dementia and a person can still perform normal daily activities, according to the Cleveland Clinic. People with MCI are at an increased risk of developing dementia.

## Where To Find Help

When your loved one is displaying troubling symptoms, a trip to a primary care physician is often the first step. But to get a definitive diagnosis, you'll need to see a specialist such as a neurologist, geriatrician or geriatric psychiatrist. If you can't find one, the National Institute on Aging recommends contacting the neurology department of a nearby medical school. Some hospitals also have clinics that focus on dementia.



Specialists will want to know about the patient's medical history and habits (Do they exercise? Are they a smoker?) as well as their family medical history. Recent research suggests that a prevalence among even members of your extended family can increase your dementia risk. And modifiable factors like high blood pressure, smoking, diabetes and insufficient physical activity can increase a person's risk for dementia. Doctors also will conduct physical and neurological exams to rule out other treatable causes for dementia symptoms.

### **Ailments Can Mimic Dementia**

Any number of treatable conditions can cause dementia-like symptoms. Some of the most common:

- Alcohol abuse
- Anxiety, depression or stress
- Blood clots, brain infections or tumors
- Delirium
- Head injuries
- Kidney, liver or thyroid problems
- Side effects of medication
- Vitamin deficiencies

*Source: National Institute on Aging*

## **How is Dementia Diagnosed?**

Some of the methods that doctors use to diagnose dementia:

- **Cognitive and Neuropsychological Tests** assess language and math skills, memory, problem-solving and other types of mental functioning.
- **Blood Tests** are relatively new when it comes to diagnosing dementia and are still limited in clinical settings. Doctors can order one to measure levels of beta-amyloid, a hallmark of Alzheimer's disease.
- **Brain Scans** such as CT, MRI or PET imaging can spot changes in brain structure and function. These tests also can identify strokes, tumors and other problems that can cause dementia.
- **Psychiatric Evaluation** can determine whether a mental health condition is causing or affecting the symptoms.
- **Genetic Tests** are important, especially if someone is showing symptoms before age sixty. The early onset form of Alzheimer's is strongly linked to a person's genes, according to the Mayo Clinic. Talk with a genetic counselor before and after getting tested.

*Editor's note: This article, published on October 22, 2019, has been updated with more recent information.*

*Patrick J. Kiger is a contributing writer for AARP. He has written for a wide variety of publications, including the Los Angeles Times Magazine, GQ and Mother Jones, as well as the websites of the Discovery Channel and National Geographic.*

## ***AND NOW A FEW WORDS FROM THE EXECUTIVE DIRECTOR OF THE GNJ CENTER***

Dear Friends of GNJ,

Hope that your holiday season was a blessed one with family and friends! It is my hope that the year 2023 will find you well as we enter into a great time of hope and prosperity.

On behalf of the Team at GNJ, we would like to thank you for your financial support this past year. Your generous donations at regular intervals have helped us support over 75 senior participants through our activity programs, home services, and special events. We sincerely appreciate your desire to help us to soar and we look forward to continuing the mission of Mrs. Genevieve N. Johnson who was committed to enhancing the quality of life for seniors throughout the District of Columbia area for over 75 years of her life!

As many of you know, the Genevieve N. Johnson Senior Day Care Center is a growing center with limited resources. However, through a grant provided by the Department of Aging and Community Living (DACL), we are still able to offer **free** geriatric daycare services to DC residents over the age of sixty. The programs include but are not limited to art therapy, therapeutic yoga, music therapy, fit and wellness classes, live entertainment, jewelry design and daily recreational activities. In addition, we offer transportation to and from the center, congregate meals, Caregiver's support, Alzheimer's Support, health promotions, case management, and counseling. We recently added weekly community bus trips to the museums, parks, and restaurants as well as shopping excursions and so much more!

While we are most grateful for the DC Grant, it is not sufficient to cover all the needs of the senior program in line with our vision to soar and expand our services for our participants. Therefore, it is our hope that you will continue to make contributions on behalf of the Genevieve N. Johnson Senior Day Care Center in order to allow us to continue to bring exceptional programs and services to our beloved seniors and their caregivers.

Please consider making a donation today! No amount is too small. Every dollar will go towards creating moments of joy for our seniors to enhance their quality of life and keep them functioning at their highest level possible while they age in place at home. In closing, please know that we are still soaring to keep our seniors happy, healthy and functioning at their highest level possible. With your financial support, we will be able to thrive as we continue to soar!

For more information about the Genevieve N. Johnson Senior Day Care Center and upcoming special events, please visit our website: [www.gnjseniordaycare.com](http://www.gnjseniordaycare.com). You may also follow us on Facebook at Genevieve N. Johnson or call our office at 202-723-8537.

***Best Regards, Thelma***