



Community GROUP

An engaging day program for those
in the early stages of dementia



Abe's Garden® Community Group (AGCG) is Middle Tennessee's first day program benefiting individuals with early-stage dementia.

It provides an opportunity to socialize in a comfortable, non-threatening and supportive, small-group setting.

The members' life stories, capabilities and interests guide the evolving program that has an emphasis on brain health and multi-disciplinary learning.

ACTIVITIES INCLUDE:

- Foreign language study
- Music instruction
- Photography



- Peer-led educational sessions
- Music therapy
- Reminiscence discussions
- Songwriting
- Yoga...and more!

TWO AGCG SESSIONS ARE AVAILABLE:
Tuesdays & Thursdays or
Wednesdays & Fridays

Both sessions meet
10:00 a.m. – 2:00 p.m.

Park Manor, 115 Woodmont Boulevard

Lunch is provided

Monthly fee, payable in advance

A limited number of subsidized memberships, made possible by Abe's Garden® Access to Care Fund, are available. Details regarding financial assistance eligibility are available upon request.

Potential members are assessed for program suitability. Ideal candidates are aware of their diagnoses, and understand the benefits of participating in a group of individuals with a similar diagnoses. Members should be ambulatory and able to manage their personal care needs. Reassessment occurs every six months or following a change of status.





HOW DO I KNOW IF MY LOVED ONE IS IN AN EARLY STAGE OF DEMENTIA?

For the purposes of referring your loved one to the group, consider the following questions:

- Are they aware that they have a diagnosis of dementia?
- Are they grappling with the implications of what their diagnosis means for their future?
- Are they expressing frustration, fears and/or anxiety about losses they are experiencing (e.g. no longer driving or working, changes in social relationships, difficulty with daily tasks)?

HOW DO I CONVINCe MY LOVED ONE TO JOIN AGCG?

There is no one approach that works for everyone, but following are some suggestions.

Frame it in a positive way. "I know you want to do everything possible to maintain your physical health and keep your mind engaged. This group will give you those opportunities."

Speak about being of service to others. Mention that they will be with peers who they may help by sharing their own coping skills and tips.

"As [my husband] has transitioned through the different stages of his disease, the Community Group has made the single biggest impact. It has helped him to see that he can still contribute, make friends and enjoy himself."

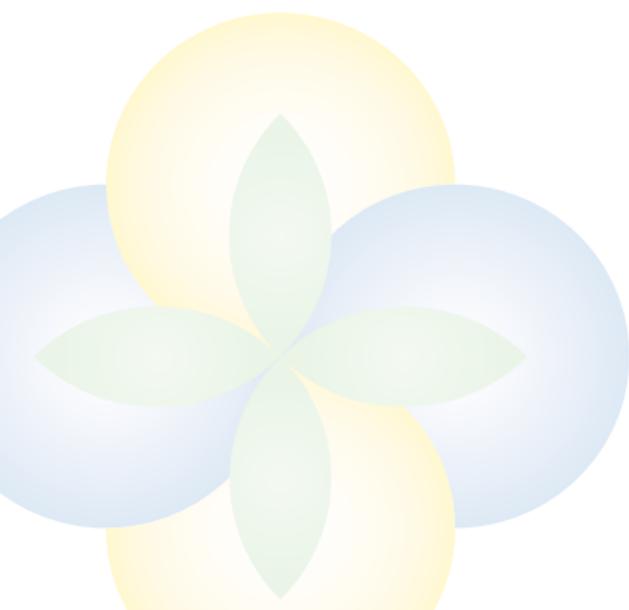
– Kenna Niles, participant's wife

"I have Alzheimer's and lost my ability to dance. As a result of Nia Wise Moves classes at Abe's Garden Community Group, I'm dancing again!"

– Dr. Roy Elam, AGCG participant

"It's such a relief to have a place where Mother can go to stay engaged with others; to have great conversations, to learn about new things; and to participate in exercise, dance, music and other pleasant activities. We are thankful she is doing something that will help prolong her active life and engage her mind in a positive way."

– Marilyn Ollila, participant's daughter





"It's a relief to find a group of people that I can really associate with. I'm building friendships here, which I really appreciate."

– Ed Gore, AGCG participant



For information, contact Judy at
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