

2 0 1 9

# ANNUAL REPORT



**Abe's Garden**<sup>®</sup>  
Alzheimer's and Memory Care Center of Excellence

A Nationally Recognized Alzheimer's  
and Memory Care Center of Excellence

# 2019: EVOLUTION CONTINUES AT ABE'S GARDEN®

## A Letter from the Founder and Chairman of the Board

Dear friends,

The advancements Abe's Garden® has made since welcoming its first residents in 2015 continue to inspire and amaze me. Residents, family members, and professional caregivers near and far benefit from the realization of the organization's mission to elevate residential and community-based dementia care.

Program grants from foundations and generous contributions from individuals have provided unique opportunities to study, demonstrate, and disseminate best practices; expand offerings for impacted individuals; provide respite, training, and support for caregivers; and educate, empower, and engage team members.

### **Here's a look back at some of 2019's most notable advancements:**

**January** – Vanderbilt University Medical Center Geriatric Medicine Physician Victor Legner, MD, MS, launched a monthly Health Education Series to share valuable information with Park Manor residents and Abe's Garden® families. Series topics included understanding the continuum of care; dementia, delirium, and depression; infections and complications; medication use and the elderly; fall risks and incontinence care; types of available care; and advance care planning.

**February** – Beverly Theis, LCSW, was promoted to Director of Resident and Family Support. Misti Hogan and Izzy Knox were promoted to Training Coordinator and ADL Trainer, respectively; and staff training programs were expanded as part of an ongoing initiative to educate, empower and engage employees funded by a challenge grant from Care Foundation of America.

**May** – Buzz Evans, volunteer, creator, visionary, and manager of the on-site vegetable and wildflower gardens and beehives, was honored with the first-ever Volunteer Award from the Tennessee Environmental Council for his work to improve our campus's pollinator habitat.

**June** – The first video in the six-part series titled "Mealtime Assistance and Nutrition for Persons with Dementia: Training Modules for Professional and Family Caregivers" was released. The series was produced in partnership with Vanderbilt University Medical Center's Center for Quality Aging's Sandra F. Simmons, PhD, MA, with funding provided by Allen Foundation, Inc.



**July** – LeadingAge Tennessee honored Independence Plus Supervisor Donna Starks with the Caregiver of the Year award.

**July** – The Employee Engagement Committee created the Magnolia Award, which allows residents, family members and peers to offer praise for team members who exceed expectations.

**July** – Dr. Mariana Figueiro, Director of the Lighting Research Center and Professor of Architecture at Rensselaer Polytechnic Institute, and Nigel Mould, CEO of Stack Care met with Abe’s Garden® representatives to discuss exploring an evidence-based strategy to reduce depression and improve sleep-wake cycles in people with advanced dementia.

**August** – Angela Farmer, SHRM-CP, joined Abe’s Garden® and Park Manor as Director of Team Development.

**September** – “Titan,” a retired police horse, became the first full-sized horse to visit Abe’s Garden® , enthraling residents and making memories.

**October** – At Home with Abe’s Garden® pilot program hosted the inaugural session of Live & Learn, a caregiver educational series.

**October** – The board of directors expanded with the addition of Phil Billington (VP Internal Audit, HCA); Scott Burns (Managing Principal and Portfolio Manager, Woodmont Investment Counsel, LLC); Susan Foxman, J.D. (Attorney, Foxman Law PLLC, and Adjunct Professor of Law, Vanderbilt Law School); Bob McKown (Leadership Consultant, Bob McKown & Company); and Mary Kate Mouser, M.S. (Owner and CEO, Sideview Partners, LLC, and Director of Community Benefits, Ascension).

Personally, and on behalf of the board of directors, thank you to every single team member and donor of time or treasure for making all we have accomplished possible. I look forward to keeping you informed as we reach even higher to improve Alzheimer’s care through applied research and demonstration of best practices.

With pride and sincere appreciation,

Michael D. Shmerling  
Founder and Chairman of the Board



# TESTIMONIALS

"In my father's last days, the caregivers at Abe's Garden came in one by one to say goodbye and share with us through tears the impact my dad had on their lives. We are forever grateful for them as they are angels who are God's hands. When my father literally only had one ability about him left on this earth, we were given the gift of the very best of his attributes: his love. The Abe's Garden care partners helped us see that. They help us celebrate who we have left in their last days, not all that we have lost along the way. We are grateful for their gifts and their stories that have impacted our loved ones. Thank you."

---

– Anne Bartholomew Dickey, daughter of Abe's Garden® resident Sam Bartholomew (September 2015 – January 2019)

"Joann and I needed a friend to deal with the last two years of her life, and Abe's Garden was that friend. I'll be forever grateful for the intent of Abe's Garden and the beautiful impact on Joann."

---

– John Aron, son of Abe's Garden® resident Joann Aron (October 2015 – December 2017)

"I researched everything from nutrition to engagement to communication techniques, and while I was implementing what I learned to the best of my ability, I couldn't do everything myself. I knew Abe's Garden could provide better care and a better lifestyle. The team at Abe's Garden kept every promise they made. The personalized attention my mother received exceeded my standards – and I have very high standards. Everyone from the care partners to the leadership team knew my mother and understood her needs. They anticipated and intervened when they saw an issue, which alleviated her anxiety. Abe's Garden enhanced life for both of us."

---

– Lynette Broders, daughter of Abe's Garden® resident Betty Broders (April 2018 – October 2019)

"Mom wasn't getting the care she needed in Mississippi. In researching best-practice communities, Abe's Garden® appealed to me the most. I was really impressed with the Vanderbilt [University Medical Center] connection."

---

– Kevin Bustin, son of Abe's Garden® resident Theresa Bustin (October 2017 – October 2018)

# THE NATIONAL NEED



**5.8M AMERICANS** are living with Alzheimer's. By 2050, this number is expected to reach 14M.

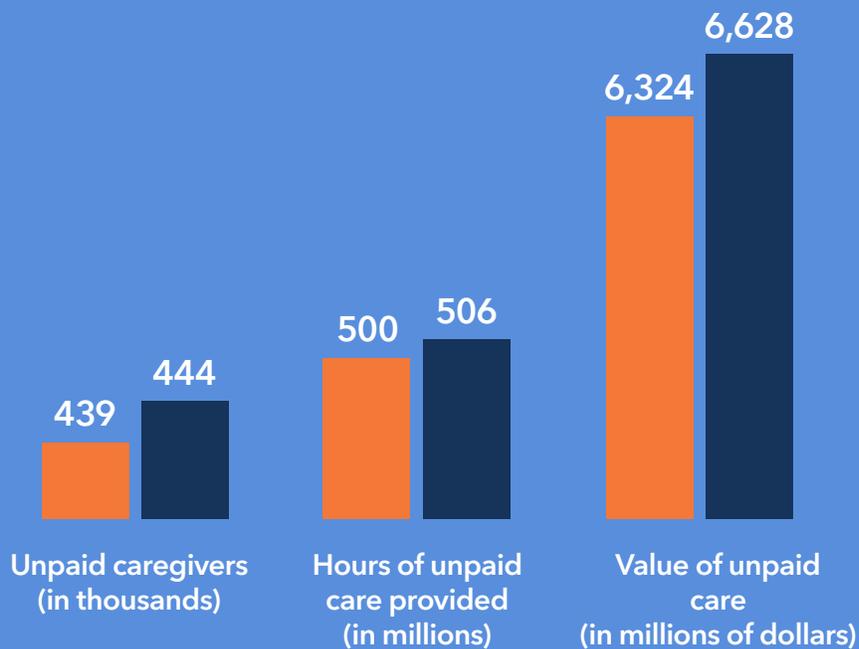


**1 IN 3 SENIORS** dies with Alzheimer's or other dementia. It kills more people than breast cancer and prostate cancer combined.

# THE LOCAL NEED

**120K**  
TENNESSEANS

There are 120K  
Tennesseans ages 65+  
with Alzheimer's.



## Tennessee Caregivers

■ 2018 ■ 2019

# THE FINANCIAL IMPACT

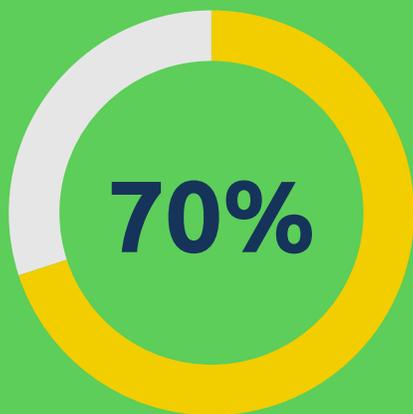
**16+**  
MILLION

More than 16M Americans provide **UNPAID CARE** for people with Alzheimer's or other dementias, providing 18.5B hours valued at \$234B.



**\$357,297**

**\$357,297** is the estimated lifetime cost of care for an individual living with dementia.



70% of the lifetime cost of care is borne by family caregivers in the forms of unpaid caregiving and out-of-pocket expenses.

# ABE'S GARDEN

## ACTION SPEAKS LOUDER THAN WORDS

### 2019 BY THE NUMBERS

Abe's Garden®  
provided over  
**15,000**  
residential nights.

Caregiving video series  
added four videos addressing  
nutrition, which reached  
**50,000 VIEWS.**

Total caregiving video  
views reached  
**303,000 VIEWS.**

Approximately  
**442**  
individuals

were reached through leadership  
team members delivering various  
presentations and hosting events.

**215**  
VOLUNTEERS  
provided  
**2,223**  
VOLUNTEER  
HOURS.

At Home with Abe's Garden® served  
**9 families at no cost**  
to the participants.

**23**

caregivers and loved ones attended *Live & Learn*, an education and support program.

Abe's Garden® was home to **54 residents.**

**13** The Club served **participants.**

**510**

loyal contributors gave

**\$1.325M**

in new gifts and pledges in support of the Abe's Garden® mission.

Abe's Garden® Community Group served

**13**  
**participants.**

**70**  
**FREE**  
**GUIDES**

titled "How to Evaluate the Quality of Residential Care for Persons with Dementia," which helps families choose and evaluate memory care facilities, were distributed.

# OVERVIEW & FINANCIALS

## MISSION STATEMENT

Abe's Garden® is establishing a model of residential, day, and community-based programs for those with Alzheimer's disease. The goal is to transform care for those with Alzheimer's and other dementias throughout the United States by providing an unprecedented level of care for individuals diagnosed with these disorders. Equally important, it is a site of research and teaching, setting a new standard for other programs and residential communities devoted to caring for our nation's rapidly expanding senior population.

## LEADERSHIP

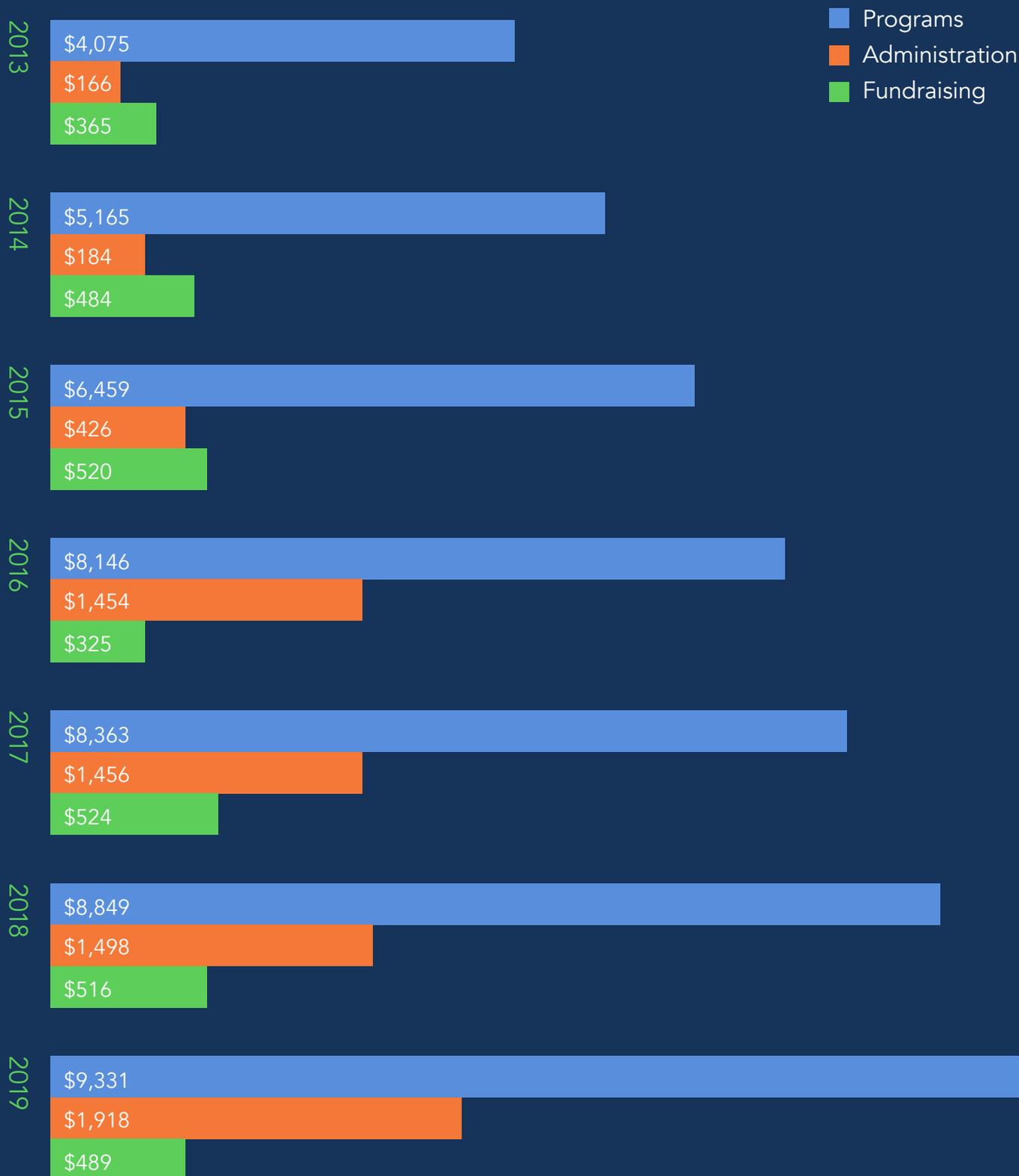
Chairman of the Board: Michael D. Shmerling  
Executive Director: Chris Kincaid

## HISTORY & BACKGROUND

Year of Incorporation: 2007  
Organization's Tax-Exempt Status: 501(c)(3)

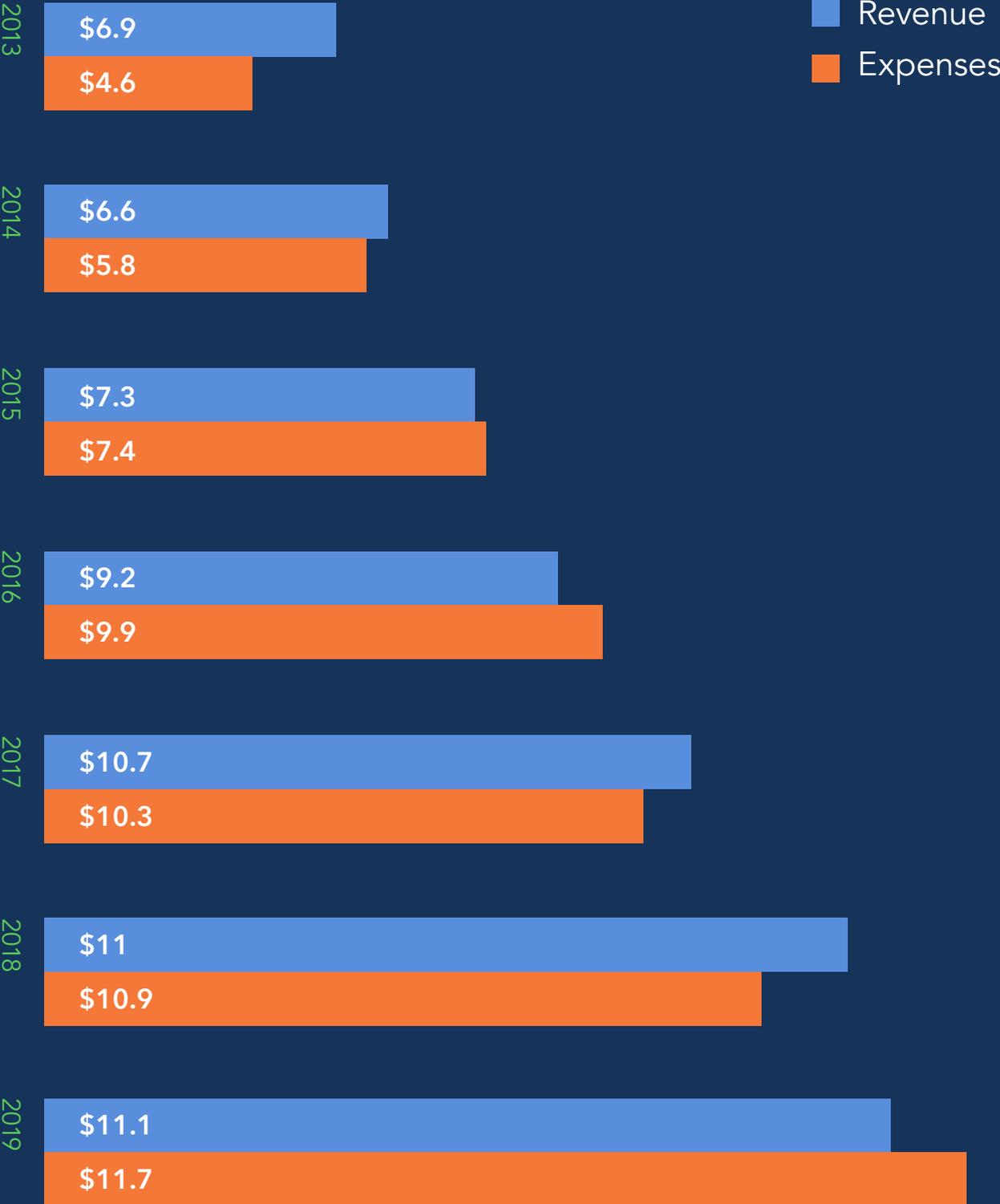
# EXPENSE BREAKDOWN

(in thousands)



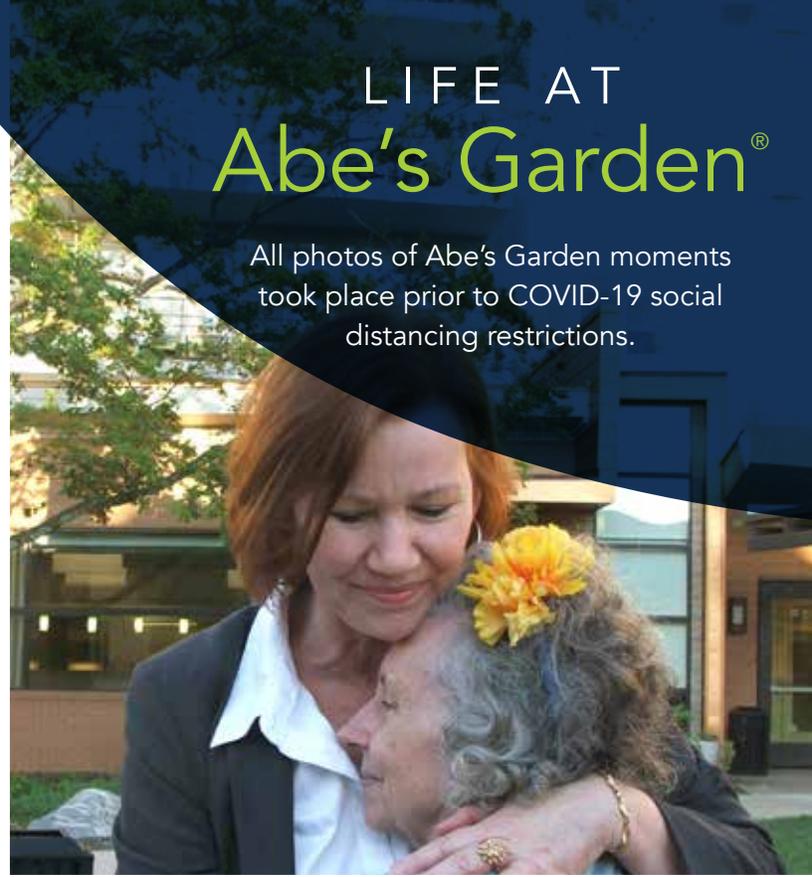
# REVENUE/EXPENSES

(in millions)



# LIFE AT Abe's Garden®

All photos of Abe's Garden moments  
took place prior to COVID-19 social  
distancing restrictions.





615.997.3030 | [www.abesgarden.org](http://www.abesgarden.org)  
115 Woodmont Boulevard | Nashville, TN 37205



@abesgarden

Abe's Garden<sup>®</sup> is a 501(c)(3) nonprofit organization.