

Transforming the care of individuals with Alzheimer's disease and related dementias

seeds



Vanderbilt Center for Quality Aging and Abe's Garden Research Published in The Gerontologist

Written by Walker Duncan

Currently, there is no national system in place to determine appropriate staffing levels for assisted living communities based on their residents' care needs. Abe's Garden is committed to changing that.

In an effort to do so, CEO Dr. Andrew B. Sandler and Continuous Education and Quality Improvement Coordinator Chris Coelho co-authored Managing Person-Centered Dementia Care in an Assisted Living Facility: Staffing and Time Considerations with Vanderbilt Center for Quality Aging's

Drs. Sandra Simmons and John Schnelle, and Avantika Shah, MPH. The article was published recently by Oxford University Press in its prestigious peer-reviewed journal, The Gerontologist.

The article is aligned directly with Abe's Garden's mission of demonstrating and establishing a higher standard of care for those with Alzheimer's disease and related dementias across the nation.

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WHAT WE DO

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 related 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.



“Maintaining independence is central to providing quality care.”

CHRIS COELHO

Photo by Dan Heller





Photo by Dan Heller

GO PAPERLESS!

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The study on which the article is based supplies information where previously there was little data. It assesses time requirements to provide person-centered care, and describes a management approach to assess and maintain quality care.

According to Coelho, “Maintaining independence is central to providing quality care. Direct care staff foster resident choice, such as when they would like to get out of bed or choosing what to wear. To objectively assess the quality of care and then improve upon it, it is important to conduct systematic observations and provide immediate feedback. Each observation becomes a training opportunity.”

Safely providing this type of care, however, is often labor-intensive and varies based on the type of dementia and stage of the illness. Unfortunately, as the article cites, unlicensed assisted living staff often inadvertently create a dynamic of dependency by removing these choices in an effort to be time-efficient.

This article is the first to report on the staffing levels and time required to provide person-centered activities of daily living (ADL) care based on a standardized measure of care quality. It is also the first to describe a staff system for management of unlicensed personnel to maintain quality ADL care over an extended period.

But, ‘firsts’ aside, the central takeaway from the paper is that quality ADL care is well within reach for a large swath of the nation’s assisted living communities. By adopting the described approach, other communities can implement a system that objectively and accurately assesses the quality of care that is being provided by their staff.

As Sandler notes, “Most assisted living communities should be able to implement this type of management system to improve aspects of daily care.” Although that leaves a great deal of work still to be done, the direct observations and frequent feedback to staff described by the authors will go a long way toward providing person-centered care.

The Gerontologist article can be reviewed at doi.org/10.1093/geront/gnx089

SOMETHING YOU NEVER FORGET

The sound of stepping on fallen leaves.

SEEDS SUMMER 2017 CORRECTIONS:

Donors listed made contributions to Abe’s Garden between **February 1, 2016 and January 31, 2017**

Apologies to Ms. Joyce Vise.

Her name was misspelled when acknowledging her generous contribution in honor of Bob Moses.

Photo by Lori Latusek



Photo by Lori Latusek



The Garden's Wild Attraction: Abe's Garden Plants a Habitat for Pollinators

Written by Lori Latusek

In order to help restore and create a habitat for the declining population of pollinators, Abe's Garden has planted wildflower seeds steps away from our homegrown vegetables.

"The goal was to create a pollinator area where bees, butterflies, all different kinds of insects, and birds can come to," shares Abe's Garden volunteer gardener and beekeeper Buzz Evans. "I'm trying to attract pollinators other than our honeybees to better pollinate the garden, and have a habitat for all pollinators."

Evans' vision of planting a pollinator garden was realized in May with assistance from David Cook (head of the Master Gardener program at the University of Tennessee Extension in Nashville), Nashville A Rocha (a Christian conservation organization), and Moore and Moore Garden Center.

Cook and A Rocha spearheaded the Pollinator Garden Workshop to equip local gardeners with education and plants that provide native pollinators the food and habitat they need. "I told David [Cook] that I had prepared an area at Abe's Garden to do this but I didn't have the seed," says Evans.

Cook was able to provide wildflower seed, which was planted at Abe's Garden along with a pollinator mix that Moore and Moore Garden Center contributed to the Nashville Area Beekeeping Association's Pollinator Committee.

While we're already enjoying flowers, others will take six to eight months to bloom, so what will appear is a mystery. "We'll see what comes up in the spring," smiles Evans. "I have no clue, but that's the fun part!"

"I'm trying to have a habitat for all pollinators."



Photo by Buzz Evans



Photo by Lori Latusek

ABE'S GARDEN INTRODUCES

The Perennial Society

“A man has made at least a start on discovering the meaning of human life when he plants shade trees under which he knows full well he will never sit.”

D. Elton Trueblood

To acknowledge and honor individuals who include Abe's Garden or Park Manor in their estate plans, the organization is launching The Perennial Society. Perennial Society members will have a substantial, sustained impact on Abe's Garden's future. Like the gardener who plants perennials, they seek to create an enduring, lasting and perpetual gift for Abe's Garden.

Members of The Perennial Society are individuals who choose to include Abe's Garden as a beneficiary of their will, trust, IRA, insurance policy, bank or mutual fund account, or other financial holding. Members may direct their gift to any area of interest, and letting the organization know these plans facilitates the directive.

The Perennial Society members receive:

- Recognition at board of directors meetings
- Invitation to an annual donor appreciation reception
- Annual recognition in Seeds (anonymity requests respected)
- Invitation to an annual major donor event

JOIN US!

Please help secure Abe's Garden's future of providing elevated care and services to older adults, including individuals with Alzheimer's and related dementias, by becoming a founding member of The Perennial Society. Planning and planting now ensures a bright spring for Abe's Garden residents and their loved ones.



Photo by Dan Heller

Why consider ESTATE PLANNING?

“If you have a taxable estate and you have an Individual Retirement Account (IRA) as part of your estate, naming a charity as beneficiary may allow your descendants to better leverage your generosity,” says Mindy S. Hirt, CFP®, Wealth Advisor, Argent Trust Company. “If you have individual beneficiaries and a taxable estate, the beneficiaries may only receive about 30% of the value of the IRA versus a charity's ability to receive 100% of the benefit.”

There are numerous ways to leverage your generosity while yielding tax savings that benefit you, your loved ones and the charities you care about. Discuss your desires with your advisors and the gift planning professionals at Abe's Garden and Park Manor so they can help you identify the best method of giving for you to reach your charitable goals, now and in the future.

If you have made provision for a future gift to Abe's Garden or Park Manor, please let us know. If you have not, and would like more information, please contact Donna Coleman, Gift Planning Advisor, at dcoleman@abesgarden.org or **615-490-6340**.

Abe's Garden and Park Manor Welcome Gift Planning Advisor Donna Coleman

Donna Coleman has joined the Abe's Garden and Park Manor team as Gift Planning Advisor. In her role, she is building relationships with those interested in deepening their connection to Abe's Garden and Park Manor through philanthropic support. These efforts will ensure that those with Alzheimer's disease and related dementias benefit from person-centered care, innovative services, and expanded access to opportunities for growth and wellness.

Coleman has a passion for serving older adults that is rooted in her belief that individuals deserve opportunities for physical, mental and spiritual wellness at every age and level of ability. She easily notes the most rewarding aspect of each day: "I love getting to know residents and their loved ones and helping them plan and achieve their philanthropic goals," she says. "I appreciate every gift and every giver. All gifts work together to further the goals of Abe's Garden and Park Manor."

A charitable gift planner since 1993, Coleman joins Abe's Garden following a 23-year tenure at Otterbein Senior Lifestyle Choices, where most recently she served as Vice President of Charitable Gift Planning, leading six fundraisers across 14 locations, consistently raising more than \$2 million each year.

Coleman earned a B.A. in English with a Business Certificate from the University of Cincinnati. She graduated from the National Planned Giving Institute in 1994 and received her CFRE (Certified Fund Raising Executive) credentials in 1999. In 2008, she received her M.S. in Executive Leadership and Organizational Change from Northern Kentucky University.

Coleman and her husband Mark recently relocated to Nashville from their hometown of Cincinnati, Ohio. They have three sons and six grandchildren in the Nashville area.

Photo by
Robert Heller



“In an effort to own our philanthropic legacies, we looked at the community from which we have benefited, and hopefully in some small measure also contributed. Because of Abe's Garden, our community has a world-class memory care center that is impacting so many people around the nation. Our wish is to do our part to assist in the continuance of the high quality of care for individuals and families coping with Alzheimer's.”

Suzanne Schulman, with her husband Jimmy, has pledged a planned gift to Abe's Garden

Early-Stage Dementia Program Serves Unmet Community Need

Written by Walker Duncan

As with all of us, the need for physical, cognitive and social engagement is critical for individuals navigating the early stages of dementia. According to Abe's Garden CEO Andrew Sandler, "The cognitive deficits of individuals in the early stages of dementia may lead to challenges during social interactions, a loss of friends and a decreased ability to participate in favorite hobbies."

special events for Community Group participants and their family members are a final program component.

"While welcoming members to The Club, we met many people with early-stage dementia, including those with a new diagnosis," says Brenda Nagey, Director of Life Engagement. "While subsequently researching how to meet these needs, we discovered the Mind and Body Workshop and Reconnections programs at Insight Memory Care Center in Northern Virginia and selected them as our road map."

As with all best practices Abe's Garden adopts, AGCG's evolution will be guided by outcome data, new findings, and program participants' needs and interests. Membership is subject to initial assessments confirming member/program suitability, with assessments recurring every six months throughout membership. As of the date of publication, there are memberships and program scholarships (for qualified candidates) available.

AGCG meets 10:00am to 2:00pm Tuesdays and Thursdays. Lunch is provided.

For additional information or an application, please contact Judy Given at **615-716-0249** or jgiven@abesgarden.org.

To address these needs, Abe's Garden recently launched its Community Group (AGCG). AGCG is Middle Tennessee's first day program benefitting individuals in the early stages of dementia. AGCG builds on the success of The Club (the organization's nearly two-year-old day program) where person-centered, failure-free engagement plays a prominent role.

AGCG meets twice weekly and provides an opportunity for those with early-stage dementia to socialize in a comfortable, non-threatening setting. The members' life stories, capabilities and interests guide the evolving program. Possible offerings include tai chi, songwriting, community service opportunities, outings, photography class, other visual arts opportunities, and educational sessions. Subject to sufficient demand, support groups will be arranged for family members separately from Community Group members as an opportunity to share thoughts, feelings, and ideas for navigating this journey. Organized outings and



Photo by Peyton Hoge



Photo by Peyton Hoge



Photo by Robert Heller

Abe's Garden residents recently enjoyed a luau-themed party.



Photo by Brenda Nagey

Park Manor's **ROBIN CASHION, LPN**, (r. with Director of Nursing Walter Wilson) won the Excellence in Caring (Caregiving) award at the Tennessee Leading Age conference, where Abe's Garden's Director of Staff Training and Community Education Beverly Patnaik and Continuous Education and Quality Improvement Coordinator Chris Coelho presented an educational session on applying competency-based training for direct care staff in a memory care community.

abe's garden happenings



ABE'S GARDEN
Abe's Garden is establishing a national model of residential and day care programs for those impacted by Alzheimer's disease. The goal is to transform care for those affected by Alzheimer's and other related dementias throughout the United States by providing an unprecedented level of care.

Photo by Daniel Meigs

Abe's Garden welcomes new resident dog, Dixi.

Park Manor residents **JOE RAMBO** (l.), 98, and **HERSCHEL STEWART**, 92, were selected and featured in *nFocus* magazine's Model Behavior issue, which highlights those who support non-profit organizations through volunteer service. Rambo and Stewart facilitate a weekly men's group at Abe's Garden.



Photo by Lori Latusek



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board member spotlight

Steve Moran



Steve Moran joined the Abe's Garden board of directors nearly three years ago. He was introduced to the organization by a friend who thought he would be uniquely qualified to help Abe's Garden realize its mission.

Moran, who lives outside of Sacramento, California, is a nationally recognized voice in the senior living industry. He is the publisher of Senior Housing Forum, an online platform and information source for developers, operators and leaders of senior living organizations.

Moran has vast knowledge of the senior living industry, and outside of a brief detour in the technology space, has spent his entire career in the sector. In his current role, he travels to national and international events focused on senior living. This allows him to connect and talk with more than 1,500 senior living professionals from around the world each year.

While his immersion in, and understanding of, senior living has made him a great resource for the Abe's Garden board as well as its marketing committee, Moran's passionate belief that Abe's Garden can be an innovative leader in dementia care is what makes him an invaluable contributor to the organization's future.

"We need to keep persevering, learning from others in the industry and figuring out where we go from here," says Moran. "We can't lose sight of our mission: to improve the lives of those with Alzheimer's disease and related dementias."