

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



seeds



You're Invited...



Photo credit: Buzz Evans

Abe's Garden will open its doors in August, welcoming its first residents to their new home.

To celebrate this significant milestone, the organization is inviting volunteers, donors, prospective residents, families, and interested parties to tour Abe's Garden and learn more about its amenities, programs and services.

"We're thrilled to be opening our doors and advancing our journey to transform care for those with Alzheimer's disease and related dementias," said Michael Shmerling, Abe's Garden chairman and founder. "Making Abe's Garden a reality has required the time, expertise, resources, and support of many Tennesseans as well as industry leaders from Southern California to New England. The board of directors and senior management team are excited for everyone involved to see the result of their continued support and preview a day in the life of Abe's Garden residents."

WHAT WE DO

Abe's Garden seeks to establish a model of residential and day/evening care programs for those suffering from Alzheimer's disease. The goal is to transform the care for those affected by Alzheimer's and related disorders throughout the United States by providing an unprecedented level of care for individuals currently suffering from these diseases. Equally important, it will be 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.



Alzheimer's disease was discovered in 1906 by German physician Alois Alzheimer, who had a patient with profound memory loss.

Life at Abe's Garden

EVENT SCHEDULE

Wednesday, August 19
3:00 p.m. to 8:00 p.m.

Saturday, August 22
1:00 p.m. to 5:30 p.m.

PRESENTATIONS:

Abe's Story: A Game Changer for Nashville

Judy Shmerling Given, Director of Campus Development, Abe's Garden

The story of Dr. Abram C. "Abe" Shmerling and how Abe's Garden became a reality.

WEDNESDAY, AUGUST 19: 3:15 p.m., 4:45 p.m., 6:15 p.m.

SATURDAY, AUGUST 22: 1:15 p.m., 2:45 p.m., 4:15 p.m.

Person-Centered Care Actualized

Andrew Sandler, Ph.D., Executive Director and CEO, Abe's Garden

The engagement and care of Abe's Garden residents, including how evidence-based training will facilitate person-centered care.

WEDNESDAY, AUGUST 19: 3:45 p.m., 5:15 p.m., 6:45 p.m.

SATURDAY, AUGUST 22: 1:45 p.m., 3:15 p.m., 3:45 p.m.

Intentional Environmental Design

Manuel Zeitlin, A.I.A., LEED, A.P. Principal, Manuel Zeitlin Architects

Architectural, interior and landscape design elements that will improve the lives of Abe's Garden residents.

WEDNESDAY, AUGUST 19: 4:15 p.m., 5:45 p.m., 7:15 p.m.

SATURDAY, AUGUST 22: 2:15 p.m., 3:45 p.m.

LIFESTYLE DEMONSTRATIONS AND ATTRACTIONS:

- Montessori box demonstrations
- An aviary
- Outdoor scavenger hunt
- Cooking demonstrations
- Dancing
- Pets-in-residence
- Art demonstrations
- Bowling
- Wine tasting

Free parking will be available in the *new* garage

You're Invited to Our Grand Opening, continued from page 1

The Life at Abe's Garden events, which are scheduled for Wednesday, August 19, from 3:00 p.m. to 8:00 p.m. and Saturday, August 22, from 1:00 p.m. to 5:30 p.m., will provide attendees the opportunity to explore the organization's union of person-centered care and evidence-based design. Those interested in attending are welcome to attend either day.

While visitors stroll through the Music and Movement, Connection to Nature, and Arts and Lifelong Learning households, volunteers and staff members will be simulating resident engagement that will be soon be occurring on the campus. Specifically, dance therapy and the use of Montessori boxes will be demonstrated; pets-in-residence will be enjoying their care areas; and an outdoor scavenger hunt will take place.

Guests also may watch artists working at their easels and taste honey produced on site. Refreshments, including snacks prepared during cooking club demonstrations, will be provided. Presentations at the events will cover the history of Abe's Garden, its person-centered care approach, and design features integrated to improve outcomes.

"An in-home assessment of residents' lifestyle preferences will provide the roadmap necessary to guide each individual's optimal day," said Andrew Sandler, Ph.D., Abe's Garden CEO and Executive Director. "We look forward to sharing how we're using these customized care plans in evidence-based design and ongoing staff training."

Consistent with the Abe's Garden policies of financial stewardship and environmental sustainability, most Seeds recipients will not receive a printed invitation. Please consider this article your invitation, and RSVP by visiting <http://abesgarden.xmimeetings.com/>. For more information, please contact Rachel Doucet at rdoucet@abesgarden.org or 615.345.9588. 🌱

INSTILLING A PERSON-CENTERED FOCUS

Abe's Garden Names Beverly Patnaik Director of Staff Training and Community Education



BEVERLY PATNAIK

Effective education and training of all care partners, executives and staff is critical to Abe's Garden's success and ability to create a welcoming home for its residents.

This is why the organization has hired Beverly Patnaik, a gerontologist with more than 30 years of experience in the latest research and clinical efforts for organizations serving older adults, to lead its training and education programs.

"It's extremely rare for a dementia care residence to have a gerontologist on staff," said Abe's Garden CEO and Executive Director Dr. Andrew Sandler. "We are thrilled to have someone with Beverly's deep understanding of person-centered dementia care on our team. Her knowledge and experience will help us offer an exemplary level of care and provide valuable support for our residents, families and staff."

Patnaik joins Abe's Garden from Lipscomb University, where she served as academic director for its School of TransformAging and a consultant in person-centered care.

Earlier in her career, she oversaw parts of a \$16 million Robert Wood Johnson Foundation grant to promote development of community long-term care strategies and

served as associate program director of Duke University's Long-Term Care Resources Center. Active in the Nashville community, Patnaik serves as president of the Council on Aging of Greater Nashville and participates in the Older Adult Ministry team at Brentwood United Methodist Church.

"Empowering every person at Abe's Garden to provide care that recognizes and values individual differences is exciting," said Patnaik. "Every executive, care partner and staff member at Abe's Garden will receive evidence-based training on best practices and person-centered care. We're striving to create an environment in which the person who has dementia is seen as a

"We are striving to create an environment in which the person who has dementia is seen as a unique individual with a vibrant personality, a lifetime of preferences and experience worthy of respect and engagement."

— BEVERLY PATNAIK

unique individual with a vibrant personality, a lifetime of preferences and experience worthy of respect and engagement. It's the way we all want to be treated." 🌟

In 1993, the first drug to treat symptoms of Alzheimer's was approved by the U.S. Food and Drug Administration.

Hail to the Chef



Brenda Davila tapped as new executive chef for Abe's Garden and Park Manor

To address nutrition and dining issues of older adults and those particular to people with dementia, Abe's Garden selected new Executive Chef Brenda Davila. She also serves as executive chef for Park Manor, a senior lifestyle community that shares Abe's Garden's campus.

"Food is central to happiness," said Andrew Sandler, Ph.D., CEO and Executive Director, Abe's Garden "and people with dementia retain positive memories of familiar foods. Additionally, Brenda excels at creating delicious options to foster health. Her menus include quinoa and avocado salad as well as comfort food favorites."

A seasoned chef, Davila previously served in management at Bar Louie, Thompson Hospitality and Aramark.

"Because of changes in physiology that occur as a person ages, food often tastes bland to older adults," Davila explained. "I'm adapting favorite recipes using flavorful ingredients like garlic and thyme, which allows me to reduce sodium but keep food tasting great."

She added, "People with Alzheimer's disease can develop vision and coordination changes that make eating with utensils challenging. No one wants to feel left out or different at mealtime. So, for these individuals, I will offer finger foods as well as food that has been chopped and re-molded to look like regular food but is easier to chew and digest." 🍀



BRENDA DAVILA

BRENDA'S FAVORITE RECIPE:

Wasabi Maple Salmon over Warm Orzo Salad



RECIPE:

WASABI MAPLE SALMON

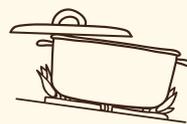
INGREDIENTS:

6 oz. wasabi paste | 4 oz. real maple syrup | 4 (6 oz.) salmon filets

DIRECTIONS:

Mix wasabi and maple syrup. Apply a heavy coat of the mix to the salmon and bake for 8-10 minutes. Finish the salmon in the oven broiler for another 3-5 minutes to caramelize and form a crust on the salmon.

You can experiment with amounts of wasabi and maple. Some people like the kick of the wasabi and others the sweetness of the maple syrup.



RECIPE:

WARM ORZO SALAD

INGREDIENTS:

12 oz. orzo pasta | 8 oz. finely diced red, green and yellow peppers
6 bacon slices (cut into pieces) | 24 oz. chicken broth

DIRECTIONS:

In a medium pot, pour in chicken broth and heat to a boil. After boiling, add orzo and cook for 12 minutes until done. Put orzo aside and keep it warm. Place bacon in a large skillet and render the fat. Then, saute the peppers and orzo. Finally, coat it with bacon grease and serve.



In 2010, the U.S. Centers for Disease Control and Prevention released data showing that Alzheimer's disease is now the sixth leading cause of death.



Photo credit: Clark Thomas

Abe's Garden Partners with The Hearthstone Institute

As part of its mission to transform care for individuals affected by Alzheimer's disease and related dementias, Abe's Garden is partnering with The Hearthstone Institute, a unique organization that provides transformational, evidence-based training programs for older adults with dementia.

This collaboration will allow Abe's Garden staff to receive training from professionals at The Hearthstone Institute on non-pharmacologic approaches that address the challenges and meet the needs of people living with all types and stages of memory loss. A key element of this training will involve the I'm Still Here™ approach to care, which was developed by Hearthstone's founder Dr. John Zeisel. I'm Still Here™ is backed by more than two decades of research. It provides opportunities for meaningful engagement, enhancing the quality of life for individuals affected by dementia and decreasing the severity and frequency of their symptoms.

The training provided by The Hearthstone Institute will be customized to align with other elements of the Abe's Garden model. Staff will be trained in communication techniques, personal care and dining experiences, as well as managing challenging behaviors. These practices will then be embedded into Abe's Garden's operations through hands-on implementation.

This collaboration with The Hearthstone Institute will provide Abe's Garden staff members, regardless of title or job description, with tools to engage residents at a level significantly beyond what most families deem possible. 🤝

PARTNERSHIP IN PRACTICE

As part of its partnership with Hearthstone, Abe's Garden will be evaluating and implementing, where appropriate, the following strategies and programs:

**Scripted-IMPROV™
Drama Program**

Multi-Stage Reading Clubs

**Communication Adaptations
For Multilingual Caregiving**

**Resident-Led
Activities Programming**

**Innovative Art and
Cultural Experiences**



Board Member Spotlight: Bill Purcell

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BILL PURCELL learned about Abe's Garden through its Founder and Chairman Michael Shmerling. Inspired by the Shmerling family's experience with Alzheimer's disease and vision for Abe's Garden, he joined the organization's Board of Directors and began supporting efforts to make Abe's Garden a reality in 2014.

"Research and specialized care and treatment for those with Alzheimer's disease is one of the world's greatest unmet needs," said Purcell. "I am honored to join the board in creating a world-class program to meet this need. I believe Abe's Garden has the opportunity and ability to change the way we support individuals facing Alzheimer's disease and their families."

Purcell has more than 30 years of experience in law, public service and education. He served as the Mayor of the Metropolitan Government of Nashville and Davidson

County from 1999-2007. Following his tenure as mayor, Purcell was a Harvard University Institute of Politics Fellow and served as the Institute's director. He also was the founding and interim dean of the College of Public Service and Urban Affairs at Tennessee State University and a lecturer in public policy at the Harvard Kennedy School. Currently, he is an attorney at Jones, Hawkins & Farmer, PLC, and adjunct professor of public policy at Vanderbilt University.



Known for his civic and philanthropic contributions, Purcell is a NAACP Life Member and serves on the boards of Forum for Youth Investment and Saint Bonaventure University. He also is a member of the Tennessee Governor's Management Fellows Executive Committee and chairs a roundtable for the Institute of Medicine of the National Academy of Sciences. 🌱