



Connection

SUMMER/FALL 2021

Establishing a replicable model for senior life that is focused on brain health, wellness and purposeful living

Proudly Introducing *Abe's Garden Community*

Abe's Garden and Park Manor Embrace
a New Name and Expanded Mission

For nearly 60 years, Park Manor served Nashville's golden-age population by providing active, independent, healthy and hassle-free senior living. In 2015, the community expanded to offer assisted living and welcomed memory care to its campus with the opening of Abe's Garden Alzheimer's and Memory Care Center of Excellence.

Developed from a dream to create an unparalleled model of dementia care, Abe's Garden has been exclusively focused on improving the lives of those touched by Alzheimer's disease and related memory challenges. After nearly six years of operation, Abe's Garden has gained experience, reputation, name recognition, best practices and philanthropic partnerships that can be leveraged across all services.

Knowing that the nonprofit organization's long-term vision is to enhance the lives and cognitive health of all seniors, not just those living with memory loss, we decided to unite all on- and off-campus services. Park Manor Independent and Assisted Living and Abe's Garden Alzheimer's and Memory Care Center of Excellence have now formed one brand known as **Abe's Garden Community**.



Independent living residents share thoughts on "what community means to me."

Photos by Lori Latusek

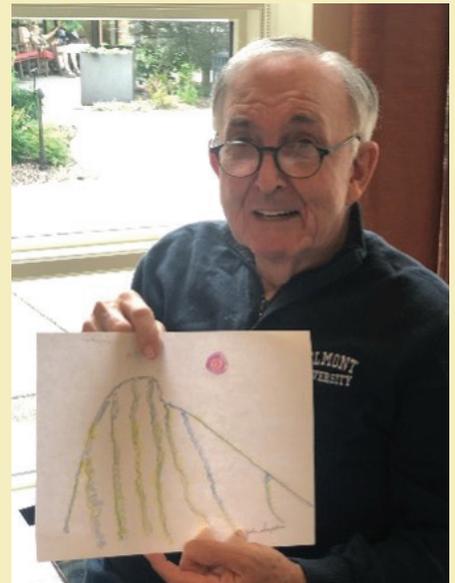
Joining the two communities together creates a continuum of quality care and wellness lifestyles in one recognizable brand. In separate spaces, we provide residential options for those choosing to live independently, those needing assisted living, and those with memory loss who require specialized care. Additionally, Abe's Garden Community continues to offer its home care services, day program and early-stage dementia group.

With a passion for healthy living at all life stages, the unified organization shares innovative programming, wellness initiatives and financial resources to achieve our common mission of serving older adults and their caregivers. The community focuses on enhancing, maintaining and preserving wellness and brain health – wherever an older adult may be on their life journey and wherever they may reside. As we like to say: Living well never gets old!

Abe's Garden Community improves quality of life by engaging older adults through clubs, classes and connections that promote an active mind, a healthy body and meaningful socialization. We will be utilizing some of the programs we have pioneered in memory support, with guidance from the Hearthstone Institute, to create an enriched environment for everyone living on campus.

While Abe's Garden Community will no longer *exclusively* serve those living with dementia, the memory support component will continue its research and emphasis on elevating care for those living with Alzheimer's and other cognitive disorders. As a Hearthstone-certified Center of Excellence, we will extend our reach to more seniors by offering its best-practice approaches to independent and assisted living residents, as well as home care clients and program participants.

In order to do so, we have expanded our partnership with the Hearthstone Institute so that team members across our entire campus will receive comprehensive, evidence-based training in these care approaches and programs that may benefit all the seniors we serve.



*Memory support residents create their own version of Yokoyama Taikan's "Snowy Peak with Cranes" during a brain-healthy activity exploring Japanese art.
Photos by Valerie Snider*



(l. to r.) Gil and Judy Given and Debbie and Jim Shmerling at the NAMI Tennessee Vision of Hope Award Gala reception.



Congratulations Judy!

Judy Shmerling Given, LCPC, Senior Director, Campus Development, was honored with the Vision of Hope Award by the National Alliance on Mental Illness Tennessee during their Vision of Hope Award Gala in May. Judy's commitment to advocate for dementia-friendly communities and services extends far beyond her position at Abe's Garden Community. "Your recognition of my work with people who face Alzheimer's disease demonstrates your understanding that while dementia is a brain disorder, there is often comorbidity with mental illness," Judy shared during the virtual gala.

INDUSTRY PARTNERS SHARE OUR *Excitement*

Laura L. Dugan, MD, Abram C. Shmerling, MD Chair in Geriatric Medicine at Vanderbilt University School of Medicine

"I'm very glad to hear about the expansion of Abe's Garden Community. The impact that such an integrated set of offerings will have on senior care, along with the wonderful focus on memory care to support residents and families, is really important. This is spectacular!"

Sharon Johnson, Vice President and Director of the Hearthstone Institute

"So much has been learned about brain health over the last decade. We are excited to see this research being extended so that everyone can benefit from it, not only people living with memory challenges. By linking brain health and well-being to life's purposefulness, Abe's Garden Community will become a model of cognitive wellness for all who live there. This expanded mission to serve all of their residents in this way will put the community at the leading edge of what is surely to become the way of the future for all senior living communities."



*Life Engagement Manager Kristy Mellons (r.) and the Hearthstone Institute's Lead Instructor and Training Specialist Edwina Condry facilitate Meet Me at the Movies, an interactive film experience with residents.
Photo by Lori Latusek*

Kayse Martin, Community Engagement Director, AgeWell Middle Tennessee

"As a champion for positive aging, AgeWell Middle Tennessee recognizes the impact that lifelong wellness has in our later years. From physical and cognitive health to emotional wellness, healthy aging starts long before we consider ourselves 'older.' We're thrilled that Abe's Garden Community shares this philosophy and is expanding the organization's expertise to help our Middle Tennessee community age well!"



Photo by Lori Latusek

LEADERSHIP *News*

Chris Coelho, MMHC, has been named as Interim Executive Director for Abe's Garden Community. Since joining the team in 2015, Chris has shown extraordinary commitment and compassion to residents, family members and team members. In previous roles, including Senior Director, Quality Analysis, Chris assisted anywhere help was needed on campus and built strong relationships with department leaders. As part of the administrator's licensure process, Chris worked in all areas of a senior living community.

Chris holds a Master's degree in Management of Healthcare from Vanderbilt University. His experience includes conducting research and quality-improvement projects in long-term care communities and hospitals while also developing quality-improvement systems in assisted living. He has co-authored five peer-reviewed papers on topics ranging from management of quality improvement in assisted living communities to monitoring pain and geriatric syndromes for discharged hospital patients.

The board of directors and the leadership team strongly support Chris Coelho assuming this role and appreciate Chris Kincaid's dedication and passion during his time as the organization's CEO. The board of directors established a committee, which is conducting a formal search for a permanent Executive Director.

Gratitude FROM BOARD CHAIR MICHAEL D. SHMERLING

*"Reflection: Looking back so that the view looking forward is even clearer."
– Unknown*

In our busy world, reflection is becoming a lost art. Reflection, mindful consideration and contemplation takes time – our most treasured resource.

And yet, it is helpful to take time to think about what we value and how (or if) our lives reflect what we truly cherish.

When I reflect on my Abe's Garden journey that began in 2007, I'm mindful of two things in particular. First, I am grateful beyond measure for both new and lifelong relationships with residents, family members, board members, staff, volunteers and contributors. Relationships are our life blood. Relationships take time. Relationships matter most.

And, secondly, I am thankful for the generosity of those who share time and treasure to make this world a better place. Philanthropy – defined broadly as the love of humankind – improves the life of the giver and the recipient.

This philanthropic spirit is evident throughout Abe's Garden Community. Independent living residents give because they appreciate the dedicated staff. Family members offer financial support because loved ones benefit from programs or services. Friends contribute because they value elder care and memory support services as important community resources. Foundations provide funding to help expand services and test new initiatives. Team members present memorial donations as an expression of comfort and concern. The list goes on and on.

Relationships and philanthropy – both require investment. As I look back, I thank you for investing in Abe's Garden when it was just a dream. And with the clarity of reflection, I look forward to working together to make an even greater impact as Abe's Garden Community.

With gratitude,



Michael D. Shmerling
Chairman of the Board

PERENNIAL SOCIETY MEMBERS, *Thank You!*

We're grateful for the individuals who have included Abe's Garden Community in their estate plans. These gifts represent future support to help provide brain health, wellness and purposeful living to seniors. If you've included Abe's Garden Community in your will or as a beneficiary of your IRA or other financial account, please let us know by contacting Donna Coleman at **615.490.6340** or **dcoleman@abesgarden.org**.

GERALDINE BRYANT

MRS. WILLIAM SHERRARD COCHRAN

DONNA & MARK COLEMAN

JUDY & GIL GIVEN

STACY HARRIS

REVA HELLER

PAULA LOVELL

MOLLIE & ROBERT PERRY

SUZANNE & JAMES SCHULMAN

DEBBIE & JIM SHMERLING

LISA & MICHAEL SHMERLING

LISA & ROB SHMERLING

BETH ZEITLIN

Estate Planning

An Ever-Lasting Gift

As a way of expressing gratitude to our loyal supporters and advocates, an Abe's Garden Community philanthropic partner is covering the cost of a gift for YOU – the gift of complimentary estate planning through our partnership with Thompson & Associates.

Thompson & Associates is different from typical estate planning businesses in three important ways:

- 1** The process is complimentary, with no hidden agendas, no pressures, no obligations and no time restraints. They don't sell anything. All conversations are held in the strictest confidence.
- 2** Thompson & Associates works in tandem with your personal advisors. They are not trying to replace your trusted financial, legal and tax professionals.
- 3** The process is designed to provide clarity, peace of mind and an incredible sense of significance. Each participant who completes the process will have a comprehensive estate plan that reflects their values.

This service is particularly timely because of new and proposed tax legislation. Anyone who has IRA assets especially needs to understand the impact of

distributing these assets to heirs. Thompson & Associates will review existing — and develop new — estate plans to ensure that distributions to heirs are maximized and philanthropic opportunities are leveraged to minimize taxes.



Sandra and Jim Daniell review estate plans with Thompson & Associates representative Paul Grassmann. Photo by Abigail Volkmann

Here's what current participants are saying about this complimentary Estate Planning process:

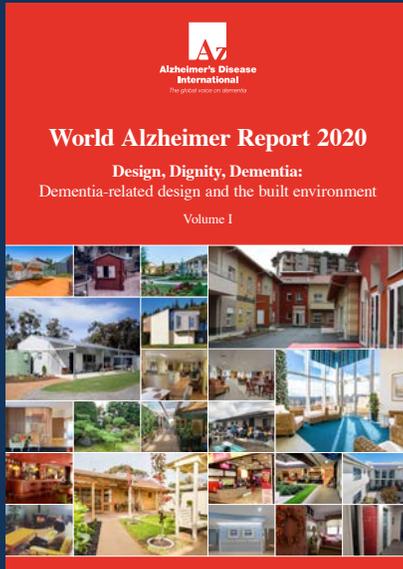
"We thought we were in good shape with this aspect of our lives. However, the experience we're going through with Paul Grassmann from Thompson & Associates has totally changed our thinking on what estate planning truly is and the thoroughness with which this subject should be approached. We have explored and acted on desires, wishes and ideas that were not in our thoughts prior to these sessions. What a powerful, enlightening, educational, comforting experience it is. We feel Paul genuinely cares about us and wants to do everything in his power to support our values and objectives in the best way possible. Abe's Garden Community has given us an amazing gift for which we are very grateful."
– Donald Holmes and Deborah Smith-Holmes



To open your gift and schedule an appointment, you may contact Donna Coleman, Senior Director, Marketing & Development, at **615.490.6340** or **dcoleman@abesgarden.org**. Learn more about Thompson & Associates with this QR code.



THE WORLD ALZHEIMER REPORT 2020, FEATURING ABE'S GARDEN COMMUNITY, RECOGNIZED FOR *Outstanding International Contribution*



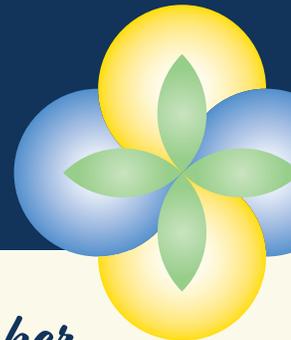
The World Alzheimer Report 2020, in which Abe's Garden Community is featured as a "groundbreaker" in dementia design, was recently awarded the European Healthcare Design (EHD) 2021 Award for Outstanding Contribution to Global Knowledge.

The EHD Awards aim to recognize and celebrate outstanding excellence in healthcare design. Last year's World Alzheimer Report is the most comprehensive look at dementia-related design and the built environment. It includes progress to date, pioneers and innovators (Abe's Garden Community among them), design principles and the importance of including people with dementia in all aspects of design.

"This special award is an honor," says the report's co-author John Zeisel, PhD, President & Co-Founder, I'm Still Here® Foundation & The Hearthstone Institute and author of *I'm Still Here: A New Philosophy of Alzheimer's Care*. "Not just for the three authors – Richard Fleming, Kirsty Bennett and

myself – but in recognition of all the early and modern groundbreaking researchers, architects, and designers – all innovators who dared to break old paradigms and move us into a future of 'design, dignity, dementia,' including Abe's Garden Community."

To learn more or to read the report, use this QR code or visit www.alzint.org/resource/world-alzheimer-report-2020



In Memory of Abe's Garden Community Board Member

BOB MCKOWN

JANUARY 12, 1948 – JUNE 28, 2021



"True leaders see the best, not the worst, even in the worst of times; they encourage and inspire others to heal, to bind together and build up, not tear down; they effectuate unity and don't use position as power to suppress others and get their way." – Bob McKown

We are saddened by the passing of Robert "Bob" McKown, who joined the Abe's Garden Community Board of Directors in October 2019 after years as a dedicated supporter, advisor and friend to the organization.

AN ENDOWED CHAIR AT VANDERBILT UNIVERSITY IS MAKING A DIFFERENCE IN DEMENTIA

Over ten years ago, generous gifts established the Abram C. Shmerling, M.D. Chair in Alzheimer's and Geriatric Medicine at Vanderbilt University School of Medicine to focus on clinical research in geriatric medicine and dementia. The Chair is currently held by geriatrics specialist Laura L. Dugan, M.D., whose primary area of interest – a relatively new area of Alzheimer's Disease (AD) research – is to better understand how inflammation might damage certain types of neurons to trigger AD, and to determine whether existing or new drugs might be effective interventions.

In the last two years, Dugan and her team published various key research, supported several educational activities and talented undergraduates' research experiences, and doubled the Fellowship Program in Geriatric Medicine. Under Dugan's leadership, significant initiatives are under way to:

- Determine through experiments whether existing anti-inflammatory clinical therapies will reduce agitation, aggression and anxiety in those with AD. Positive results could lead to more effective treatments for these neuropsychiatric symptoms, which are among the most devastating features of AD.
- Identify how inflammation leads to impaired function of cellular structures called lysosomes, which clear and recycle damaged cellular material to maintain brain health. Results could lead to testing new pharmacological therapies to maintain brain health during aging and as novel treatments for neurodegenerative diseases, such as AD.
- Develop, alongside Washington University, imaging tools to assess brain inflammation in neurodegenerative disease patients, including AD and Parkinson's disease patients.
- Identify genes associated with preserved neurohealth in aging using Electronic Medical Records, in collaboration with scientists in the Vanderbilt Institute for Clinical and Translational Research (VICTR).

"I'm proud of the work that my students, staff, and I have accomplished," says Dugan. "Supporting current discoveries, and the training of future scientists and physicians who will advance solutions, is critical to solving one of Medicine's greatest challenges. I'm grateful to be part of steps to future success."



GIVING SMARTER: MAKING A TAX-WISE GIFT FROM YOUR IRA

If you are 70 ½ years or older, a qualified charitable distribution (QCD or IRA charitable rollover) allows you to make a tax-free gift of up to \$100,000 to Abe's Garden Community. The QCD is a great way to make tax-smart gifts, especially if you do not itemize your income tax deductions. In addition, in the year you turn 72, you can use a QCD gift to satisfy all or part of your Required Minimum Distribution.

Download a fillable request form using the QR code or request one from Donna Coleman at **615.490.6340** or **dcoleman@abesgarden.org**.





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To view Abe's Garden Community's 2020 Annual Report, use this QR code or visit www.abesgarden.org/annualreports



www.abesgarden.org



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615.997.3030

Abe's Garden® Community is a 501(c)(3) nonprofit organization.

CREATIVELY *Giving Back* THROUGH THE ARTS

To pay it forward and show appreciation, artist Lisa Jennings gifted to Abe's Garden Memory Support Center of Excellence a portion of art show sales from her *Coming Home* spring exhibit at Customs House Museum & Cultural Center in Clarksville, Tennessee. The exhibit included the Community Bird Project, which displayed numerous handmade paper mâché birds on a large, winding branch, and was a tribute to the late Anton Weiss, Lisa's beloved mentor and life partner.

"Anton and I benefitted from his participation in Abe's Garden Club, the day program that offers compassionate care and purposeful engagement for those living with memory loss," she says. "We were fortunate to receive a scholarship that was set up through the generosity of others. Now, I have the opportunity to give back."

Lisa also donated her Community Bird Project to be installed at Abe's Garden Community for residents and program participants to enjoy. This is a great match for our focus on nature and art in engagement activities, as well as our Abe's Garden Memory Support household themes Connection to Nature and Arts & Lifelong Learning. Lisa says, "I hope that the birds nurture a connection to nature that Anton and I shared."

