

# Annual Report

A PATH TO A NATIONALLY RECOGNIZED  
ALZHEIMER'S CENTER OF EXCELLENCE



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



# 2016: A Year of Growth for Abe's Garden

## A Letter From The Founder and Chairman of the Board

Dear friends,

2016 was a remarkable year for Abe's Garden. In September, we celebrated our first anniversary of providing care and significantly improving the lives of individuals with Alzheimer's and related dementias (ARD).

Our mission to elevate care for individuals with ARD is being realized, and family and professional caregivers are also benefitting. Generous contributions are making it possible for Abe's Garden to study, demonstrate, and disseminate best practices in evidence-based design, person-centered care, a supported workforce, connecting to nature, engagement, continuous quality improvement, and family interaction. Charitable contributions are aiding our organization's efforts to collect and report data to quantify the results of these efforts, and furthering Abe's Garden's impact beyond our scenic campus to numerous community-based programs.

*Here's a look back at our 2016 accomplishments:*

We hosted nearly 180 campus tours, helping share our care model. These tours were filled with industry professionals from throughout Tennessee, as well as nine other states. Additionally, over 3,100 individuals were reached through team members delivering presentations and sharing proprietary content at industry conferences in multiple states.

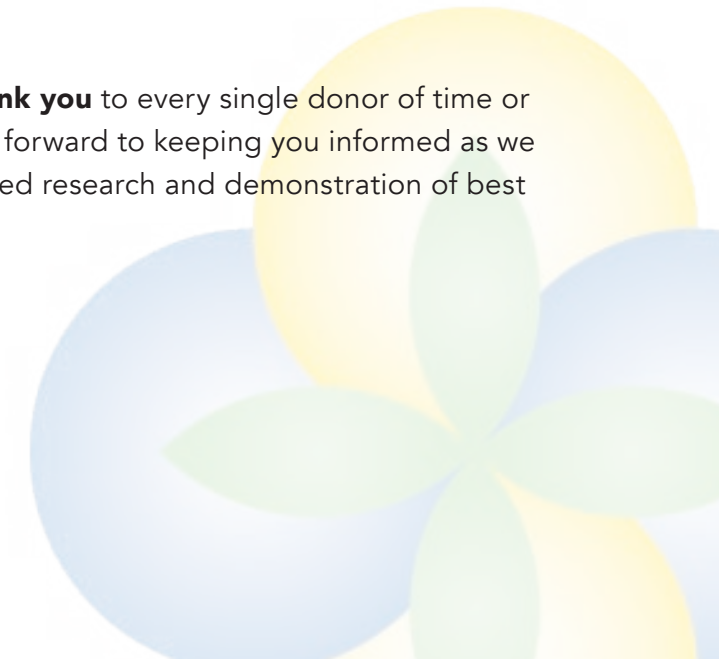
Our family of advocates expanded with the help of Kelly Clarkson, who honored Abe's Garden as one of four beneficiaries of the Grammy Award winner and Nashville resident's Miracle on Broadway benefit concert.

The generosity of time shared was tremendous. Nearly 560 children and adults volunteered at, or provided service to, Abe's Garden.

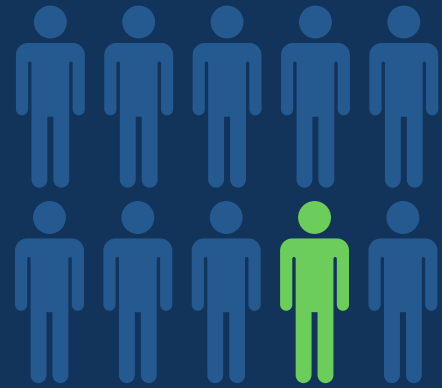
Personally, and on behalf of the board of directors, **thank you** to every single donor of time or treasure for making all of this and more possible. I look forward to keeping you informed as we reach higher to improve Alzheimer's care through applied research and demonstration of best practices.

With sincere appreciation,

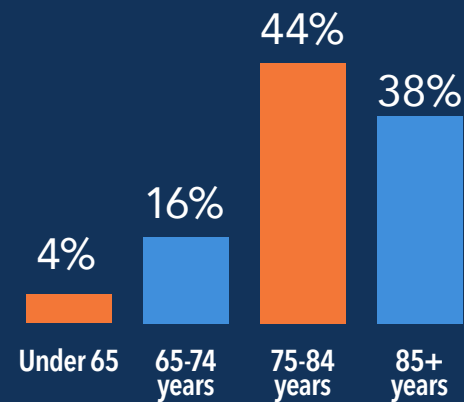
Michael D. Shmerling  
Founder and Chairman of the Board



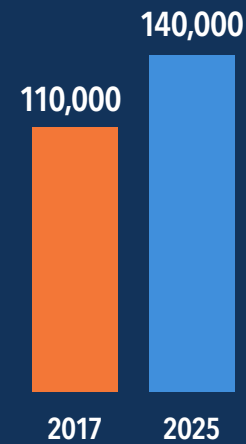
# THE NATIONAL NEED



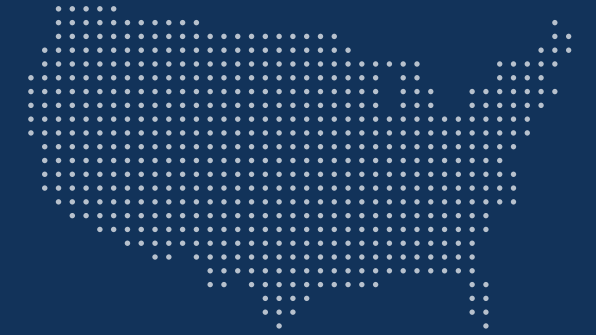
**ONE IN 10** people age 65+ has Alzheimer's disease.



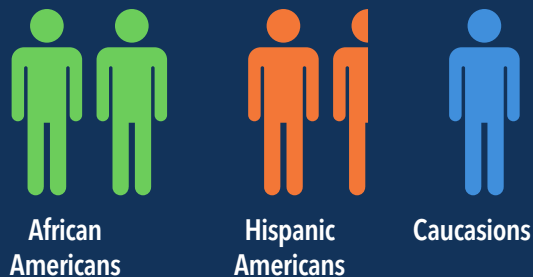
**AGES OF PEOPLE** with Alzheimer's disease in the United States, 2017  
(does not total 100% due to rounding)



Tennessee's Projected Number with Alzheimer's  
**(27% INCREASE)**



The West and Southeast are expected to experience the **LARGEST PERCENTAGE INCREASES** in people with Alzheimer's between 2017 and 2025. These increases will have a marked impact on states' health care systems, as well as the Medicaid program, which covers the costs of long-term care and support for some older Americans with dementia.



Older African-Americans are approximately **TWICE AS LIKELY** to have Alzheimer's disease or other dementias as older white Americans. And Hispanics are approximately **ONE AND ONE-HALF TIMES** as likely to have Alzheimer's or other dementias as older white Americans.



**EVERY 66 SECONDS**, someone in the United States develops Alzheimer's disease; By 2050, someone in the United States will develop Alzheimer's dementia every 33 seconds.

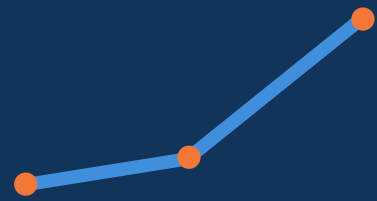
In 2016, Tennessee had 430K Alzheimer's disease and related dementia unpaid caregivers providing 489M hours of care which totaled \$6,191M value of unpaid care. Their increased health care costs equals \$273M.

## \$273M

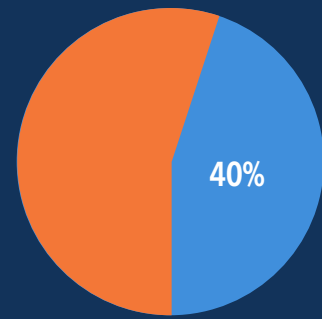
INCREASED CAREGIVER HEALTH CARE COSTS

\*source alz.org

# LIFE AFTER DIAGNOSIS

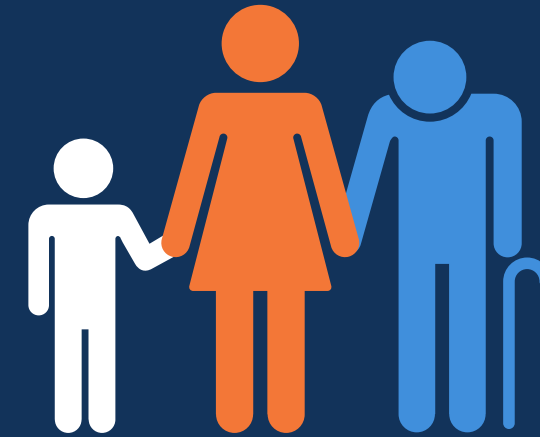


Studies indicate that people age 65+ survive an average of 4-8 years after a diagnosis of Alzheimer's disease, yet some live as long as **20 YEARS** with Alzheimer's.



Individuals will spend an average of **40 PERCENT** of their total number of years living with Alzheimer's disease in the most severe stage.

# CAREGIVING REALITIES



It is estimated that **250,000** children and young adults between ages 8 and 18 provide help to someone with Alzheimer's or another dementia. National surveys have found that approximately one quarter of dementia caregivers are "sandwich generation" caregivers — meaning that **they care for an aging parent and children under age 18.**

At age 80, approximately **75% OF PEOPLE** with Alzheimer's disease are expected to be living in a nursing home compared to only 4% percent of the general population at the same age.



# 41%

of caregivers have a household income of **\$50,000** or less.

# 15+

MILLION

Americans provide **UNPAID CARE** for people with Alzheimer's or other dementias.

## Testimonials



Photo credit: Liz Traynor

Cornelia, her husband, her mother and campus friends enjoyed a Big Band concert at Abe's Garden.

"Ever since my mother began living at Abe's Garden, I saw some of her sparkle come back. She had been living at home with her caregivers spending most of her time in front of the television. She now has friends she enjoys seeing on a daily basis, she is never bored or sitting idle in her room, and she is physically stronger as she is more active during the day. Despite the progression of her disease, she seems to enjoy herself, laugh and smile more than before.

I, along with my two sisters and brother, feel so confident that she is well-cared for and truly loved by the amazing staff at Abe's. Having her there has given me freedom from being her caregiver to allow me to enjoy her and love her as my mother! And my mother also has the freedom to make her own choices and be more independent than any of us believed possible. She is living her life again as best she is able and that brings me joy and peace."

– Cornelia Granbery, daughter of an Abe's Garden resident

"Finding Abe's Garden has been a miracle for our family and our mom, and it has changed our lives. The family-centered spaces around the yard and gardens with plenty of outdoor spaces to walk and relax makes us all feel at home. The music, art and other activities with caring and knowledgeable staff create a family atmosphere where we can all enjoy time we spend with our mom and the other residents. My mom especially responds to music and the outdoors and these are a part of everyday life at Abe's."

- Sandy Bivens, daughter of Abe's Garden resident Judy Bivens



Photo credit: Norman Westervelt

Four generations of love: Abe's Garden resident Judy Bivens has a lovely visit in the courtyard with her family from Birmingham, Alabama: daughter (Susan Bush), granddaughter (Jillian Westervelt), and great-grandson (James Westervelt).

"[Volunteering at Abe's Garden] was an answer to a prayer to be able to share my music and to have an opportunity to make people laugh, smile and most importantly SING on a weekly basis! I can honestly say that the love I feel each week fills my heart with a joy that I have never known before! I am impressed with the level of care, nurturing and sincere love the caregivers give to the residents. I witness this love given out each week and it is powerful!"

- Dena Davies, Abe's Garden volunteer who leads music sessions with residents once a week

# 2016 Accomplishments

Abe's Garden was home to **57 residents**, and The Club day program served **26 participants**.

Abe's Garden's Music Advisory Council was formed, as well as Helping Hands - a resident group that **volunteers and contributes** to meet community needs.

A majority of Care Partners climbed up Abe's Garden's career ladder through classroom and competence-based training, with **59% of them completing level one training and 41% completing level two training**.

Abe's Garden was selected to be **Montgomery Bell Academy's** philanthropic partner for their 150th anniversary year.

Abe's Garden implemented a **peer mentor program** for Care Partners, which created new Care Partner Mentor positions.

**Over 200 children** volunteered time to entertain or engage with campus residents.



# Overview & Financials

## Mission Statement

Abe's Garden seeks to establish a model of residential and day care 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.

## Leadership

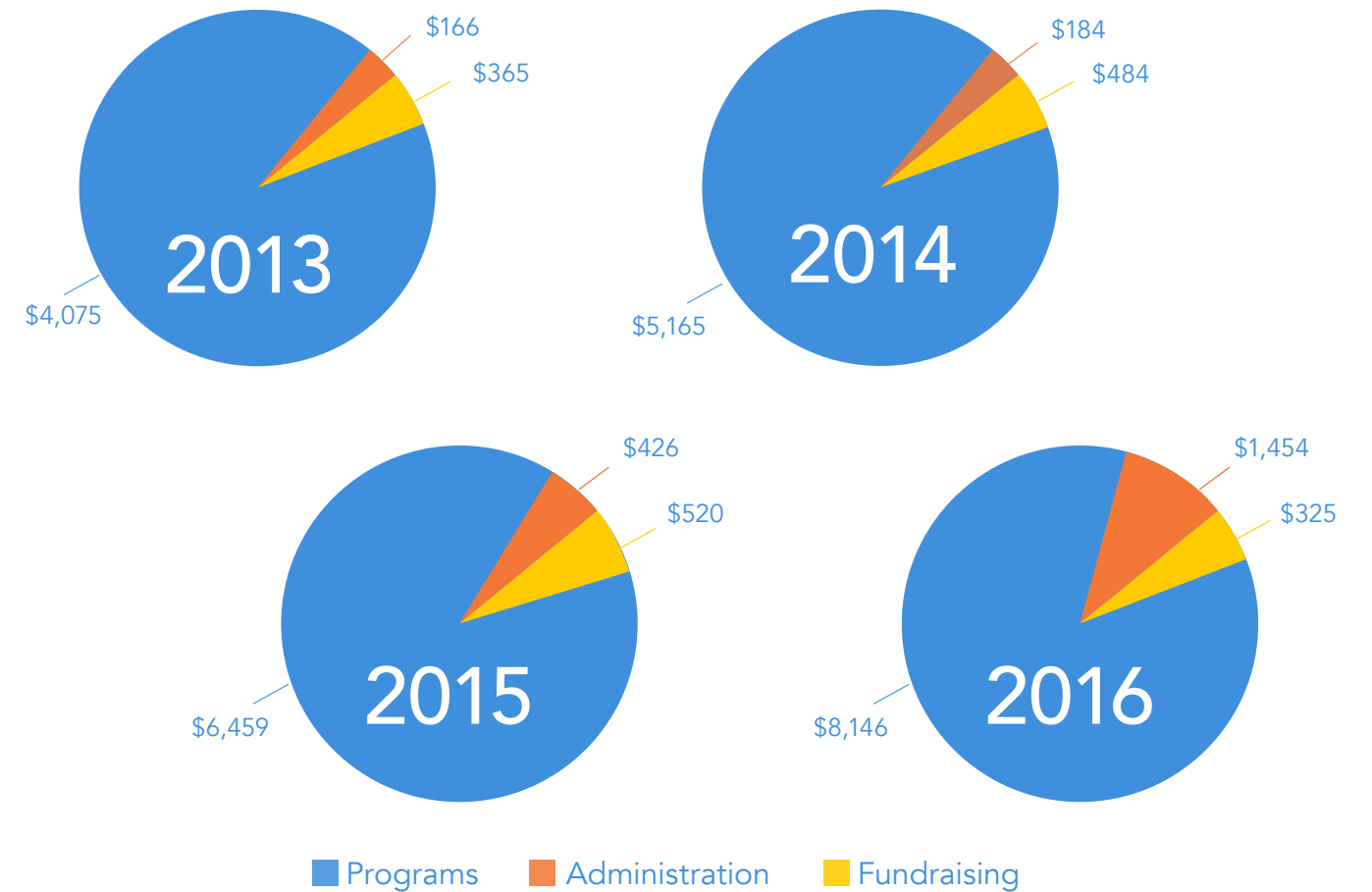
CEO/Executive Director: Andrew Sandler, Ph.D.  
Board Chair: Michael D. Shmerling

## History & Background

Year of Incorporation: 2007  
Organization's type of tax exempt status: 501(c)(3)

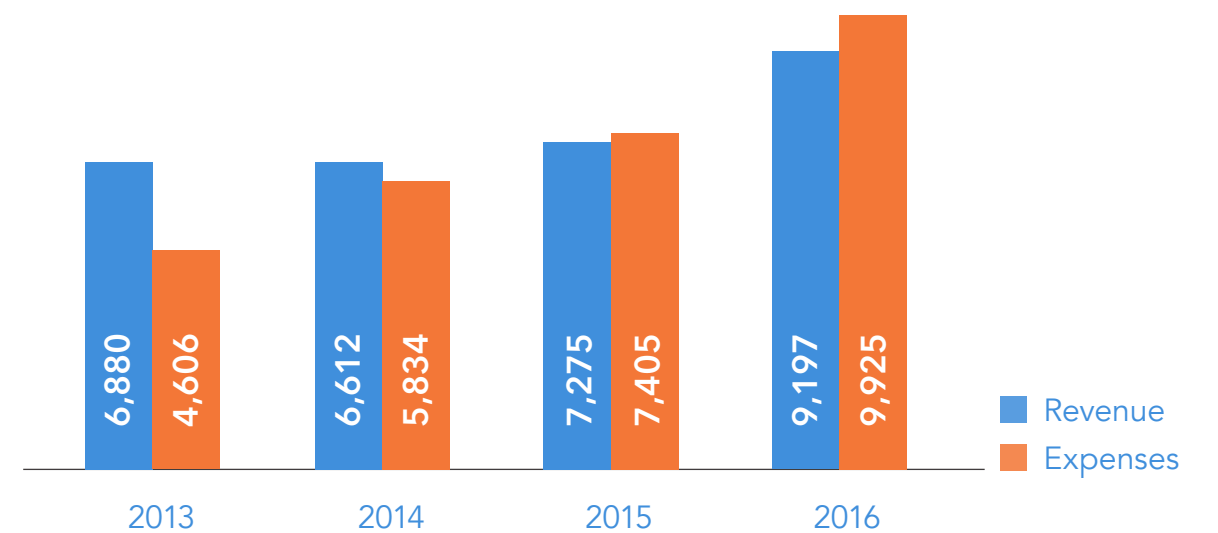
Source: <http://givingmatters.guidestar.org/profile/2460/abe's-garden.aspx>

## EXPENSE BREAKDOWN (in thousands)

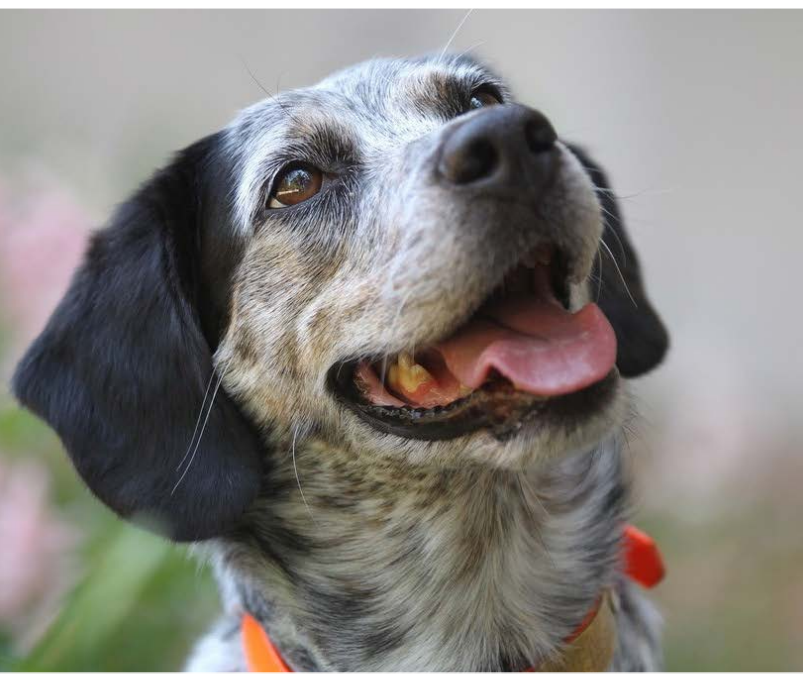


■ Programs ■ Administration ■ Fundraising

## REVENUE/EXPENSES



■ Revenue ■ Expenses



Life at *Abe's Garden*



Photos throughout are compliments of Raeanne Rubenstein, Robert Heller, and Sarah Mechling courtesy of Perkins Eastman, except where noted.





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