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# *Annual Report*

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



**Abe's Garden**  
Alzheimer's and Memory Care Center of Excellence



## 2017: A Year of Growth for Abe's Garden®

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

Dear friends,

Since welcoming our first residents in September 2015, Abe's Garden® has made significant progress in establishing an elevated care model of residential, day, and community-based programs for those with Alzheimer's disease and other dementias.

Thanks to generous contributions from foundations and individuals, 2017 was notable for advancements in the study and demonstration of best practices in dementia care – and dissemination throughout Tennessee, the United States, and to 102 nations across the world!

*Here's a look back at some of 2017's most significant accomplishments:*

The organization launched a series of free videos to educate family and professional dementia caregivers on a wide range of topics. The videos are available at [www.abesgarden.org](http://www.abesgarden.org) and on the Abe's Garden® YouTube channel.

Abe's Garden® Community Group (AGCG), Middle Tennessee's first community-based day program for individuals in the early stages of dementia, began providing services. AGCG promotes mind and body health, socialization, and support for impacted adults.

*The Gerontologist*® published "Managing Person-Centered Dementia Care in an Assisted Living Facility: Staffing and Time Considerations," an article co-authored by Abe's Garden® and Vanderbilt Center for Quality Aging leaders.

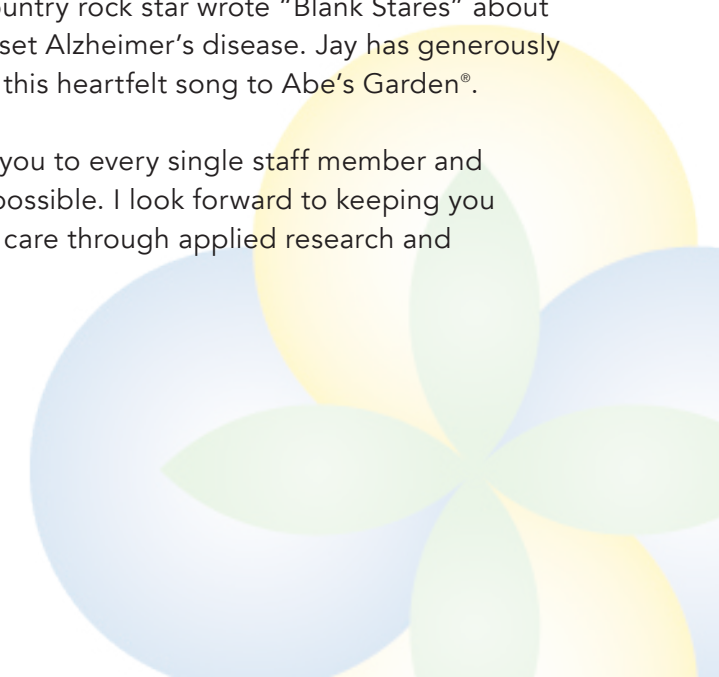
Kim Campbell, wife of the late Glen Campbell, publicly expressed her gratitude and support for Abe's Garden®, where the legendary musician resided during his final two years. Kim is featured in the previously noted videos.

Jay Allen joined our family of advocates. This rising country rock star wrote "Blank Stares" about his mother, who was diagnosed at 47 with younger-onset Alzheimer's disease. Jay has generously pledged to contribute all proceeds from purchases of this heartfelt song to Abe's Garden®.

Personally, and on behalf of the board of directors, thank you to every single staff member and donor of time or treasure for making all of this and more 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 sincere appreciation,

Michael D. Shmerling  
Founder and Chairman of the Board



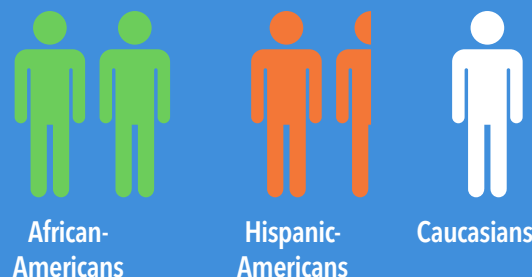
# THE NATIONAL NEED



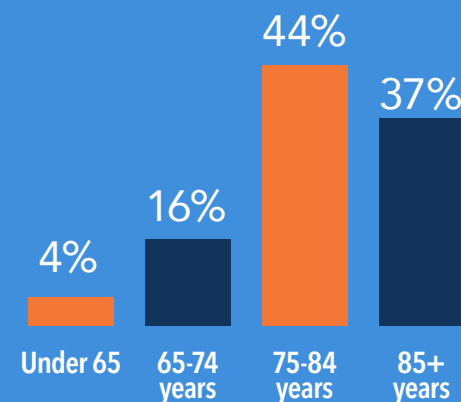
**5.5M PEOPLE** in the United States ages 65+ are living with Alzheimer's. This number is projected to increase 29% by 2025, reaching 7.1M.



**APPROXIMATELY 200,000** individuals under age 65 have younger-onset Alzheimer's.



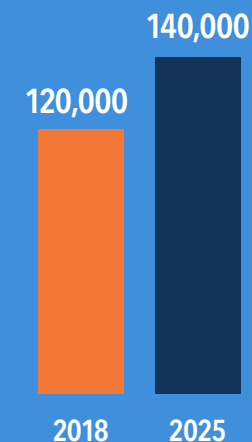
Older African-Americans are approximately **TWICE AS LIKELY** to have Alzheimer's disease or other dementias as older caucasian Americans. And Hispanics are approximately **ONE AND ONE-HALF TIMES** as likely to have Alzheimer's or other dementias as older caucasian Americans.



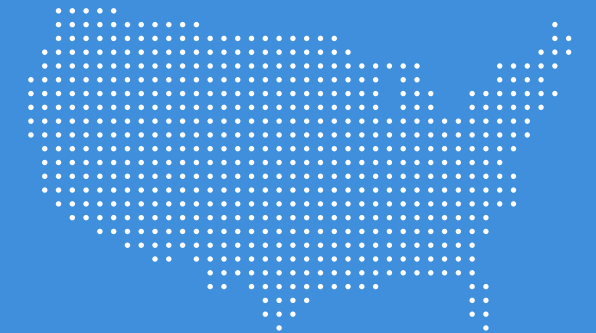
**AGES OF PEOPLE** with Alzheimer's disease in the United States, 2018.

(does not total 100% due to rounding)

# THE LOCAL NEED



Tennessee's Projected Incidence of Alzheimer's. **(17% 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' healthcare systems, as well as the Medicaid program, which covers the costs of long-term care and support for some older Americans with dementia.

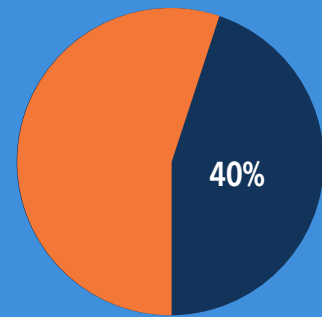
In 2017, Tennessee had 435K Alzheimer's disease and other dementia unpaid caregivers providing 495M hours of care which totaled \$6,252M value of unpaid care. Their increased healthcare costs equals \$279M.

**\$279M**  
INCREASED CAREGIVER  
HEALTHCARE COSTS

# LIFE AFTER DIAGNOSIS

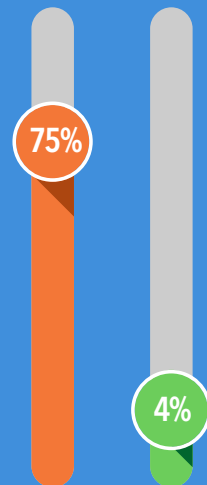


Studies indicate that people aged 65+ survive an average of 4-8 years after a diagnosis of Alzheimer's disease, yet some live as long as **20 YEARS** with Alzheimer's.

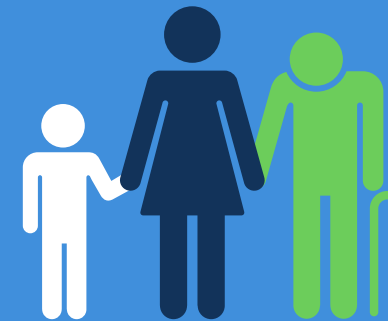


Individuals will spend an average of **40 PERCENT** of their total number of years living with Alzheimer's disease in the most severe stage.

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.



# 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.**



The total lifetime cost of care (including Medicare, Medicaid, out-of-pocket expenditures, and the value of informal care) for someone with dementia was estimated at **\$341,840 IN 2017 DOLLARS.**

**41%**

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



**OVER ONE-THIRD** of dementia caregivers are daughters.

**16+**  
MILLION

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

## Testimonials



Bill Purcell and Abe's Garden Nurse Manager Donna Finto-Burks.

"We know growing up that our parents want the best for us. Then there comes a time when we want and need the best for our parents. It's among the hardest things that kids ever deal with, especially when they're not kids anymore. That's why Abe's Garden® was so important to us. Abe's Garden® really is a world-class, cutting-edge, special, loving, warm place. When my mother needed that very thing, it was there. We looked in lots of places and thought about anywhere in the country. And in the end, I was convinced, and am convinced, there was no place on the planet that would have been better for my mother, that is better for my mother, than Abe's Garden®. I just hope that there'll be a time when every son or daughter can know that their parents have a place like that when they need it."

– Bill Purcell, Mayor of Nashville and Davidson County (1999-2007), Abe's Garden® board member, and son of resident Mary Purcell

"As [my husband] has transitioned through the different stages of his disease, the Community Group has made the single biggest impact. It has helped him to see that he can still contribute, make friends and enjoy himself."

– Kenna Niles, an Abe's Garden® Community Group participant's wife



"The Abe's Garden® staff is making my dad's new chapter so easy. He is so happy! In our first conversation (since moving in), he reported he has a great room with a beautiful view and lots of light, the people are very nice, and the food is tasty."

– Anne, daughter of an Abe's Garden® resident

# 2017 by the Numbers

Abe's Garden® was home to **56 residents**, and the Club adult day program served **25 participants**.

We hosted 82 people at Belcourt Theatre for **Hearthstone Institute's I'm Still Here®** "Meet Me at the Movies," a free community-based program for individuals with dementia and their caregivers.

Free caregiving videos were viewed over **60 thousand times** in **103 countries**.

Care partners climbed the signature career ladder through training and demonstrated competencies, with **66% completing level 1** training and **33% also completing level 2 training**.

**350 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 printed and distributed.

**Over 15K** residential nights.

Over 50 volunteers provided a total of over **1,000 volunteer hours**.

Approximately **1,000 individuals** were reached through leadership team members delivering various presentations and hosting events.

We provided tours of Abe's Garden® to **155 industry professionals** from **16 states**, helping disseminate our evidence-based care model to senior living facilities throughout the nation.



# 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

Board Chair: Michael D. Shmerling

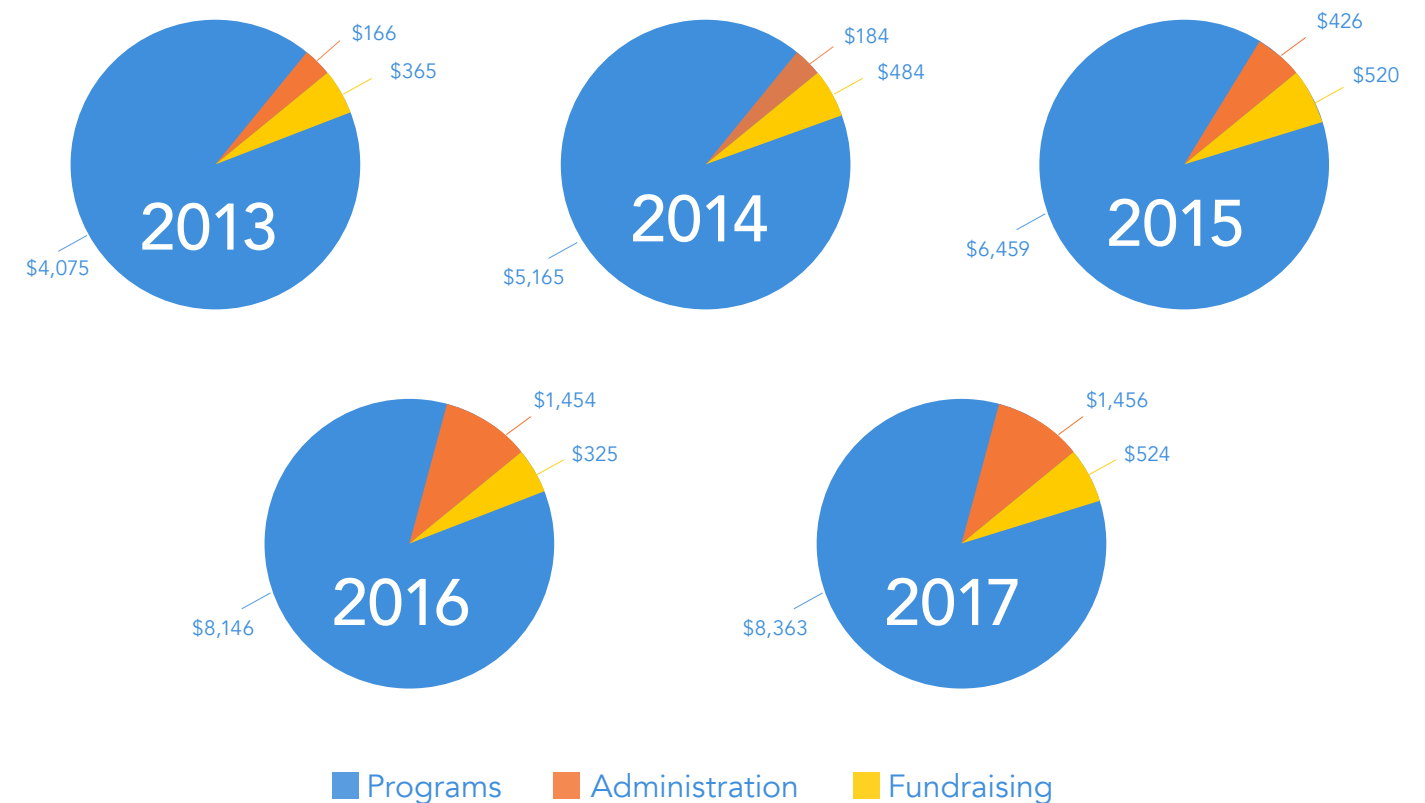
CEO/Executive Director: Andrew Sandler, PhD

## History & Background

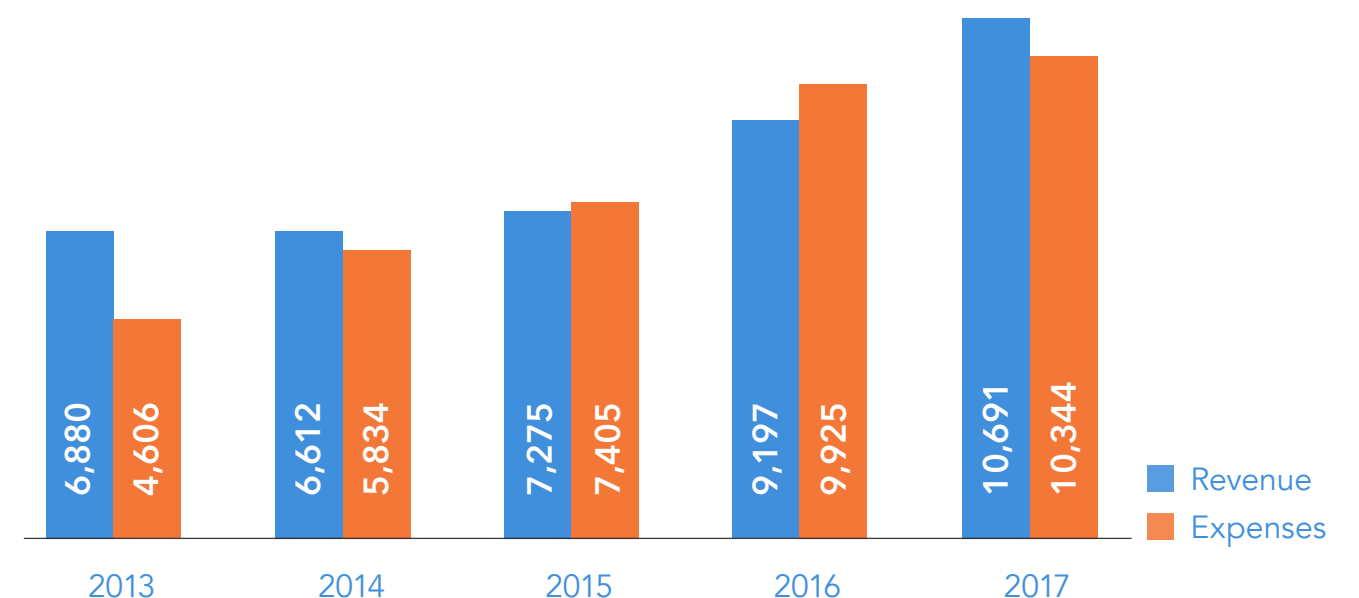
Year of Incorporation: 2007

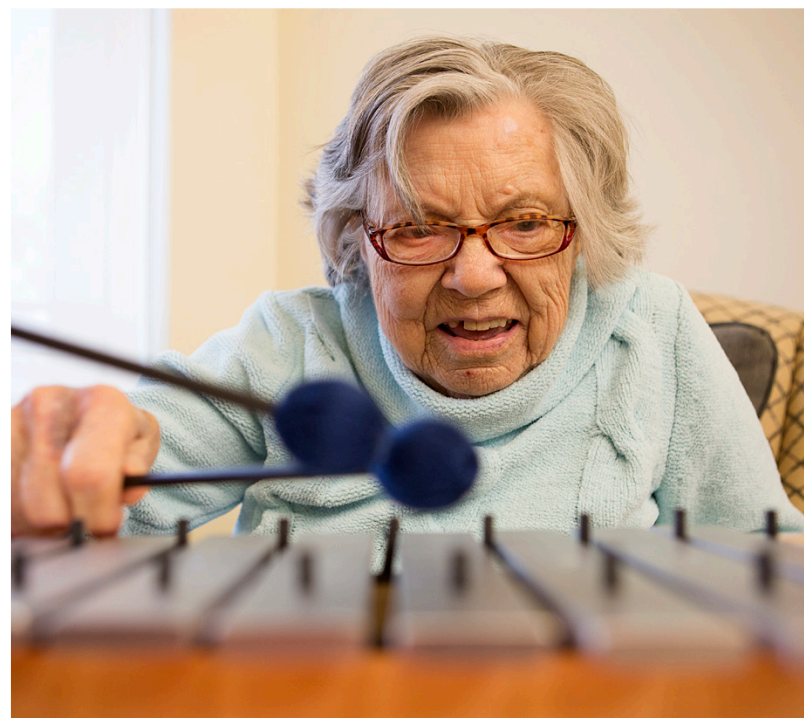
Organization's Tax Exempt Status: 501(c)(3)

## EXPENSE BREAKDOWN (in thousands)



## REVENUE/EXPENSES





Life at *Abe's Garden*®



Photos compliments of Dan Heller, Robert Heller, Lori Latusek, Theo Miesner, and Michelle Morrow.



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