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# *Annual Report*

A PATH TO A NATIONALLY RECOGNIZED ALZHEIMER'S  
AND MEMORY CARE CENTER OF EXCELLENCE



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



# 2018: A Year Of Expansion For Abe's Garden®

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

Dear friends,

The growth Abe's Garden® has experienced since opening its doors to residents in 2015 is inspiring. The organization's mission to elevate residential and community-based dementia care is being realized on our scenic 7.4-acre campus, in homes around Middle Tennessee and virtually across the world.

Program grants from foundations and generous contributions from individuals have provided unique opportunities to study, demonstrate and disseminate best practices; expand offerings for impacted individuals; and provide respite, training and support for caregivers.

Here's a look back at some of 2018's most notable advancements:

**JANUARY** – Victor J. Legner, MD, MS, and nurse practitioner Mattie Godfrey, both of whom are affiliated with Vanderbilt University Medical Center, joined the Abe's Garden® team to provide **on-site geriatric primary care for residents.**

**FEBRUARY** – *Journal of the American Medical Directors Association (JAMDA)* published "A Quality Improvement System to Manage Feeding Assistance Care in Assisted Living," co-authored with Vanderbilt Center for Quality Aging's Sandra F. Simmons, PhD, and John Schnelle, PhD, and Andrew Sandler, PhD and Chris Coelho, NHA, MMHC, of Abe's Garden®.

**JUNE** – Registered Nurse Anna Freels joined the Abe's Garden® team as Assistant Nurse Manager to provide **on-site evening care** from 1 p.m. to 9 p.m., Monday through Friday.

**JULY** – **Abe's Garden® Community Group**, the groundbreaking day program for those in the earliest stage of dementia that launched with sessions scheduled for Tuesday and Thursdays, expanded to two additional days (Wednesdays and Fridays).

**JULY** – The American Horticultural Therapy Association awarded Abe's Garden® the 2018 **Therapeutic Garden Design Award.**

**JULY** – The late Glen Campbell's wife, Kim Campbell, spoke about her caregiving journey and shared details of her husband's memorable last days at Abe's Garden® in a **cover story of Gannett's Parade Magazine, distributed nationally.**

**AUGUST** – With the financial support of The Memorial Foundation, Cal Turner Family Foundation, and Dugas Family Foundation, Abe's Garden® added to its community-based services a pilot program that assists family members and other caregivers in their private homes. **At Home with Abe's Garden® (AHAG)** provides activities of daily living, and engagement training, as well as emotional support.

**OCTOBER** – **Chris Kincaid, a 23-year senior living industry veteran, joined the organization** as Abe's Garden® and Park Manor's Executive Director.

Personally, and on behalf of the board of directors, thank you to every volunteer, staff member and donor for making all this and much more possible. I will keep you informed as we continue making advancements in elevating dementia care.

With sincere appreciation,  
Michael D. Shmerling  
Founder and Chairman of the Board

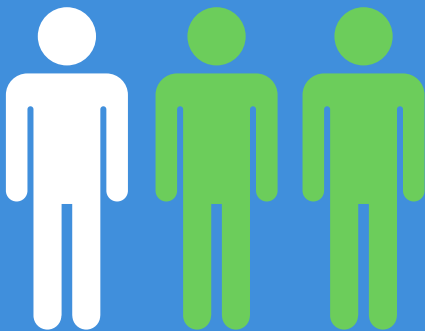




# THE NATIONAL NEED



**5.8M AMERICANS** are living with Alzheimer's. By 2050, this number is expected to reach 14M.



**1 IN 3 SENIORS** dies with Alzheimer's or other dementia. It kills more people than breast cancer and prostate cancer combined.

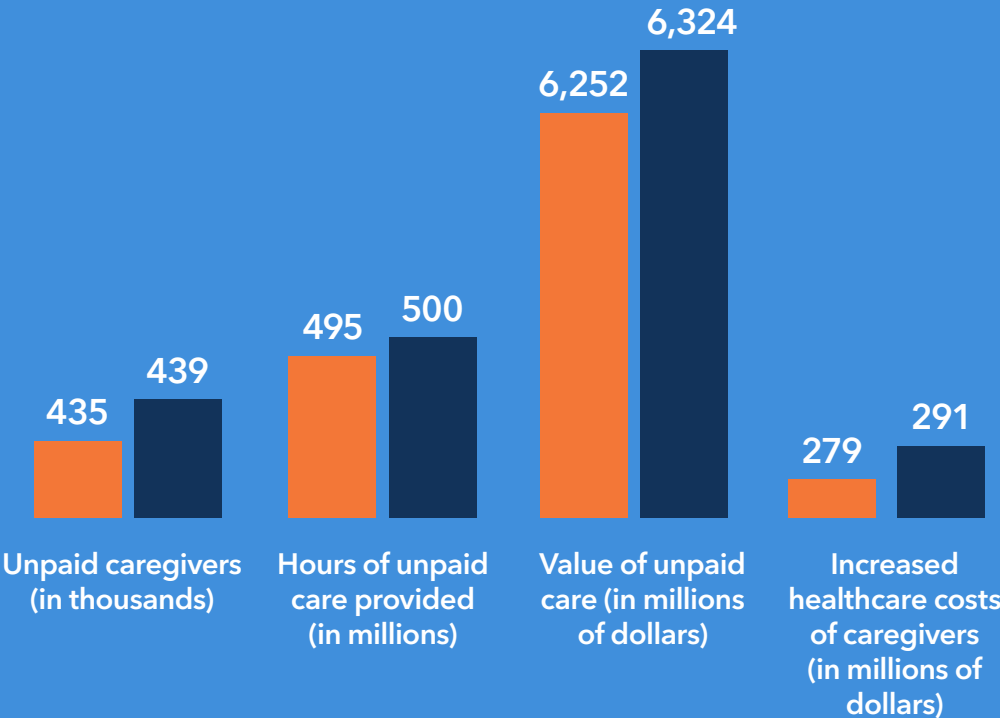
"I am actively seeking out other people in my community who are caring for a young spouse with Alzheimer's. I am sure that there are other people out there in our situation and I hate to think that they are going through it alone. It is exciting to be able to share with them that we have found something unique here at Abe's Garden® Community Group."

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

# THE LOCAL NEED



There are 120K Americans in Tennessee ages 65+ with Alzheimer's.



Tennessee Caregivers  
2017 2018

\*Source: alz.org

# THE FINANCIAL IMPACT

16+  
MILLION

More than 16M Americans provide  
**UNPAID CARE** for people with  
Alzheimer’s or other dementias,  
providing 18.5B hours valued at \$234B.



\$341,840

**\$341,840** is the estimated  
lifetime cost of care for an  
individual living with dementia.

\*Source: alz.org

## Testimonials

“I’ve always loved the Sam Bean lyric that goes, ‘You don’t have to pass a test to come home.’ Abe’s Garden® embodies this idea for me. Abe’s Garden® has become a home away from home – and most importantly, a place where I feel accepted and welcomed for who I am. Each time I show up, I feel more connected and attached to the beautiful people inside. I slowly started meeting with residents and would share a small conversation over a meal, watch old movies together, take walks around the garden and play puzzles for hours after dinner. Every time I left looking forward to my next visit. The people of Abe’s Garden® have this really profound way of making their way around your heart strings. They feel like family.”

– Kristi Karrenbrock, Abe’s Garden® volunteer



“We are so grateful that Glynn is at Abe’s Garden®. He is well cared for, and the important thing is that he is kept busy. Mentally, he seems to be much better now than before moving to Abe’s Garden®. Thank you for all you do for him.”

– Evelyn Clark, wife of an Abe’s Garden® resident



# 2018 BY THE NUMBERS



Abe's Garden® was home to  
**61 residents.**

Abe's Garden® provided over  
**15,000**  
residential nights.

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

The leadership team provided  
tours and in-depth training of  
Abe's Garden® best practices to  
**85 industry professionals,**  
helping disseminate the  
organization's evidence-based care  
model to senior living campuses  
throughout the nation.

Caregiving video series added  
a video addressing early-stage  
dementia, which reached over  
**164,000 views.**  
Total caregiving video views  
reached nearly  
**250,000 views.**

Abe's Garden® community-based  
programs (The Club,  
Abe's Garden® Community Group,  
and At Home with Abe's Garden®)  
served  
**38**  
participants.

Over  
**78 volunteers**  
provided nearly  
**900 volunteer**  
hours.

**130 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 distributed.

The Exit Planning Institute's  
Annual Summit Giveback  
event included a silent auction  
that solely benefited  
Abe's Garden® and raised over  
**\$18,000**  
for the organization.





# 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.

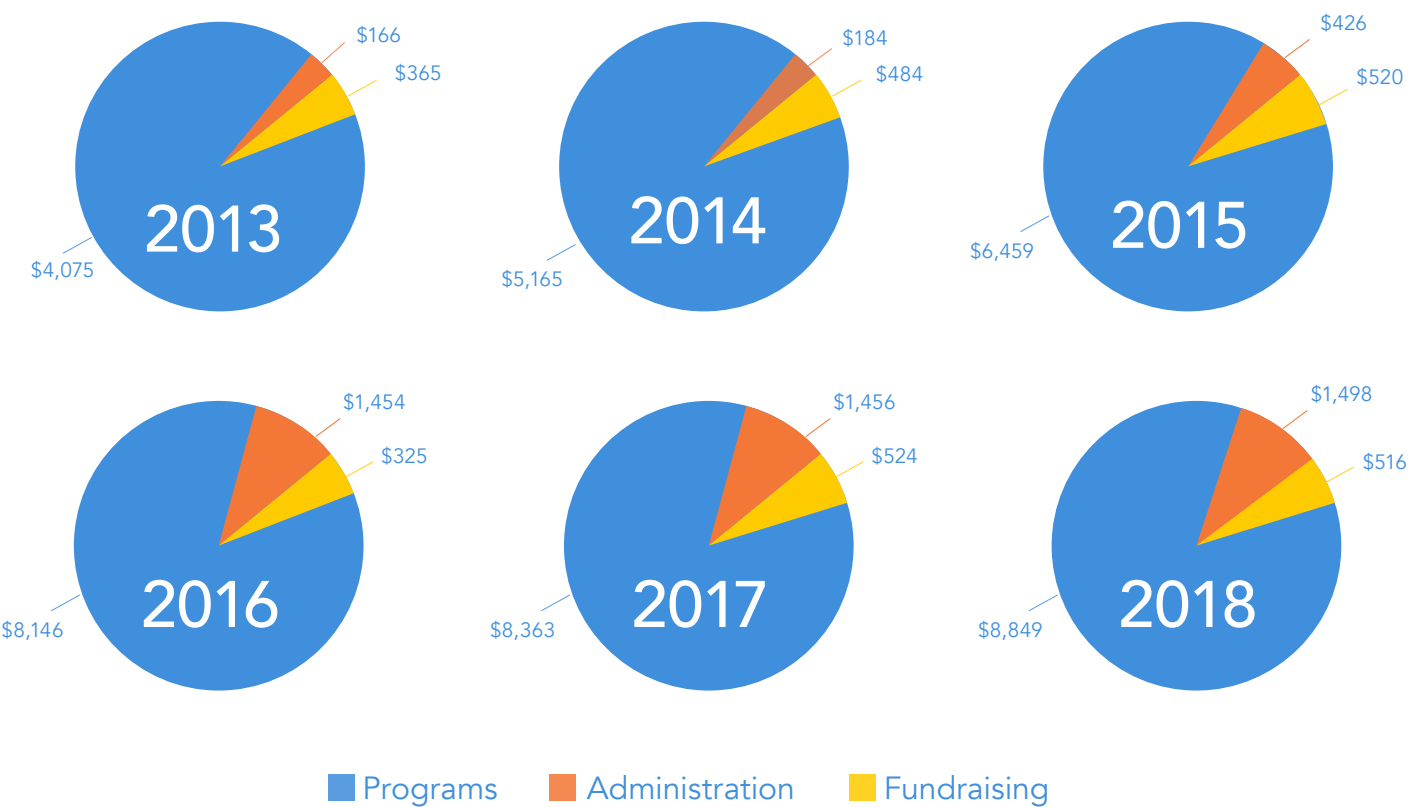
## Leadership

Chairman of the Board: Michael D. Shmerling  
Executive Director: Chris Kincaid

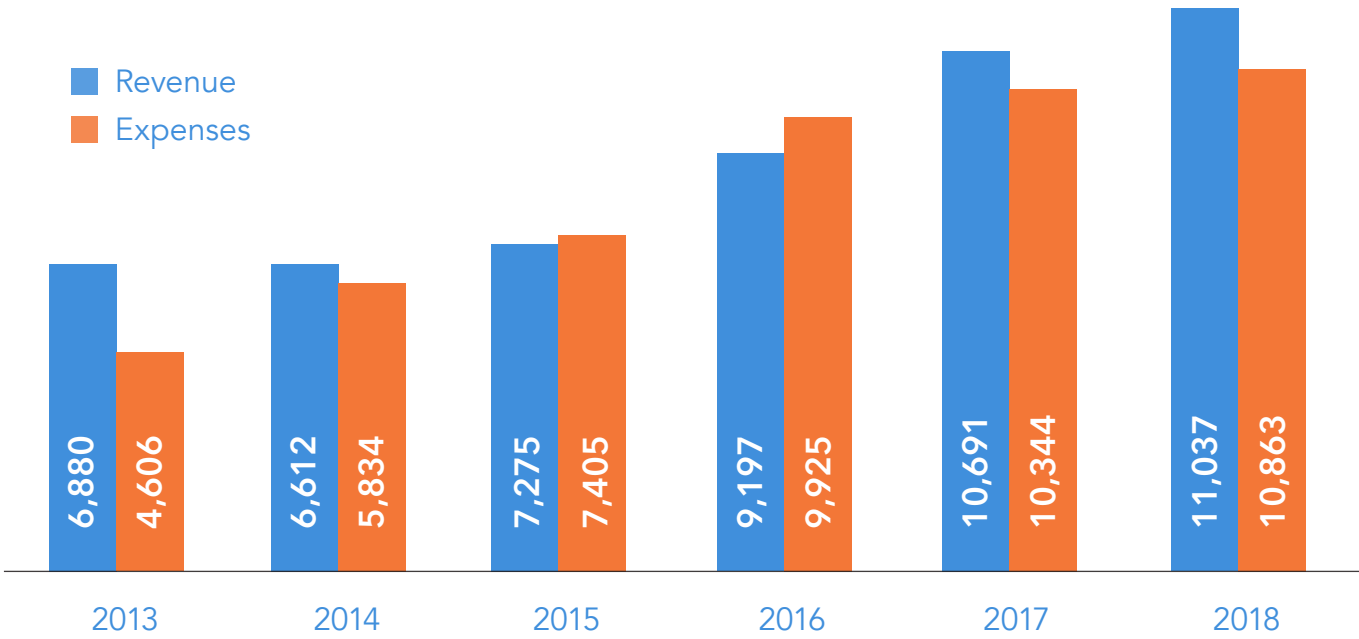
## History & Background

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 David Abbott and Robert Heller.





615.997.3030 | [www.abesgarden.org](http://www.abesgarden.org)  
115 Woodmont Boulevard | Nashville, TN 37205



@abesgarden

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