

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



seeds



From left to right: Mary Chapin Carpenter, Michael Shmerling, Alison Krauss,
and Mary Ann McCready at the Abe's Garden opening event.

WHAT WE DO

Abe's Garden seeks to establish a model of residential and day/evening care programs for individuals 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 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.



A Look Inside Abe's Garden

ABE'S GARDEN welcomed its first residents on Sept. 21, 2015. Before opening its doors, a series of celebratory events were held to provide volunteers, donors, prospective residents, families and related industry professionals a preview of its amenities, programs and services.

SEE PHOTOS OF ALL THE EVENTS INSIDE >



Every person has the same emotional needs: the need to feel respected; the need to choose and to feel in control; the need to feel worthy; and the need to give and receive love.

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To kick off the grand opening, Abe's Garden hosted a special tribute to thank major donors who provided significant financial support throughout the construction of the community. After dinner in the Connection to Nature household, guests were treated to an all-star performance by Mary Chapin Carpenter, Alison Krauss, and Ashley and Shannon Campbell, children of famed country music artist, Glen Campbell.



Ashley and Shannon Campbell perform a song titled, "Remembering" in honor of their father, Glen Campbell.



Michael Shmerling, Abe's Garden chairman and founder, thanks donors for their continued support of Abe's Garden and its mission.



Friends and supporters Mary Ann McCreedy, Roy Wunsch and Anthony Cuzzone celebrate Abe's Garden's grand opening.



Buzz Evans shared how Abe's Garden produces honey onsite.

All Photos by Clark Thomas



Effective communication helps meet the emotional needs of those with Alzheimer's disease.

The "Life at Abe's Garden" events gave guests an opportunity to tour the community. These events featured presentations about Abe's Garden's founding, the organization's person-centered care approach as well as the intentional architectural, interior and landscape design elements of the campus. In addition, guests got a sneak peek of the ways residents will be engaged each day at Abe's Garden. Demonstrations included flower arranging, music therapy, a cooking class, and tasting of the honey that is produced onsite. 🌻

Guests participate in a cooking class demonstration with Abe's Garden Executive Chef Brenda Davila.



Mary Chapin Carpenter performs.



Alison Krauss performs.



Andrew Sandler, Ph.D., Abe's Garden Executive Director and CEO, presents on Abe's Garden's person-centered care approach.



Guests of all ages participated in art activities.

IT'S A FULL HOUSE



All suites at Abe's Garden are currently reserved. To place your loved one on the wait list, please contact Judy Given at jgiven@abegarden.org.

When speaking to a person who has Alzheimer's disease, make eye contact at his or her level.
Do not look down at a person seated in a chair or wheelchair.



Photos by Clark Thomas

ABE'S GARDEN HAS A

New Tune

Bethany Trainor Named Life Engagement Coordinator and Music Therapist



The sound of music is filling Abe's Garden. The community recently welcomed Bethany Trainor to its team as music therapist and life enrichment coordinator.

"Music is often found to be therapeutic and stimulating for those with Alzheimer's disease and dementia," said Andrew Sandler, Ph.D., CEO and Executive Director of Abe's Garden. "We're excited to have Bethany leading our music program. Her work will improve residents' well-being by providing purposeful engagement."

Trainor has extensive experience as a composer, private voice and piano instructor, and music educator. She holds a master's degree in music therapy from Florida State University and a master's degree in music composition from New York University.

"I'm excited to join the Abe's Garden team. Music therapy will provide those at Abe's Garden an outlet of self-expression and opportunities to exercise fine and gross motor skills, strengthen language and memory recall skills, and interact with fellow residents."

—
BETHANY TRAINOR

She earned her bachelor's degree in music theory/composition from Westminster Choir College of Rider University.

"Many studies have shown the positive impacts that music can have on the lives of those with Alzheimer's disease," Trainor explained. "Music can shift a person's mood; manage stress-induced agitation; stimulate positive interactions; facilitate cognitive function; and help the brain organize incoming information and coordinate motor movements."

Abe's Garden residents interested in playing or listening to music will have the opportunity to participate in weekly group music sessions led by Trainor. Individual music sessions also will be available. Trainor will focus on residents' abilities, adapting sessions to meet individuals' needs. Examples of this approach include modeling how to play a hand drum and encouraging participants to fill in the missing lyrics of familiar songs. 🎵

ABE'S GARDEN PUTS ART INTO ACTION



Avalee Jenkins Named Life Enrichment Coordinator and Art Therapist

Residents at Abe's Garden will have the opportunity to express their inner Picassos with help from Avalee Jenkins, who has joined the community as art therapist and life enrichment coordinator.

"We are thrilled to have Avalee developing our art therapy program," said Abe's Garden CEO and Executive Director Dr. Andrew Sandler. "She comes to Abe's Garden with more than a decade of experience in leading local community programming and has a true passion for sharing her love of art with others. Her programs will advance the organization's focus on person-centered care and wellness."

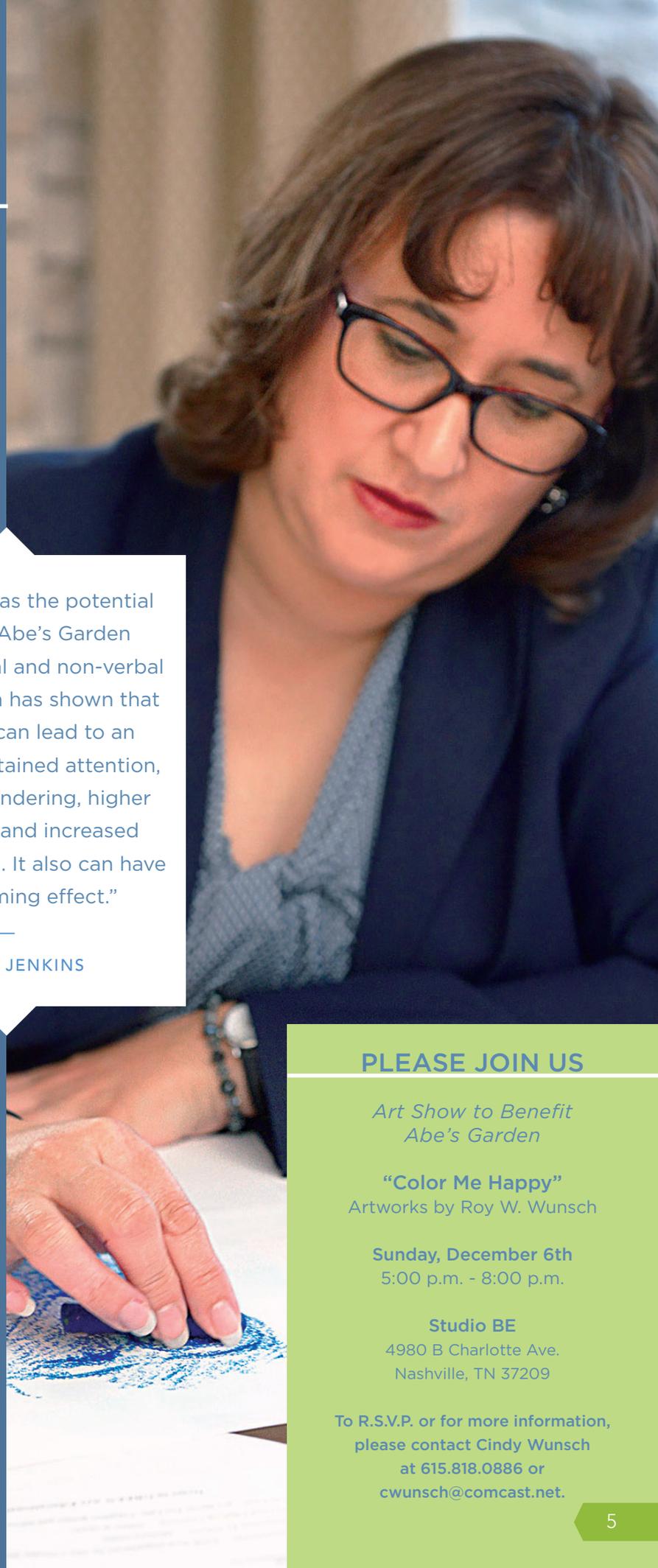
Prior to joining Abe's Garden, Jenkins was the director of the Bridge to Rediscovery program at Walking Horse Meadows in Clarksville, Tenn. For six years, she led the organization's dementia and memory care activities. Before Walking Horse Meadows, she served as the activities director for Barton House in Nashville, and spent a decade working within Wellesley College's art department's visual collection. Jenkins earned her master's degree in expressive arts therapy from Lesley University in Cambridge, Mass.

Residents who are interested in participating in art therapy will first take a drawing assessment that will give Jenkins perspective on the resident's individual needs. She will develop a customized approach based on the results of this assessment. Jenkins also will guide group classes and host community art discussions.

In addition, residents will have the opportunity to enjoy community art exhibits and take scenic tours. During these outings, participants will discuss what they see and the memories that sights evoke. 🌸

"Art therapy has the potential to improve Abe's Garden residents' social and non-verbal skills. Research has shown that art therapy can lead to an increase in sustained attention, decreased wandering, higher self-esteem, and increased communication. It also can have a very calming effect."

—
AVALEE JENKINS



PLEASE JOIN US

*Art Show to Benefit
Abe's Garden*

"Color Me Happy"
Artworks by Roy W. Wunsch

Sunday, December 6th
5:00 p.m. - 8:00 p.m.

Studio BE
4980 B Charlotte Ave.
Nashville, TN 37209

To R.S.V.P. or for more information,
please contact Cindy Wunsch
at 615.818.0886 or
cwunsch@comcast.net.

Alzheimer's disease may cause the loss of peripheral vision, so stand or sit directly in front of the person to whom you are speaking.

MEMORY CARE TRAINING

FOR ALZHEIMER'S AND DEMENTIA CARE PARTNERS

Abe's Garden, with support from Vanderbilt Center of Quality Aging and The Hearthstone Institute, is offering a free training program to improve care for those living with Alzheimer's disease and related dementias. Ideal for professional care partners, family members, volunteers and community leaders, the program will feature renowned speakers and resources on person-centered care for individuals with dementia.

Below is a schedule of upcoming sessions:

MEMPHIS

Professional Care Partner Training
Tuesday, October 20 and
Wednesday, October 21
7:30 a.m. - 12:30 p.m.

**Family/Volunteer Care
Partner Training**
Tuesday, October 20 and
Wednesday, October 21
2:00 p.m. - 4:00 p.m.

NASHVILLE

**Professional Care
Partner Training**
Thursday, October 22
8:00 a.m. - 12:30 p.m.
or 1:00 p.m. - 5:00 p.m.

CHATTANOOGA

Professional Care Partner Training
Friday, October 23
8:00 a.m. - 12:30 p.m.

SPONSORS

Alexian Village of Tennessee
Care Foundation of America, Inc.
The Plough Foundation

For additional information or to register, visit www.abesgardentraining.xmimeetings.com or contact Rachel Doucet at 615.345.9588 or rdoucet@xmimeetings.com.



Purposeful, Meaningful ENGAGEMENT

At Abe's Garden, transforming care for those with Alzheimer's disease and dementia begins with a focus on person-centered care. To fulfill our mission, Abe's Garden has trained its entire team on The

Here Approach™. I'm Still Here is a Montessori-based approach to engage those with Alzheimer's disease and related dementias.

Supported by behavioral research, the I'm Still Here Approach™ uses non-pharmacological methods, such as the purposeful engagement of individuals and groups of residents to help those with memory loss improve their quality of life. At Abe's Garden, the personal needs, interests and favorite pastimes of residents guide how and when purposeful engagement is incorporated into their daily lives.

Before a resident moves to campus, the Abe's Garden team meets with the resident and their family to get an in-depth understanding of their life. From there, the Abe's Garden team develops clubs, classes and committees that reflect the interests of those living in the community. For example, residents may choose to participate in a weekly cooking class; join the book club; or take on a leadership role in the decorating committee. Additionally, there are spiritual opportunities, fitness classes, outings, and games such as Lingo Bingo that provide mental stimulation.

"Using the I'm Still Here Approach™, Abe's Garden offers residents the opportunity to participate with an enhanced sense of purpose," explained Andrew Sandler, Ph.D., CEO and Executive Director of Abe's Garden. "This is key to dignified, healthy aging." 🌱

Interested in volunteering in Abe's Garden's purposeful engagement initiative? Contact Polly Roffwarg at proffwarg@abesgarden.org.

Try not to ask a person who has Alzheimer's disease, "Do you remember ... ?"
Instead say, "Look who has stopped by, it's ..."

Reprinted courtesy of "I'm Still Here Approach™"

Alzheimer's Disease and the Baby Boomer Generation

A new analysis shows that 28+ million baby boomers will develop Alzheimer's disease and consume nearly 25 percent of Medicare spending

In July, an analysis presented at the Alzheimer's Association International Conference 2015 revealed new findings regarding the incidence of Alzheimer's disease among baby boomers and how it will impact the U.S. Researchers estimate that more than 28 million baby boomers will develop Alzheimer's disease by mid-century, and in 2040, the cost of caring for these individuals will comprise nearly 25 percent of Medicare spending.

As baby boomers with Alzheimer's disease age, there will be a shift toward more severe forms of the disease, leading to greater Medicare costs. In 2020, projected Medicare costs of caring for baby boomers with Alzheimer's in the community will be \$11.86 billion, or 2.1 percent of total Medicare spending. By 2040, when the baby boom generation is aged 76-94, the projected Medicare costs increase to \$328.15 billion — 24.2 percent of total Medicare spending.

"The risk of Alzheimer's increases with age, and as baby boomers get older, the number of people developing the disease will rise to levels far beyond anything we've ever seen before," said Alzheimer's Association Chief Science Officer Dr. Maria Carrillo. "Fortunately, there is a pipeline of experimental therapies that have the potential to delay the onset of Alzheimer's and, perhaps, even prevent the disease."

An Alzheimer's Association report released this year, *Changing the Trajectory of Alzheimer's Disease: How a Treatment by 2025 Saves Lives and Dollars*, shows that the economic and healthcare burden the U.S. faces could be greatly mitigated if a treatment that delays the onset of Alzheimer's disease by five years is introduced by 2025. According to the report, a treatment that delays disease onset could save

\$220 billion within the first five years of its introduction. It also would cut the number of people who have the disease in 2050 by 42 percent.

"Public funding for Alzheimer's disease research is extremely limited compared to the magnitude of the problem. If we're going to change the current trajectory of the disease, we need consistent and meaningful investments in research from the federal government to ensure a more robust pipeline," Carrillo said. "Where we've made significant commitments — heart disease, cancer, HIV/AIDS — we've generated effective treatments and prevention strategies, and reduced death rates. Now is the time to do the same for Alzheimer's disease." 🌱

To learn more about research presented at the Alzheimer's Association International Conference 2015 and read *Changing the Trajectory of Alzheimer's Disease: How a Treatment by 2025 Saves Lives and Dollars*, visit www.alz.org.

Medicare & Medicaid will spend \$153 billion on Alzheimer's in 2015 and \$765 billion in 2050.

In 2015, nearly 1 in 5 (18%) Medicare dollars will be spent on someone with Alzheimer's.



In 2050, nearly 1 in 3 (31%) Medicare dollars will be spent on someone with Alzheimer's.

153
BILLION

765
BILLION

SOURCE: *Changing the Trajectory of Alzheimer's Disease: How a Treatment by 2025 Saves Lives and Dollars*, www.alz.org.



Donor Spotlight: The Nashville Food Project

THE NASHVILLE FOOD PROJECT was introduced to Abe's Garden through Steven Greil, who serves as a board member for the Nashville Food Project. In advance of Abe's Garden's opening, the new community was in need of plants for its expansive courtyard. The Nashville Food Project stepped in, eager to help.

The Nashville Food Project donated over a half dozen flats filled with broccoli, cabbage, parsley, and pepper seedlings. Once the seedlings have matured, the Abe's Garden dining services team plans to incorporate the homegrown vegetables into residents' meals. Residents will be the primary gardeners as part of their daily engagement.



One of the raised gardens at Abe's Garden.

"We were so impressed with Abe's Garden's commitment to changing the way we treat and care for those with Alzheimer's disease and dementia in our community," said Tallu Schuyler Quinn, Executive Director of the Nashville Food Project. "As a fellow neighbor and nonprofit, we were thrilled to help the organization fulfill its mission and start its own community garden."

Founded in 2011, the Nashville Food Project was created to bring people together to grow, cook and share nourishing food, with the goals of cultivating community and alleviating hunger. The organization helps support the community in a number of ways through its organic garden, its kitchen and its food trucks, which distribute meals to people in need. 🌱