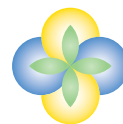


*Transforming the care of individuals with
Alzheimer's disease and related dementias*



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

seeds

WHAT WE DO

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



Joe Simpkins, former Club member and current Abe's Garden resident, learns how to paint through The Club's art classes.

The Club Day and Evening Program Opens

Art and Other Classes Central to the Program

This Spring, a new day/evening program launched at Abe's Garden. The Club provides community members with Alzheimer's or related dementias, who are still living at home, the opportunity to participate in engagement initiatives such as weekly off-site tours, art classes, drum circles, history discussions, dancing, gardening, book and travel clubs, circuit training classes, and a volunteer/community service committee. Individuals also can play word and computer games to stimulate their minds, spend time enjoying the sun and scents in the courtyard, or assist staff by serving in a leadership capacity.

"The Club provides members socialization and cognitive stimulation they may not receive at home and adds a meaningful structure to their days," Judy Given, Director of Campus Development said. "When you walk through the halls, you see individuals enjoying dancing or talking about politics or cultural icons. Giving them a place to have conversations and build relationships is important."

continued >



www.abesgarden.org

THE CLUB DAY AND EVENING PROGRAM OPENS, CONTINUED

The Club is open from 9:30 a.m. to 3:30 p.m. Monday through Saturday. Families can purchase a three or five day weekly membership. A three-course lunch and two snacks are included. Early arrival, evening care and overnight stays are possible, pending availability.

Mary Ann McCready, whose husband Roy is a member of The Club, says participating has added so much to her husband's life. "Roy was accustomed to a very active schedule all his life," Mary Ann said. "The Club lets him be social, feel welcome and belong to a group. It gives him a sense of purpose, and he feels safe and secure there."

Joe Simpkins, a member who recently moved to Abe's Garden, learned how to paint through The Club's art classes.

"I wasn't too sure about painting, but they said 'just give it a try, and we'll show you how you can make it work for you'," Joe commented. "They gave me a quick lesson and set me free. I enjoyed it and plan to keep doing it."

"Giving them a place to have conversation and build relationships is important."

JUDY GIVEN

Director of Campus Development
and Abe's daughter

Sara Beth Schwab's mother Judy Bivens is another member of The Club who recently transitioned to residency at Abe's Garden. Her membership allowed her to become familiar with the campus and make friends prior to her move.

"There's really nothing like Abe's Garden," Ms. Schwab said. "It's stimulating but comfortable, clean and safe. Everything you need is there. My family has a history of Alzheimer's so it's nice to know we can take care of our parents in this way." 🌻

INTERESTED IN LEARNING MORE ABOUT THE CLUB?

Contact Judy Given at 615.733.2682 or jgiven@abesgarden.org,
or visit <https://www.abesgarden.org/evidence-based-care/memory-care-options>.

LeadingAge™
Tennessee
AWARD WINNERS

LeadingAge Tennessee, an association of professionals providing quality housing, health, community and related services for the elderly, has recognized Abe's Garden and Park Manor resident Dr. Paul Conkin with awards.

Abe's Garden Receives Excellence in Innovation Award

The Excellence in Innovation Award honors a community's programs or services that go above and beyond normal operations and

enhance the field of aging services. Abe's Garden received this honor for its unique workforce development model focusing on person-centered staff training. Its peer mentor program and one on-one training involving the organization's Continual Quality Improvement (CQI) coordinator are hallmarks of the program.



Dr. Conkin Honored as Senior of Distinction

The Senior of Distinction Award recognizes residents in senior living communities who dedicate their time and talents to advancing the missions, visions

and values of their communities. Dr. Conkin has been an avid volunteer gardener for Abe's Garden, spending countless hours sharing gardening tips and advice with residents. His enthusiasm and dedication to helping the Abe's Garden community has been invaluable.



Helping You: Support Groups

A diagnosis of Alzheimer's disease or dementia can have tremendous impact on the daily lives of both the newly diagnosed and their loved ones.

Support groups can be a helpful resource for families, providing community, offering the perspective and experience of others facing similar situations, and assisting those in need in connecting with beneficial resources.

"We often see that Alzheimer's disease and dementia can change the status of relationships - whether this is between a parent and child or between spouses," said Beverly Theis, LSCW, clinical social worker for Abe's Garden. "Support groups can help ease this transition and provide families with a safe space to talk about their hopes and fears. They also can connect you to tools and resources to help during difficult times. "

Davidson County, Tenn., is home to many support groups that meet regularly. The Alzheimer's Association also offers a 24/7 helpline: 1-800-272-3900.

DAVIDSON COUNTY SUPPORT GROUPS:

BELLE MEADE UNITED
METHODIST
121 Davidson Road 37205
615.356.0969
Second Wednesday, 7:00 pm

BELLEVUE YMCA
8101 Hwy. 100
615.403.5067
Every other month
Second Tuesday, 1:00pm

RIVERSIDE CHAPEL
800 Youngs Lane
615.227.1838
Third Monday, 6:00 pm

THE CUMBERLAND
15 Burton Hills Blvd.
615.463.9111 x214
Last Tuesday, 7:00 pm

MCKENDREE VILLAGE
4347 Lebanon Road
615.871.8775
Third Monday, 10:30 am

PROVISION OF LIVING OF
HERMITAGE
4131 Andrew Jackson Parkway
615.885.9989
Second Thursday, 6:00 pm

CALVARY METHODIST
CHURCH
3701 Hillsboro Rd
615.519.5399
Third Tuesday, 10:00 am

BELMONT VILLAGE
ASSISTED LIVING*
4206 Stammer Place
615.595.8929
Second Tuesday, 12:00 pm

ST. JOSEPH CHURCH
1225 S. Gallatin Rd.
615.860.0128
First Tuesday, 6:00 pm

MAYBELLE CARTER
COMMUNITY
208 West Due West Ave.
615.868.2290
Third Tuesday, 6:00 pm

MT. NEBO CHURCH
2416 Clifton Road
615.862-8829
Third Monday, 6:00 pm

VANDERBILT MEMORY &
ALZHEIMER'S CENTER*
2525 W. End Ave.
615.875.3175
Last Thursday, 5:00 pm

HIGHLAND PARK CHURCH
5710 Knob Rd.
615.354.6565
First Tuesday, 6:30 pm

**Provides early onset support*

The Dementia Drug Pipeline

Drug development for Alzheimer's disease has not been very successful over the last decade. In fact, it is currently the only major killer without a means of slowing, preventing or curing its progression.

While the failure rate has been significant, each failed trial advances the science and presents an opportunity to apply new insights. Fortunately, there are a significant number of compounds in Phase 3, the final stage of drug development, and many of these are likely to finish testing and could be available to people with Alzheimer's disease in the next five years. 🌸

CHALLENGES WITH DEMENTIA DRUG DISCOVERY

TARGET IDENTIFICATION

Dementia is a complicated disease that is poorly understood.

DISCOVERY AND DEVELOPMENT

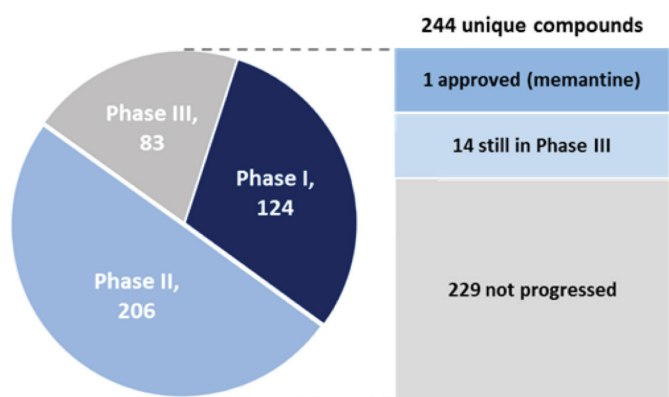
The majority of dementia programs narrowly focus on amyloid beta and tau approaches.

CLINICAL DEVELOPMENT

Dementia represents high risk for drug developers. R&D for Alzheimer's disease is 3-5 times more expensive than average drug trials and takes several years longer.

Dementia Pipeline Offers Promise

Summary of AD Trials 2002-2012



SOURCE: GAP Foundation

MORE THAN A DECADE SINCE A NOVEL ALZHEIMER'S DRUG WAS APPROVED

Namenda was approved by the US Food and Drug Administration in 2003, marking the last time a novel Alzheimer's therapy reached the market.

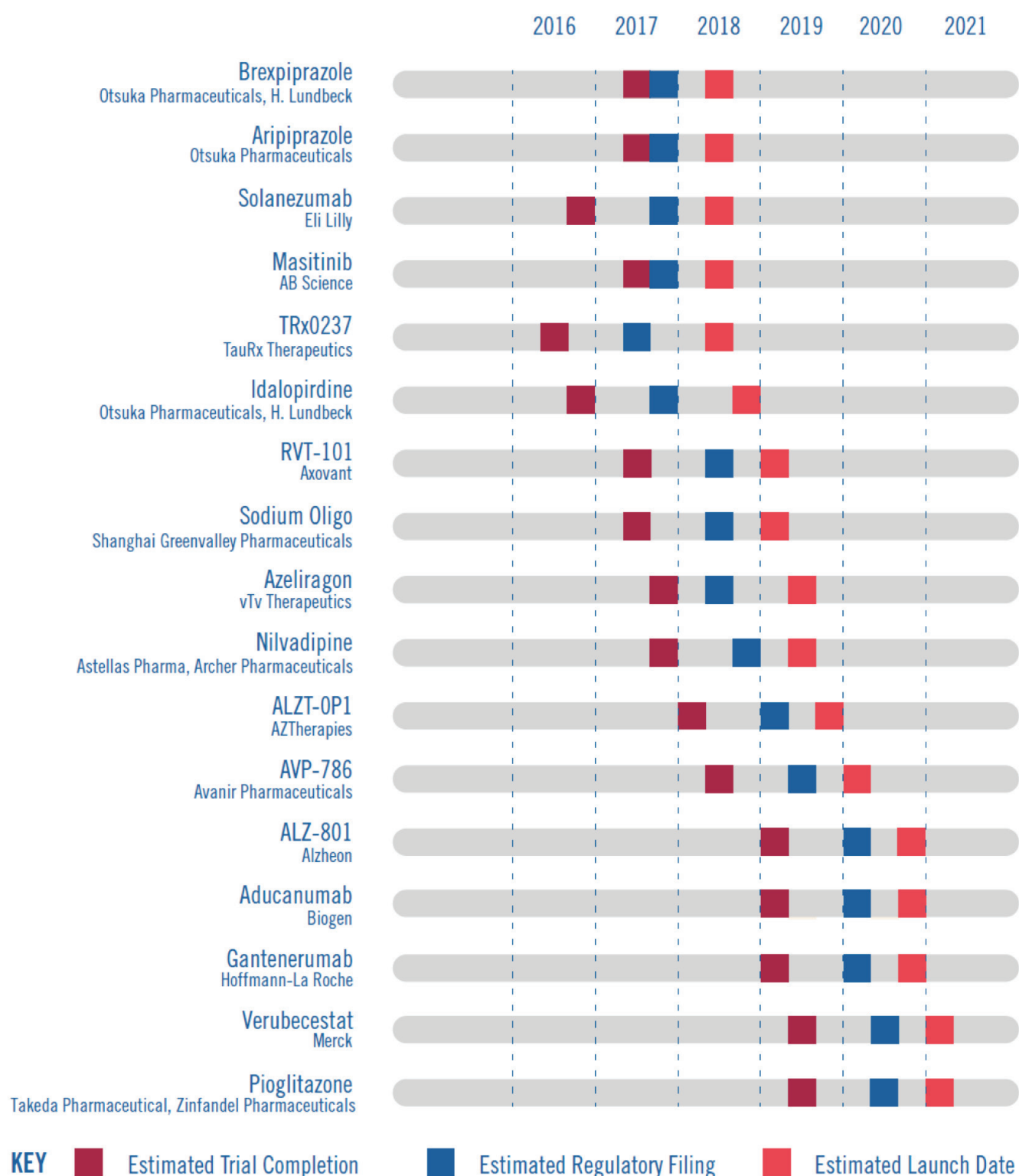
PIPELINE OUTLOOK

There are many drugs currently in Phase 2 or Phase 3 trials.

ROUTE OF ADMINISTRATION

Several of these new, innovative treatments will be administered by infusion – bringing new requirements for settings of care.

PHASE 3 DRUGS IN DEVELOPMENT THAT COULD LAUNCH IN THE NEXT FIVE YEARS



SOURCE: ResearchersAgainstAlzheimer's (RA2) and UsAgainstAlzheimer's (USA2)

DONNA FINTO-BURKS: Achieving Person-Centered Solutions at Abe's Garden

As Nurse Manager, Donna Finto-Burks works to find solutions to a variety of resident issues: why they're losing weight, feeling restless, uninterested or not sleeping well. You name it, she will look into it.

Donna oversees resident care and interacts frequently with other staff to make sure residents are comfortable and engaged. She regularly communicates with families to ensure the staff is doing all they can to care for their loved ones. Donna also supports care partners and the other nurses on campus by providing them with the knowledge, training and tools to administer medicine and care for residents and Club members.

Her favorite part of being Nurse Manager is the rewarding feeling of making an impact on the lives of those living or spending days and evenings on the campus by helping them overcome challenges in positive and creative ways.

"At Abe's Garden, we value the whole team, which includes residents and Club participants, family members and staff," Donna said. "As a nurse who has worked in many different settings, it's been hard to find a place where all input is valued."



Donna Finto-Burks

She relishes the continuous quality improvement process unique to Abe's Garden. "We're able to review data and develop practical solutions as someone might not be participating or isn't engaged," she commented. "At Abe's Garden, we have the opportunity to make history."

Prior to joining Abe's Garden, Donna was Director of Nursing at The Meadows, where she supervised assisted living and skilled nursing operations. She received her Bachelor of

Science degree at University of Tennessee and continued her education at Vanderbilt University. There, she achieved the title of nurse practitioner upon earning a Master of Science in Nursing degree. 🌟

ABE'S GARDEN LAUNCHES NEW RESIDENT NEWSLETTER

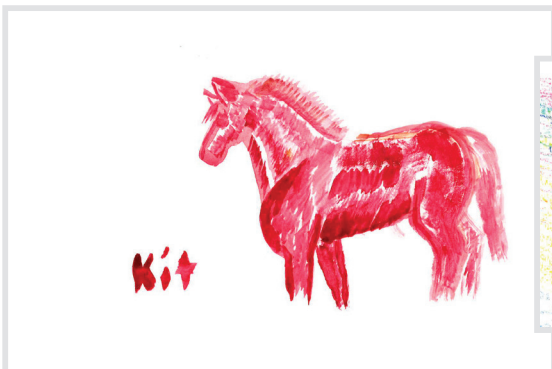
Artworks shown above and below were completed by Abe's Garden residents and have been featured in the *Abe's Garden Gazette*.

Abe's Garden has launched its resident newsletter — the *Abe's Garden Gazette*.

Written for and by residents, the *Gazette* is a biweekly publication that shares news on Abe's Garden and its residents' activities, accomplishments and advice.

Recent editions have featured stories on various clubs at Abe's Garden, artwork created by residents, a words of wisdom column, and a pet report with updates on Abe's Garden's resident pets.

"The goal of the *Gazette* is to cultivate a sense of purpose in our community by allowing residents to create each issue of the newsletter as much as possible," said Samantha Hill, Abe's Garden Engagement Coordinator. "It also gives residents the opportunity to create something meaningful they can hold onto and refer back to time and time again." 🌸



WORDS OF WISDOM

"Peace is the best way to go."

"Be nurturing. If we can nurture others, even if it's a small amount of it, just a few words, it makes a difference. My favorite saying is, 'Ain't life grand?'"

"Be kind to each other."

"Walk!"



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Donor Spotlight: SunTrust

SunTrust Bank's Chairman and CEO, Rob McNeilly, recognized early that Abe's Garden would be something special. Involved with Abe's Garden from the earliest days, McNeilly has made contributing to Abe's Garden a high priority.

"I've been lifelong friends with Michael Shmerling. I've known and admired him for many years, and as soon as he began discussing Abe's Garden and its impact on the community, I was immediately interested in finding out how I, personally, could be involved and how SunTrust Bank could be involved," McNeilly said. "My mother was diagnosed with Alzheimer's in her mid-fifties. My father was her primary

caregiver, so not only did I see the effects of the disease on her, but also on the family and caregivers."

"The thing that has always impressed me the most is Michael's passion," McNeilly added. "Knowing how sincere he is about providing the best programs with all the technology and knowledge he can learn from other organizations shows the due diligence he put into Abe's Garden. He found a top notch care team and created the best center in the country. That's a fantastic thing for our community."

One of the nation's largest and strongest financial services companies, SunTrust Bank is a purpose driven organization.



Members of the SunTrust team helped prepare lunch for Abe's Garden residents

It has provided Abe's Garden with financial assistance to move from a dream to reality. Additionally, Abe's Garden has received capital and operating grants from The SunTrust Foundation. 🌸