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

Board Member Spotlight: Ryan Moses

by Walker Duncan



Since joining the board in 2016, Ryan Moses has been astounded to witness and absorb the incredible attention to detail that permeates every single facet of Abe's Garden® – from the care provided to the precise and thoughtful design to the quality food served and so much more. According to Moses, another element that makes Abe's Garden truly unique is its commitment to family.

Moses, 33, by day serves as Executive Vice President of family-owned wine and spirits distributor Best Brands Inc., in addition to other business interests. He recently began his second term on the Abe's Garden board, helping to guide the finance, building and marketing committees. Beyond his keen business acumen, however, Moses also brings a deep personal perspective to his board efforts.

Moses' grandmother, after being diagnosed in her mid-eighties, passed away from Alzheimer's disease. Approximately eight years ago, his father was diagnosed at a very early stage of the disease and now attends The Club at Abe's Garden five days a week.

According to Moses, that personal experience, understanding and investment in the Abe's Garden mission – which, he points out, many of his fellow directors share – is a large part of what makes his work on the board so rewarding.

"In addition to asking how we can grow, evolve and better fulfill the mission, which to some extent is what all non-profit boards are called to do, we also get to see those ideas and practices filter out into Abe's Garden and then experience them from the other end – as family members of the people we're serving."

www.abesgarden.org



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



seeds

WHAT WE DO

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.



www.abesgarden.org



Park Manor apartments have a new look.
Photo by HouseLens

Changes are Everywhere at Abe's Garden and Park Manor

by Kim DiGangi

When Executive Director Chris Kincaid took the helm of Abe's Garden and Park Manor, his goal for the organization was to build on what exists currently and ensure the communities stay ahead of the curve. Since he began in October 2018, he has wasted no time realizing this goal.

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Several improvements and enhancements are underway at both Abe's Garden and Park Manor, including:

Welcome Home Family Orientation Program

Welcome Home is a new family orientation program supporting residents and their families in all facets of the move-in process. Beverly Theis was promoted into the new position of Director of Resident and Family Support. She is working closely with Administrative Assistant Mattia Epps to ensure residents have a smooth transition into Abe's Garden or Park Manor, and that their families' concerns are also addressed. (See related story "Education Series Takeaways", page 4)

Expanded Staff Training Programs

Kincaid and the leadership team identified a number of areas where current and future team members may benefit from additional training. Just as in Welcome Home, new team members are immersed into the Abe's Garden philosophy early in the interview process. Training continues through the five-day orientation program and is ongoing for their tenure on the campus. Chris Coelho is leading the program in his new role as Director of Team Development. Coelho recently promoted Misti Hogan and Izzy Knox to the positions of Training Coordinator and ADL Coordinator, respectively. They're working alongside all employees to model, assist and support advancing elevated care.

Dining Enhancements

Kincaid and Food and Beverage Director Chad Ellis are bringing back the popular Park Manor family Sunday brunch.

A new salad bar and an additional daily special entrée expand options for Park Manor residents and their guests.

"It's been a busy – and very rewarding – first few months for me," says Chris. "I've been so warmly welcomed and am truly overwhelmed by the quality of our services and the commitment of the team members. They are by far the best in the business."



Director of Resident and Family Support, Beverly Theis, LCSW



Director of Team Development, Chris Coelho

Photos by Hunter Armistead

PARK MANOR NEWS

Park Manor Abounds with Improvements

The Park Manor apartment remodel is near completion. IKON Construction, a local company, is refurbishing thirteen apartments with upgraded kitchen and bathroom amenities, improved flooring and enhanced lighting fixtures. The transformation is complete on five apartments with completion of the remaining eight apartments anticipated in May. **A new model apartment is now available to tour.**

Park Manor balconies have been refurbished and the elevators have a modernized interior.



Park Manor's new model apartment with updated kitchen and bathroom features.

Photos by HouseLens



Vanderbilt University's Blair School of Music Selects Park Manor for a Community Music Partnership

During the spring semester, Blair School of Music is teaching a group of 13 exceptional musicians the skillset required to serve different communities and populations through music. Their dedication to serving senior adults led them to Park Manor. The participating students will spend time throughout the semester interviewing interested residents about their backgrounds and interests. The class will then join these residents in producing a performance based on the musical taste and various talents of everyone involved. The collaborative premiere will be held 6:30 p.m. - 7:30 p.m. on Thursday, April 11th, at Park Manor in the Blakemore Room.



Blair School of Music students kick off a special project with Park Manor.

Photo by Mckenzie Moss

See the website's new look and content, learn more about the community and perhaps see some familiar faces.



Explore Park Manor's new website at www.parkmanor.org.



EDUCATION SERIES TAKEAWAYS

In January 2019, Chris Kincaid, Beverly Theis, LCSW, and Victor Legner, M.D., M.S., launched a monthly Health Education Series to share valuable information monthly with Park Manor residents and Abe's Garden families.

In January 2019, Dr. Legner opened the series with a presentation differentiating Independent Living, Assisted Living, Memory Care, and Skilled Nursing, as well as physical, occupational and speech therapy.

Highlights include:

- Age and disease lead to frailty, which result in dependence on others for activities of daily living. Level of frailty helps determine which type of residential care is needed.
- Increased disorganization, lack of personal hygiene or motivation, and need for socialization are signs that a loved one needs residential living.

Highlights from "The 3 D's: Dementia, Delirium and Depression" include:

- To reduce **dementia** risk: look after your heart, be physically active, follow a healthy diet, challenge your brain, and enjoy social activities.
- **Delirium** can be reversed if you can find the source. Family members, familiar objects and calm words can help reduce delirium.
- **Depression** can appear to be dementia, and it displays differently than depression in younger adults. Major depression prevalence doubles beyond age 80.

In December 2018, Vanderbilt Medical Center nurse practitioner Mattie Godfrey spoke on "Causes of Falls in People with Mid- to Late-Stage Alzheimer's Disease".

Highlights include:

- Preventing all falls isn't possible – strive to reduce them by knowing possible causes
- Many medical conditions can lead to falls, such as cardiac abnormalities, high or low blood pressure, osteoarthritis, diabetes, low vitamin D, neuropathy, atrophy, urinary tract infections and impaired vision
- Various medications induce dizziness, which can increase fall risk. Examples: allergy medications, opioids, anxiety medications and antipsychotic drugs
- Reduce trip hazards, such as rugs, exposed cords and inappropriate shoes
- Using a walker can help prevent falls, but only when muscle memory is still intact



Photo by Theo Miesner

Employee Spotlight

By Walker Duncan

According to Melody Beagles, there are few senior care communities that compare to Abe's Garden when it comes to the thought, time, attention and love that go into dining experience, including service and meal and snack preparation. Beagles, a 42-year food and beverage veteran, who has been with Abe's Garden since the first day residents arrived, continues, "At Abe's Garden, the experience is like it should be elsewhere."

From a layman's perspective, the job she undertakes each week as Cooks Supervisor sounds genuinely daunting. It begins with overseeing three kitchens, and includes planning menus, ingredient orders, and individually tailored touches to suit each resident's dietary needs and motor abilities. But, in speaking to Beagles, one cannot help but sense the joy and love she feels cooking for – as well as alongside – the Abe's Garden residents.

"Abe's Garden is such a feel-good place," she says. "And food is such an important source of comfort, community and familiarity for everyone – our residents and their families."

That comfort and familiarity are particularly valuable for Abe's Garden residents, Beagles points out, as tastes and smells are especially resilient sensory memories. Additionally, serving as a means to foster interaction, kitchens are intentionally central hubs of the residences at Abe's Garden, and meals provide a time for community and relaxation.

As a result, the kitchen staff develop close relationships with the residents, who sometimes dive in to help with meals. "The way we see it, it's their home, their kitchen, their groceries," she says. "After meals, they're often right in there with you. If they want to help with the dishes, you let them. And if they want to take their time to relax and eat at their own pace, you never rush them."

Beagles exudes pride when noting the welcoming approach and customized meal preparation at Abe's Garden also help reduce unintentional weight loss. "We've had several residents gain a healthy amount of weight since moving in," she beams.

ABE'S GARDEN® HAPPENINGS



Residents are learning how to make ceramic pots, animals and busts during a private pottery class at Westminster Presbyterian Church.

Photos by Lori Latusek

Ann Robertson (left), Stephanie Freudenthal (center) and Dick Houghton (right) had fun crafting ceramic busts.

In January, the Mizzou Alternative Breaks program brought ten University of Missouri students to Abe's Garden, where they created and hosted an indoor carnival for residents.

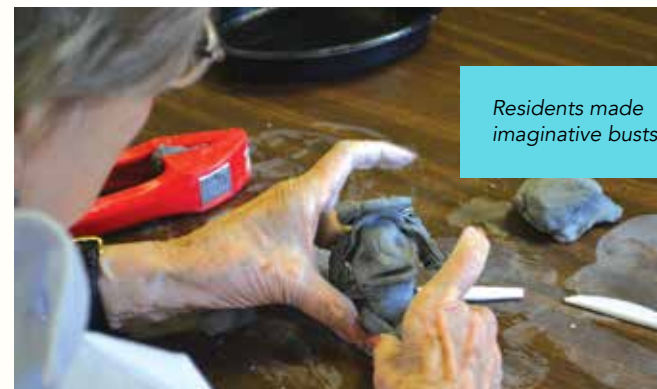
Photos by Dan Heller



Kyle Kim helped residents play volleyball.



Glynn Clark and daughter Donna watched as volunteer art coach Frances Baird demonstrated how to form clay into a bust.



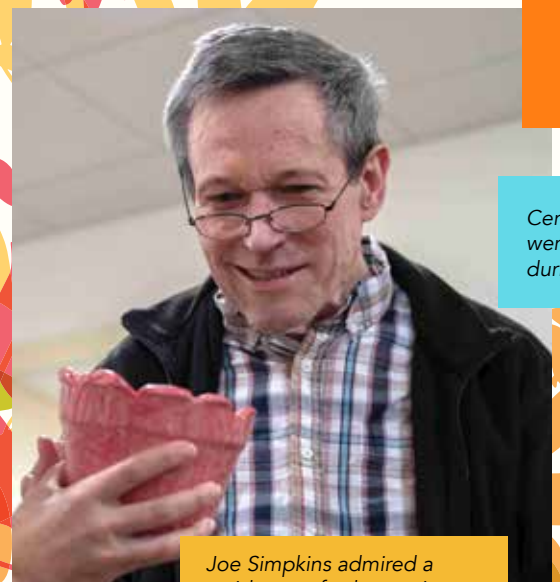
Residents made imaginative busts.



Angel JaJou, Catarina Kalamboukas, and Alexandria Sandoval made fast friends with resident Ann Robertson (left to right.)

Guests praised residents' creations during the Fall Art Show.

Photos by Dan Heller



Joe Simpkins admired a resident-crafted ceramic pot.



Ceramic animals were on parade during the reception.



Resident Dick Houghton (center) showed off his ceramic piece to grandson Ben Kingsbury (left), friend Cate Harmon, daughter June Kingsbury, and art coach volunteer Frances Baird.



Director of Campus Development Judy Given cheered on resident Roger Osborne while shooting hoops.

Community-Based Services Update

At Home with Abe's Garden (AHAG), a pilot program funded by the Cal Turner Family Foundation, Dugas Family Foundation and The Memorial Foundation, launched in September to train family members and other caregivers in private homes. AHAG has provided activities of daily living, engagement and emotional support to three families to date.

Abe's Garden Community Group (AGCG), the groundbreaking day program for those in the earliest stage of dementia, exceeded projections. The program, which is the first of its kind in Tennessee, launched in November 2017, with sessions scheduled for Tuesdays and Thursdays each week. In 16 months, membership has nearly doubled, and the program expanded to two additional days (Wednesdays and Fridays). Due to high demand, program expansion is underway. Possibilities include additional sessions on the Abe's Garden/Park Manor campus, as well as community partnerships and off-site locations.

Abe's Garden's free caregiving videos have reached over 250,000 views, and additional videos are in production.



AGCG participants enjoyed donning their self-designed masks. Photo by Connie Tomlin