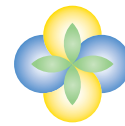


*Transforming the care of individuals with
Alzheimer's disease and related dementias*



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



seeds



Kelly Clarkson's Gift From the Heart to Abe's Garden

By Walker Duncan

Abe's Garden was among the proud beneficiaries of multi-Grammy-winning artist and Nashville resident Kelly Clarkson's second annual Miracle on Broadway concert. Thousands of loyal fans crowded into Bridgestone Arena on December 16th to hear Clarkson and a number of very special guests belt out a wide array of holiday classics to benefit

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WHAT WE DO

Abe's Garden is establishing 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 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.





Pictured (L-R): Michael Shmerling, Kent Oliver, Kelly Clarkson, Jonah Rabinowitz, Jaynee Day.
Photo credit: Eric T. Parker/MusicRow

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four exceptional Middle Tennessee nonprofit organizations hand-picked by Ms. Clarkson.

The star-studded holiday show featured country music performers Reba McEntire, Ronnie Dunn, Kelsea Ballerini, Raelynn, Hunter Hayes, Charles Esten (of CMT's "Nashville") and The SteelDrivers, among others, (as well as one lucky fan's on-stage marriage proposal).

Clarkson paid a lengthy visit to the Abe's Garden campus in advance of the show — touring the grounds, filming interviews which played during *Miracle on Broadway*, and performing for the residents.

At a press event the week of the show, board chairman Michael Shmerling told reporters, "We have 42 beds and nearly 45,000 people in Nashville with Alzheimer's disease.

It's not possible for everybody to live at Abe's Garden, but by sharing the information and lessons we're learning about individual engagement and activities of daily living, we hope to elevate care for everybody."

One particularly special moment at the event was when Brady, a lovable Blue Heeler who had been rescued from Williamson County Animal Center and trained pro-bono by Nashville K-9, was presented to Abe's Garden on stage that night.

In addition to \$40,000 for new and existing programs, the concert provided national exposure for Abe's Garden through its use of Facebook Live. Further, the organization continues to receive calls from Kelly Clarkson fans seeking to share their time and talents with those living on the campus.

"...by sharing the information and lessons we're learning about individual engagement and activities of daily living, we hope to elevate care for everybody."

MICHAEL SHMERLING



Thanks to Kelly Clarkson, Brady is Abe's Garden's new therapy pet.

Music Advisory Council: Playing an *Instrumental Role* in Launch of Video Series

A be's Garden recently launched the Music Advisory Council to gather support for various initiatives throughout the campus and the community. Among the Music Advisory Council's responsibilities are working to connect renowned voices and advocates within Nashville's music industry to the work of Abe's Garden and promoting Abe's Garden to the public.

The Council was founded by Abe's Garden Board Member Joe Galante, and joined by the following music industry leaders and notable individuals: Kim Campbell (Glen Campbell's wife and founder of Careliving.org), Ed Hardy of Hardy Media and Entertainment Group, Lisa Harless of Regions Bank, Carl Kornmeyer of LBK Entertainment, singer/songwriter Joie Scott, Bill Simmons of The Fitzgerald Hartley Co., and Troy Tomlinson of Sony/ATV Music Publishing.

The Council is focused on community-based programs and dissemination of the Abe's Garden model. Specifically, the Council has been instrumental in producing and promoting a video series for long-term care providers and in-home caregivers that features best practices and evidence-based approaches to providing more effective care.

The first two videos in the series may be viewed at abesgarden.org. Viewers will receive email notification when subsequent videos are available.



MUSIC DELIGHTS

AT ABE'S GARDEN



Advancing innovations in engagement for those with Alzheimer's disease and related dementias excites volunteers and staff at Abe's Garden. It's for this reason that the Abe's Garden team has been so excited about the results from its newly launched Music Delights program.

Made possible by Yamaha Corporation of America and board member, Faith Ott, President and Executive Consultant of Sage Age Strategies, Music Delights is an interactive engagement system in which residents are provided keyboards that light up with the keys they're supposed to play.

During the session, the lights and sounds appear to foster engagement. As one care partner describes, "many of the residents, even those in late stages of dementia, have responded remarkably to the sessions." Speaking of a session with one resident:



Photo by Jackson Zeitlin



She took piano lessons as a child. She is now 90. We started with Twinkle, Twinkle [Little Star] ... guiding her by pointing to the key or putting her second finger on the key ... By the third session, she was able to play the song perfectly. Her memory of fingering came back to her and she started using all five fingers. She absolutely loved the experience.

Even when the response has been less dramatic, there is noticeable joy. Working with another resident who "used to be a professional pianist," the care partner said, although she was unable to [play the keyboard] herself, and required a great deal of aid, "her

"By the third session, she was able to play the song perfectly. Her memory of fingering came back to her and she started using all five fingers."

affect, which is usually flat, turned into a huge smile."

Programs like Music Delights reflect both Abe's Garden's commitment to engagement throughout all stages of dementia and its commitment to serving as a test site for industry innovations. In the coming months, the goal is to invite more residents to participate, to hone and expand usage further, and—in keeping with Abe's Garden's mission—to share the findings nationally.



Introducing **MUSIC & MEMORY**® at Abe's Garden and Park Manor

As a **MUSIC & MEMORY**® certified care organization, Abe's Garden is proud to offer the powerful benefits of personalized music as part of our continuing effort to provide the highest quality care. The program is made possible by the generosity of White's Mercantile and Porter's Call.

WHAT IS MUSIC & MEMORYSM ?

Grounded in extensive research, Music & Memory helps people living with a wide range of cognitive and physical challenges find renewed joy through musical favorites. Abe's Garden staff members and volunteers are trained to develop personalized playlists delivered through iPods.

HOW DOES PERSONALIZED MUSIC MAKE A DIFFERENCE?

- Beloved music helps reduce depression and anxiety and can also moderate pain, frequently reducing reliance on anti-psyhotic, anti-depressant and pain medications.
- Musical favorites awaken memories and can improve quality of life.
- Participants are happier, more social and receptive to care and family visits.



For more information, please visit
musicandmemory.org



Grammy Award winning singer-songwriter and Nashville resident Amy Grant visited the Abe's Garden campus last fall and treated residents to a live acoustic performance.

Photo by Robert Heller



Amy spoke at the Abe's Garden groundbreaking announcement.

AMY GRANT: OUR FRIEND FOR LIFE

- | | | |
|------|-------|--|
| 2013 | _____ | Amy commits to being a national spokesperson for Abe's Garden |
| 2014 | _____ | Amy is the keynote speaker at the Abe's Garden groundbreaking announcement |
| 2014 | _____ | Amy appears in first Abe's Garden video |
| 2015 | _____ | Amy is featured on Abe's Garden website |
| 2016 | _____ | Amy visits Abe's Garden to perform and spend time with the residents |
| 2017 | _____ | Amy appears in first Abe's Garden caregiving assistance video |



Photo by Robert Heller

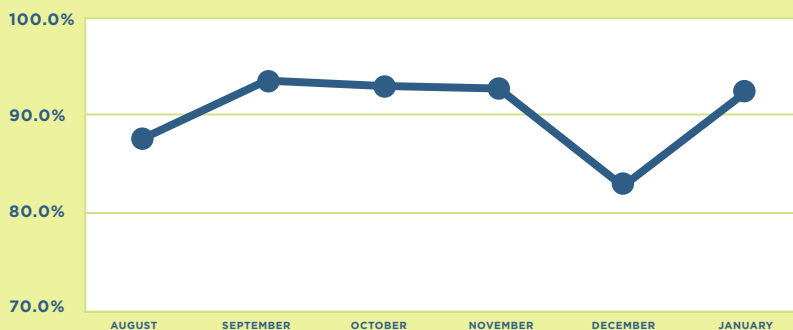
Meet Chris Coelho

Abe's Garden is pleased to introduce Chris Coelho, the organization's first Continuous Education and Quality Improvement Coordinator. In this role, Chris examines and evaluates the processes that Abe's Garden uses to provide care. The data Chris collects is summarized into weekly and monthly reports for managers and staff to review and assess. He then collaborates with team members to develop a more effective approach if the system needs improvement. Specifically, his efforts help maintain a high-quality level for morning and evening care, and continue to improve resident invitation* and engagement attendance.



Photo by Hunter Armistead

AVERAGE PERCENT SCORE FOR ACTIVITIES OF DAILY LIVING (ADL) QUALITY



Displayed in the featured graph and below is a summary of the high quality of personal care given and the competencies on which care partners are graded.

Recently, the data Chris has collected and compiled has been used to positively impact individuals in the latest stages of cognitive and physical decline. In recent months at Abe's Garden, the number of individuals

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- 1 Staff gathered necessary supplies for ADL care provision
- 2 Staff introduced self to the resident
- 3 Staff knocked on the resident's door before entering
- 4 Staff washed or sanitized hands before and after care
- 5 Staff put on gloves before personal care was provided
- 6 Resident was given appropriate assistive devices (hearing aid, glasses, dentures)
- 7 Dirty linens and trash were appropriately placed directly in bags
- 8 Room left in acceptable condition when ADL care was completed
- 9 All necessary ADLs were completed (oral hygiene, shaving, make-up)
- 10 Meaningful discussion took place throughout ADL care
- 11 Staff encouraged resident to do as much of the care for themselves as possible
- 12 Staff oriented resident to the assistance being provided
- 13 Staff respected resident's dignity throughout care (Kept resident covered as much as possible, ensured privacy)
- 14 Staff offered resident choice during ADL care

* Note: "Resident invitation" and "Serenity", as used in this context, are elements of the I'm Still Here™ approach to dementia care.



Photo by Jackson Zeitlin

in this group has increased from four to eight. To address this, a regularly scheduled morning Serenity* group has been created to engage these residents at a slower pace, with a quiet and relaxing atmosphere that seeks a positive sensory response. As a result, measurable increased engagement is anticipated.

Chris also assesses residents' cognition, physical abilities, and behaviors to develop reports that inform family members, direct care staff, and Abe's Garden management.

Prior to joining Abe's Garden, Coelho was a research assistant at Vanderbilt University. Originally from Foxborough, Massachusetts, Chris received a Bachelor of Science degree from University of Massachusetts - Boston. During college, Chris became a Certified Nursing Assistant. After graduation, he completed an internship and became Licensed as a Nursing Home Administrator. In September, Chris anticipates receiving a Master of Management in Health Care from Vanderbilt University Owen Graduate School of Management.

DRUM CLUB

The Drum Club is one of the simultaneous engagement opportunities available at Abe's Garden. Drum Club weekly initiatives include rhythm games, singalongs, creative improvisation, and history of drumming. Funded by the Academy of Country Music Lifting Lives grant to support evidence-based music initiatives, the program supports residents by empowering them and enhancing relationships with their peers.

The Abe's Garden Drum Club offers residents and Abe's Garden Club members the opportunity to enjoy creative and spontaneous formation of rhythms led by a facilitator. Many residents experience a calming effect and a residual desire to engage more fully in other initiatives. More importantly, increases in self-esteem have been observed among residents as they realize accomplishments among friends and peers. One of the great aspects of a drum club is there is no wrong or right way to participate; the pressure to perform is eliminated, allowing the residents to simply enjoy the experience.

www.abesgarden.org

photo by Raeanne Rubenstein



photo by Raeanne Rubenstein





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abe's garden's commitment to fun!



Photos by Robert Heller



Adorned in formal attire and joined by their families, residents enjoyed an evening of live music and dancing at the Fall Ball last November. The Craig Duncan Trio performed, while residents and guests sampled wines, non-alcoholic sparkling beverages, and delicacies.

