

Connection

WINTER 2023

Establishing a replicable model for senior life that is focused on brain health, wellness and purposeful living



Abe's Garden[®]
Community

Abe's Garden Community Announces the Acquisition and Merger to form

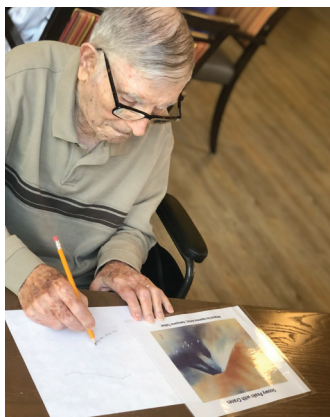
Hearthstone INSTITUTE
AT  Abe's Garden

A MISSION-ALIGNED MERGER TO IMPROVE SENIOR CARE AND ENGAGEMENT

By Lori Latusek

Abe's Garden Community was built with a passion to elevate the care of those living with Alzheimer's by testing best practices, becoming the premier model for memory support, and sharing our learnings with as many caregivers and industry professionals as possible. Since opening our doors as a Hearthstone

Institute-certified Memory Support **Center of Excellence** in 2015, we have seen this mission flourish throughout our campus, both with the program participants we serve locally and with the hundreds of thousands of caregivers around the world who have accessed our resources.



Use this QR code to view a brief video that shares a resident's life enrichment journey.



Hearthstone Institute's I'm Still Here[®] approach empowers individuals with cognitive challenges to learn new things, socialize, and participate in purposeful activities that reflect their interests and abilities.

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Hearthstone INSTITUTE

"We look forward to our best-practice knowledge capturing an even larger footprint now that fellow dementia care industry leader, the Hearthstone Institute, has joined Abe's Garden Community," says Abe's Garden Community Chairman Michael D. Shmerling.

In September 2022, the Education and Advisory Division of world-renowned memory support and engagement consultancy Hearthstone Institute merged into Abe's Garden Community, forming the **Hearthstone Institute at Abe's Garden** (HIAG). We are now combining our collective knowledge, influence, missions, and resources to continue expanding, improving, and sharing cutting-edge best practices in senior care.

The Hearthstone Institute has been offering transformational, evidence-based dementia education to senior care providers since 1992. Each customizable training is powered by the innovative **I'm Still Here**® approach, which was founded by John Zeisel, PhD, on the belief that an individual living with dementia can still experience a high quality of life regardless of the severity of their memory loss. This philosophy recognizes that exercise, socialization, and cognitive stimulation are critical for achieving optimal levels of brain health and functionality throughout a person's lifetime.

Abe's Garden Memory Support implemented this approach in 2015, and it has since been incorporated across all service lines, including independent and assisted living, in-home care, and day programs. This merger takes our commitment to advancing memory health a step further by implementing the **Engaged Life Program** (ELP), an engagement program designed for independent and assisted living residents who experience cognitive challenges during traditional programming. ELP helps engage these residents who often need additional cueing and other adaptations to benefit from the activities offered in our community.

"Abe's Garden Community team members, residents, program participants, families, and guests have witnessed the positive impact of the purposeful engagement opportunities we offer throughout campus every day," says Susannah Dwyer, Chief Executive Officer. "We encourage every senior care community to emulate this practice."

Through **Hearthstone Institute at Abe's Garden**, we will continue to develop and implement additional best practices and disseminate our learnings more effectively by directly consulting and training other senior living providers. Training sessions may occur with an on-the-job embedded approach at senior living communities or by visiting Abe's Garden Community as a **Center of Excellence** model and receiving specialized education.

"Hearthstone has been partnering with the Abe's Garden Community team for over six years to embed and expand the **I'm Still Here** approach into their program," notes Sharon Johnson, Senior Director, **Hearthstone Institute at Abe's Garden**. "I'm excited to begin this next chapter and look forward to fulfilling our shared mission of creating a meaningful, purposeful life for people living with cognitive challenges around the world."

Senior living providers interested in learning more about **Hearthstone Institute at Abe's Garden** offerings are encouraged to contact Sharon at sjohnson@abesgarden.org.



Sharon Johnson, Senior Director
Hearthstone Institute at Abe's Garden



THE *I'm Still Here*® PHILOSOPHY

This approach utilizes research-based, non-pharmacologic approaches to treat the agitation, aggression, apathy, and anxiety that individuals living with dementia often experience.

***I'm Still Here*®** combines meaningful activities, specialized communication techniques, and an enriched environment to provide engagement, choice, and true purpose regardless of the level of cognitive challenge. Residents are invited to participate in a variety of programs tailored to their interests, needs, and abilities to empower and encourage them to continue to learn and socialize.

Additionally, ***I'm Still Here*®** increases levels of self-confidence, significance, and well-being by creating opportunities for residents to express their preferences and choices.

Board of Directors Spotlight

Welcome new board members!

We are thrilled to introduce the most recent additions to the Abe's Garden Community board.



Mina Johnson

Serving on Metro Nashville Planning Commission as Mayor John Cooper's representative, Metro Historic Zoning Commission, and the Board of Sister Cities of Nashville

As the first Japanese-American elected to Nashville's Metro Council in 2015, Mina served on the Planning, Zoning and Historical Committee; the Public Works Committee; and the Rules, Confirmations and Elections Committee until September 2019. She has been passionately involved in numerous Tennessee improvement initiatives since relocating to Nashville in 1994 as a corporate interpreter and bilingual recruiter. Prior to her move, she led the opening of a Japanese business in Atlanta and managed food and beverage at a historic hotel in Ohio.

In 2000, she became a full-time caregiver to her mother-in-law, who was diagnosed with early-onset Alzheimer's disease. "A growing aging population and maintaining quality of life is a challenge our society faces now and in the foreseeable future," says Mina. "I hope my personal experience caring for family members with various types of confused stages could be of value to Abe's Garden Community. I look forward to learning from Abe's Garden Community's successful model and helping spread it globally."



Abby Trotter

Partner, Hall Strategies

As a partner at Hall Strategies, Abby specializes in nonprofit and industry association management, grassroots issues campaigns, high-impact public events, media relations, marketing, and social media. Through association management contracts with Life Science Tennessee and BioTN, Abby serves as the executive director of each organization. These organizations lead the life science industry in Tennessee, representing the biotechnology, medical device, pharmaceutical, bioagriculture, and biologistics industries.

Abby also works as a consultant with LaunchTN, a public-private organization helping to build the state's startup and innovation economy. She previously served as CEO.

"I've known about Abe's Garden Community for years and the important service it provides to the community," says Abby. "Age-related challenges have affected my family, just as they impact every family. We need more services and organizations like Abe's Garden Community that support seniors and their families so that final years are cherished."



Brenda Wynn

Davidson County Clerk

When Nashville native Brenda was elected Davidson County Clerk in 2012, she became the first African-American woman to win the election to a constitutional office in the county. Previously, the MBA recipient served as Director of Community Outreach for United States Congressman Jim Cooper. Prior to joining the congressional staff, Brenda worked tirelessly to give attention to the neighborhoods of Nashville as the first Director of the Mayor's Office of Neighborhoods under former Mayor Bill Purcell, who is also an Abe's Garden Community board member.

Earlier in her career, Brenda served in numerous roles over her nine years at Meharry Medical College and was also an adjunct professor in the Health Care Administration and Planning Department at her alma mater, Tennessee State University.

"As one who's not getting any younger, I'm excited to engage and learn more about the innovative work being done at Abe's Garden Community in the interest of an aging population," says Brenda.

Check our website's
new look at
www.abesgarden.org



Abe's Garden Community *Board of Directors*

We are extremely grateful to each and every board member for their time and commitment to our mission.



Chris Coelho (COO), Susannah Dwyer (CEO), Michael D. Shmerling, Mina Johnson, and Donald Holmes

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Donald Holmes,
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Saurabh Sinha

Abby Trotter

Brenda Wynn

Elevating OUR WORK ENVIRONMENT THROUGH EDUCATION:

Using evidence-based approaches to train our team
in communication and crisis prevention

What makes Abe's Garden Community different from other senior care communities? It is our incredible team members – as noted by countless residents, program participants, and family members over the years. The combination of our team members' hard work and dedication and our organizational commitment to providing specialized training for all team members creates an educated and supported workforce beyond compare.

In addition to a two-day orientation focused on the unique needs of those living with dementia, job shadowing, weekly huddles, and monthly in-service training, Abe's Garden Community offers two industry-developed classes to improve communication and prevent crises. Team members are given the tools they need to care for and care about residents, loved ones and fellow employees.

PHI Training Programs

With funding from the Care Foundation of America in 2020, current and incoming team members are offered interactive PHI coaching sessions built on the belief that caring, committed relationships are at the heart of quality care.

Abe's Garden Community staff is encouraged to attend PHI Coaching Approach® to Communication training, which allows coworkers to develop a shared framework, common skill set, and shared language to improve teamwork and help create a more inclusive and relationship-centered culture. This training, which involves impromptu exercises, builds essential communication and problem-solving skills. The goals

include strengthening teams, building relational skills, and growing respectful relationships, all with the intention of providing better quality care.

Several team members who have completed this training express gratitude for the opportunity to better understand different communication styles, the importance of the words they use, and the role of being an active listener. "This training will help my ability to create a more understandable tolerance for coworkers that have a different personality than me," shared a team member after completing the course. "I loved this information as well as the challenges for us to communicate more effectively with others," said another.

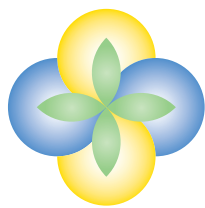
Additionally, managers at Abe's Garden Community learn alternative approaches to supervising direct care workers through PHI Coaching Supervision®. This training helps managers and supervisors engage employees in solving work-related problems, empower their teams to participate in decisions that impact their daily work, and balance support with accountability for high-quality outcomes. The goal of this training is to strengthen the core communication skills that are essential to good supervision, including active listening, self-reflection, and clear, non-judgmental communication.

Crisis Prevention Institute (CPI)

When Wendy Buck's husband, the late Thomas Force, MD, lived at Abe's Garden Community, Wendy became passionate about providing additional training for team members in preventing disruptive interactions. Thanks to the generosity of Wendy and her family and friends, in March 2021, Abe's Garden Community Training

Coordinator Misty Hogan was certified to lead Verbal Intervention™ Training by Crisis Prevention Institute. Hogan now trains our care partners to recognize the stages of an escalating crisis and how to respond using de-escalation techniques and safe, non-restrictive interventions. Care partners agree that these sessions give them skills to better control intense situations. Team members appreciate learning new de-escalation approaches they wouldn't have thought of before.

Thank you to our generous philanthropic partners that make the PHI and CPI training possible!



Training Coordinator Misty Hogan leads a PHI course.

Purposeful **VOLUNTEERISM**

Volunteer Spotlight: William Spickard

William's connection to Abe's Garden Community started when his great-grandmother resided in our independent living community years ago. Since then, William and his family have had special bonds with past and present residents, including their pastor, a current memory support resident.

Naturally, Abe's Garden Community was top of mind for William's mother, Margaret Spickard, when she was thinking of a place for him to volunteer with purpose. After he worked at a hotel, assisting with laundry and folding napkins, she knew doing similar tasks for our community would be a great fit for her son.

Since November 2021, William, 25, has volunteered at Abe's Garden Community for two hours each week. Enjoying assignments that follow a similar pattern or method, his favorite project is folding napkins. His detail-oriented nature is appreciated when he sets the

dining room tables for lunch in the Art & Lifelong Learning household or helps with our seasonally decorated wall.

"We love that William has a place to go where he's greeted by a team of people, where he can contribute by using his skills to serve, where that contribution is valued, and where he is allowed space to learn new things among people with various abilities and with people that value individual dignity," says Margaret. "William enjoys going to 'work' at Abe's Garden Community and having a place and purpose. His face lights up after his time there, knowing he helped with special projects."

His help and excitement are appreciated. "Every week, William arrives exuding joy with a smile and positive attitude," says Volunteer Coordinator Valerie Snider. "The team really loves him and all he does around the community to help make the environment for our residents pretty and homelike."

If you're interested in volunteering for Abe's Garden Community, contact Valerie at vsnyder@abesgarden.org or 615.997.3030 extension 53.





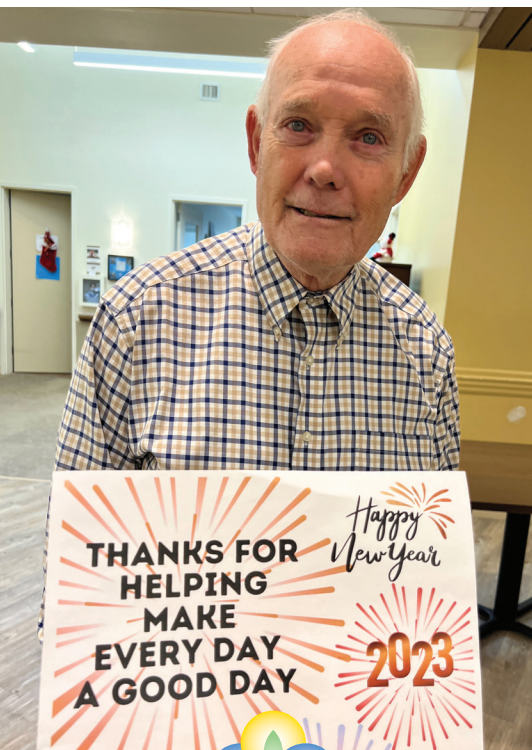
115 Woodmont Boulevard
Nashville, TN 37205

www.abesgarden.org



615.997.3030

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



Thank You!

As we enter a new year and set our goals toward new advancements in senior care, we reflect on all we've achieved to date thanks to our generous supporters.

Thank YOU for helping Abe's Garden Community be an internationally recognized groundbreaker in dementia design and an industry leader in senior care and engagement.

Here are three of the many ways the nearly 700 older adults and their families we have served since 2015 are able to have a good day because of your generosity.

- Family caregivers are receiving support and guidance to help navigate this time before their

loved one becomes a memory support resident.

- Residents and program participants are able to choose from a variety of one-on-one and group engagement opportunities throughout each day, providing purpose, socialization, and new experiences.
- Caregivers around the world learn dementia best practices through our online videos that are available for free.

Want to help those with memory loss and their caregivers find the good in each day? Please use this QR code to donate online.

The Abe's Garden Community family appreciates you and wishes you a wonderful new year!

