Innovations in Alzheimer’s Care

Photos: Cathy Greenblat

2020

Maude’s Awards
In appreciation

Maude’s Awards wishes to extend our sincere appreciation to the following advisors for their invaluable counsel.

Advisory Board

- Marigrace Becker, MSW
- Jim Bennet, HSE, MHA
- Nora Gibson, MSW
- Nancy Isenberg, MD, MPH, FAAN
- Carin Mack, MSW

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- Margaret Orem, participating Foundation board member
- Quentin S. Orem, Executive Director, Richard & Maude Ferry Foundation
- Cathy Greenblat Ph.D., sociologist, author and photographer of Love, Loss and Laughter—Seeing Alzheimer’s Differently (www.lovelossandlaughter.com/)

Maude’s Awards wishes to acknowledge The Innovations in Alzheimer’s Caregiving Awards, a partnership of The Rosalinde and Arthur Gilbert Foundation, Helen Daniels Bader Fund, a Bader Philanthropy and Family Caregiver Alliance (www.caregiver.org/alz-caregiving-awards). We are indebted to them for generously allowing us to benefit from their years of experience. Our shared vision is to honor innovative community efforts towards improving the quality of life for individuals living with dementia and for those who provide for their care.
A Welcome from our Founder

As a successful corporate business and community leader and the Co-founder of Korn Ferry International, I am delighted to share the first handbook of Innovations in Alzheimer’s Care.

Maude and I have lived what is often called the American Dream, deeply rooted in our love and faith. Maude is a Matriarch extraordinaire, with lasting love and friendship for all who walked in her path. She is a devoted wife of 64 years, mother of six children, grandmother of twelve and great-grandmother of three. She lived her life with grace and elegance and was a strong and generous role model for all that knew her.

In early 2011, things began to change. At first it was the search for words and sentences, relinquishing household bill paying and driving soon followed. Initially, we chalked it up to forgetfulness and those “senior moments” we sometime experience. However, after exhaustive medical evaluations to find out what was happening, testing finally concluded that Maude had the early stages of dementia. Life went on though with travel, entertaining, golf and many family activities until 2013 when we left our dream house on Mercer Island and moved into a CCRC on First Hill in Seattle to help manage her needs.

I began my new role as Maude’s primary care partner—meeting with individuals and organizations, attending symposiums and reading everything I could get my hands on, seeking something new and innovative to bring joy and happiness to Maude’s life. I kept searching and challenging people. How do we care for the individuals who are struggling with the illness, what can we do for them as the illness advances? Regrettably, I did not find all the answers I was looking for.

My search led me to create Maude’s Awards, a forum dedicated to the discovery, celebration and sharing of innovative ideas and practices of care to enrich the lives of individuals, family members, and care partners.

In this first volume, I hope you will find both comfort and ideas to enhance the lives of loved ones everywhere.

Richard Ferry

— Chairman, Maude’s Awards for Innovation in Alzheimer’s Care
Alzheimer’s dementia impacts the entire family, and this disease touches nearly everyone in our communities in some way. The UW Medicine Memory and Brain Wellness Center aims to transform medicine for this disease and to reframe the very way we think about it.

We envision a world in which people live well with memory loss and can rely upon the best care, within a community of support. An accurate diagnosis marks the start of a new phase of life for our patients and those who love and care for them, and it is only the beginning of our relationship with them. We help them discover their retained strengths and empower them to “lean in” to their memory loss. The evidence is that people can build brain reserve, learn adaptive and effective habits and skills, and benefit from common ground and support.

Maude’s Awards recognizes the commitment and imagination of people and organizations that are aligned with these constructive messages, and who are advancing dementia-friendly community efforts to improve the wellbeing and inclusion of people living with memory loss and their loved ones. In my decades as a physician, I have never had more satisfaction than from seeing these innovative, collaborative efforts to pre-empt stigma build community supports, and generate hope.

Over the last seven years, I have been privileged to know and work with Maude and Richard Ferry on the Memory and Brain Wellness Center, The Memory Hub: A Place for Dementia-Friendly Community, Collaboration, and Impact, and other initiatives. I have been especially touched by the witnessing present in their relationship, which is the authentic foundation for all of this work. We don’t live only for ourselves, and we speak through those that love and care for us.

Thomas J. Grabowski, MD
UW Professor of Neurology and Radiology
Director, UW Medicine Memory and Brain Wellness Center
The Awards

Maude’s Awards annually presents three $25,000 awards to organizations and five $5,000 awards to individuals excelling in one of the following categories of care for persons living with dementia and their care partners.

Making Connections

Awarded to the individual or organization that has created meaningful opportunities for persons living with dementia to connect with the people and world around them.

Cultivating Health

Awarded to the individual or organization that has provided exceptional care or education that supports the long-term physical health of persons living with dementia.

Supporting Care Partners

Awarded to the individual or organization that has provided impactful education, training or support for care partners of persons living with dementia.

Treating by Design

Awarded to the individual or organization that has significantly improved the living spaces and/or mobility of persons living with dementia.
“I would not have been able to take care of my mom for these past 4+ years without the programs and support from ECA. It truly does take a village, thank you for being in ours.”

Organization: Edmonds Center for the Arts - Edmonds, WA

Program: Dementia-Inclusive Series (DIS)

ECA’s mission is to celebrate the performing arts, strengthen and inspire our community and steward the development and creative use of the ECA campus. Our vision is to build a vibrant community in which the performing arts are woven into our daily lives and valued for their power to entertain, educate, and inspire.

In Fall 2015, ECA launched the Dementia-Inclusive Series (DIS), a leading-edge program among the nation’s performing art centers that creates opportunities for individuals with memory loss and their care partners to connect and experience joy through music, theatre, dance and film. The program offers arts engagement workshops, special events and community partnerships serving 500 participants annually. In 2019, to remove financial barriers to access, ECA made all onsite DIS programs free-of-charge. The two key underserved groups engaged are people living with early to late-stage dementias (both living at home/independently and in assisted living settings) and their caregivers. The DIS is part of an ongoing ECA initiative in collaboration with senior services organizations, memory care professionals and arts groups that explores intersections between the arts and creativity and is committed to the collective health and well-being of our community.

ECA evaluates impact through post-program surveys and participant feedback. We hear from People with Dementia and caregivers that our programs provide important opportunities to connect and help address the increased risk of isolation that participants face. ECA is formalizing our evaluation process by engaging an external evaluator.
Variables we will measure include enriched interpersonal relationships and social connectedness; increased communication between People with Dementia and caregivers; and increased feelings of self-worth and dignity for People with Dementia.

Today, ECA is a leader in the exploration of how the arts can benefit the health and well-being of a community, consulting and sharing our model with peers at performing arts centers across the state. We serve as a model for what is possible in establishing meaningful partnerships between performing arts centers, artists, and the memory loss community. ECA has a variety of resources and documented processes in place to assist others implementing programs, and we are always on the lookout for new partners. Information about the series and 2019/20 program can be found at: www.ec4arts.org/education-and-outreach/dementia-inclusive-series.
Community Partner: “[I have] used the Momentia in My Neighborhood model... I can say that the model has been incredibly helpful for guiding grassroots dementia-friendly program development. It provides a much-needed road map ... to determine what dementia-friendly programs are the best fit for their community...”

Organization: Momentia - Seattle, WA

Momentia is a movement, empowering persons with memory loss and their loved ones to remain active and connected in the community. Momentia’s guiding principles establish “dementia-friendly” programs that:

- Celebrate the strengths of people with dementia and include their voices.
- Are open to the public and take place in a community setting.
- Provide an opportunity for engagement and empowerment.

People with memory loss and their families often experience social stigma, isolation, and barriers to inclusion. Momentia, as a unified grassroots movement with a distinct framework, aims to forge a “new dementia story,” in which people with memory loss and their families stay connected and active in community life. It accomplishes this by inspiring and equipping community organizations to offer dementia-friendly programs, and by promoting all programs via a joint website and other outreach. Uniquely, Momentia invites the entire community to play a role in supporting people with memory loss. It focuses on strengths and abilities rather than what is lost, welcomes people with memory loss and families to play an active role in developing programs, and invites organizations to move from a siloed approach to a collaborative one.

While improving quality of life, the programs reduce stigma by taking place in shared public spaces like libraries, museums, and cafes. Programs include general events (e.g. Alzheimer’s Cafes, art workshops, walking groups) and programs for underserved populations (e.g. Spanish language enrichment program.) Since 2013, Momentia has reached beyond King County, advising program development in Bellingham, Olympia, Wenatchee, Snohomish County and Vancouver BC.
**Replication:** The Momentia movement, with its uniquely collaborative and coordinated framework for developing, offering and promoting dementia-friendly programs, is akin to a living “how-to” guide. Outreach tools such as website, program brochure and Facebook page provide a one-stop source for people with memory loss and families to access engaging, inclusive, no or low-cost community activities provided by a variety of organizations.

Others can use its guiding principles, as well as the examples and lessons learned from existing events, partners and communities, to replicate the model. Furthermore, members of the steering committee have offered workshops and commit to helping train/advise others in their same sector (e.g. senior center helping senior centers). For those who want additional support to replicate the Momentia movement, the “Momentia in My Neighborhood” process provides a facilitated structure for bringing together organizations and community members in a new area to design and pilot dementia-friendly programs.

www.momentiaseattle.org / Seattle, WA
Contact: Melinda Franklin / MomentiaCalendar@gmail.com
www.momentiaseattle.org/stewards
“The programs bring a sense of freedom to my life and happiness to my heart.”

Organization: Seattle Parks and Recreation - Seattle, WA

Program: Dementia-Friendly Recreation

Our mission is to inspire engagement and participation in equitable, dynamic, culturally relevant, and responsive recreation and lifelong learning programs. Our vision is to bring together all people to build a healthy community. Our values are equitable access, community engagement and participation, mutual respect, community, accountability, and commitment to Race and Social Justice.

Dementia-Friendly Recreation (DFR), a free program of Seattle Parks and Recreation (SPR), provides recreation opportunities to people living with memory loss and their care partners. SPR was the first parks department in the nation to offer Dementia-Friendly Recreation, launching the program in 2015. The program was created in response to the growing number of community members living with memory loss, and the firm belief that people with memory loss remain a vital part of community and deserve accessible opportunities to stay active, be creative, explore nature, and connect with others.

Activities include walking groups, fitness classes, intergenerational theater and dance, horticultural therapy and “arts in the park” watercolor, ceramics, print making, and poetry. Annual special events include a talent show, summer camp, and happy hour celebrations. Neighborhood social programs offer music, art, and improv, including a new program in Spanish. Past activities include volunteering and field trips. Through partnerships with Sea Mar Community Health Centers, Sound Generations, and Southeast Seattle Senior Center, we increased participation of people of color and low-income people by collaborating on the development of dementia-friendly programs designed by and for these communities.

Photo: Ryan Hawk
Participants are invited to give feedback to determine program impact and future directions. Improved quality of life is reported through increased social connections for both people with dementia and their care partners; enhanced personal wellbeing and sense of purpose; opportunities to be active and learn new things.

DFR collaborated with the Washington State Dementia Action Collaborative on the development of a How-To-Guide for starting dementia-friendly walking groups and presented in a webinar on the topic: www.dshs.wa.gov/altsa/dementia-action-collaborative/. DFR staff provides advice, consultation, and mentorship to recreation departments, community organizations, and individuals related to developing dementia-friendly programs in other communities across the US.

Dementia Friendly Recreation DFR / Seattle, WA
www.seattle.gov/parks/find/dementia-friendly-recreation
Contact: Cayce Cheairs, Dementia-Friendly Recreation Specialist
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“We shared an experience of joy and beauty that helped me enter the sacred worlds of the participants.”

Individual: Nicole Chilivis - Seattle, WA

Program: Immersive Virtual Reality

I work as a spiritual care provider for Providence ElderPlace in King County. Providence ElderPlace is a Program of All Inclusive Care (PACE) that serves the physical, emotional, and spiritual needs of more than 850 vulnerable adults in the greater Seattle area. The PACE participants are Medicaid/Medicare dual-eligible and among the most vulnerable elders in our community. As a spiritual care provider, I see people in varying stages of cognitive decline. Similar to theologian John Swinton, I view dementia as, in part, a spiritual condition where relationship is paramount for well-being and healing. The participants with whom I work, their families, and my interdisciplinary team have inspired me to seek innovative interventions for people living with dementia and their care partners.

As a spiritual care provider, I conducted a pilot research study using virtual reality to bring compelling worlds to ElderPlace participants with indications of early stage dementia. I offered participants a VR experience, using Oculus Rift headsets to show a compelling, deeply immersive underwater coral reef habitat. I designed this project specifically to include a time to connect with participants about their spiritual lives prior to the VR experience, followed by a discussion time after the experience. When the participants were in headsets, I viewed the same content mirrored on a computer screen. I intentionally created the hour to be relational. This project was an innovative, relationship-based, and person-centered approach to dementia care.

Participants in the VR project provided rich descriptions of their experiences indicating connection and engagement. Everyone expressed a desire to engage again with....
VR and to introduce it to their family and friends. The findings highlighted the participants’ overall sense of immersion in the virtual environment and connection to positive feelings, beauty, and past memories that elicited profound feelings of love and happiness. Participants’ verbal expressions and narration of their experiences indicated a sense of joy in the present moment while immersed in VR. Focus on present moments is important as dementia progresses and the cognitive ability to remember the past or dream about the future declines. We shared an experience of joy and beauty that helped me enter the sacred worlds of the participants. This project demonstrated that immersive VR offers the possibility for people to explore awe-inspiring worlds that bring beauty and peace while offering relational connection.

VR in dementia care is relatively new with limited resources. My intent is to create guides on using VR as a spiritual care tool and offer workshops and trainings that will contribute to a new narrative of creativity, hope, and possibility.
“Many of the ideas are so simple and cost nothing, yet I hadn’t thought of them. I think that reality of losing a deeper level of communication with my dear father made me feel somewhat helpless and paralyzed, and I wasn’t able to recognize the little connections I could make every day with him.”

Individual: Judith A. Levy, EdM, OTR - Laguna Woods, CA

Program: Activities to Do with Your Parent Who Has Alzheimer’s Dementia

My mom lived with Alzheimer’s Dementia for almost 10 years. I was fortunate to have help along the way from caregivers who assisted with her Activities of Daily Living (ADL) and offered needed companionship. I was the ‘care manager’ as my siblings did not live nearby. My training is as an Occupational Therapist. I worked primarily in hospital settings where at “shift change” patient medical information was shared with the incoming staff. I noticed with my mom’s care, the communication between caregivers still dealt with medical, but not, activity concerns. I feel it is this area that is most important for individuals with Alzheimer’s Dementia. I wanted and needed to address this issue.

I wrote my book “Activities to Do with Your Parent Who Has Alzheimer’s Dementia” as a response to my mom’s illness. It provides care partners/family members more than 50 activities with suggested ways to individualize and adapt them. Each activity is followed by an Assessment Form, which I created, where the care partner can write about what happened, or not, and how they altered it. This Form offers a way that helps ensure continuity that benefits both the individual as well as the worker. In my book I have offered home safety as well as burnout prevention ideas, Alzheimer’s contact information and definitions of pertinent medical terminology (available at amazon.com).

The book provides an Assessment Form following each activity. This helps improve consistency for the set-up of an activity; it offers a means of communication between caregivers which benefits the individual. This is a positive way to make the caregiver feel even more important by validating their input and is also a means to decrease burnout.
Articles and information about the program are available on [LinkedIn](https://www.linkedin.com) and [Facebook](https://www.facebook.com).

I have used my book as a training tool at both family support groups and caregiver training sessions. A video program was done for the United Way of Northern New Jersey Caregiver Coalition.

*Activities to Do with Your Parent Who Has Alzheimer’s Dementia / Laguna Woods CA*

Contact: Judith Levy / [dementiaactivities@gmail.com](mailto:dementiaactivities@gmail.com) / 201-446-4378
“Because there is life to be lived and loved with or without a diagnosis.”

Individual: Allyson Schrier - Issaquah, WA

Program: Thriving with Dementia

Thriving with Dementia teaches family, friends and professional care partners how to create a safe and welcoming world for people living with dementia.

My husband was diagnosed with frontotemporal dementia (FTD) in 2012. I did my best to support him at home and remained his champion when he moved to long-term care. During this time, I also coached my parents; each had a partner with dementia. In 2017, I cared for my dad during the final month of his life. At one point he said, “My girl, you’re in the wrong line of work. You’re so good at this!” I did not wish to be a professional caregiver, but I wondered. Could I use my skills to help others better support their loved ones? Dad’s words inspired me to turn my passion for providing effective, loving care into a vocation.

In 2018, I started Thriving with Dementia to provide education and support for families and friends of people with dementia. I have delivered the talk, “How to be Friends with Someone Living with Dementia” to around 700 people at libraries, churches, and care communities and a live webinar through the King County Library System. Certified by Teepa Snow as a trainer, coach and consultant and by DSHS as a trainer, I teach DSHS Mental Health and Dementia classes to professional care partners. I was a Dementia Friends Champion supporting the UW’s effort to determine efficacy of that program and during COVID-19, I am leading an online support group for family care partners.

People sometimes attend two or three sessions of “How to be Friends.” Asked why, they say that the skills they took away have helped so much, they want to catch anything they may have missed the first time. One woman
returned to thank me for saving her marriage. In texts and emails people say they feel better equipped to support both their loved ones and themselves.

Dept. of Social and Health Services (DSHS) Classes. A returning student shared how she transformed the care of a resident in long-term care using skills she had acquired in my class. The resident, previously resistant to help with activities of daily living (ADL), became compliant and welcoming. My student was asked by management to reveal what led to her success and she shared with them the tips and skills I had shown her.

On my website is a video link to a lectures and webinar. Certified trainers in Washington State have been encouraged to teach these workshops to encourage more people to gain these much-needed skills.
“Providing care beyond traditional medicine gives me a chance to heal underrecognized suffering, which fills me with hope.”

**Individual:** Dr. Lama Sibai - Bellevue, WA

**Program:** Cognitive Health and Memory Patient (CHAMP)

My grandpa was my best friend as a child. Sadly, I lost him in my early teens before I could fully understand the suffering my family endured while caring for him. I knew from a young age that I wanted to be a doctor who worked with aging adults. As a Dementia & Movement Disorders specialist at Valley Medical, I diagnose and write treatment plans for patients living with dementia. I believe care should be approached holistically, passionately, and with an effort to alleviate the stigma linked to dementia.

I founded the **Cognitive Health and Memory Patient (CHAMP)** clinic at UW-Valley Medical Center using my vision of practicing care. Though many patients carry similar diagnoses, the manifestation of symptoms and impact on lives varies drastically. I believe treating illnesses requires a holistic and tailored approach, which needs a group of specialized minds. Partnering with an Alzheimer’s Association social worker, I meet with patients and their care teams with attention to psychosocial needs not usually considered in traditional appointments. Follow-up occurs every six months unless we collaboratively determine shorter/longer intervals are needed. In more complex situations, the social worker follows-up with the patient at home or via phone, so that access between appointments is available. The Association has grant-funded programs that can be extended to enhance patients’ quality of life. Overall, we strive to make sure everyone knows they are not alone.

Joe was diagnosed with early stage Alzheimer’s disease by his neurologist and was sent to the CHAMP clinic; he was accompanied by
his wife, Teresa. Teresa explained that their 40th wedding anniversary was coming up and said, “That may seem like a long time, but it’s not, I want more time with him.” Their initial visit was spent providing emotional support, guidance and resources. We empowered Joe and Teresa to think about who would be there to understand and encourage them to live well with this disease. At our next visit they were accompanied by two daughters who wanted to be involved ‘every step of the way.’ Joe had attended a local early stage zoo walk and improv class. Teresa had attended a Support Group and held a family meeting to discuss Joe’s future care. After this visit we became concerned about caregiver burnout. The social worker secured funding for Joe to attend an adult day center and free housekeeping for Teresa.

I have found that the key to replicating this program lies in education/awareness and creative resourcing. Maude’s Awards will support a CHAMP website and training materials.
“The source of my inspiration is two-fold: my desire to provide my mother with the best possible care, and the need to address cultural gaps for others like us. … addressing these challenges in her care can help improve care for diverse seniors, especially Vietnamese American elders.”

**Individual: Trang Tu - Seattle, WA**

**Program: Culturally-Based Care**

In 2014, my mother was diagnosed with Alzheimer’s disease (later updated to Lewy Body) and moved to Seattle to live with me, where I have been her primary care partner since. We’ve experienced many challenges due to conflicts between 1) norms and values of Vietnamese culture, and 2) dementia care practices from Western or white culture. Examples include healthcare providers who misinterpret symptoms and pain, and family members who don’t value promoting independence.

I created a culturally based care approach for my mother that blends Western dementia care practices with Vietnamese culture. I applied this to three dimensions of her care: direct care with me; support from Vietnamese family and friends; and Western healthcare providers. With me, I adapted aspects of her care, such as finding creative ways to foster independence in cueing, when Vietnamese norms say to do everything for elders; and using a cultural lens to understand psychoses triggers, such as war trauma. With Vietnamese family and friends, who knew little about dementia, I provided information and coaching, enabling them to apply dementia best practices to interactions with my mom. With health providers, I have educated them on how to meet cultural needs. Examples include culturally appropriate communication and cueing in medical visits; interpreting pain reporting through a cultural lens; managing policies on interpreters; and lack of cultural sensitivity in dementia diagnostic assessments. These experiences have reinforced both the need for more culturally relevant care and the opportunity for families like ours to contribute by sharing our lived experiences and strategies.
My focus has been to ensure my mother has optimal quality of life through effective support from all who interact with her. She benefits when friends and family are able to communicate with her meaningfully and when providers meet her cultural needs. Friends and family have gained skills in dementia support that they can apply to others. Health care providers have expanded their knowledge of how to serve other patients with diverse backgrounds.

For our home use, I have created informal materials and training for my mother’s paid caregivers and family members. Topics include: Communicating in a Vietnamese Context, Managing Psychoses, Cultural Norms in Personal Care, Cultural Cueing, Supporting Independence, Brain Science, Culturally based Activities. In the community, I have shared my perspectives and practices at the Seattle College Nursing Program, Elder Friendly Futures Conference, a Lewy Body Dementia Panel, and to the Washington State Dementia Action Collaborative. I also shared my efforts to develop culturally appropriate care practices in filmmaker Peter Trinh’s 2018 film “GAPS”, which has been shown across the country and been used for education including in the Alzheimer’s Association’s Public Health Training Curriculum and in “Dimensions” from the UW Alzheimer’s Disease Research Center. Please contact me for additional information about the culturally specific practices I have developed.

Culturally Based Care / Seattle WA  
Contact: Trang Tu / trang@trangtuconsulting.com / 206-412-3187
Organization: Agency on Aging of South Central CT - North Haven, CT

Program: The Art of Aging

The Agency on Aging of South Central CT advocates for independence of older adults and people with disabilities through information, advocacy and direct service programs.

The “Art of Aging” is an annual art show. The artwork is created by individuals who are more than age 65 and/or have disabilities. We began the Art of Aging to showcase the fact that irrespective of age or disability, people have the ability to continue to contribute to the life of the community. The participants in the art show create a space where the aesthetics of life are on display. As important however, is the fact that the Art of Aging provides an opportunity for participants to remain engaged in the community and not be seen only as a “burden.”

We have developed a resource packet over the years to assist other agencies to replicate the project: mounting the exhibit, paying for the opening and closing ceremonies, marketing the event. We offer technical assistance to organizations wanting to create a similar project.

www.aoascc.org

Beverly Kidder, Vice President
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**Organization: Alzheimer’s Brain Box** - Granite Bay, CA

I created Alzheimer’s Brain Box at the age of 16 when my grandmother was diagnosed with Alzheimer’s. Frustrated by the lack of a cure, I decided to focus on ways to improve Alzheimer’s patients’ quality of life while raising research funds. In 2018, I launched Alzheimer’s Brain Box, the sole vendor of customized care packages for Alzheimer’s patients.

Each ‘Brain Box’ features essential oils, activity books, and custom coloring books based on photos of my clients’ lives. Alzheimer’s Brain Box is currently available in three languages and utilizes media coverage and partnerships to serve underrepresented communities such as minorities and low-income families.

Since its inception, Alzheimer’s Brain Box has partnered with the Alzheimer’s Association and the AARP to raise research funds and awareness about how minorities and women are disproportionately affected by the disease. We will release a digital ‘Brain Box’ that allows people to recreate the experience of a Brain Box, including new audio elements, without the risk of Covid-19 transmission.

[www.alzheimersbrainbox.com](http://www.alzheimersbrainbox.com)

Victoria Da Conceicao, Founder and CEO

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**Organization: Alzheimer’s Services of the Capital Area** - Baton Rouge, LA

**Program: Charlie’s Place**

Charlie’s Place provides individuals in early-moderate dementia a safe program with activities designed to stimulate socialization and cognition. The service was created in 2007 to help caregivers who needed “a break” and provide activities and socialization to the affected. From 9 AM – 3 PM daily, clients participate in gardening, arts and crafts, live entertainment, intergenerational activities, physical activities, integration of technology using the “It’s Never Too Late” system, mental participation and concentration games, field trips, and cooking with the “Charlie’s Place Culinary School.”

Charlie’s Place is based on five principals of person-centered care which are: respect each client as a person; treat clients as partners in their care planning, decision making, and goals; be sensitive to values, preferences, and expressed needs; establish key staff contact for client and family; and a person-centered staff environment.

Alzheimer’s Services created consultation packages in 2012 to assist in the development of quality care respite centers. This service includes off-site consulting, onsite consulting and a Best Practice Respite Center How-To manual.

[www.alzbr.org](http://www.alzbr.org)

Kristi Mellion, Director of Programs

coordinator@alzbr.org / 225-334-7494
**Organization: Beatitudes Campus - Phoenix, AZ**

**Program: Comfort Matters**

The philosophy of Comfort Matters is to provide care that encourages autonomy and respects individuality for people who have trouble thinking so that they can live comfortably despite their diagnosis. “Comfort as a goal” philosophy is essential to each person’s wellbeing so that every person can experience life on their own terms, including setting their own schedule, enjoying their favorite foods whenever they want, spending time with people they love and living in an environment that supports them at every level. Beatitudes Campus became a “living laboratory” and its first research project was “The Campaign Against Pain,” which taught healthcare staff to recognize, assess and address pain in people who have trouble thinking. This research project catapulted Comfort Matters and its philosophy of a comfort model of care.

The Comfort Matters team was selected two years ago by the Center for Medicare and Medicaid Services (CMS) to serve as technical experts to assist reluctant nursing homes to improve dementia care and reduce reliance on antipsychotic medication.

[www.beatitudescampus.org](http://www.beatitudescampus.org)

Barbara Wood

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**Organization: Connected Horse - Rocklin, CA**

**Connected Horse** (CH) Equine-guided workshops to activate people with dementia and their care partners to stay engaged in relationships and in life.

Key activities include: grounding/mindfulness exercises like a sensory walk around the barn and outdoors, greeting horses, communication/awareness exercises like grooming horses, haltering and leading horses, and spending time with them in a round pen plus talking about their experiences with other participants and journaling. The outcomes reported are reduced feelings of depression, anxiety and burden, greater awareness of the present and increased sleep quality. Workshops are free to help underserved communities including the African American, Latino and LGBTQ communities.

We have manuals and workbooks that are created for the facilitators and the volunteers that assist in the workshops and we have training classes as well for people that would be interested in helping the program. We also have our website and social media channels that we use to help others implement our program.

[www.connectedhorse.com/](http://www.connectedhorse.com/)

Evelyn Brown, Program Director, Alameda County

evelyn@connectedhorse.org / 408-460-6851
Organization: Dementia Friends Indiana - Indianapolis, IN

Dementia Friends Indiana (DFI), an outreach of CICOA, advances education and awareness of dementia, reduces stigma, and creates welcoming communities for those with dementia.

Launched as a one-county pilot, DFI expanded statewide in 2019. Across the state, Dementia Friends and dementia friendly partner organizations, including businesses, community organizations, government agencies, and health care providers, make a positive difference for Indiana residents diagnosed with Alzheimer’s and other dementias.

CICOA works with Indiana’s 15 Area Agencies on Aging to develop statewide DFI programs. CICOA staff and volunteers conduct DFI training sessions to show people how to be Dementia Friends. Working directly with Indiana Homeland Security which includes EMT, fire and police, area hospital systems, restaurants and entertainment, CICOA is focused on reaching people who are encountering dementia patients and their caregivers in their everyday interactions in the community.

The DFI website provides resources for education and includes a calendar of classes, videos and resource information.

www.dementiafriendsindiana.org/
Susan Cornacchione
scornacchione@cicoa.org / 317-803-6062

Organization: Dementia Support Northwest - Bellingham, WA

Program: Staying Connected

Dementia Support Northwest (DSNW) strives to empower people and families affected by Alzheimer’s and other dementia related diseases by sharing support, knowledge, and resources.

DSNW’s Staying Connected groups provide opportunities for physical activity, mental stimulation, emotional support and socialization for people with dementia as well as providing, respite for caregivers. Anyone with memory loss can join and before joining, potential participants and their caregivers meet with the Educational Coordinator to ensure appropriate placement.

Due to the COVID-9 pandemic, in-person Staying Connected groups have been put on hold. Instead, groups are held online via Zoom. DSNW was among the first in the state to successfully move services to a virtual format. A statewide leader in this area, DSNW has provided recommendations and assistance in virtual facilitation to senior living and dementia care professionals throughout the state. Others interested in starting their own Staying Connected groups can benefit from DSNW’s curriculum. In addition, administrative forms, such as applications, interview forms, and consent forms are available for replication.

Joann Clemo, Executive Director
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**Organization**: Elderwise - Seattle, WA

Elderwise (EW) began with the concept that persons with memory loss were whole persons with the capacity to grow and had not lost the essence of who they are. The need was for a program that demonstrated deep respect and appreciation—a program that could provide growth by offering supported opportunities for social, creative, and intellectual engagement.

EW infuses our values in the community through leadership and our three programs. **Outreach**: brings our therapeutic enrichment classes and meaningful discussion groups to senior centers and other settings; **Adult Day**: operates two days/week in a center that serves elders and provides a model in spirit-centered care. **Training**: for long-term care professionals and caregivers in our cutting-edge philosophy and curriculum.

Learn more at *The Elderwise Way: A Different Approach To Life With Dementia*. A teaching program with materials is being developed along with ways to present our workshops, blog, and program activities online.

[www.elderwise.org](http://www.elderwise.org)

Annie Koziol, Operations Director

annie@elderwise.org / 206-321-8544

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**Organization**: Fred Lind Manor - Seattle, WA

**Program**: Connections

Established in 2018, the Fred Lind Manor Connections concept helps assisted living residents who need memory support and their care partners by providing a structured and supported, daily activity program so that the resident can stay home.

In addition to the activities program, we have introduced the iN2L (it's Never 2 Late) computer system, established a partnership with the Frye Museum, built volunteer programs, and provided culturally appropriate outreach and activities. Prior to Connections, residents who needed extra support would have to move to an Adult Family Home, Memory Care Unit, or nursing home. Knowing you will not have to move out of your community once identified as having memory issues is a great comfort to all residents and their families.

The capacity to provide “memory care without walls” met an urgent need to protect those in need of memory support and connect our entire community, increasing the sense of safety and increased socialization both within and beyond the small group of residents served.

[www.fredlindmanor.com](http://www.fredlindmanor.com)

Dave Foltz / dfoltz@transformingage.org / 206-324-1632
**Organization:** Giving Voice Initiative - Bloomington, MN

**Program:** GV Chorus – Connection & Inclusion Through Singing

Giving Voice Initiative (GVI) inspires and equips organizations to bring together people with Alzheimer's and other dementias (AD) and their care partners, to sing in choruses that foster joy, well-being, purpose and community understanding.

Chorus members gather weekly, learning and practicing a variety of songs in multi-part harmony with skills encouraging repetition and recall. Rehearsals also serve as a time for social connection and joyful laughter. They help singers improve confidence, memory and mood. Chorus members with AD sing with a care partner, creating a positive experience for both. Singers with AD range in age from 50's - 95. Most live at home and 1/3 have mobility, vision or hearing impairments.

For those with dementia, GVI's choruses provide a safe, welcoming place where they can thrive and find purpose again. For care partners, the program provides a positive, shared experience that strengthens and supports them. Our free online toolkit provides a step by-step “how to” guide for anyone interested in starting and running successful AD-friendly choruses in other communities.

[www.givingvoicechorus.org](http://www.givingvoicechorus.org)

Mary Lenard, Executive Director
mary@givingvoicechorus.org / 612-440-9660

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**Organization:** Jewish Family & Children’s Service - Waltham, MA

**Program:** Percolator

Jewish Family & Children’s Service cares for individuals and families by providing exceptional human services, guided by Jewish traditions of social responsibility, compassion, and respect for all members of the community.

**JF&CS Percolator Memory Café Network** (“Percolator”) was launched in October 2014 to foster the spread of memory cafés, social and creative engagement programs for people living with dementia along with their care partners. The Percolator is a unique open-source network rooted in collaboration and dedicated to sharing best practices. Participants now come from more than thirty US states, and countries such as Brazil, Canada and Ireland and has partnered with community organizations to launch Spanish, Portuguese, and Chinese memory cafés.

Resources in English and Spanish include a Memory Café Toolkit, Public Service Announcement (PSA) video and recorded webinars on how to start and sustain a memory café. In English, recorded webinars are offered on how to include participants with I/DD (intellectual development disorder), and how to start a memory café network like the Percolator.

Beth Soltzberg, Director, Alzheimer's/Related Disorders Family Support Program
bsoltzberg@jfcsboston.org / 781-693-5628
Organization: **Laughter on Call** - Los Angeles, CA

Tackling Isolation and Creating Connection through Shared Laughter.

At **Laughter On Call** (LOC) we bring comedians and those with Alzheimer's together and train healthcare workers and families with simple comedian's tools to create shared laughter and much needed connection. Our mission is to mitigate the feelings of isolation and fear so prevalent when facing this disease, not only for people with Alzheimer's, but also for those who care for them.

Key activities are one-on-one engagement, training workshops for caregivers that use simple comedian's tools to create shared laughter and Interactive Storytelling shows which foster cognitive engagement.

Resources: In addition to our 8-Step Plan for Alzheimer’s “Comedy Care, we have an original 40 page PLAYBOOK we use to train comedians in our workshops that covers both dementia awareness and the specific format for our Interactive Storytelling Shows. We have short training videos available on YouTube for caregivers, a resource we plan on developing further.

[https://laughteroncall.com/](https://laughteroncall.com/)

Dani Modisett, Founder/CEO,
Dani@laughteroncall.com / 213-840-6787

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Organization: **LifeBio** - Marysville, OH

**Program: Reminiscence Therapy**

**LifeBio** tells people's unique stories using Reminiscence Therapy, promoting personhood, especially through life story work.

Activities include aiding in capturing life stories (particularly people living with dementia with the help of family members), memory care training for care partners, engaging through classes and small group activities (“What's Your Story!” and “MemoryBio” photos), connecting for intergenerational experiences, and hosting weekly phone / video conferences. LifeBio increases feelings of wellness and happiness, while delivering excellence in person-centered care. We help staff know more about clients to improve quality and differentiate organizations. We create Life Story Books, Snapshot summaries, and Action Plans. The About Me Journal questions are gathered online or in book form. It thrives on interaction between participant and caregiver.

Resources: LifeBio Starter Kits, staff training programs (such as Memory Care Training), phone and email support through story@lifebio.com, marketing brochures, sample biography books, sample resident snapshots and action plans, journals for memory care and brain wellness, LifeBio Story Cards, “What's Your Story?” cards, and more.

[www.lifebio.org/](http://www.lifebio.org/)

Beth Sanders, Founder & CEO
bsanders@lifebio.com / 937-303-4574
**Organization: Lutheran Community Services Northwest** - Tacoma, WA

**Program: Caregiver Services**

Lutheran Community Services Northwest (LCSNW) partners with individuals, families and communities for health, justice and hope.

**Caregiver Services at LCSNW** serves individuals with dementia and their care partners through social activities, movement, and mental stimulation through music, art, and nature. LCSNW has led the charge to support our senior population by starting Pierce County’s first Memory Café. LCSNW also partnered with the Alzheimer’s Association to offer Zoo Walks. We have also been the only organization to offer Music Mends Minds in our area. LCSNW provides additional support to these programs by covering entrance and parking fees, disseminating relevant community support and educational materials and connecting local musicians with participants and their care partners.

We offer a Caregiver Support Procedures Manual that outlines each program and how we utilize our local resources.

https://lcsnw.org/

Sarah Call, Program Manager
jkfournier@lcsnw.org / 253-272-8433

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**Organization: Middle Alabama Area Agency on Aging (M4A)**

**Alabaster, AL**

**Program: Dementia Friendly First Responder training program**

M4A specializes in serving older adults and individuals with disabilities. Our mission is to help all individuals access the information, assistance, and resources that will empower them to self-advocate, live independently, and enjoy the highest quality of life.

First responders are on the front line in our communities and need to have a good knowledge of Alzheimer’s Disease and Related Dementia (ADRD) and how to best interact and respond to them and their care partners. There was not a training program available anywhere in the state to address this need for education. Our agency received a mini grant in late 2017 to create a new Dementia Friendly First Responder training program. We developed a toolkit, power point presentation and have trained more than 1,800 police, fire, EMS, and other first responders since inception. We place a special focus on the training of first responders in very rural and underserved areas.

We can provide all the materials, news articles, and media coverage on our program to assist other groups to replicate the program across their local communities.

www.m4a.org

Carolyn Fortner, Executive Director
cfortner@m4a.org / 205-670-5770
Organization: **Oakwood Creative Care - Mesa, AZ**

Program: **Oakwood Creative Care (OCC) Clubs**

People with dementia still have life to live and can create, engage, and contribute.

OCC’s engagement curriculum focuses on four pillars of engagement including art workshops, cognitive engagement, expression, and wellness to connect with the mind, body, and spirit of each person we serve. Cognitive education classes are interactive and instruction-based sessions that utilize history, discussion, and philosophy to expand conversations, promote critical thinking, and increase memory retention. Teaching artists facilitate instruction-based art workshops such as woodworking, mixed media, sculpting, and painting to help visually communicate through the creative center of the brain even when they are no longer verbal. Our fitness classes such as Chair Yoga, Zumba, and Strength Training aim to reduce falls and hospitalizations by promoting balance and increasing strength and endurance. Expressive classes include choirs, jam sessions, gardening, dance, creative writing, and storytelling.

OCC’s teachers have packaged their curriculum in a replaceable format that can be facilitated by others. We are currently creating a training and certification program to train other professionals in our unique methods to make a deep impact in the senior care facility.

[www.oakwoodcreativecare.org](http://www.oakwoodcreativecare.org)
Tara Krantzman, Chief Operations Officer
tara@oakwoodcreativecare.org / 480-464-1061

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Organization: **Prairie Elder Care - Overland Park, KS**

Prairie Elder Care has redesigned dementia care by giving back community, connection, and control.

Prairie Elder Care has four group homes where we care for people living with dementia, an adult day program and a community center. Key activities: Grandparents Program: elders volunteer in preschool class; Educational Programs: Youth ages 9-17 participate in training and volunteering; Community Partnerships: partner with high school community service organizations, sports teams, and clubs; Weekly free community center activities: open to the public, people living with dementia and their care partners are invited to participate in music, movement, and educational activities; Care partner support activities: date nights, happy hours and support groups; Youth Summer Camp: youth spend a week of mornings learning and connecting with our elders; Animals: Elders and volunteers connect through interactions with farm animals and therapeutic pets.

To learn more, please visit PrairieElderCare.com and to see our innovations in action, follow us on Facebook at facebook.com/prairieeldercare.

[www.PrairieElderCare.com](http://www.PrairieElderCare.com)
Mandy Shoemaker, Co-Founder / 913-626-5515
mshoemaker@prairieeldercare.com
Organization: Resounding Voices / Rochester Area Foundation  
Rochester, MN

Through music and fellowship, we support a dementia friendly community.

The Resounding Voices Chorus began in 2018 and now programs three 10-week rehearsals per season, followed by a public concert, with additional community concerts, such as our annual Holiday Sing.

Resounding Voices offers a unique opportunity to connect persons with dementia to the greater community through participation in the chorus. It also offers an opportunity for care partners to connect with one another through socialization. These performances are opportunities for education, stigma busting and for people with dementia and their care partners to be recognized as vital, impactful members of the greater community. Both the relationship building of the rehearsals, and the joy of public performance, impact our singers and community positively.

Resounding Voices is part of a global dementia choir movement, that is supported by the Giving Voice Initiative in the Twin Cities, MN. Resounding Voices board members recently created a volunteer and staff dementia education video series for use broadly - found under the education tab of our website.

www.resoundingvoices.org/  
Jodi Melius, Board Chair / melius.jodi@mayo.edu / 507-218-8376

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Organization: Scripps Gerontology Center - Oxford, OH

Program: Opening Minds through Art (OMA)

Opening Minds through Art (OMA) is an award-winning, evidence based, intergenerational art-making program for people living with dementia (PLWD).

OMA aims to build a society that embraces the full personhood of people with dementia, including their capacity for moments of genuine connection and creative expression. OMA serves the vital need for PLWD to engage in creative expression and social connection. It promotes wellbeing by tapping into the strengths that remain. PLWD engage in failure-free art-making. They achieve social engagement through 1:1 volunteer-to-PLWD pairings. OMA invites playful exploration through the inspiration of abstract art. Cognitive impairment does not preclude such playfulness. Guided by trained volunteers, PLWD can succeed in OMA regardless of severity of dementia.

OMA has successfully developed tools that make consistent replication and research possible: Facilitator training sessions, a 400-page facilitator handbook, Teaching videos and manual, Volunteer training materials, 100+ piloted art projects, Technical assistance and quality/fidelity assessment tool and training, Website for additional support.

www.scrippssoma.org/  
Elizabeth Lokon, Founder & Director of Opening Minds through Art (OMA)  
lokonej@miamiOH.edu / 513-529-2648
Organization: **Silver Kite Community Arts, LLC** - Seattle, WA

Silver Kite Community Arts is dedicated to strengthening communities by creating, facilitating, and supporting intergenerational arts experiences, arts programs for older adults, and professional development opportunities. Since its founding in 2013, Silver Kite has helped connect more than 100,000 people in the greater Puget Sound area. Silver Kite’s signature practice is its intergenerational programs, all of which have welcomed participants with ESML (early-stage memory loss) / dementia and care partners. Examples include free drop-in arts programs for older adults and families, four-week visual arts workshop connecting residents with middle school students, intergenerational creative arts program, and monthly arts workshops.

Silver Kite offers professional development opportunities to area senior living life enrichment directors, caregivers, and social service providers. We have offered these programs in partnership with the King County Library System, Edmonds Center for the Arts, and self-produce professional development opportunities online. In addition to these opportunities, Silver Kite has recordings available of our arts workshops which can be viewed and replicated, and we are in process of developing written resources to help organizations develop intergenerational programs.

[www.silverkite.us/](http://www.silverkite.us/)

Jennifer Kulik, Founder & CEO
jen@silverkite.us / 360-218-4884

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Organization: **Songwriting Works Educational Foundation** - Port Townsend, WA

**Songwriting Works**’ mission is to restore joy, hope, health and community through story and song. Principles of access, inclusion, originality, authenticity, respect, reciprocity, restoration, and celebration guide all our programs. Our vision is to transform loneliness into connection, depression into happiness and illness into health for underserved elders, families and care partners nationwide.

Songwriting Works (SW) gives elders and families full access to the physical, cognitive, social/emotional and spiritual benefits of composing original songs. Inclusive, research-vetted professionally facilitated workshops, held in skilled nursing, assisted living, adult day and community settings, result in award-winning songs, concerts, films, print/radio/internet broadcasts, research and increased public awareness.

With support from the National Endowment for the Arts, SW has replicated its programs and methods nationally. Implementation has included: SW workshops at memory care, longterm care and community libraries; facilitator certification training; care partner music materials; Music for Wellness dementia-inclusive guidebook; the online Creating Caregiving Guide; Memory Cafés; Psalms, Songs & Stories curriculum; Community Music Teams volunteer program; slide decks from 75 conference presentations.

[www.songwritingworks.org](http://www.songwritingworks.org)

Judith-Kate Friedman, Founder and Director
songwritingworks@gmail.com / 360-643-1961
Organization: **SouthEast Seattle Senior Center (SESSC)** - Seattle, WA

**Program: Momentia Mondays**

The SESSC serves the underserved and vulnerable seniors of the Rainier Valley located in the south end of Seattle. Serving African American, Native American, Latinx, African immigrant, Veteran and LGBTQ+ communities, we create an environment that mitigates isolation for those who have lost their sense of purpose. Our mission is to “provide services, activities and support to promote self-sufficient and fulfilling lives for aging adults in our multi-cultural community.”

The FREE Momentia Monday program is a grassroots movement empowering people with memory loss and their loved ones to remain connected and active in the community. The key Momentia activities enable those impacted to connect with others who are experiencing memory loss through interactive classes like folk dancing, crafting, Taproot improvisation and play. These activities foster increased optimism toward the future, social connections, independence, self-worth, and energy.

The Broader Momentia movement has a “Momentia In Your Neighborhood” kit that is accessible to implement within any community.

[www.sessc.org](http://www.sessc.org)

Lynda Greene, Executive Director / 206-722-0317

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Organization: **Taproot Theatre** - Seattle, WA

**Program: Re:Ignite the Mind**

Taproot’s “Re:ignite the Mind” theatre classes serve students with memory loss. Taproot’s memory loss classes use improvisation games to tap into the creative abilities of individuals experiencing early to mid-stage memory loss. Improv participants engage fully in the present, allowing them to make friends, learn new things, grow in confidence, and feel success. Care partners can attend and learn imaginative games and techniques to take home with them.

Taproot was the first and is still the only professional theatre company offering improv classes for individuals with memory loss in our area. Studies show that social isolation can lead to depression and that depression can speed the advance of dementia. Taproot’s classes build a social network for students and their care partners that enable them to get to know and support one another in an atmosphere that is filled with fun and laughter.

Taproot is working to share this positive program to reach more participants in need of its benefits including workshops and the potential of technology platforms.

[www.taproottheatre.org](http://www.taproottheatre.org)

Pam Nolte / Pamn@taproottheatre.org / 206.890.3069
Organization: Wesley Community Foundation - Des Moines, WA

Serving older adults for 75 years, Wesley’s vision is to offer a network of services providing a full continuum of care including: independent and supported living, memory care assisted living, skilled nursing & rehabilitation plus home care and hospice.

Music & Memory trains elder care professionals on how to set up personalized music playlists, delivered on iPods (with headphones to restrict outside noise), for residents and clients in their care. These musical favorites tap deep memories not lost to dementia and can enable participants to feel more like themselves again: to converse, socialize and stay present. Positive mood shifts and more calmness occur, improving meaningful interactions with staff and family. There can be a reduction on the reliance of anti-psychotic medications.

Part of Wesley’s mission is to share our knowledge and best practices with other organizations caring for older adults. Chaplain Michael Byrd has presented the program at the Facing Dementia conference in Seabeck and conferences in Port Orchard, Bremerton, Federal Way and Yakima, as well as the Alzheimer’s Association’s Discovery regional conference in Seattle.

https://wesleychoice.org/
Chaplain Michael Byrd / mbyrd@wesleyhomes.org
206-870-1260

Organization: Williamsburg Landing Adult Day Center - Williamsburg, VA

Williamsburg Landing Adult Day Center was built within the Life Plan Community of Williamsburg Landing to provide a warm, welcoming place for people to enjoy the company of friends, the stimulation of activities, and the affirmation of living a life with purpose.

Our program offers peace of mind for our families, with the promise of a vibrant, engaging atmosphere for their loved one. We also have partnerships with our local schools and universities. These partnerships match students with our participants in a way that benefits not just the participants, but also the students. We believe strongly in the center being an intergenerational experience.

One of our greatest outcomes is that we are teaching our care partners how to do at home what we do here. Our staff, who are all certified as dementia practitioners, know how to provide “person centered care,” and they love to share this knowledge with our families via family support groups, workshops, how-to guides, and tool kits.

Debbie Whybra, Director / dwhybra@williamsburglanding.com, 757-565-6542
Individual: Carmen Ficarra - Seattle WA

I am an independent professional, providing creative opportunities for older adults living with dementia. My work involves providing music, art and other leisure-based interventions (such as cognitive stimulation), for those living with dementia. I now do individual programming in (as well as small-group based) art, music, writing, and cognitive-stimulation with those living with dementia both in care facilities and in their own homes. I believe this approach allows them to experience their lives and leisure pursuits not as “patients” or “clients,” but as adults—allowed the full range of interactions other adults take for granted—close rapport, the development of a personal relationship, and the chance to work hand-in-hand (literally, if necessary) on a creative activity they might not be able to pursue on their own.

As a teaching artist with The Frye Museum in Seattle, I helped develop and implement a program called “Bridges.” More information about the Bridges program can be found as part of this video: [www.youtube.com/watch?v=qu8CRK_X138&feature=youtu.be/](http://www.youtube.com/watch?v=qu8CRK_X138&feature=youtu.be/)

cficarra@gmail.com / 206-909-1957

Individual: Julie Klee - San Francisco, CA

I currently have a weekly art group for people with Mild Cognitive Impairment/early-mid stage Alzheimer’s Disease, within my role as creative coordinator at the Ray Dolby Brain Health Center in San Francisco. Since covid-19, the group is happening via zoom, with some adaptations. We work with themes: home, color, texture etc. to help members have a framework. We want to add Art Kits, colorful kits of materials: papers, puzzles, shapes to color, a variety of images to make into a collage to be sent to care partners for use at home to help get them started on art projects.

This would be easily replicated with some basic guidelines, as well as samples of the Art Kits. Learnings from the nearly four years I have been doing on-site art groups can be captured in a guide. An outline of what works best; potential challenges based on different stages of development of the disease etc. I have many examples of the collages and other art projects that have been created.

[www.sutterhealth.org/cpmc/services/alzheimers-brain-health](http://www.sutterhealth.org/cpmc/services/alzheimers-brain-health)
jjklee@att.net / 415-706-6774
Individual: Della Maiolo - Redmond, WA
Program: Morning Glory Memory Keeper

As a Certified Nursing Assistant in Memory Care, I saw a problem. It was difficult or impossible for our patients to communicate what they wanted or needed. What music did they like? Hated foods? Important holidays? Knowing this information helped create a personalized, familiar environment, contributing to their comfort and safety.

I interviewed as many people as I could, in and out of the industry. I asked what they would want caregivers to know if they were unable to tell them; what makes their lives worth living, what in their environment made it a familiar, safe place. What daily habits and rituals created harmony? I took all this information and created the Morning Glory Memory Keeper. Details such as the foods we love, the number of pillows we sleep with, the kind of dessert we like on our birthday, and the way we take our coffee create a mosaic unique to each of us. We need to know and include this in the care giving environment.

thesunlizard@gmail.com / 425-761-8715

Individual: Elena Louise Richmond - Seattle, WA
Program: All Present

My introduction to ESML (Early-stage memory loss) was with a musician who had been diagnosed with Alzheimer’s. We sang together, played the piano for each other and talked. I felt I was experiencing the pure person, rather than someone who was losing access to parts of herself.

In 2013, Greenwood Senior Center asked me to create a choir for people with memory loss. I called it “All Present.” We opened All Present to include anyone who liked to sing and wanted to support the memory loss community. Our group doubled. We added a ukulele band that had begun as a support group for caregivers. Every August my community choir, the OK Chorale, the Strummers and All Present get on the Edmonds ferry. We sing all the way across the Sound and back again. We pass out song sheets and invite ferry passengers to join us.

I am happy to talk with anyone who is interested in what we do in All Present. I have written about some of my experiences and posted on my website.

www.elenalouiserichmond.com/all-present/
ElenaRich@gmail.com / 206-783-7326
Individual: Katherine Russell - Seattle, WA
Program: The Healing Art Studio.com

On the surface, my art classes look like an arts and crafts smorgasbord with paints and paper, glue and pens strewn around the table, people laughing and talking, comparing and supporting. But the curriculum includes problem-solving, decision making and design choices. Often, constructing the projects requires a practice of hand/eye coordination, dexterity and continued focus. I am trying to engage the mind as well as the imagination.

As a dementia-inclusive community arts facilitator, my desire is to not only provide rich, diverse art classes and projects, but to inspire inclusivity in senior communities, to mentor activity staff and to enrich the bond between caregiver and care recipient. I am available for consultation to both individuals and organizations on navigating the challenges that can arise when instructing those with dementia. I also gladly share the designs and templates of the art projects I create with clients for them to duplicate on their own. Art is a tool that encourages healing.

www.thehealingartstudio.com/services
kwinter.russell@gmail.com / (206)303-9808

Individual: Paulette Sharkey - East Lansing, MI
Product: A Doll for Grandma: A Story about Alzheimer’s Disease

My children’s book, A Doll for Grandma: A Story about Alzheimer’s Disease for ages 4-8 is a tool for adults who want to help children understand how to interact with a person with Alzheimer’s.

The story is written from the viewpoint of a little girl named Kiera who begins to lose her close bond with her grandmother when Grandma develops Alzheimer’s. Kiera comes up with a new way to play, using doll therapy. By taking care of their “babies” together, Kiera and Grandma rediscover the joy in their relationship. Kiera models how to best love people with Alzheimer’s: by meeting them where they are, by embracing their altered sense of reality without trying to correct their misperceptions, by joining them in their world rather than trying to bring them back into our reality. In that way, people living with Alzheimer’s can feel safe and loved.

A Doll for Grandma is widely available through bookstores and Amazon. I also give away copies to senior care facilities, hospitals, and libraries.

https://paulettesharkey.com/books/pbochnigsharkey@gmail.com / 517-664-2626
Individual: Laura Thomas - Montevideo, MN

Program: Prairie Five Community Action Council (P5)

Prairie Five Community Action Council (P5) covers five of the most rural and agrarian counties in Minnesota. We have less than 1% of the state’s population and also the oldest, nearing 40% of the population in the 65+ demographic. As the Director of Aging Well, I recognized the need to raise awareness and lower stigma around dementia and find ways to support caregivers.

P5 pioneered the first mobile community center for older adults in the state. This allows us to offer dementia awareness and caregiver services in a variety of unique ways. The vehicle has been used to host a caregiver support group in a small community that only had a bar as a place to meet. The vehicle can pull up in front of a caregiver’s home, offering him or her the opportunity for a cup of coffee and a bit of respite, knowing that their loved one is safely inside the home and can be checked on easily. Finally, we offer Dementia Friends information sessions and Alzheimer’s Association presentation series throughout the five counties.

https://prairiefive.org/programs/aging-and-adult-services/
laura.thomas@prairiefive.org / 952-290-3180
Providing exceptional care or education that supports the long-term physical health of persons living with dementia

ORGANIZATIONS

Organization: Canterbury Gardens - Longview, WA

Humanitude is a highly effective protocol that has had excellent and surprising outcomes among elders in Tokyo hospitals. They had partnered with a team from France that had trained 50,000 healthcare professionals across 1,000 organizations in Europe and Asia. However, Humanitude was not yet available in the US.

In spring of 2019, Canterbury Gardens decided to become one of the first healthcare settings in the United States to begin the process of embedding these evidence-based Humanitude protocols into its practices with some of the most vulnerable, frail, and behaviorally complex situations.

The 150 Humanitude protocols are immediately relevant to nurses and care partners; they can practice them right away without needing to translate theory. Each Humanitude training guides 10-12 nurses/care partners in addressing the needs of 10 residents with the most acute challenges.

Canterbury Gardens’ team has set up multiple workshops for the public to get access to elements of the training. They are sending team members to the Pioneer Network conference to share with 800 culture change leaders.

www.koelschseniorcommunities.com/senior-living/wa/longview/canterbury-gardens/
Benjamin Surmi, Director of People and Culture
bms@koelschsenior.com / 360-601-4959
Organization: Catholic Community Services of Western Washington - Seattle, WA
Program: Aging and Thriving in Place

Our program is called Aging and Thriving in Place (ATP). The key activities are giving senior residents of Catholic Housing Services programs a larger voice in determining ways to help make their lives healthier, engaging with subject matter experts to identify ways to optimize interior and exterior design and layout for optimum safety, and providing additional targeted training for staff members to enable them to be educated caregivers.

In this model, staff acted primarily as liaisons between residents and their care providers. In recognition that a very meaningful opportunity existed to improve care further, particularly in light of an increase in need due to residents increased average age, the CCS Clinical Oversight Group oversaw the formation of the ATP committee. This group includes senior leadership, social workers, and education specialists, and calls on the expertise of gerontologists, architects, and interior and exterior design professionals. The collective efforts of this group are focused on increasing the capacity of facilities and staff serving seniors to be highly knowledgeable and responsive to the specialized needs of elderly residents.

www.ccsww.org
Emily Meyer, Director of Supportive Housing
emilym@ccsww.org / 206-324-5401

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Organization: Eldergrow - Seattle, WA
Program: Therapeutic Horticulture Garden

Eldergrow was founded in 2015 with the mission to connect the therapeutic benefits of nature to elders in senior living facilities with innovative garden programs. Our indoor gardens provide residents with a new sense of purpose. We believe that humans can ‘grow’ at any age and we provide elders with non-pharmacological opportunities to grow emotionally, socially, spiritually, and physically.

Eldergrow offers a formal indoor therapeutic horticulture program for senior living residents, designed for memory care and skilled care residents. Eldergrow Educators teach hands-on therapeutic gardening classes that engage all of the residents’ five senses and focus on six therapeutic wellness goals: socialization, cognitive stimulation, sensory stimulation, spatial awareness, motor skills, and creative expression.

Eldergrow provides workshops in many settings including senior living conferences on topics such as “Alternative Wellness Therapies” and “Sensory Stimulation Techniques for People Living with Dementia.” We also provide online webinars, handouts, and social media live events to the general public at no charge.

www.eldergrow.org
Orla Concannon, Founder
orla@eldergrow.org / 203-444-3857
Organization: **Martha & Mary - Poulsbo, WA**

Martha & Mary provides quality, compassionate care and intergenerational experiences for children, adults and seniors regardless of faith, ethnicity or economic status.

Martha & Mary’s Memory Care Unit is designed to meet the specific needs of residents suffering from middle and late-stage Alzheimer’s Disease. Memory Care residents enjoy the same programs that those throughout Martha & Mary enjoy. Our brain and body activities, pet therapy, art classes, bus outings and intergenerational programs bring light and love to those who live in the Memory Care Unit. However, it is important that they avoid over stimulation, as too much activity can become agitating for some of our residents with dementia. Our caring staff does all they can to nurture a peaceful and engaging environment, meeting the needs of each individual resident while providing residents the space they need to thrive.

We are always happy to share best practices with other institutions, especially those needing assistance with keeping COVID-19 outside of their facilities. Our staff is willing to meet via phone or video chat during the pandemic.

[www.marthaandmary.org](http://www.marthaandmary.org)

Tina O’Brien / tobrien@mmhc.org / 360-394-4065

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Organization: **Northaven Assisted Living / Northaven Senior Living - Seattle, WA**

Northaven was founded in 1972 as a not-for-profit independent living community. In 1994 a 40-unit assisted living community was added to the campus with the goal of providing housing and personal care for Medicaid dependent elders, making it possible for residents to age in place in the Northaven community if their care needs increased.

Up to 75% of our residents have some type of cognitive impairment ranging from mild to moderate dementia. We have increased our staffing ratio to be able to provide increased supervision and support to those residents needing a higher level of care. The goal is to provide the least restrictive environment that safely and creatively provides for the highest level of independence.

The Northaven model of assisted living has informally been used as a model of care for many other communities over the years. We frequently provide peer support for colleagues and care providers. Our nursing staff mentors nurses in other assisted living communities on an informal basis as well.

[http://northavenseniorliving.org/](http://northavenseniorliving.org/)

Mary Quarterman, BSN, RN/Director of Assisted Living

mquarterman@northavenseniorliving.org / 205-362-8077
**Program:** Passport Dinners at Providence Mount St. Vincent

Passport Dinners at Providence Mount St. Vincent (PMSV) are held quarterly in each of the residents’ eight neighborhoods as well as the café/dining room that serves the assisted living residents. A team of residents, dietitians, recreation therapists and spiritual caregivers select a culture/country with input from the Executive Chef. Participants each receive a passport guidebook to be stamped with each destination traveled during a period of time. Extensive decorations create the local scene, relevant music is played, and a visual/cultural experience is delivered to each neighborhood via It's Never Too Late (IN2L) travelogues on the large screen TV's.

The Passport Dining program is serving a vulnerable and underprivileged population in that 50% of skilled nursing residents and 25% of assisted living residents at The Mount have outlived all financial resources. Additionally, 90% of our residents have a diagnosis of dementia, and many have been formally diagnosed with Alzheimer’s disease.

The Passport Dinner is easily replicated by other care facilities with the use of how-to guides that we would be happy to document.

[www.providence.org/themount](http://www.providence.org/themount)
Molly Swain, Executive Director
molly.swain@providence.org / 206-937-3700

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**Program:** Enhancing Family-entered Approaches to Dementia Care through Wellness and Training

CEALH has been serving Williamsburg and surrounding regions with the “Enhancing Family-entered Approaches to Dementia Care through Wellness and Training” project. A key component is a comprehensive medication review.

Individuals living with dementia often experience polypharmacy, where the high number of prescriptions may be related to diseases and other pre-existing co-morbid conditions. A medication review allows people to receive one-on-one tailored advice from a pharmacist. Following the review, the pharmacist communicates with the medical provider, sharing recommendations and encouraging a partnership in the best interest of the patient. As this is completed alongside other clinical assessments, individuals receive holistic, high quality care that directly benefits persons with dementia and their family caregivers in our community.

It is critical to establish a workgroup dedicated to the incorporation of a medication review. Our workgroup, meeting regularly, offers the detailed guidance.

[www.riversideonline.com/cealh/index.cfm](http://www.riversideonline.com/cealh/index.cfm)
Christine Jensen, Director of Health Services Research
christine.jensen@rivhs.com / 757-378-5077
The Swedish Center for Healthy Aging has partnered with Verdant Health Commission of South Snohomish County to offer a MIND diet workshop series for people in our community who are at high risk for developing cognitive impairment, Alzheimer’s disease, and other dementias. Its goal is to raise awareness of the connection between diet and brain health and to encourage healthy eating in order to decrease the likelihood of participants developing dementia. The series will be offered during the course of six weeks beginning in January 2021. Each session will include content on the medical benefits of the MIND diet and its role in preventing dementia, as well as a cooking demonstration of a brain healthy snack or meal. This series is free for participants and sustained through Verdant’s annual program budget.

The Center for Healthy Aging will provide information about this program on its website, www.swedish.org/locations/center-for-healthy-aging. A microsite for this program will include a MIND diet workbook available for download featuring recipes, shopping lists, and goal setting exercises, and tips on eating for brain health.

www.swedishfoundation.org
Erika Nelsen / erika.nelsen@swedish.org / 206-650-1504

Joyce Greenberg has worked in long term care facilities and in hospice as a contracted acupuncturist provider, and as a spiritual care provider at Harborview Medical Center. Shakur Sevigny has worked as a chaplain and as a healing arts practitioner at Kindred Hospice of Seattle.

Within the hospice setting, our collaboration between East Asian Medicine and Spiritual Care delivers whole person body-mind-spirit care to dementia patients. Clients in different stages of dementia, even with limited verbalization, have access to their sensory system which has been our gateway for helping clients maintain their whole person wants, needs, feelings and thoughts. Using both disciplines, we assess and create treatment strategies using visible and palpatory body cues, sensory feedback and symbolic language to unlock healing on the physical, emotional and spiritual level.

We teach hospice and other medical communities how to establish and sustain an Integrative Medicine program. The PowerPoint can be made available to other hospices and it can be taught in a workshop format.

www.joycegreenberg.com
joyceanngreenberg@gmail.com / 206-661-9586
Individual: Diane Wolff - Green Oak Trail, FL

Creating a library of cookbooks for patients suffering from a swallowing disorder was an accidental career brought about when Diane gave up the writer’s life to become her mother’s primary caregiver. Diane’s Mom, the late great Cathie G, was diagnosed with a swallowing disorder related to dementia.

To Diane’s knowledge, she is the only publisher of a library of books for swallowing disorders in the United States. The Essential Puree Library has expanded to include two paperbacks with more forthcoming and eleven eBooks, including the Essential Puree A to Z Guidebook and Purees of the Seasons series. The Essential Puree website offers four eBooks as Free Downloads, including The Science of Puree: How to Thicken Food and Beverages and Tools for the Kitchen. Shake, Rattle and Roll is a book of three classic shakes, nutritionally dense snacks important to the person on a pureed diet. We have launched the eBook version of the “Encyclopedia of Puree,” our collection of six eBooks of the seasons.

www.essentialpuree.com
dianepwolff@gmail.com / 941-235-9653
Supporting Care Partners

Providing education, training or support for care partners of persons living with dementia

ORGANIZATIONS

Organization: Alani Tech (dba MakeMyWebfolio) - Seattle, WA

Program: Dementia TV

AlaniTech empowers the elderly with technologies that produce joy, independence, and engagement.

“Dementia TV” (a) Key Activities: Daily, customizable streaming media (e.g. music, TV shows, sing-aongs, travelogues, basic trivia, etc.) on a schedule for residents facing moderate to severe cognitive decline; (b) Key Outcomes: To provide “easily digestible content” (e.g. removal of distracting ads, selection of simple subjects, omission of “heavy” news, simple plotlines, shorter shows with breaks in-between) for relaxation, information, and enjoyment. Community participation is integral for updating playlists on a rolling basis.

“Version 1.0” will include collaboration tools - from allowing family and caregivers to help define and refine content for each 30-minute block during the daily 7am-7pm play period, along with the colorful on-screen signage that precedes each content section. Once “version 1.0” begins to auto-play on TVs for the next stage of broader beta testing, how-to videos will be rapidly underway in order to begin recruiting volunteers and staff to help keep content fresh (including training on content selection criteria).

https://alanitech.com
Jesse Fish, Manager / jesse@alanitech.com / 206-335-4317
**Harmony House**  
**Organization:** Ally's Harmony House - Kings Park, NY

Ally's Harmony House is a 4-bed overnight respite home serving seniors and those that love and care for them. Besides respite, in my capacity as a nurse, I have morphed into a resource for families dealing with all aspects of caregiving, especially for those living with dementia, Alzheimer's and other cognitive issues. As an overnight respite, albeit a social model, we provide all meals, medication management, assistance with all activities of daily living and all in a loving, supportive home like environment with almost one on one care as opposed to an institutional setting.

Information and resources. I am always happy to tell anyone how and what it takes to undertake a business like this. I believe it could be replicated by anyone with the passion for what we do. I believe we need more small respite homes and I encourage anyone who has the passion and the skills to go forward after doing their due diligence.

**Wendy Brofman, Owner/operator**  
wnb9898@aol.com / 631-757-6931

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**Organization:** Alzheimer’s Disease Resource Center - Bay Shore, NY

**Program:** Art Expressions Program

Alzheimer’s Disease Resource Center (ADRC) mission is to “Keep Help and Hope in Mind.”

ADRC’s outstanding Music, Art, and Equine programs have been in place 8+ years. Using a focal point to spark conversation and creativity, the weekly Art Expressions Program taps into the essence of each person. In the process of producing lovely works of art, participants feel valued and validated. Their efforts culminate in an “Art and Tea” reception every June. With 200 people in attendance, our headquarters are transformed into a gallery. We have all the displayed submissions professionally matted and each includes a bio of the artist. Most notably, it allows people to be defined by their capabilities instead of their deficits. That perspective is appreciated by participants and caregivers alike.

A printed manual and specific materials are part of the Art Expressions Program. Every September, ADRC runs a large, extensive full day training workshop, teaching the curriculum to new and repeat facilitators.

[https://ADRCinc.org](https://ADRCinc.org)  
Robin Marks, Executive Director/CEO  
robin.marks@ADRCinc.org / 516-662-9065
Recuerdos Perdidos/Lost Memories, a telenovela style (soap opera) educational video, was developed by AlzLA in 2017 as an innovative teaching tool for Latino family caregivers of people living with dementia. It can be used in face-to-face workshops or online. The telenovela highlights the struggles of a Latino family as they experience their grandmother’s decline, providing information on Alzheimer’s disease; it’s warning signs and progression; how to get a diagnosis; understanding behavioral symptoms; and ways to access supportive services. The telenovela was produced in Spanish and English, to cater to both Spanish-speaking older adults and caregivers, and to their younger, English-speaking family members.

AlzLA continues to offer Recuerdos Perdidos/Lost Memories as an educational tool for presentation at community sites, particularly in Latino communities. AlzLA has granted permission to organizations across the country to incorporate the telenovela into their educational programming and a facilitator’s guide has been developed for this purpose. The telenovela has been adopted by multiple other organizations across the country as a strategy to reach and educate the Latino community.

www.alzheimersla.org
844.HELP.ALZ
permission@alzla.org / 323-938-3379

To increase awareness of available community education, support & resources for families living with dementia, Banner Alzheimer’s Institute (BAI) partnered with the City of Surprise to launch a Dementia Friendly community. Three key goals paved the way for Surprise to achieve Dementia Friendly status: 1) Dementia Friends sessions which raise awareness about dementia while lowering stigma using five key messages, 2) Dementia Friend Champion training community members/stakeholders to help spread the education to create many more Dementia Friends, 3) Memory Café which provides a safe place for people and families living with dementia to find education, support and life enrichment.

Since 2006, BAI offers a multidisciplinary approach to evaluation, treatment and care while offering Navigating Memory Loss Guides; live/recorded/virtual caregiver classes; Care Tips tools and a monthly newsletter to better support families. We also leverage services of our partner organizations: the Alzheimer’s Association, Benevilla and Sun Health. Combined, these organizations provide support, caregiver respite, healthy living programs and a strong focus on outreach to families living with Alzheimer’s disease.

www.bannerhealthfoundation.org
Lori Nisson, Director, Family and Community Services
Lori.nisson@bannerhealth.com / 602.747.GIVE (4483)
Organization: Caregiver Volunteers of Central Jersey - Toms River, NJ

Program: Connect Thru Music

Caregiver Volunteers of Central Jersey is an interfaith nonprofit agency dedicated to providing free supportive services to the frail elderly and the home-bound, enabling them to live independently and with dignity in their own homes.

Connect Thru Music (CTM) started in 2017, as an extension of our Alzheimer’s Respite Care Program (ARCP). A free, in-home music enrichment opportunity CTM is an intergenerational experience, designed to enhance lives and ease loneliness in those living with dementia through the power of music. CTM’s youth volunteers learn the elder’s life story and share their favorite music to ignite memories and promote feelings of joy and connection otherwise lost to the disease.

All our programs, including CTM are designed for expand-ability and replication. As a member of the National Volunteer Caregiving Network, our organization has already made our pet therapy program Caregiver Canines available at the national level. Through the use of program manuals and volunteer training manuals, our organization creates an environment where services are delivered consistently by a volunteer force of 1200+ active volunteers.

https://caregivervolunteers.org/
Fran Pannella, Program Manager
franp@caregivervolunteers.org / 732-505-2273

Organization: Caring for the Caregiver - UT Health School of Nursing
San Antonio, TX

The Caring for the Caregiver Program (CCP) provides education, opportunities for social connection and clinical care to family caregivers and their loved ones. CCP services are free and open to the entire community. The CCP developed in response to community needs identified during a community-academic forum in 2017, including a need for dementia education, information on dementia resources, and training on providing complex care tasks. The CCP provides Learning Skills Together workshops, Essentials of Caregiving education series, a Memory Café Network, Grace Notes Choir, and a home-based intervention to assist caregivers with developing strategies around care challenges, while leading the Dementia Friendly San Antonio initiative.

CCP was created to be a model for other communities to emulate. Each aspect of the CCP can be translated to fit other communities’ needs. We are writing a “train-the-trainer” intervention manual to promote replication of our Learning Skills Together workshops, which can be taught across the U.S. by social workers, nurses, and other health providers. We regularly communicate innovations and research findings in peer-reviewed journals and conferences, reaching practice and research audiences.

https://utcaregivers.org/
Jennifer Brackett / brackett@uthscsa.edu / 210-450-8715
Organization: Caring Days Adult Day Care - Tuscaloosa, AL

Caring Days (CD), a faith-based organization, provides services in the West Alabama area to enhance quality of life for individuals with memory disorders, their caregivers, and other related populations. We serve our day care clients from diagnosis to death.

We provide day care services and educational programs as well as other related services including conferences, Whine and Dine educational meetings, music therapy, Speech therapy, Art to Life, Buy None/Get Some Free days, One Enchanted Day for caregivers, tailgating kits, and more.

CD was 23 years old in March. We started with a little seed money and now have a state-of-the-art facility to serve clients. Last year, we provided in excess of 64,000 hours of quality client care services in day care. There were more than 540 individuals served in all our programs. In 2020, our focus is DSD (Do Something Different) and the “New Old.”

Administration provides descriptions of the New/Old and DSD that can be duplicated. Our employees write plans for their daily activities that can be shared. Our ideas are not difficult, but they are unique.

www.caringdays.org
Vicki Kerr, Executive Director
vicki@caringdays.org / 205-752-6840

Organization: Dementia Assist - Salt Lake City, UT

We assist personal and professional caregivers in their dementia caregiving journey through education and supportive services.

We offer three programs: 1. Certified Dementia Assistant Training: an in-depth dementia training for professionals to help them understand the disease, its causes, the different types of dementia, the stages of the disease, how to communicate with individuals with dementia, and how to view behaviors and address them. 2. Dementia 101: a training for caregivers similar to the professional training but geared toward unpaid caregivers. 3. Dementia Assist Program: an assessment program that assists individuals in their homes or in a community setting such as an AL or SNF to view dementia behaviors and needs in a way that changes the caregiver’s approach to care in a positive manner.

To aid in replication, we have a website, do workshops, and provide training and education for professional and personal caregivers. The local Alzheimer’s Association has also referred individuals our direction.

Sheryl Bagshaw, Dementia Specialist
sherylb@dementiaassist.net / 801-574-6855
**Organization:** Federal Way Senior Center - Auburn, WA

The Federal Way Senior Center provides a spectrum of services to improve the recreational, intellectual, social, physical and mental health and well-being of seniors, veterans, seniors with disabilities and their care givers.

Federal Way Senior Center SKC/Food Bank/ Nutritional Meal Program/Community Garden Activities: M-F: Breakfast, Lunch, Food Bank; M&Th: Bread Room; Fri: Music, singing, games, Bingo, exercise, hiking, trips, Pinochle, Veterans; Tues: Lunch & Learn Educ & Programs, Arts & Crafts, sewing, knitting, puzzles, games, computer classes, Holiday Parties, Celebrations.

We do lunch & learn programs and bring people in who do workshops on caring for family members who have disabilities, Alzheimer's and dementia. They provide How To guides, toolkits and websites. Most of the presentations are done by those who work with Caregivers, retirement centers, adult family homes and rehabilitation facilities. We also have presentations from IORA, Humana, Veterans Services, South King Fire and Rescue, King County Aging and Disability Services.

[Website](www.federalwayseniorcenter.org)
Shelley Puariea, Executive Director
Shelleyp004@gmail.com / 206-954-2926

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**Organization:** HOPE Dementia Support Groups - Vancouver, WA

**Program:** Mary Ann's Babies Doll /Pet Therapy

Mary Ann's Babies Doll /Pet therapy involves offering robotic dolls/pets to adults who are living with dementia and other medical conditions with the goal of improving their comfort, engagement, and quality of life. We provide dolls/pets for those with memory loss who have been screened through a simple screening tool.

While providing dolls and stuffed animals for those suffering with dementia is not new, this project provides a consistent way to heighten the awareness and provide the dolls/pets to the individuals with dementia. Doll/Pet therapy is typically used for people who are in the middle or late stages of dementia. Benefits include: · Increased smiling · A decrease in challenging behaviors · Enhanced feelings of purpose by serving as a caregiver for something · Non-pharmacologic way to address challenging emotions and behaviors · No medication side effects or drug interactions · Distraction and comfort.


[Website](www.HOPEdementiasupport.org)
Lynn Crawford, Executive Director
lr_crawford@msn.com / 360-991-3197
**Organization:** Kitsap County Division of Aging & Long-Term Care (Kitsap Area Agency on Aging) - Port Orchard, WA

**Program:** Partners in Memory Care

“Partners in Memory Care” is a locally funded program designed to support adults and their caregivers with a suite of services that includes dementia consultation, Alzheimer’s Café expansion, support group investments, brain health/caregiver community education presentations, and “Staying Connected” evidence-based workshops. Since 2018 Kitsap Aging has provided individual community-based Dementia consultation and educational services to informal and formal caregivers in dealing with challenging behaviors related to neurocognitive disorders that could jeopardize an individual’s placement. This innovative approach uses a collective impact model to stabilize current placement and connect caregivers to existing community resources.

Kitsap County’s innovative “Partners in Memory” program has created a pathway for statewide advocacy for the Dementia Action Collaborative (DAC) Dementia Catalyst new service request. DAC staff have visited with Kitsap Aging to learn more, and as well, have used our professional services contract to create the Catalyst Job Description. Please visit our website to learn more about the Kitsap Partners in Memory Care program.

[www.kitsapgov.com/hs](http://www.kitsapgov.com/hs)

Stacey Smith / sasmith@co.kitsap.wa.us / 360-337-5624

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**Organization:** MemoryBanc - Arlington, VA

**Program:** Your Workbook for Organizing Life

**Your Workbook for Organizing Life** was released in 2015 to help caregivers organize personal, financial, medical, and household details to enable loved ones to be effective advocates. It was the information I needed in caring for two parents with dementia. While I had their Durable Power of Attorney, I needed to know about bank accounts, their cash flow, manage their household, and medical care. It was an overwhelming task to collate and the workbook prompts the user through the collection of the information needed and becomes a guidebook for caregivers. Today, we serve as Daily Money Managers (DMM) and primarily serve older adults with cognitive issues and dementia.

I provide a free guide to getting organized ([www.MemoryBanc.com/Save](http://www.MemoryBanc.com/Save)) that includes a collection checklist, a save/shred guide, and an online code cheat sheet. I teach other DMMs and regularly consult with elder law attorneys, financial advisors, and insurance professionals. I am updating and adding an online course to expand the reach of the tools in 2021.

[www.MemoryBanc.com](http://www.MemoryBanc.com)

Kay Bransford, Founder

kay@memorybanc.com / 703-362-2959
Organization: MemoryCare - Asheville, NC

MemoryCare was established in 2000 to address unmet needs of families in western North Carolina affected by dementia. Each year, we serve more than 1,000 people with dementia (PWD), 3,300 of their caregivers, and 2,300 individuals with dementia-related education. Our approach personalizes support and education for caregivers by including them as an integral part of the medical care of their loved ones with dementia. By educating families about the disease process and the need for oversight with medications, finances, driving, firearms, and more, we support the well-being of caregivers and PWD. We see consistently that PWD enrolled in our program have fewer hospitalizations and live at home longer than otherwise possible, outcomes fundamental for quality of life.

MemoryCare’s clinical model is readily replicable in large and small communities. For communities wanting to establish a program like MemoryCare, our staff provide phone and in-person consultations, operating materials, site visits, and ongoing support through the implementation process. We are committed to educating others with interest in establishing a best practice dementia care program about our experience during the past 20 years.

www.memorycare.org
Virginia Templeton, MD, Executive Director
templeton@memorycare.org / 818-712-6095

Organization: Old Friends Club - Kirkland, WA

The mission of Old Friends Club (OFC) is to cultivate joy in the lives of adults with cognitive challenges and to nourish the wellbeing of family caregivers.

Old Friends Club is a place of friendship and belonging where people living with Alzheimer’s, stroke or other cognitive changes meet to stay active around supported activities. Club Members play word or table games, create art, enjoy music, have lunch, exercise, and find ways to share life together and be part of the community. During the hours their loved one is at the Club, family caregivers get a healthy break to recharge, tend to other responsibilities without interruption, or meet with friends.

Though heartbreaking to close our doors to a pandemic, we are using this time to reimagine how Old Friends Club can open in any community. We are working to develop a nonprofit “franchise” model, where churches or other organizations become “affiliates” who launch social respite programs at their site, while we offer a structure, templates, training and collaboration for program staff, and vital marketing.

welcome@oldfriendsclub.org
Karen Koenig, Executive Director
karen@oldfriendsclub.org / 425-761-2946
**Organization:** Presence Care Project (PCP) - San Francisco, CA

**Program:** Mindfulness-Based Dementia Care (MBDC)

Mindfulness-Based Dementia Care (MBDC) is an eight-week program for people who care for cognitively impaired individuals. There are unique stressors experienced in dementia care that can become mentally, physically, and emotionally overwhelming. A mindfulness practice specific to the unique needs of care partners offers invaluable resources and coping practices for responding to these stressors. MBDC offers a way to establish a practice of mindfulness that helps to improve the quality of the care partner and the person with the illness. The program consists of eight two-hour sessions and one six-hour day of mindfulness. MBDC is currently offered at five US sites, as well as in Argentina and Canada.

We offer facilitator training for clinicians, and facilitators receive a teaching manual and electronic copy of the workbook to share with participants. Meditation recordings are freely available on the Presence Care Project’s website. All facilitators receive updated materials and ongoing support. The materials covered in MBDC are also adapted to serve families and professionals in the form of one-time workshops, presentations, community-based programs, and 1:1 counseling.

[www.presencecareproject.com](http://www.presencecareproject.com)
Ymkje Dioquino. Chief Operating Officer
ymkedioquino@gmail.com / 415-948-3950

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**Organization:** Ray Dolby Brain Health Center - San Francisco, CA

The Ray Dolby Brain Health Center offers diagnostics, treatment, and psychosocial support programs for patients and families impacted by cognitive change. As part of our comprehensive psychosocial services, counselors help caregivers navigate the ever-changing care needs of their loved ones. Depression and stress-related symptoms are common in dementia caregivers. Counselors at our clinic help identify the urgency for respite before burnout occurs. Counselors help the care giver to mitigate obstacles to implementing respite. The Caregiver Respite Grant program was established in 2016, offering a one-time $1000 Respite Grant to caregivers who can’t afford to hire care.

We have partnered with the Alzheimer’s Association who helps us manage this program. They make sure the money granted goes directly to the hired care providers. We are fortunate to be able to encourage and guide our families in both the hiring and introducing of the care, and to help them explore ways to continue this new care structure, moving forward. This way, the Respite Grant program’s effects become lasting.

[www.sutterhealth.org/cpmc/services/alzheimers-brain-health](http://www.sutterhealth.org/cpmc/services/alzheimers-brain-health)
Julie Klee, Creative Coordinator
kleejj@sutterhealth.org / 415-600-5557
Organization: River House Adult Day Center - Cos Cob, CT

Our mission is to provide adult day care that works for all families. River House has created several caregiver programs to support the families of our clients. River House started in 1977 to serve the needs of local seniors with cognitive issues arising from dementia and Alzheimer’s along with other age-related challenges. Our caregiver programs have evolved as we were told they were vitally needed. Each year we serve more than 120 clients and 250 caregivers.

Key activities for our ‘Caregiver Resources’ include developing a clear, educated plan for themselves and their loved one-family counselling, evaluation of home and personal safety and assistance with advanced care planning. “Sunday Afternoon Live” is a bi-monthly free respite program to give caregivers an afternoon “off” while their loved one is at a fun program at River House. Caregiver Support Groups are monthly group meetings open to the public and free of charge. Caregiver Circle (est. 2011) is a free semi-annual educational series where participants gain vital information.

www.theriverhouse.org
Donna Spellman, Executive Director / 203-622-0079
info@theRiverHouse.org

Organization: Validation Training Institute (VTI) - Pleasant Hill, OR

Program: Family Caregiver course

VTI’s Family Caregiver Course is an 18-week curriculum that provides training for 25 unpaid family caregivers who are caring for older adults living with dementia. It is a unique blend of self-directed video learning, interactive live webinars, a private online discussion board, and a two-day, in-person training, in which an experienced Validation teacher helps caregivers attain expertise in their role. It improves the relationship between caregiver and care recipient, improves communication, reduces challenging behaviors, and enhances quality of life. Family caregivers are underserved and untrained, yet expected to care for aging loved ones, often with no financial support. This course was successfully piloted last year for 15 caregivers, with funding from NextFifty Initiative, which allowed us to provide five free scholarships.

VTI is currently working with a professional web designer to improve the online learning elements of the Family Caregiver Course. We have a Family Caregiver Course brochure and testimonial videos available for marketing and promotion and the course details are also listed on VTI’s website at: https://vfvalidation.org/education/vti-courses.

https://vfvalidation.org/
Executive Director, Vicki de Klerk-Rubin
vdeklkerk@vfvalidation.org
Organization: West Alabama Area Agency on Aging - Northport, AL

The West Alabama Area Agency on Aging’s mission is to promote independence, dignity and quality of life for older adults, those with disabilities and their family caregivers.

Caregiver Resources: Dementia Resource Packet – a 42-page packet loaded with dementia resources from caring for a loved one with dementia, understanding the disease, and resources, etc.; Fidget Quilts for those with dementia; Counseling for caregivers; Stress management items – we partner with local agencies to provide items such as stress balls, essential oils, sleep masks, etc.; Puzzle books/coloring books - we partner with local agencies to provide these to caregivers and their loved ones; Respite - providing short break for caregivers.

Aids for replication: Fidget quilt – a step-by-step on how to make one; Dementia resource packets. For stress management items, I can assist them on items to purchase to help their caregivers/those with dementia. For respite and counseling, I can assist them with finding local resources, starting with their Area Agency on Aging.

www.westalabamaaging.org
Nikki Poe, Aging Services Coordinator
nikki.poe@westal.org / 205-333-2990

INDIVIDUALS

Individual: Roma Ankolekar - Cupertino, CA

My dear grandmother passed away from Alzheimer’s in 2018. In her memory I started the organization Dementia Insight to spread awareness about dementia and neurodegenerative disorders as well as provide resources for dementia caregivers. My mission is to help caregivers provide the best care possible for individuals with dementia for free.

Dementia Insight is a non-profit entity that includes articles about the latest dementia legislation, dementia research, community tips, as well as caregiver and lifestyle tips. Information about adult day centers, memory care facilities, and in-home supportive services are provided in an easy to follow format. Personal stories from individuals who have loved ones who experienced dementia are provided on the website as well to help caregivers feel a sense of community and offer new perspectives. Videos compiled from TED Talks about dementia are included so that they can be found easily. The purpose of the website is to help caregivers in their caregiving journey. The website is easy to navigate and caregivers are encouraged to use it as they see fit.

www.dementiainsight.org
romaanky@gmail.com / 408-886-0976
Individual: Jean Ross - McCordsville, IN

KayBee.Us is a care coordination service supporting family caregivers of older adults. For about three years, KayBee learned by fire what family caregivers experience out in the community navigating medical care and resources. Now, I am taking the next step to see if the lessons I have learned about family caregiver support can scale to help more families. I am currently creating a way to virtually train nurses in care coordination while building a virtual space to connect nurses to families seeking support and guidance.

I encourage anyone passionate about supporting family caregivers and people living with dementia to seek out a Dementia Friends workshop. A tool KayBee used for free is called Caring Village. This showed KayBee the value of tech to support family caregivers. I recommend The Administration of Community Living Business Institute and the American Society on Aging for webinars about trends and ideas.

https://kaybee.us/
jean@kaybee.us / 317-210-2747
Significantly improving the living spaces and/or mobility of persons living with dementia.

Organization: Cedar Creek - Edmonds, WA

Drawing from 60 years’ experience, Aaron and Judy Koelsch crafted a new model for urban areas that is exclusively for people living with dementia. Three of the many design features address their unique needs: SOCIALIZATION: More than 22 indoor/outdoor neighborhood gathering spaces cultivate meaningful connections - sparking friendships, spontaneous conversations, and normalcy. OPEN COURTYARDS: Each floor with resident apartments includes a full courtyard open to the sky. REMINISCING: We embedded reminiscing into the physical structure: • A working 1950’s Main Street with ice cream shop, post office, general store, concert hall, garage with classic car • A log cabin with wood stove, vintage TV, rustic rocking chairs, fishing gear • A working 1950’s kitchen • Personal shadow boxes for each resident in the wall near their apartment door, including a biography, photos, and 3D memorabilia • Curio displays in every hall feature specific themes of vintage items, carefully chosen to spark memories from early adulthood.

Cedar Creek’s team creates live events, design tours, and workshops showcasing the designing for dementia principles embedded in the physical environment. They facilitate introductions to the design team for more in-depth conversation.

www.koelschseniorcommunities.com
Benjamin Surmi, Director of People and Culture
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Organization: The Division of Services for Aging and Adults with Physical Disabilities (DSAAPD) - New Castle, DE

Program: Interpreter Program

DSAAPD operates a Neurobehavioral Health Program at its long-term care facility, the Delaware Hospital for the Chronically Ill (DHCI). Operating since 2017 to meet specific emotional/behavioral needs of its residents, the interpreter program is a pioneering method of integrating nonpharmacological support into the direct care of those diagnosed with Alzheimer’s disease and related dementias (ADRD). Interpreters are a team of specially trained Certified Nursing Assistants (CNAs) and activity therapy staff members and help other staff understand behavioral communication, while demonstrating new methods of responding to residents while providing care. Interpreters are trained/supervised by an interdisciplinary team including a psychologist, nurse supervisor, training administrator, activity therapy program director, and pharmacist. The core interpreter curriculum covers ten broad categories such as behavioral health conditions, techniques, and quality of life enhancement.

The Learning the Language of Dementia and Interpreter program are currently being turned into formal training manuals which will allow for duplication and possible expansion elsewhere. Content includes a comprehensive PowerPoint complete with tools needed, instructor notes, class handouts, accompanying lecture videos, training schedule templates, learning activities, immersive training exercises, assessment tools, reference list and an assignment workbook/guidebook.

www.dhss.delaware.gov/dsaapd/
Geralyn Aellis / geralyn.aellis@delaware.gov / 302-255-9380
Individual: Dan Kilker - Bothell, WA

I am an Activity Director at Bothell Health Care and I plan and execute daily activities for our dementia population that include family involvement, Sensory, Support, and meaningful and cognitively engaging activities.

In this time of COVID-19 fear and social distancing, I, with my team, have created daily activities that are room to room as well as group activities from a distance. Without visitors allowed to enter the facility, I was able to get the community to donate iPads and kindles for video visits, donate and create PPEs (personal protective equipment), and get cards and pictures created and delivered to our facility weekly.

Activities include room to room crafts/art/painting, and hallway Bingo, plus Cooking, Book, and Poker Clubs at a distance. I have even found a way to do Hallway Special events that included Dessert Waffle Bars and Milkshakes. We also have in-room Sensory Group and visual stimulation for those residents unable to come to the doorway for those activities.

www.bothellhealthcare.com
activities@bothellhealthcare.com / 425-481-8500

Individual: Dawn Key - Tuscaloosa, AL

When it became increasingly dangerous for my Aunt Ellen to live alone, I developed a home renovation using existing square footage of a 10’x20’ storage/tool area off the garage in order to provide her with a safe living space. I designed the area to include features that would be well lit, safe, with many conveniences built in so that my aunt could be adequately cared for by myself and sitters and give her a measure of privacy. Renovation included kitchen window and larger window in living area to maximize light. LED lighting, motion detector night light in bathroom, light tile floor – no rugs, motion detector camera with phone alert notifications, bidet toilet, diaper genie, pocket door between living area and bathroom.

Advice: 1) Get referrals for reliable, honest contractors with knowledge of handicap accessibility requirements. 2) Do your own research for universal design/handicap accessibility/dementia resources. 3) Plan for future stages of dementia and any other health issues. Share your experiences. You never know when your situation will help someone else.

dawnjkey@att.net / 205-242-4878
 Agencies

Agency on Aging of South Central CT - North Haven, CT 20
Alzheimer’s Brain Box - Granite Bay, CA 21
Alzheimer’s Services of the Capital Area - Baton Rouge, LA 21
Beatitudes Campus - Phoenix, AZ 22

*Chilivis, Nicole* - Seattle, WA 10
Connected Horse - Rocklin, CA 22
Dementia Friends Indiana - Indianapolis, IN 23
Dementia Support Northwest - Bellingham, WA 23

*Edmonds Center for the Arts* - Edmonds, WA 4
Elderwise - Seattle, WA 24
Ficarra, Carmen - Seattle, WA 33
Fred Lind Manor - Seattle, WA 24
Giving Voice Initiative - Bloomington, MN 25
Jewish Family & Children’s Service - Waltham, MA 25
Julie Klee - San Francisco, CA 33
Laughter on Call - Los Angeles, CA 26
LifeBio - Marysville, OH 26
Lutheran Community Services Northwest - Tacoma, WA 27
Maiolo, Della - Redmond, WA 34
Middle Alabama Area Agency on Aging - Alabaster, AL 27

*Momentia* - Seattle, WA 6
Oakwood Creative Care - Mesa, AZ 28
Prairie Elder Care - Overland Park, KS 28
Resounding Voices / Rochester Area Foundation - Rochester, MN 29
Richmond, Elena Louise - Seattle, WA 34
Russell, Kathryn - Seattle, WA 35
Scripps Gerontology Center - Oxford, OH 29

*Seattle Parks and Recreation* - Seattle, WA 8
Sharkey, Paulette - East Lansing, MI 35
Silver Kite Community Arts, LLC - Seattle, WA 30
Songwriting Works Educational Foundation - Port Townsend, WA 30
SouthEast Seattle Senior Center (SESSC) - Seattle, WA 31
Taproot Theatre - Seattle, WA 31
Thomas, Laura - Montevideo, MN 36
Wesley Community Foundation - Des Moines, WA 32
Williamsburg Landing Adult Day Center - Williamsburg, VA 32

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Cultivating Health

Canterbury Gardens - Longview, WA
Catholic Community Services of Western Washington - Seattle, WA
Eldergrow - Seattle, WA
Greenberg, Joyce/Shakur – Seattle, WA
Martha & Mary - Poulsbo, WA
Northaven Assisted Living / Senior Living - Seattle, WA
Providence Mount St. Vincent Foundation - Seattle, WA
Riverside Center for Excellence in Aging and Lifelong Health (CEALH) - Williamsburg, VA
Swedish Medical Center Foundation - Seattle, WA

Trang Tu - Seattle, WA

Supporting Care Partners

Alani Tech (dba MakeMyWebfolio) - Seattle, WA
Ally's Harmony House - Kings Park, NY
Alzheimer's Disease Resource Center - Bay Shore, NY
Alzheimer's Los Angeles - Los Angeles, CA
Ankolekar, Roma - Cupertino, CA
Banner Alzheimer's Foundation - Phoenix, AZ
Caregiver Volunteers of Central Jersey - Toms River, NJ
Caring for the Caregiver
UT Health School of Nursing - San Antonio, TX
Caring Days Adult Day Care - Tuscaloosa, AL
Dementia Assist - Salt Lake City, UT
Federal Way Senior Center - Auburn, WA
HOPE Dementia Support Groups - Vancouver, WA
Kitsap County Division of Aging & Long-Term Care
Kitsap Area Agency on Aging - Port Orchard, WA

Levy, Judith A. - Laguna Woods, CA
MemoryBanc - Arlington, VA
MemoryCare - Asheville, NC
Old Friends Club - Kirkland, WA
Presence Care Project (PCP) - San Francisco, CA
Ray Dolby Brain Health Center - San Francisco, CA
Riverhouse Adult Day Center - Cos Cob CT
Ross, Jean - McCordsville, IN

Schrier, Allyson - Issaquah, WA
Sibai, Dr. Lama - Bellevue, WA
Validation Training Institute - Pleasant Hill, OR
West Alabama Area Agency on Aging - Northport, AL

*2020 Award Winner