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

Special thanks to:
- Margaret Orem, participating Foundation board member
- Quentin S. Orem, Executive Director, Richard & Maude Ferry Foundation

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 second 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 - a matriarch extraordinaire, with lasting love and friendship for all who walked in her path. A devoted wife of 65 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 Continued Care Retirement Community 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 second 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.

Maude’s Awards recognizes the leadership and action of those who pioneer new and better ways to improve the wellbeing of people living with memory loss and their loved ones. The need has never been greater, as so many of our seniors, and especially people living with memory loss, are socially and physically isolated during the COVID-19 pandemic.

Maude’s Awards reflect the values demonstrated by the entire Ferry family, as they rallied to surround Maude with support, enabling her to live well with memory loss. At the same time, the Ferrys have extended their generosity broadly, enabling many others to receive better care while our society awaits a decisive cure for this disease.

Our UW Medicine Memory and Brain Wellness Center is among the efforts supported by the Richard and Maude Ferry Foundation. We envision a world in which people live well with memory loss and can rely upon the best care, within a community of support. The Foundation’s key support enables us as a Center to disseminate our services and expertise, via the Memory Hub, a place for dementia-friendly community, collaboration, and impact.

Through the efforts of the Maude’s Awardees, and their alignment with this overall vision, we all work together to help people with memory loss and their loved ones thrive – supported by their community, reaching their potential, living with hope.

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.
Following a diagnosis of Mild Cognitive Impairment, Mary and Darrell decided they needed to do something to learn more about the disease and to find purpose. After learning about Giving Voice Chorus at their clinic they started attending weekly rehearsals and quickly built a new foundation. They credit the choir with helping Darrell’s mental attitude, cognitive thinking, and executive functioning.

**Organization:** Giving Voice Initiative - *Bloomington, MN*

**Program:** Giving Voice Chorus

Giving Voice Initiative (GVI) is a nonprofit that 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. GVI empowers chorus members to develop their creative potential while fostering a community of people on their journey with AD.

Giving Voice Chorus – Connection & Inclusion Through Singing: GVI was founded in 2014. As a unique, catalytic organization, we’ve sparked a movement to build choral music communities around the world, celebrating the potential of people living with dementia. Our year-round choral program reflects best practices from fields of Alzheimer’s, aging, and choral music education. Chorus members gather weekly for rehearsals learning and practicing songs in multi-part harmony with skills encouraging repetition and recall. Rehearsals are also a time for social connection. They help singers improve confidence, memory, and mood. Chorus members sing with a care partner, creating a positive experience for both. Participants say rehearsals are the highlight of their week and family members say our choruses give singers back their “dignity and humanity.” Each session ends with a public concert reaching thousands and providing a sense of purpose and achievement.

More than 5 million Americans live with AD limiting their opportunity for inclusion and support. GVI was founded to help address this by providing a safe and structured place for people with AD and their care partners to gather building community and connectivity by singing together. Neuroscience research shows singing in groups has demonstrable cognitive and social-emotional benefits reducing isolation, depression, and anxiety for those with AD and their care partners.
there are many music therapy and sing-along programs in memory care settings and nursing homes, there were virtually no other ongoing, non-therapeutic music programs for those with AD in the community prior to GVI. Our choruses filled that gap providing an inclusive and creative environment with proven social benefits.

GVI has had an outsized impact for such a young organization. In just seven years we’ve helped inspire or launch 50+ AD-friendly choruses, received local, national, and international awards and recognition, established partnerships with leading academic and healthcare organizations, and reached millions of people around the world. For those with AD our choruses provide a safe, welcoming place where they can thrive and find purpose again. For care partners, the program provides an important opportunity to be understood, free from the stigma of the AD journey, and with accepting friends.

GVI is leading a worldwide movement to inspire choruses like Giving Voice to bring joy and empowerment to more people. To support this, we’ve created and lead an online learning community with a free toolkit and additional resources providing a step-by-step “how to” guide for anyone interested in starting and running successful AD friendly choruses in other communities. We also include information about funding and sustainability and share our real time learnings and successes at monthly gatherings online and at our national gathering every summer. This learning community provides a positive, shared experience that strengthens and supports the programs of choruses worldwide – bringing people living with AD and their care partners support through song.

Giving Voice Initiative / Bloomington, MN
www.givingvoicechorus.org
Contact: Eyleen Braaten, Executive Director
eyleen@givingvoicechorus.org / 612-440-9660
“My mom flirted with art during her life, but this was her first time creating visual art that truly expressed her abilities and personality. She had largely lost the ability to communicate, and OMA provided a much-needed boost to her well-being and ability to communicate. I was able to serve as her OMA assistant, and the experience created some of the most pleasant memories I have of her within the nursing home.”

**Organization:** Opening Minds through Art (OMA) at Scripps Gerontology Center, Miami University - Oxford, OH

**Program:** Opening Minds through Art (OMA)

Our mission is to build bridges across age and cognitive barriers through art. Through this intergenerational work, we envision a world free of stigma for people living with dementia. We believe in: the creative capacity of all people throughout the lifespan; everyone’s rights to autonomy, dignity and integrity; and the necessity of intergenerational connections to bridge the age divide.

Opening Minds through Art (OMA) is an evidence-based, intergenerational art program for people living with dementia. OMA provides those living with dementia and their caregivers opportunities to connect with students and to experience joy through creative explorations.

Anyone can enjoy OMA at no cost via a variety of mediums, including weekly intergenerational abstract art-making sessions pairing nursing home residents with students; Creative Caregiving Guide videos (https://caregiving.scrippsoma.org/) showing caregivers how to support in-home artmaking; intergenerational Memory Cafes hosted at public libraries and community arts centers; and virtual OMA offerings connecting college students with people living with dementia and their caregivers via video chat.

Launched in 2007 by Miami University’s Scripps Gerontology Center, and since replicated at more than 200 North American retirement communities, OMA serves tens of thousands of people living with dementia, their caregivers, and students.

Age segregation fosters ageism, depriving young and old alike of opportunities to engage across generations outside the family. This becomes more acute when one develops dementia and lives in an institutional setting. First-hand experiences across generations combat ageism. Art is the ideal medium for building connections.
because it is accessible to all. In OMA, creative expression invites playful exploration. Cognitive impairment does not preclude such playfulness.

As schools increasingly emphasize service learning and the number of people living with dementia grows, OMA bridges the age divide, benefitting both populations. OMA’s established popularity in colleges and retirement communities demonstrates its ability to foster meaningful intergenerational connections.

OMA’s wide replication has welcomed thousands of people with a variety of backgrounds to the program. Eight peer-reviewed and published studies (2012-21) suggest OMA benefits all those involved. Three studies indicated higher well-being scores among elders (i.e., more interest, pleasure and less distress, anxiety) during OMA compared to other activities. And one of these studies also showed that OMA reduced caregiver stress. Five studies revealed that students participating in OMA, including those from six medical schools, became more positive in their attitudes toward people living with dementia. The forthcoming ninth study compares students’ attitudes after participating in face-to-face versus virtual OMA. Initial analysis suggests similar improvements in both formats.

OMA’s 2015 recognition by the State of Ohio as a program improving quality of life in nursing homes has contributed to OMA’s momentum. Multiple resources are available to support those replicating OMA, including our highly effective training programs (https://www.scrippsoma.org/opening-minds-art-home/training/), more than 100 piloted art projects, and a bank of evaluation tools for trained OMA facilitators to measure program effectiveness. Once launched with trained facilitators, OMA requires minimal ongoing costs other than art supplies.

www.ScrippsOMA.org / Oxford, OH
Contact: Elizabeth Lokon, Founder and Director
ScrippsOMA@MiamiOH.edu / 513-529-2914
“We exist, we have a purpose and we are not ashamed of our disease.”

**Individual:** Diana Blackwelder - Washington, DC

**Program:** Lived experience advocacy

I live alone with young-onset dementia. I knew little about dementia when diagnosed in 2017 and was too young to qualify for services such as education, assistance with getting my affairs in order, or navigating how to live alone safely with a years-long terminal illness. I also didn’t qualify for any clinical trials because I didn’t have a full-time, live-in care partner. A life-long learner, I wanted to know more about the disease and how I could continue to live fully and independently for as long as possible. To create a better life after diagnosis, I share, collaborate, and advocate globally and locally to change policies and practices that deny access or perpetuate stigmas and to empower others to maintain their autonomy, dignity, and connectedness. As the first person living with dementia who has been selected for a Maude’s Award, I would like to commend the team for defying the stigmas about people living with dementia! She will not be the last!

I share my insights through advocacy, teaching, government testimony and living publicly by example, defying the stigmas and empowering others to regain their “voice” and self-worth. I learn from and teach professionals, government officials, the media, care partners and others living with dementia. I use this uniquely informed and introspective knowledge to help others gain insights into their or their loved one’s experience with the disease. I leverage National and International Dementia Organizations, federal and local government agencies, and even personal testimony at public hearings to expand my reach across the globe, showing by example that we exist, we have a purpose, and we are not ashamed of our disease. I volunteer my expertise as a Board Member and Treasurer for Dementia Alliance International (DAI), member and contributor to National Center on Advancing Person-Centered Practices and Systems (NCAPPS), Alumni National Alzheimer’s Association Early Stage Advisory Group (ESAG), Core Team Member of Teepa Snow’s Positive Approach to Care (PAC), and dementia consultant to the Smithsonian “See Me” and US Botanic Garden “Roots and Reflections” Access Programs for people living with dementia and to the Washington, DC Department of Health’s Dementia Services Coordinator. I also am a part-time volunteer researcher at the University of Maryland’s Human Computer Interaction Department’s Health Aging and Technology Lab performing research in the dementia field.
A dementia diagnosis leaves most with a sense of loss, hopelessness, and fear. The internet is full of horror stories. Caregiver support groups on social media are even more gut wrenching. Support groups for those living with the disease are rare and even rarer for those under 65 with young-onset dementia. Rather, most groups if they exist at all, serve only as caregiver respite adult day care and do not always support the person living with dementia. Doctors diagnose and, at most, advise getting your affairs in order and rarely anything more. The public sharing of my life post diagnosis and lessons I’ve learned, both the good and the bad, helps to put other’s fears at ease. I demonstrate how I learn practical effective ways to retain independence and mitigate brain changes and live well. Many have told me that I “saved them” just by “being me” as they now could see the possibilities of a life well lived and that they no longer felt alone in their journey. Many now also advocate, giving them purpose.

Bonnie Erickson, struggling with a new diagnosis, was depressed, fearful and cried much of the time after being diagnosed with young-onset dementia. After she came to a few sessions of a DAI peer support group, which I facilitated, she, to use her words, “came out of the darkness.” She is now an advocate and a founding member of a new nonprofit helping change the tragic narrative of living with dementia. We collaborate and have become friends even though we live on opposite ends of the country. We are building a community, a supportive empowering community, rather than each of us individually being hidden away, ashamed of our disease, doubtful of our abilities, awaiting the inevitable losses and death dementia will assuredly bring.

Lived experience advocacy / Washington, DC
Contact: Diana Blackwelder
dianablackwelder@gmail.com / 321-626-4771
“A church leader recently shared with me that she had no idea why she was assigned to this ministry within her church because she wasn’t a caregiver and didn’t know anyone experiencing dementia. She then went on to explain how thankful she was for having her church part of this program because now she realizes it was God. She was prepared to care for a dear friend that was diagnosed with early-onset dementia just months after becoming involved in this program. From her involvement in the program, she knew how to support and minister to her friend. Involvement with clergy and congregants can also help persons living with dementia and their care partners feel more comfortable and encouraged about their diagnosis.”

**Individual:** Fayron Epps - Fairburn, GA

**Program:** Alter

I am an Assistant Professor of Nursing at Emory University. I have devoted my career as a nurse leader to reducing dementia-related health disparities for underserved populations through innovative, culturally relevant programs for the African American community. My work is inspired by the lack of knowledge related to dementia in the African American community and families reporting the feeling of abandonment from their church.

Alter is the only nurse-led, dementia-friendly initiative to support African American congregations. The Alter program was designed to build resources and awareness around dementia in African American and faith communities. The program partners with churches over a two-year period to develop a supportive environment that enhances the well-being of African American families affected by dementia. The Alter program works closely with churches to sustain dementia-friendly initiatives. The program offers all church partners educational programs and a personalized toolbox with information, materials, and resources to support dementia-friendly communities. Through working with African American churches, we hope to reduce dementia stigma, enhance empathy, create resource centers, increase awareness, and maintain social and spiritual connectedness. There is no cost for churches to participate in this program. All support and resources are complementary to our churches and their families.

Most dementia research and programming is conducted within white communities, and very little has been conducted with church communities. I am one of the only...
nurse leaders in the country building dementia-friendly congregations specifically in the African American community. Dementia is a silent epidemic within the African American community but there are limited culturally relevant programs to support this community. African American churches have the potential to assist caregivers by providing safe environments, resources, and spiritual and social support, but churches often do not possess the resources to do so. In response to this gap I founded Alter, one of the few dementia-friendly congregational programs designed to support African American communities, specifically to strengthen (alter) churches’ capacity as systems of care to reduce health disparities associated with dementia.

I advocate to make churches a recognized partner of the care team. I partner with churches to spread and promote dementia awareness and concurrently educate clinicians about the important role religion plays in the continued health of their patients. Congregants and surrounding community members of our church partners now have a trusted institution that they can turn to for assistance and support. The program is currently implemented in 11 churches nationwide and one regional coalition of 16 churches, reaching close to 10,000 individuals. Alter has gained national attention working with multiple faith and dementia-friendly networks, and is an official partner with the FaithUnitedAgainstAlzheimer’s Coalition. The Alter model draws from the culture of the church and augments the mission of the African American faith community by focusing on the needs of families and reducing loneliness and helplessness experienced by families and persons living with dementia.

Alter is transformative of how African American churches can support families and serves as a model for churches throughout the nation. Alter has provided church leadership with the skills and knowledge to affect change specifically to dementia caregivers and care recipients to promote their health and well-being. The program has provided education to congregations of close to 10,000 parishioners, including church leaders, community members, caregivers, persons with dementia, and health professionals. The Alter Program has equipped these churches to be inclusive trailblazers, helping their congregants and the larger community to be more empathic toward and welcoming of dementia family caregivers and the persons for whom they care.

Alter / Fairburn, GA
www.alterdementia.com
Contact: Fayron Epps
fepps@emory.edu / 504-201-2658
Individual: Laurette Klier - Lyme, CT

Program: Nana's Books

Confounded by the lack of quality reading materials at my mother-in-law's long-term care facility, I scoured the internet for something stimulating and enjoyable to share with her on visits. It had become increasingly difficult to engage ‘Nana’ who was living with Lewy Body Dementia. Her once candid personality had veered into negativity, as traumatic childhood images seemed to occupy her mind. It was heartbreaking to watch her experiencing sundowning, when the shadows grew long and she became sadder, quieter, and harder to engage. Joy seemed hard to come by.

Determined to find something to bring in a little joy, and to spark a conversation, I decided to try my hand at creating books of my own. I was a teacher and my area of expertise was designing literacy environments to entice the reluctant new reader and to captivate the imagination and spirit, through story. I wanted to bring her happiness and beauty that would take her beyond the walls of a locked unit. My vision was a book that gathered bits and pieces of her past, artfully assembled, like a sailor’s valentine, with references to youth and age and the passages of life. I decided to incorporate magnificent large-format art to echo the classic texts I had chosen, and to tweak the formatting to enable Nana to feel successful, given the limitations of her changing brain.

Nana’s Books is a treasury of nostalgic literature and art, considerately formatted for people living with brain changes. Praise, poetry, prose, patriotism, art, and picture books are all crafted to elicit reminiscence, positive connections, and social engagement.

Nana’s Books are unique in that they are based in nostalgia and feature fine art and classic literature to honor identity, intellect, and individual preferences. The large
format (8.5 x 11) images are not simply labeled but are accompanied by carefully chosen meaningful sentiment. Each image is a fully realized scene with magnificent detail that can be revisited time and again.

For people living in memory care, the beautiful images and vistas of nature are balm to the soul and senses. The need is GREAT; there are 6 million people living with dementia in need of joyful stimulation instead of repurposed children’s books, word searches, coloring books and sudoku. These books are for soul tending. My books for veterans are particularly well-loved tributes to our deserving, often forgotten heroes. Nana’s Books meet the need for validation, social and cognitive engagement.

Nana’s Books have been praised by people struggling to soothe a loved one during sundowning and are enjoyed by those in hospice and palliative care, who are no longer ambulatory and no longer speak, but can listen and be immersed in poetry and praise.

I hope to give care partners a much-needed resource as they navigate the most challenging job in the world. I plan to get Nana’s Books into Memory Cafes, libraries, faith centers and senior living facilities all over the country. The books are on Amazon and available for institutional sales.

Nana’s Books / Lyme, CT
www.nanasbookseries.com
Contact: Laurette Klier
lauretteklier@comcast.net / 860-227-4218
“Because there is life to be lived and loved with or without a diagnosis.”

**Individual:** Mary Beth Riedner - Elgin, IL and Sun Lakes, AZ

**Program:** Tales & Travel Adventures (T&TA)

As a former caregiver for my late husband Steve, I developed tremendous respect for his courage and determination to retain his dignity, identity, and independence during his 10-year journey through a young-onset dementia, Primary Progressive Aphasia. He inspired me to bring my first book and reading program to those living with dementia on a volunteer basis at a local memory care facility in 2008.

Tales & Travel Adventures (T&TA) is an online adaptation of the in person Tales & Travel Memories (T&TM) program which I began in 2008 after retiring from a career as a librarian. The original program took residents of memory care facilities on imaginary trips to another country or part of the US using library materials in partnership with the Gail Borden Public Library in Elgin, IL. T&TM uses oral reading and browsing through non-fiction books to stimulate memories and conversation. In 2018, T&TM was first offered at two Memory Cafés in Arizona. When in-person meetings were cancelled due to the pandemic, I adapted the program into an online series, T&TA, starting in May 2020. The series simulates real time trips to locations I have visited during the past few decades. Participants are invited to read aloud a simple narrative that accompanies photos from each destination. Other literacy activities such as reading poems, singing, and playing word games are incorporated into the programs.

There are a number of non-pharmacological interventions that improve the quality of life for people with dementia. However, the benefits of using books and reading with this population has been largely ignored. Research shows that it is a misconception that people with dementia cannot read. A simple invitation to read materials with large font, lots of white space, simple sentence structure and colorful photographs can result in miracles! Not only is self-esteem boosted but memories are evoked and conversation flows. Caregivers are always looking for ways to engage their loved ones in meaningful activities. Handing them carefully selected books or offering appropriate reading materials online reopens a whole new world to them that would otherwise be lost.
T&TA was designed as a model for other librarians and Memory Café staff to freely use or adapt for their own communities. Ten live T&TA sessions have been conducted via Zoom with participants of the East Valley Memory Café in Sun Lakes, Arizona since May 2020. Two more are currently in development. Attendance averages 5-6 persons with dementia per online session. The T&TA trips have all been converted to YouTube videos and are available to the world at large. The videos and Power Point slide decks are freely available at the website below for anyone to use or adapt. Others are urged to create similar programs that incorporate literacy activities for their own attendees.

The T&TA model can be easily replicated by almost anyone on nearly any topic. The technology I use is very basic. Photos are inserted into a Microsoft Power Point presentation along with text boxes that feature simple narration using a large font. The narration is recorded using the Slide Show feature and the file is saved as an MP4, which turns it into a video. The video can then be uploaded to YouTube. My only cost was purchasing the Power Point software. I would recommend that the narration be written in the present tense to make it more of an immersive experience. Questions help stimulate engagement and conversation. A little humor is appreciated. The dignity of this adult audience must always be respected.
“I think this Duet session has been a huge help to how I am going to get through this sad event! Just like with anything/anybody that ends in our life, we feel the loss. I thank God for bringing to me the insight and thought processes I will need from Dr. Pauline Boss and you caregivers.”

**Organization:** Duet: Partners in Health and Aging - Phoenix, AZ

**Program:** Finding Meaning and Hope (FM&H)

Our mission is to promote health and well-being through vitally needed services to homebound adults, family caregivers, faith communities, and grand families. Our values are Dignity, Inclusiveness, Excellence, Commitment and Stewardship. Our Vision is a community where every person ages with compassion, dignity, and hope.

Finding Meaning and Hope (FM&H), founded in 2017, is a free video discussion series for family members caring for someone with Alzheimer’s/related dementias. The program gathers care partners in person or online for 10 weekly sessions led by a trained volunteer facilitator. Based on the groundbreaking book, *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief* (Pauline Boss, PhD), the program is built on solid research and years of practical experience. A main concept of both book and program is ambiguous loss, a term Dr. Boss coined that refers to the complex grief associated with caring for a loved one who is physically present but psychologically absent. Unaddressed, it often leads to depression, anxiety, relational strain, and poor health. FM&H teaches care partners effective strategies for managing their ongoing stress and grief, while building resiliency and restoring meaning and hope in their lives.

The US is facing a crisis in care related to the rapid trajectory of Alzheimer's/dementia and health risks to care partners. FM&H is urgently needed to meet this growing crisis. The report, *When Caregiving Takes a Toll on a Caregiver’s Health*, states that 47% of family caregivers neglect their health; 54% feel guilty if they take a break from caregiving tasks; and more than 35% quit their jobs due to stress and time constraints. Up to 70% have clinically significant symptoms of depression.

Duet has provided this series to more than 500 caregivers. The
need is great and growing. FM&H is designed for scalability. We're ready to start a national movement!

One caregiver of a husband with dementia, attended Duet's 2020 virtual program from Arkansas. She put together “Helpful Tips for Happiness” for her fellow participants, which included names of books and periodicals, words of encouragement, and activities that help gain happiness. She wrote of her journey and her story was highlighted in one of our newsletters. In her document, she connected specific issues she was facing to Dr. Boss’s teachings and described her recent heart-wrenching decision to place her husband in hospice care. She said, “I think this Duet session has been a huge help to how I am going to get through this sad event! Just like with anything/anybody that ends in our life, we feel the loss. I thank God for bringing to me the insight and thought processes I will need from Dr. Pauline Boss and you caregivers. I am happy I will still have your guidance and compassion to get me through these next several months. Thank you again and again!”

By bringing renowned dementia caregiver grief expert, Dr. Pauline Boss to guide family caregivers via video, an infinitely large group of people can be trained as facilitators. Once certified, they are granted use of the FM&H materials provided they follow the curriculum and offer the workshops for free. Arizona Department of Health Services selected FM&H as its first dementia-specific program for county health departments because of its impact and sustainability. We are committed to keeping the program free to caregivers, and affordable for a wide array of organizations. Beyond Arizona, a fee covering training and all materials would need to be charged. Most FM&H facilitators are professionals whose sponsor agencies could cover this one-time cost. Scholarships could be made available.
“Carol’s book helped me understand that Mom was in a good place, one where she was loved and cared for in ways I was not equipped to offer her. I gained new understanding of why Mom did and said the things she did.”

**Individual:** Carol B. Amos - Hockessin, DE

**Program:** The Caregiving Principle®

I have a passion to help dementia caregivers. My brothers and I were caregivers for our mother, Elizabeth Boyd, who lived with Alzheimer’s for more than 11 years. Based on our experience, I developed The Caregiving Principle® to help caregivers thrust into this role. I also volunteer for the Alzheimer’s Association.

The Caregiving Principle® is a novel approach to caregiving. It states: “Needs of the Loved One” minus “Needs Filled by the Loved One” equals “Needs to Be Filled by the Caregiver(s).” In simple terms, the loved one has needs and will be able to meet some of his needs. The unfilled needs define the role of the caregivers. As the disease progresses the loved one will be unable to fulfill as many needs therefore increasing the responsibility of caregivers.

The Caregiving Principle® significantly improved my interactions with Mom. When my brothers and I decided to relocate her to a memory care facility near me, I wanted to avoid the contentious arguments with Mom that sometimes occurred. I analyzed these caregiving episodes and our caregiving history to develop the principle. The “Needs of the Loved One” component is more than just Activities of Daily Living (ADLs). It encompasses the total person and is defined by Maslow’s Hierarchy of Needs. Sometimes challenging behaviors exhibited by persons with dementia are a result of unmet needs. Understanding that my mother had a need for physiological (ADLs), safety (sense of security), social, esteem, and self-actualization helped me to understand my mother. It helped our interactions and helped to reduce my level of stress and frustration because I understood what my mother could not always express.

The other benefits of The Caregiving Principle®: • Focuses on the needs of the person with dementia, • Encourages caregivers to maximize the ability of their loved one by seeking appropriate medical care for physical and cognitive issues, • Improves interactions with the loved one, • Encourages caregivers to proactively prepare for
the increase need for care, • Provides a framework for the caregiver’s role,
• Encourages caregivers to take care of themselves.

The Caregiving Principle®, with personal caregiving examples, is introduced in my book *H.O.P.E. for the Alzheimer’s Journey: Help, Organization, Preparation, and Education for the Road Ahead*. My supporters help me to actively sustain my mission by sharing H.O.P.E. with others and identifying event and speaking opportunities. I will continue to share via: • In-person and virtual events: Continue speaking at support groups, churches, conferences, health fairs, workplaces, senior facilities, etc., • Social Media: Continue my online presence, • Interviews and blogs: Increase my reach using podcasts and as a guest blogger, and • New opportunities.

The Caregiving Principle®: For a less stressful, more rewarding journey.
ALLE Learning & Oakwood Creative Care have partnered for the past five years to revolutionize programming for senior adults living with dementia.

Engaging at Home redefines “engagement” for persons living with dementia, replacing simplistic activities with cognitive stimulation, and enabling persons living with dementia to feel valued, loved, and connected. We show families how to tailor the content of the lifelong learning classes and the creative workshops on the fly to align with individualized or person-centered care. Key sessions include learning, laughing, singing, creating, reflecting and engaging. Our goal is to eliminate or reduce coloring, sorting socks, and watching TV. Key outcomes provide caregivers and families with the opportunity to celebrate lives-well lived, create new experiences and memories, and reduce anxiety and frustration.

The program is hosted on an e-learning platform that can be accessed 24/7 by anyone with a Smart device (mobile phone, iPad, tablet, or computer) and an internet connection. Families and their loved ones can watch a class video or use the slides to tell the story and then create a legacy project together.

www.engagingathome.com
Jennifer Clancy, President & Founder
jennifer@alle-learning.com / 602-418-5196
Organization: Alzheimer’s Los Angeles - Los Angeles, CA

Program: Making Memories

Making Memories is a suite of free activities developed to foster meaningful engagement opportunities for people at various stages of dementia. The menu of activities includes: (a) Memory Club®, a support group for early stage people and their care partners; (b) basebALZ, a social group that uses baseball as a topic for discussing memories and connecting them to current events; (c) Memory Mornings®, cognitively stimulating activities, social outings, and interactive presentations on music, art, yoga and more for people with mid-stage dementia; and (d) Memories in the Making, a fine arts program that offers a creative and non-verbal way of communicating and capturing moments through art for people with moderate dementia. The Making Memories suite of activities provide participants with an opportunity to be part of a community, socializing with others who understand the dementia experience, and giving support to members as they cope with changes in capacity.

A replication manual is available for one component, Memory Club® and Alzheimer’s LA also serves as a local trainer of facilitators for Memories in the Making, the expression through arts program. There is a facilitator guide for that work.

www.alzheimersla.org
Debra Cherry, Executive Vice President
dcherry@alzla.org / 323-930-6225

Organization: Alzheimer’s Speaks, LLC - Roseville, MN

Our Mission: To Shift Dementia Care from Crisis to Comfort Around the World.
Vision: To raise all voices connecting people to information, services, products, and tools they desperately deserve. Values: 1) To be inclusive a. Those diagnosed with a form of dementia b. Those that care and serve - family and professionals.

Alzheimer’s Speaks launched in 2009. We have touched millions globally delivering hope, inspiration, education, and dementia resources. Platforms: Alzheimer’s Speaks website and blog, YouTube Channel, Radio Show, Dementia Map Global Resource Directory. Projects and Educational Programs: the 1st Memory Café in the US., Dementia Chats educational videos featuring people with dementia, the 1st US Dementia-Friendly Community, developed the marketing plan and became a lifelong sponsor of a Hollywood film, Dementia-Friendly Cruise and Symposium, Dementia Quick Tips – short videos from personal experience.

We lead by example: helping people believe in themselves, explore their skill sets, and get inspired to take risks to create new services. We prefer brainstorming with people to establish best development practices vs. giving out a cookie cutter criteria.

www.alzheimersspeaks.com
Lori La Bey, Founder & CEO
Lori@AlzheimersSpeaks.com / 651-216-5413
Arts & Minds works to improve quality of life for people with dementia through engagement with art. We partner with museums to provide meaningful activities that create positive emotional and cognitive experiences, enhance communication, reduce isolation, and build community.

At the start of the COVID-19 crisis, we immediately launched our first online program, Arts & Minds @home. In response to the need for meaningful activity, we have developed new formats to match participant needs and interests: Dialogue & Art-Making, Conversation, and Artist Studio Visits in English and Spanish; Self-Care for the Caregiver, Art & The Senses for those with advanced symptoms, and Art & Movement. Programs have increased from 12 to 20 per month with six in Spanish. We mailed a care package of hand selected art supplies for watercolor, drawing and collage, to 44 households. Facebook Group Posts, in English and in Spanish, present art and artmaking prompts for care partners to use at home. Art cards were developed as printed and online resources to spark conversations as well as art-making and were mailed to participants.

www.artsandminds.org
Carolyn Halpin-Healy, Executive Director
calpinhealy@artsandminds.org / 646-873-0712

The mission of the Caring for the Caregiver program is to improve the quality of life for family caregivers and those they care for with evidence-based education, support, and research.

The Caring for the Caregiver Program (CCP) provides education, social engagement, and clinical support at no cost to families living with dementia. CCP was developed in response to needs identified during a community-academic forum in 2017, including needs for education, training and social support for families living with dementia. Among several innovative programs offered by CCP is the SA Amigos Memory Café, the first in San Antonio and the first bilingual virtual model in Texas. Memory Cafés provide opportunities for families to socialize in a space that is inclusive and creatively focused. In 2019, CCP founded the Texas Memory Café Network (TMCN), a growing partnership of coordinators and community members who collaborate to learn from one another and share lessons learned.

TMCN has developed a “Resource Pack” that is accessible for free and includes bilingual activities, links to slides and training videos, as well as a comprehensive Virtual Memory Café Toolkit to support establishment and sustainment of Memory Cafés.

utcaregivers.org
Sara Masoud, Community Outreach Coordinator
masoud@uthscsa.edu / 915-731-3514
Organization: The Connected Horse - Rocklin, CA

The Connected Horse mission is to provide free non-pharmaceutical help to as many people in the community as we can who are affected by dementia, as well as their care partners. We believe that animals provide us with valuable insights into our own healing process and purpose. The human-horse connection is powerful and offers those affected by dementia opportunities to experience clarity, strength, and healing.

We provide a comprehensive program that includes: facilitated equine-guided evidence-based workshops, at-home support via facilitated sensory engagement activities, and community-based sensory engagement kits provided to memory-care and assisted-living residences. Our participants report the following outcomes: reduced feelings of depression, anxiety and burden, greater sense of reciprocity and awareness of the present, increased quality of sleep and decreased feelings of isolation and loneliness.

We have training manuals, online learning modules, how-to guides, and a training academy with an intensive facilitator and barn curriculum.

www.connectedhorse.org
Evelyn Brown, Program Director
evelyn@connectedhorse.org / 408-460-6851

Organization: Dementia Action Alliance (DAA) - Charlottesville, VA

“Nothing About Us Without Us.”

Dementia Action Alliance (DAA) is a coalition of people living with dementia (PLWD), care partners (CP) and professionals – coming together to exchange ideas, form friendships and professional connections to create a better world in which to live with dementia. Our programs are wholly informed by people living with early to moderate symptoms of dementia. We cultivate strengths-based practices – building on abilities in a proactive, person and relationship-centered context.

DAA hosts three weekly online programs, “Dementia Discussion”, “Faith, Hope & Love,” and “Drop-In with Dr. Susan.” A variety of live, interactive programs designed to lessen effects of social isolation and loneliness are offered once/day, five/days/week: Sports Club, Laughter for Health & Happiness, Spirituality, Dance, Poetry Club, and Adult Coloring Club among others. Hosts are uniquely qualified to provide a warm and therapeutic community for PLWD with a range of symptoms. PLWD now have multiple events to look forward to each week; CPs find respite.

daanow.org
Karen Love, Executive Director
karenlove4@verizon.net / 703-585-8517
Organization: Dementia Friendly Fort Worth (DFFW) - Fort Worth, TX
Program: Activities for People living at home with Dementia

DFFW collaborates with community partners to advocate for systems change and to provide education, resources, and services that will enhance the lives of those with dementia and their care partners. Offerings include virtual dementia-friendly programs with daily activities, a weekly social club, and weekly chapel education to increase awareness and understanding of dementia.

In response to the pandemic, local authorities issued stay-at-home orders which increased social isolation of persons with dementia. To address this issue in April 2020, DFFW launched a virtual, daily (M-F) program, “Activities for People living at home with Dementia”. Each day a different activity is facilitated including art, bingo, brain stimulation, music, and physical movement. The intent of the program is to provide brain engagement and stimulation that can improve overall health by minimizing anxiety, boredom, depression, and loneliness of persons with dementia living alone or otherwise socially isolated. The desired outcome is to improve the quality of life for those with dementia and their care partners, enabling them to remain in the community for as long as possible by reducing the impact of social isolation and reducing the negative effect it has on their cognitive functioning.

dffw.org
Gail Snider, Executive Director
gsnider@dementiafriendlyfw.org / 817-994-3803

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

Therapeutic gardening has innumerable health benefits including improvements in self-esteem, memory, depression and socialization. It also brings daily purpose to those living with any form of dementia. Anyone can grow, no matter age or ability and Eldergrow nurtures that growth.

Our Therapeutic Horticulture Program is tailored to help residents in memory and skilled care. The full-service program includes a mobile, indoor garden that is wheelchair accessible, which allows residents to stand or sit while admiring and caring for the colorful and fragrant plants and herbs. Additionally, Eldergrow Educators visit bi-monthly to teach hands-on classes on everything from garden art to culinary harvest classes. In between classes, the garden engages the residents’ five senses and they water the garden to watch their plants bloom and grow, providing ongoing purposeful engagement.

During Covid, we launched affordable mini-programs including the 5-Senses Kit, tailored to reach residents in isolation through meaningful sensory stimulation with fragrant plants. Free webinars provide easy, tangible takeaways to utilize in daily life, and also coach senior living professionals on simple techniques to use with residents.

www.eldergrow.org
Orla Concannon, Founder
orla@eldergrow.org / 206-512-3055
Organization: **Famileo - Louisville, KY**

Helping older adults staying connected to their family and friends can be challenging, especially if they are not comfortable with using technology.

In a Senior Community using Famileo, all residents can receive their personal printed family magazine, the “Famileo Gazette.” Family and friends post their stories on the mobile application. Then, a Gazette is automatically generated and mailed out to the community where it’s printed out and handed to its recipient. We provide many materials (online courses, physical toolkits, guides, Famileo coach) to make sure they can run it. It will soon be available to families with an elder who is living independently.

“One of our residents, has a lot of trouble recognizing her children and many relatives. Each week when she receives her Gazette, it is the absolute highlight of her day. She will point to each photo and state, “oh, oh, oh, I know you!” She will rub her fingers over all the photos saying, “this is my family.” This is one of the reasons I love Famileo.”

**Thomas Letourneur, Director, Famileo North America**
thomas.letourneur@famileo.com / 929-207-2703

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Organization: **Founders Place Respite - Birmingham, AL**

Mission: To enhance quality of life through an atmosphere of joy and community of support for those living with memory loss while providing respite to caregivers.

Founders Place is a respite program for adults with memory loss that may be described as equal parts adult continuing education, Sunday School and cocktail party! We opened 4/30/19 offering 8hrs/wk. respite for caregivers (10am-2pm Tues and Thur). Our dementia-care program 1) harnesses the energies and willingness of other seniors to serve as intentional companions which promotes a sense of purpose, autonomy and connection for both participant and volunteer; 2) engages everyone in expressive arts (singing, music, art, dancing and storytelling) which provides cognitive stimulation, uplifts in mood, better sleep and increases a sense of wellbeing, and 3) implements intergenerational activities that promote social interaction which aids in breaking down barriers between generations and informs perspectives on aging. These outcomes, along with our weekly support group, provide vital assistance to caregivers who are exhausted from the burdens of caregiving.

We share training materials, enrollment forms and best practices for programming and management.

[saint-lukes.com/ministries/founders-place](http://saint-lukes.com/ministries/founders-place)
**Susanna Whitsett, Executive Director**
swhitsett@saint-lukes.com / 205-802-6217
Organization: **Generation Connect** - **York, PA**

**Program:** (CTC) mobile app

Our mission is to help people with dementia, families, and healthcare teams use technology to create joyful moments. We see a future where people living with dementia stay cognitively engaged and connected with loved ones throughout their journey.

(CTC) mobile app is an engagement platform for dementia. Key activities: • Respite services and coaching for family care partners • Mobile app therapeutic solution that intelligently prompts family care partners to share content and stay connected based on their relationship/proximity to loved one, and stage of dementia • Family content syncs to a HIPAA compliant tablet stationed in the home/residence • Clinical care team integrates personally meaningful content (music, photos, videos, etc.) into formal care plans • Healthcare workers share feedback regarding activities that enhance mood/behavioral coping strategies • Healthcare teams use integrated assessment modules to inform care plans with intuitive family prompts.

We are refining email nurture campaigns that are sent to family care partners, providing guides/resources for key engagement strategies with personalized music, reminiscence therapy, and socialization techniques.

[wearegenerationconnect.com](http://wearegenerationconnect.com)

Michael Potteiger, Co-Founder
michael@wearegenerationconnect.com / 717-825-6332

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Organization: **Lenox Hill Neighborhood House** - **New York, NY**

**Program:** CARE

Lenox Hill Neighborhood House provides an extensive array of effective and integrated evidence-based services that significantly improve the lives of people in need each year on the East Side of Manhattan. Our mission is to help people gain the skills they need to strengthen themselves and their community.

Lenox Hill Neighborhood House launched the CARE program in 1998 as an arts-based, day program, to service our community’s need for individuals living with late-stage dementia, and to offer respite to their caregivers. CARE includes daily music and art, pet therapy, a storytelling project, a weekly poetry day and ongoing group discussions to increase participant self-understanding and acceptance and to facilitate reminiscence and memory. CARE is one of the first Alzheimer’s programs in the country based on the Person-Centered Approach developed from the work of the psychologist Dr. Carl Rogers. At the heart of the program are Rogers’ core conditions: Genuineness, Acceptance and Emphatic Understanding. The highly effective combination of this approach with a focus on art and music makes CARE unique.

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

David French, Director of Philanthropy and Healthy Food Initiatives
dfrench@lenoxhill.org / 212-218-0478
Organization: Lutheran Community Services Northwest - Sea Tac, WA

Program: Senior Services Programs

Lutheran Community Services Northwest (LCSNW) partners with communities throughout the Northwest to provide health, justice, and hope.

LCSNW’s senior services programs work to meet the needs of elders and their caretakers, including: Non-Medical Homecare, Meals on Wheels, Senior Volunteers, Senior Companions, Senior Friends, Retired Seniors Volunteer Program, Santa for Seniors, Senior Scene Newspaper, Zoo Walks, and Memory Cafés. We offer programs that specifically support those living with dementia, to improve quality of life through social interaction and creative outlets. In 2018, LCSNW began offering the Music Mends Minds (MMM) program, followed by the Opening Minds Through Art (OMA) program in 2020. Both are national programs designed to encourage self-expression, communication, and social engagement through the creation of art and music in group settings. We also offer the Dementia Friends (DF) program, an international program that educates community members to increase awareness and reduce stigmas associated with dementia.

We regularly share resources, tips and ideas with other OMA and MMM programs, working together with the goal of encouraging provider best practices and positive community engagement for all Washington seniors.

lcsnw.org/our-impact/aging-and-independent-living

Maria Holt, Dementia Services Program Director
mholt@lcsnw.org / 253-722-5672

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. We do this in a Christian manner by offering those we serve caring rehabilitation, a safe place to grow and learn, and an opportunity to live with dignity, honor, and individuality.

Our Memory Care Unit is dedicated to caring for residents suffering from Alzheimer’s Disease and other forms of dementia. Since 1992, one key component is the intergenerational nature of activities, woven into the fabric of our programs for both the 1,100 seniors and 1,000 children we support each year. Our programs arrange activities attended by both children and seniors, activities which create life-long memories for the young and remarkably enriches the lives of our seniors. We have been told by many educators in our area that they can always identify Martha & Mary kids because our children are wholly comfortable with the elderly and the disabled.

Martha & Mary serves one of the highest numbers of fragile, low-income seniors of any skilled nursing facility in the region with more than eighty percent of all seniors served Medicaid eligible.

www.marthaandmary.org
Lynette Ladenburg, CEO
lladenburg@mmhc.org / 360-779-7500
**Organization:** National Council of Dementia Minds (NCDM) - Elwell, MI

**Program:** Insights of Persons Living Well with Neurocognitive Disorders (NCD)

Mission: Develop and support a national corps of Dementia Minds groups (persons living with dementia) who create opportunities for dialogue and education about strategies to live well with Neurocognitive Disorders (NCD). Values: Giving voice to persons living with dementia, inclusion, diversity, and respect. Vision: People living with dementia transforming the worldview of Neurocognitive Disorders.

Each Dementia Minds group consists of persons living with NCD and are supported by two or more facilitators. Together, educational presentations are co-created that reflect the experience of persons living with NCD. Dementia Minds groups meet on a weekly basis via Zoom. Meetings follow a format aimed at creating dialogue and educational opportunities about the lived experience and strategies to live well with NCD. The meeting includes building a unified group with a shared purpose, exploration, learning, creative production, and so much more. This is done for the purpose of creating and delivering educational presentations and resources. Members report a positive impact on their quality of life and relationships.

[Website: dementiaminds.org]

Brenda Roberts, Executive Director
Brenda@DementiaMinds.org / 989-330-0290

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**Organization:** Music Mends Minds - Los Angeles, CA

MMM creates musical support groups for those with Alzheimer's, dementia, Parkinson's disease, traumatic brain injury, and PTSD.

MMM was started by our director in 2015 to help her husband who had Parkinson's. We've grown to 20 in-person bands nationally and hosted 24 concerts. During Covid, we expanded globally by creating a Zoom platform that meets triweekly led by a board certified music therapist. This format serves 200 seniors per week and includes sing-alongs, vocal and physical exercises, and solos. Our seniors practice our theme song “The Music Mile” together which unites and strengthens our community. They can challenge their cognition by choosing to sing alternate verses which are color coded for guidance. We're also using “The Music Mile” as an outreach vehicle to partner with other music groups. MMM’s Zoom clips will be streamed on Golden TV Network (on Roku). We’re creating an initiative with Rotary International to expand worldwide. This includes a band leader curriculum created by a music educator, and a resource for Zoom/band leaders.

We provide Guidelines for Zoom and in-person music participation. A Band Creation Tool Kit has been in place and forthcoming is the curriculum for both Zoom and in-person activities.

[Website: www.musicmendsminds.org]

Mauria McPoland, Chief Strategist
events@musicmendsminds.org / 310-994-2635
Positive Approach to Care® (PAC) enhances life and relationships of those living with brain change by fostering an inclusive global community. PAC believes strongly in, “no care about me, without me,” and in dementia care that “does with” versus “doing to.” These values have been a vital part of PAC programs with years of listening to and respecting the rights and concerns of people living with dementia.

The PAC Core Team is an advocacy group of fourteen people living with dementia who play an integral role on the 50+ person international PAC Team. The team members actively educate professionals and family care partners through their participation in PAC programs and global outreach. These efforts include monthly blog posts, Courageous Conversations and Core Team Chronicles on YouTube, and live sharing and mentoring during events. Core Team members live across the globe, with different forms of dementia, and at different stages. They primarily volunteer their time to speak and train. Team members build community by connecting people living with dementia in safe places in a positive way.

teepasnow.com
Amanda Snow Bulgarelli, Chief Operations Officer
amandab@teepasnow.com / 919-740-6651

Silver Club Memory Programs (Regents of the University of Michigan) - Ann Arbor, MI

Elderberry (elder, barely) was founded in 2011 as the first program of its kind in Michigan designed exclusively for women with memory loss. The members engage in the community in numerous ways, such as participating in community service (volunteering at a local food pantry), going on cultural outings (the local art museum), and engaging in inter-generational activities with students. During COVID-19, the facilitators shifted the group to Zoom to continue two hours per week of virtual support and activities. The members uplift other women who may be isolated and living with memory loss.

Staff have written materials, resource lists, and agendas/activities that can be shared with individuals wanting to replicate the program. Staff also are available to conduct webinars/virtual workshops to share their experience.

michmed.org/silver-club-memory
Shannon Etcheverry, Director, Silver Club Memory Programs
smguida@umich.edu / 734-998-9352
**Organization:** Society for American Baseball Research (SABR) - Phoenix, AZ  
**Program:** Baseball Memories Group

“Baseball Memories” began in 2015 with SABR’s Central Texas chapter program in association with Alzheimer’s Texas and the Veteran’s Administration in Kerrville. In 2018, the Los Angeles chapter began partnering with Alzheimer’s Los Angeles and the Veteran’s Administration in West Los Angeles. SABR’s Baseball Memories group has recently launched in four additional cities. Our program is structured like a baseball game. Each session has a theme but the key is to use prompts to engage participants to open up and share their stories. We strive to activate all the senses, through the sights, sounds, smells of the ballpark, and even the feeling of holding a glove or a ball. We do not charge a fee to present this program. Partners provide the facility and food and drink. Our key outcomes are improved communication, behavior, and moods, increased self-esteem, decreased symptoms of depression, promoting physical health, providing relief to caregivers, and building relationships.

We provide a Baseball Memories manual that articulates how to start and run a program, soup-to-nuts, which is available on our website (www.sabrbaseballmemories.org). We also assist in training facilitators and volunteers and serve as resources for contacts and advice.

sabr.org  
Jon Leonoudakis, Chair, Baseball Memories Group  
jbleonoudakis@me.com / 818-903-5919

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**Organization:** Sweet Readers - Brookline, MA  
**Program:** SR CONNECT

The Sweet Readers mission is to empower young people to become catalysts for excellent eldercare through training, multigenerational programming, and communities of support. We value our unique differences and shared common ground and are working towards the day when any child anywhere can creatively engage isolated older adults and help to bridge their communities.

SR CONNECT is the remote version of our Sweet Readers Classic program where trained middle school students (“Sweet Readers”) engage older adults living with some form of dementia, in school classrooms, eldercare centers and museums. Students are trained to understand the science of Alzheimer’s, the significance of brain health and to “Discover the Person.” During five to six weekly, facilitated sessions, Sweet Readers and their adult partners together explore and create art, music, poetry, games, etc. as they discover each other and form lasting bonds. Sweet Readers Classic began in 2011 and in 2020 we launched SR CONNECT.

Our website provides training and program modules and organizational handbooks.

www.sweetreaders.org  
Karen Young, Co-Founder + CEO  
karen@sweetreaders.org / 917-886-8116
**Organization:** TimeSlips, Inc. - Milwaukee, WI

TimeSlips’ mission is to bring meaning and purpose into the lives of elders and care partners through creative engagement, by infusing creativity and meaning-making into care relationships and systems. Our bold vision is that creative expression, growth, and meaning is available to us at every stage of life, no matter where we live, our socio-economic status, or our abilities.

Tele-Stories invites elders living with dementia into creative and engaging conversations, making connections from the comfort of their home with trained artist callers. Building from the concept of “well check calls” — meant to ascertain basic physical needs — Tele-Stories tends to the social and emotional wellbeing of elders by using creativity to forge connections and reduce feelings of loneliness. TimeSlips offers Tele-Stories in concert with elder serving organizations who connect artists to clients, ensuring the program is offered to those in the greatest need of support. The main outcome of Tele-Stories is a reduction in the loneliness felt by elders who are physically isolated, an issue that became increasingly acute in 2020.

TimeSlips offers free resources online that support TeleStories implementation including how to ask “Beautiful Questions,” and a webinar about the program.

[time.slips.org](http://time.slips.org)

Carol Varney, Executive Director
carol@timeslips.org / 866-924-0071

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**Organization:** Orange County Buddhist Church - Anaheim, CA

**Program:** Tomodachi Bento Project (TBP)

Tomodachi Bento Project (Tomodachi means friend in Japanese and Bento means meal in a box) delivers Japanese inspired bento lunches to homebound Japanese and Japanese American seniors and their caregivers. The objectives are to reduce social isolation, engage seniors during their elder years through social engagement, participatory activities and provide respite and resources to care providers.

The Tomodachi Bento Project (TBP) supports seniors living in their homes and provides an important safety net in support of the individual suffering from diminished capacity as they progress through the various stages of mental awareness as well as the caregivers providing day to day care. Besides receiving bentos and socialization from our volunteers, the clients receive a care package of foods with microwaveable rice, tea bag, miso soup, ramen, snacks, etc. for use during the week. On birthdays volunteers deliver cards, a gift, a birthday cake, and a song.

Volunteer health care experts have provided training for all TBP drivers and prepared a volunteer handbook that has been shared with other ethnic communities seeking to replicate the program.

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

Beth Fujishige, Program Manager
Bfujishige64@gmail.com / 714-914-6492
**Organization:** Winona Friendship Center - Winona, MN

The Winona Friendship Center’s mission is to support quality of life for older adults in the Winona area.

The Winona Friendship Center is part of the Park Recreation department for the City of Winona. Members are age 55 and better. The Memory Café was started in 2017 as part of Winona’s goal to become a dementia-friendly community. Prior to the pandemic, we met weekly in a local restaurant, sharing coffee and cookies, and using iPad technology to view a slide show presentation on a topic designed to stimulate conversation, enhance learning, and share memories. With the pandemic, we quickly transitioned to a weekly Memory Café via Zoom. Interestingly, transitioning the Memory Café to a Zoom platform has increased the participation in our weekly gatherings. A Café via Zoom in the comfort of one’s home may be less intimidating than attending a Café in person.

As one of the first Memory Cafes to transition to a virtual platform, we host people from other states so that they can see our Café platform.

[Contact Information]

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**Organization:** Tulsa Airports Improvement Trust - Tulsa, OK

**Program:** Access TUL

Tulsa International Airport is the first US Dementia-Friendly Airport. Tulsa Airports Improvement Trust is committed to having accessible facilities, as well as fostering high-quality needed services. In January 2020, we formed Access TUL, a committee made up of professionals serving individuals with disabilities. Access TUL will guide airport management in making decisions improving travel for individuals with dementia and all disabilities beyond ADA requirements.

Key outcomes are training, the Hidden Disability Sunflower Lanyard program, adding quiet spaces and improving signage to better accommodate travelers with dementia. Training customized for TUL staff, volunteers and stakeholders was provided to increase awareness of individuals with dementia and how to interact with them. The Hidden Disability Sunflower Lanyard program launched in October 2020. Access TUL assessed improvements in the facility and airport website. Their recommendations included quiet spaces, low glare floor wax and improved signage to better accommodate travelers with dementia. Training began with airport stakeholders in the fall of 2020 and airport police officers began receiving training in January 2021.

[Contact Information]
Tirzah Wise

Individual: Tirzah Wise - Columbus, OH

Program: Making Movies and Memories

As a 20-year care partner and facility activity director for persons living with dementia and a retired actor and film maker, I have been making silent films starring our residents.

The families love to see their loved ones trying something new and expressing themselves. The red carpet premiers are amazing. The residents feel so proud of their accomplishments. The long term planning of a larger production keeps the entire community and especially the actors (all in memory care) feeling purposeful. The entire process of costuming and set building becomes a goal-driven effort that makes them feel a part of something special. I make the films silent for success. (Think Charlie Chaplin). They don’t need to memorize lines they only need to express a feeling in the moment. I edit the films with text and music to convey the story.

My certification as a Positive Approach to Care trainer can be instrumental in helping others understand how to make the process accessible. I am also able to train people in simple editing programs.

Tirzah Wise
twise@5ssl.com / 614-557-4477
Providing exceptional care or education that supports the long-term physical health of persons living with dementia

**ORGANIZATIONS**

**Organization:** AGE of Central Texas - *Austin, TX*

**Program:** Thrive Social and Wellness Centers

The mission of AGE of Central Texas is to help older adults and their caregivers thrive as they navigate the realities and opportunities of aging and caregiving. We envision a society where aging is a shared journey marked by connection, strength, and vitality, and the role of caregiving is supported through community, collaboration, and guidance.

AGE’s Thrive Social and Wellness Centers have provided expert care to older adults in Central Texas since 1996. Specializing in dementia and memory loss care, Thrive Center members participate in intellectually stimulating activities in a medically supervised environment to reduce isolation, improve or maintain mental and physical health, and allow members to age in place as long as possible. Daily agendas include: • Health Services-Medication management and health monitoring • Therapeutic Activities-Physical/cognitive exercise • Transportation-Door-to-door service for clients • Meals and Snacks-Designed to meet nutritional needs • Respite- Caregivers receive respite and support while loved ones attend the Thrive Centers. The Thrive Centers accept Medicaid, VA benefits and provides needs-based rates to meet socioeconomic status.

AGEofCentralTX.org

Annette Juba, Deputy Director

AJuba@AGEofCentralTX.org / 512-600-9278
CEALH offers a unique combination of clinical and health services research, to assist in piloting innovative programming to improve the quality of life for older adults.

Since April 2019, CEALH has been serving Eastern Virginia with a comprehensive medication review (CMR). Eligible individuals served through the health system’s Geriatric Assessment and Memory Care Clinics are offered a CMR. Eligibility criteria, set by a workgroup, includes: probable/definitive dementia; taking four+ medicines; two+ chronic conditions; and living alone. The pharmacist experienced in geriatric medications assesses the patient’s medications, determines the patient’s medication literacy, and strategizes ways to increase patient safety and avoid adverse reactions. Mostly, recommendations are to reduce both prescription and OTC medicines, which are communicated to the patient and medical provider. A six-month follow up assesses impact. Three hundred and fifty individuals have participated in this review, with forty-five percent representing low-income individuals.

We offer a comprehensive Family Tip Sheet – “How to Talk to your Healthcare Provider about Medication Changes,” with priority recommendations for family members.

www.riversideonline.com/cealh
Christine Jensen, Director, Health Services Research
christine.jensen@rivhs.com / 757-220-4751

Individual: Diane Wolff - Charlotte, FL

I was my mother’s primary caregiver when she developed dementia and when she was diagnosed with a swallowing disorder or dysphagia. Her primary care physician encouraged me to write a cookbook because he needed tools to give his patients and my mother was doing so well.

There were no guides for families with a loved one with dementia diagnosed with a swallowing disorder. I became an independent publisher of a library of 12 books and developed a YouTube channel of cooking videos. I also developed an Instagram Channel for recipes, cooking techniques with short how-to videos, and podcasts consisting of my radio interviews. I am currently developing a line of healthy frozen pureed foods, suitable for facilities and home healthcare.

The podcast on my website, the YouTube channel and the Instagram Channel provide virtual instruction for home, or facility-based, healthcare, ongoing patient and caregiver education, as well as education for healthcare providers and healthcare educators.

essentialpuree.com
Diane Wolff
dianepwolff@gmail.com / 941-456-2215
Providing education, training or support for care partners of persons living with dementia

Organization: Alzheimer’s Association, Washington State Chapter - Lynnwood, WA

Program: ALZ CARES

The Alzheimer’s Association is a global leader in maximizing quality care and support for every generation touched by Alzheimer’s or another dementia.

To meet surging community needs, we are extending our reach across America through ALZ CARES. By building and leveraging alliances with individuals and organizations that already have strong connections with those we seek to serve, we are able to identify community needs and recruit volunteers who we train to deliver our programs to people in the community. We seek first to listen to the experiences of the community, identify needs and opportunities, and develop a community plan alongside partners and volunteer champions. This strategy has been in place since 2018, and acts as a force multiplier to provide education, care, and support resources to those affected by Alzheimer’s and all other dementia. Annually, in King County, WA, the program costs $100,000 to fund.

As part of the standardized onboarding process for new volunteers, a training is conducted to become familiar with the programs delivered. These plug-and-play education courses, support programs, and Early Stage programs allow volunteers to lead the program. Staff provide support and resources as needed.

www.alz.org/alzwa
Meghan Means, Director of Programs
mrmmeans@alz.org, 206.529.3872
**Organization:** Dementia Support Northwest (DSNW) - Bellingham, WA

Our mission is to support people with dementia and their caregivers, families, and friends, through education, direct support, and working with community partners. The goal is to expand the resources available to them, and to bring about improvements in the social and health systems serving those affected by dementia-related diseases.

In light of the closure of all in-person services and the shift to remote operations out of financial necessity, DSNW was able to obtain a lightly used bus from a local memory care facility. Using locally sourced grant funding, it has been upgraded from a transport vehicle into a fully functional mobile office, allowing DSNW to provide direct service to the rural residents of Whatcom County that would have previously been impossible from an operational standpoint. Though DSNW will return to a fixed office in the coming months, the mobile office will continue to be leveraged as a new asset in providing coverage to more than 60 percent of county residents living outside of the urbanized Bellingham area.

Though the mobile office program is straightforward from a design and replication perspective, a ‘How To’ guide for adapting fixed services into a hybridized outreach format is anticipated after the conclusion of the first year of service. The guide is intended to incorporate an overview of our own process, as well as incorporate a ‘Lessons Learned’ drawn from the hands-on experience gained during the initial year of service.

dementiasupportnw.org
Daniel Gray, Executive Director
director@dementiasupportnw.org / 360-671-3316
**Organization:** Dementia Together - Windsor, CO

**Program:** Dementia Together: Education, Enrichment, Hope

Our mission is to create communities in which no one has to walk the dementia journey alone.

Dementia Together: Education, Enrichment, Hope. Key Activities and outcomes:

Innovative Education resulting in care partner stress reduction and improved empathy, resilience, and harmony (identifying positive aspects of caregiving) by sharing the UK originated SPECAL® Method (“Contented Dementia” approach) and using Embodied Labs Virtual Reality experiences. Additional Key Activities: Life Enrichment opportunities resulting in meaningful social connection through care partner support groups-live and virtual; themed Memory Cafés – live and virtual, where regardless of theme, the agenda is joy; and themed “mobile Memory Cafés” in care communities for residents with later stage dementia; offered virtually during the pandemic for residents and staff inside care communities and their family members outside so loved ones could attend “together.”

We offer simple printed resources, and other innovative, comprehensive programming ideas to inspire others.

dementiatogther.org/
Cyndy Luzinski, Executive Director
Cyndy@dementiatogther.org / 970-213-4548

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**Organization:** Dementia-Friendly Airports Working Group (DFAWG) - Roseville, MN

Mission: Improve air-travel for persons living with dementia and their care partners/travel companions. Values: We value peer-to-peer connections between airports, regulatory authorities, and advisory groups as a means to improve dementia related protocols.

Vision: All persons living with dementia and their travel companions receive respect, understanding, and compassion during air travel.

Among our current key activities:

- Traveling with Dementia - Airport Stories Study which identified strengths/ challenges of air travel for persons living with dementia and care partners.
- Data informed tool/protocol development created best practices document in cooperation with TSA.
- We lobbied Minneapolis-St. Paul International Airport to adopt Sunflower Lanyard which discreetly indicates to people around you, including staff, colleagues and health professionals, that you may need additional support, help or a little more time. The TravelAbility Summit introduced the Sunflower Lanyard to the travel industry with DFAWG assistance. DFAWG sees this as a first step to introducing dementia-friendly awareness to US travel.

For replication and assistance, DFAWG resources are available on our website and by request.

www.dementiafriendlyairports.com
Sara Barsel, Organizer / Project Leader
sara.barsel@q.com / 651-647-9506
**Organization**: Elder Services of the Merrimack Valley (ESMVNS) - Lawrence, MA

**Program**: The Family Caregiver Support Program

Elder Services of the Merrimack Valley and North Shore’s mission is to ensure the choices of programs and services are available and accessible to meet the diverse and changing lifestyles of older adults. Our vision is to provide choices for a life-long journey. Our programs maintain the dignity of human life by promoting self-determination and by encouraging independence of the people they serve.

The Memory Café program is one of the most popular programs offered through our Family Caregiver Support Program. Memory Cafés provide people experiencing memory loss and their caregivers an opportunity to socialize and build supports in a judgment-free environment. ESMVNS began holding Memory Cafés in May of 2017 at a local Community Center in Newburyport, MA. As of March 2020, all programming was shifted to a virtual platform. Memory Cafés engage participants through creative, physical, and educational activities. Previous program offerings include painting, drumming, improv, chair yoga, as well as creating care packages for military personnel, and presentations on culture and local history.

Our community partnerships provide opportunity for referrals, collaboration, and replication of the Memory Café program in underserved communities.

[Website](http://www.esmv.org)

Lyn Brennan, Family Caregiver Support Program Specialist

lbrennan@esmv.org / 978-946-1368

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**Organization**: Elderwise - Seattle, WA

Elderwise (EW) aims to recognize and nurture the value and wholeness of all elders, regardless of their cognitive and physical abilities, and to meet their need to experience life deeply in the present.

Our Programs: Adult Day: provides enriched experiences for persons living with dementia, respite for caregivers and a teaching model using our approach for caregivers, volunteers, and interns. Outreach: Our well-known watercolor programs, along with our demonstrated Spirit-centered care approach is brought to communities serving frail elders.

Elderwise has 24 years of experience with people living with dementia which has resulted in the publication of our book *THE ELDERWISE WAY: A Different Approach To Life with Dementia*. Every community has its own culture and needs. The information imparted in our book and teaching materials can be used by any community in their own way. Our book, with its teaching modules and materials, is an approach with techniques that can be used by family and professional care partners in many different settings and for those with any stage of dementia.

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

Ann Koziol, Executive Director

annie@elderwise.org / 206-321-8544
Organization: **Insight Memory Care Center** - Fairfax, VA

Insight is a nonprofit adult day health and resource center providing care, support, and education for individuals with Alzheimer’s disease and other memory impairments, their families, caregivers, and the community.

Our caregiver classes and educational seminars, as well as our support groups, memory screenings and consultations are free and open to all in the community. Classes cover a range of topics from community experts in health, finance, and law. Support groups build a sense of community among caregivers and make them more confident in their daily duties. Our outcomes have been overwhelmingly positive; those we serve have routinely reported better quality of life, a feeling of support and a renewed confidence and hope that they can be successful caregivers while also taking care of their own health needs.

Our SHARE program provides five to six personalized counseling sessions with a diagnosed individual and their primary care partner that allows for the family to prepare a “road map” for their caregiving journey.

www.insightmcc.org
Robin McGlothin, Director of Philanthropy
robin.mcglothin@insightmcc.org / 703-204-4664

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Organization: **LIFE a Dementia-Friendly Foundation** - Vermilion, OH

**Program: LIFE Memory Café**

LIFE’s mission of faith is to partner with anyone touched by dementia and offer resources, education, and engaging activities that promote and improve the quality of LIFE... for the caregiver and the participant.

Prior to LIFE, newly diagnosed and those struggling with a diagnosis did not have one place to turn. At the LIFE Memory Café: we offer four-hour increments, weekly in the same location for caregivers and people living with dementia to engage, receive support, meet new friends, learn new information, and so much more. We opened in October of 2016 and provide our services at no cost to participants and caregivers, and we were able to offer two additional locations in the community in 2019 and 2020.

We offer a half-day training for new locations and the community. We provide the Virtual Dementia Tour in the community, and have brochures and social media contacts.

dflife.org
Carole Klingler, Founder and CEO
Carole@dflife.org / 440-935-3506
Organization: Memory Bridge: the Foundation for Alzheimer’s and Cultural Memory - Bloomington, IN

Program: I Am a Bridge

Memory Bridge exists to end the emotional isolation of people with dementia. We bring people with and without dementia together in ongoing one-on-one relationships. We also help caregivers to deepen their understanding of the emotional needs of people with dementia.

Our “I Am a Bridge” training is a three-day experience-based training program for up to 25 professional and family caregivers, volunteers, students, and an equal number of people with dementia. The training centers around three one-on-one meetings between those with and without dementia. All other activities—sharing circles, videos, mindfulness exercises, I-Land mapping, and readings, are based on these meetings. In the sharing circles, while trainees reflect on their interactions with their companion with dementia, the other participants attend to them empathically. In this way, trainees 1) experience what it feels like to be attended to with empathic resonance; and 2) internalize the nonevaluative, supportive attention of their peers.

We assist others in adopting and adapting the program through trainings, retreats, access to videos and documentaries, and one-to-one consultations.

www.memorybridge.org
John Michael Verde, CEO
michael@memorybridge.org / 812-219-6118

Organization: MemoryCare - Asheville, NC

MemoryCare is a nonprofit organization whose mission is to provide specialized medical care to older adults with cognitive impairment; to support caregivers with education, counseling, and improved access to services; and to provide community education.

Founded in 2000, MemoryCare is an outpatient clinic that serves families who are affected by dementia in Western North Carolina. Our program treats the patient and supports caregivers with tools to better understand the disease progression, offering guidance on managing medical/behavioral issues, assisting in planning for the future, and serving as a resource for managing safety needs over time. “What’s important for our family is the education and emotional support. We are calmer about the challenges of taking care of Mom. We are familiar with what to expect and learned strategies to cope. Not only does she feel more secure, but helps us better balance work and community responsibilities.”

For professionals who are interested in replication, MemoryCare staff provides extensive consultations, operating materials, a process map for developing similar programs, and wide-scale presentations. Throughout the implementation process we offer continued support.

memorycare.org
The SECU Center for MemoryCare
office@memorycare.org / 828-771-2219
**Organization:** University Health - San Antonio, TX  
**Program:** Diversional Activity Program (DAP)

The mission of University Health is to improve the good health of the community through high quality compassionate patient care, innovation, education, and discovery.

University Health is the only Dementia-Friendly organization in South Central Texas, leading to the implementation of the Diversional Activity Program (DAP). Key activities of the DAP are provision of staff education and diversional activities for all patients with Alzheimer’s or dementia diagnosis, encephalopathy, delirium, or altered mental status. We also do daily rounding of patients on the program by a dementia coordinator. Outcomes for the DAP are reduction of unsafe behaviors and symptoms of acute delirium during the hospital stay as well as the reduction in the need for constant observation and video monitoring.

An interdisciplinary team developed policies, procedures, staff training, and educational materials that will allow any organization to replicate the program without having to build from scratch.

[organization_url]

**Ana Vera,** Executive Director, Patient Care Services  
a:ana.vera@uhs-sa.com / 210-743-6654

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**Organization:** NYU Grossman School of Medicine, Family Support Program of NYU - New York, NY  
**Program:** A Place for Us

The Family Support Program of NYU was created to support caregivers of people living with dementia in New York City. The mission is to support informal caregivers so they may continue to carry out their caregiving roles and responsibilities. The program consists of five mandatory service areas: information, assistance, individual counseling (support and training), respite and supplemental services.

The A Place For Us program began in September of 2017 as an innovative respite service for families, friends and spouses of people living with dementia. The program provides meaningful engagement for people with dementia while giving caregivers a break from their caregiving duties. Activities are specifically designed to provide connection through creativity using art, design, movement, and socialization. Participants cooperatively create and share their art projects, enabling opportunities for increased self-esteem and accomplishment within a safe environment. Members express that the program brings a valued sense of community.

We will conduct webinars and workshops to provide instruction for those interested in replicating this program. Research and ongoing evaluation techniques for development of this model continue to evolve and be integrated into our approach.

[organization_url]

**Amy Harris,** Program Coordinator (A Place for Us program)  
a:amy.harris2@nyulangone.org / 646-501-6788

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**Organization:** University Health - San Antonio, TX  
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[organization_url]

**Ana Vera,** Executive Director, Patient Care Services  
a:ana.vera@uhs-sa.com / 210-743-6654
Organization: UVA Health System, Memory and Aging Care Clinic - Charlottesville, VA

Program: Dementia Care Coordination Program (DCCP)

UVA’s Dementia Care Coordination Program strives to provide exceptional person-centered care for people living with dementia and their loved ones.

Launched in 2016, our novel program provides unparalleled care to more than 200 individuals with dementia and 193 care partners. We meet with participants in their homes, allowing for better understanding of the whole person and their living situation. We help encourage and facilitate activities that prioritize joy and dignity for participants, while implementing their specific goals of care. We create individualized safety plans while supporting the person’s desire to age in place. Additionally, we believe that support for the care partner is essential, as they are the foundation of the individual’s care team. We deliver person-centered assistance targeting caregiver fatigue and burden while prioritizing quality of life.

We are exporting our model to others via a manual with step-by-step instructions for starting a DCCP using the evidence-based Benjamin Rose Institute CCSI platform.

https://med.virginia.edu/neurology/subspecialty-divisions/memoryadult-neuropsychology/

Liz Boyd, Dementia Care Coordinator
eab9az@virginia.edu / 434-243-6216

Organization: Valley Program for Aging Services (VPAS) - Harrisonburg, VA

Program: Caregivers Community Network in Partnership with James Madison University (CCN)

VPAS’ mission is to empower adults 60 years old and older with the resources and opportunities they need to live engaged lives. CCN’s focus is for students to provide respite to caregivers to this age group as they earn college credit.

The Caregivers Community Network was established at James Madison University (JMU) in 2001. Students are trained to offer respite to caregivers of those 60 years old and older. Caregivers get a break. Loved ones are engaged in visits that lift the spirit and engage the mind. Evidence based strategies are utilized to make the most of activities planned. Students are provided a service-learning experience that broadens their knowledge and compassion. Reciprocity is a foundational component of this intergenerational program. As one caregiver stated, “CCN is a win-win-win program!” In 2017, Valley Program for Aging Services became a collaborator with JMU not only to support the good work of CCN, but to expand their own services to caregivers.

Workshops, seminars, and professional collaborative conversations are available to those who would be interested in replication.

www.vpas.info
Kathy Guisewite, Caregivers Community Network, Coordinator
kathy@vpas.info / 540-471-5633 / eab9az@virginia.edu / 434-243-6216
Organization: Alzheimer’s Foundation of America - New York, NY

Program: The Apartment

The mission of the Alzheimer’s Foundation of America is to provide support, services and education to individuals, families and caregivers affected by Alzheimer’s disease & related dementias nationwide, and to fund research for better treatment and a cure.

The Apartment is a model residence built by the Alzheimer’s Foundation of America to showcase the ways that practical design and technology can greatly increase the quality of life of someone living with dementia, as well as help family care partners protect their loved one’s safety. It has been carefully curated to show ways that you and your loved one can adapt a home to become safer and more dementia-friendly.

The Apartment initiative is fourfold: 1) The actual physical residence in New York, 2) the Guidebook, 3) The Movie, and 4) the Webinar Series. The four-part webinar series educates caregivers on how to ensure that their loved one’s safety and is available to experience in an easy-to-follow format.

alzfdn.org
Josie DiChiara, Vice President
jdichiara@alzfdn.org / 201-208-4540
Organization: Koelsch Communities - Olympia, WA

Program: Dining with Dignity

Koelsch Communities creates happiness by providing the finest living experiences anywhere, treating all people with dignity and respect. One way the Koelsch family puts values into practice is to create intentional living experiences for people with dementia, firmly grounding dignity and respect into the environment, training, and programs.

Chef August began a multi-year project to re-imagine cooking for people who need special diets. In 2020, Chef Joel implemented Dining with Dignity for Koelsch Communities’ 24 memory care communities in eight states. More than 100 cooks were trained how to use common, everyday culinary tools to design highly appetizing meals. The tasty meals also use delicious sauces and coloring purees with vivid, all-natural pigments from sweet potatoes, beets, turmeric, and other superfoods.

The program includes training, supplies, and visual inspiration. Chef Joel August is open to leading workshops to others who seek to implement similar programs and we have program in place for livestreaming how to sessions on YouTube and Facebook.

koelschseniorcommunities.com
Benjamin Surmi, Director of Education and Training
bms@koelschsenior.com / 360-601-4959
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