In appreciation

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

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Special thanks to:
• Nora Gibson, MSW, Advisory Board Member Emeritus
• 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
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– Chairman, Maude’s Awards for Innovation in Alzheimer’s Care
More people are living with memory loss and dementia than ever before. As we seek effective Alzheimer’s treatments and cures in the future, we must also support quality of life for people with memory loss and their families, today.

The UW Medicine Memory and Brain Wellness Center envisions a world in which people live well with memory loss and can rely upon the best care, within a community of support. We are inspired by the Ferry family for the devoted care and innovation they mobilized for Maude and continue to generate on behalf of people who, like Maude, confront the challenges of memory loss and dementia. We are proud to support Maude’s Awards, which recognize new ideas for improving the well-being of people living with memory loss and their loved ones. With this vital effort, the Maude and Richard Ferry Charitable Foundation and all Maude’s Awardees spread innovation – and hope – throughout the memory loss community while we await future cures.

Thomas J. Grabowski, MD
Director, UW 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.

Jane came to our program in 2019, wanting to be a part of a dementia community. At first, she seemed nervous and hesitant. She loved the watercolor painting, mixing the colors into a vibrant array. As she settled into the group, she became more comfortable sharing her thoughts and contributing to the conversation. Jane’s partner Mary was so proud of her work, she would send photos of her framed paintings at home and shared how Jane enjoyed looking at them. When, due to Covid, Elderwise (EW) moved our art program online, Jane, Mary, and Jane’s caregiver Fran became our most faithful participants. Fran wrote: “Thanks for these classes … Jane gets so absorbed in the experience.” While Jane’s cognitive decline has been significant over the past two years, she still lights up when she sees the EW staff on screen.

Organization: Elderwise, Spirit-Centered Care - Seattle, WA

Program: Elderwise, Spirit-Centered Care Focused Adult Day and Educational Programs

The Elderwise® (EW) mission is to enrich the lives of caregivers and adults living with dementia through teaching and demonstrating the Elderwise philosophy and practice of Spirit-Centered Care® (S-CC). The values of Spirit-Centered Care are working from one’s own essence to connect with the essence in others; deep respect for equality; an understanding that roles can change instantly; and deep listening. Our vision is that by teaching and modeling this care philosophy, we will propagate and advance a deeper kind of care for adults living with memory loss, in all care settings, throughout the nation.

When Elderwise began 25 years ago, people with cognitive frailties were often viewed as less than whole by their caregivers and society - resulting in the person living with dementia feeling less than whole. Elderwise has been devoted to addressing this by expanding on the adult day social program model to include a deeper and more meaningful level of engagement. Elderwise aspires to bring societal normalcy for those with dementia; to develop programs that treat participants as whole with the capacity to grow.

EW improves the quality of life of our families. The day program, the respite provided, and through example, we support care partners in their caregiving
experiences. We serve people in the mid stages of dementia, many from LGBTQ communities and a smaller group of people of color. EW is dedicated to bringing programming to underserved communities and are working with social workers who refer low-income persons to us. Our online training program will reach far more people. The overview course is completed and ready to roll out, and others are in various stages of completion. Through our day, Zoom, and outreach programs, book, trainings, talks, conferences and articles, EW has been able to impact hundreds, if not thousands, of people. This number will only grow!

We have taken our knowledge and experience of working with people with dementia and created a book for caregivers. Using our book as a foundation, we have begun an online educational program that is taking the same devotion to teaching family and professional caregivers the possibility for joy and personal growth in their caregiving work.

Our book, *The Elderwise Way: A Different Approach to Life with Dementia*, can be used by family and professional care partners in many different settings and for those with any stage of dementia. We are beginning our online educational program with a 40-minute overview of Spirit-Centered Care, its principles, and how caregivers can put it into action in their daily lives. 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.

Elderwise – Spirit-Centered Care / Seattle, WA  
www.elderwise.org  
Contact: Annie Koziol, Executive Director  
annie@elderwise.org / 206- 913-1757
Emily, the coordinator of Alice’s Café in Bridgewater, Massachusetts, contacted the Percolator seeking help with low attendance, which she attributed to widespread fear and stigma in their community about dementia. Through our collaboration, we connected Emily with an advocate living with dementia from the speaker’s bureau of Dementia Action Alliance (DAA), who gave a presentation on living well with dementia as an Alice’s Café event. This brought in many new participants – “folks whom we didn’t expect to participate” – and was recorded and shared on public access TV. Comments from the audience included: “you shouldn’t be embarrassed or ashamed,” and “if you talk openly about it, others will understand and you can live better.” Emily felt that this Café Chat “really helped to change the perception of memory loss” and has brought in pairs of friends and other new participants who are now benefiting from the café.

**Organization:** JF&CS Memory Café Percolator - Waltham, MA and Dementia Action Alliance (DAA) - Charlottesville, VA

**Program:** Living Well with Dementia at the Café

Jewish Family & Children’s Service (JF&CS) cares for individuals and families of all faiths and backgrounds by providing exceptional human services. The JF&CS Memory Café Percolator (Percolator) is an open-source network that helps organizations launch and sustain high-quality, inclusive memory cafés. Dementia Action Alliance (DAA) is creating a better society through advocacy, education, empowerment, and support in which individuals and families can live fully with dementia without stigma and misperceptions.

The Percolator and DAA collaboratively developed the “Living Well with Dementia at the Café” initiative in winter 2020. It helps memory cafés foster leadership and empowerment among participants living with dementia, in addition to offering support and companionship. Achievements include a written guide for café coordinators, developed by a work group of café coordinators and advocates, and a subsequent discussion attended by 86 cafe leaders. We piloted and will expand a speaker’s bureau called “Café Chats: Living Well with Dementia,” in which a trained advocate provides a mini-presentation on living well with dementia at a memory café.

Research shows that silence and stigma about dementia hamper quality of life. Percolator surveys and forums have found that silence and stigma also limit...
attendance at memory cafés. Cafés in the US traditionally avoid discussion of dementia and even sidestep dementia-related terms in their outreach materials because of public fear. Yet, dementia advocates who share a positive personal story in a way that respects the audience’s range of readiness to hear it often have a lifechanging impact. It is so rare to hear directly from people living with dementia, and to hear a positive message, that this may revolutionize a person’s thinking about their own diagnosis. When the idea of increasing the availability of Café Chats: Living Well with Dementia was introduced at a Percolator idea exchange, 24 café coordinators immediately requested one. In a March 2022 survey, Percolator participants identified empowerment of participants living with dementia as their greatest need for technical assistance.

The Percolator includes more than 1,200 café leaders, serving at least 30,000 café participants per year. This represents rural, suburban and urban cafés, varied income levels, multilingual, black Americans, people with I/DD, and other underserved communities. Almost all cafés serve people at any stage of disease progression, including advanced dementia. Café Chats spark open discussion about dementia between care partners, often for the first time. This network has received the recorded panel discussion and written guide and shared them widely.

Since 2014, the Percolator shares resources through its webpage, quarterly idea exchanges, monthly e-newsletter and Google group. Its in-person and virtual/hybrid memory café toolkits have been downloaded in English and Spanish 1,540 times. For 26 years, Dementia Action Alliance has convened, trained, and empowered people living with dementia, care partners, and professionals and annually reaches more than 50,000 people. Its speaker’s bureau includes advocates living with dementia from a growing number of cultural communities, and importantly has clear guidelines about supporting and compensating advocates.
“I never thought I’d be here with a beautiful dog! He’s such a sweet dog. He really
is a sweet dog.” Man’s Best Friend helps participants feel at home. This seems like a
little thing, but it’s a significant impact of the New Orleans based program, one of
several funded by I’m Still Here. Poydras Home partners with Zeus Rescues, a local
organization that finds forever homes for animals pulled from heartless metro shelters.
Each week until adopted, the rescued dog spends a day walking freely around the
residence getting to know all who live there. Residents with dementia know “their”
dog is a rescue and that they are helping both the dogs and the community by
grooming the dogs for adoption - increasing joy, decreasing agitation and the need
for medication, and promoting adoptions through community postings and local
events. Additional engagements include creating dog beds, baking dog biscuits, taking
dogs on walks, grooming them, making ‘no-sew’ blankets, and creating “Adopt Me”
bandanas.

Organization: I’m Still Here Foundation - Winchester, MA

Program: Innovation Program

I’m Still Here (ISH) redefines what it means to live with dementia by replacing
the predominant “despair” narrative with one of “hope.” The I’m Still Here
principles are grounded by love, joy, purpose, and meaning, and define the ISH
approach to supporting persons living with dementia and their care partners.

• Promote Dignity: focus on abilities, respect choices, create meaning, reinforce
care partner relationships.
• Ensure Engagement: utilize the creative arts, include care partners, be open-
minded to new ideas. Build on Community: include those living at home and
elsewhere, tap community resources, and engage local community.
• Provide Education: help the community and those living with dementia to learn
and grow.

These principles underscore the humanity of every person, including those with
dementia, and are designed to ensure dignity, give hope and make a difference.

Founded in 1996 by Dr. John Zeisel, ISH launched its Innovation Program in 2018
to provide seed funding for organizations to develop innovative engagement
programs for persons living with dementia and their care partners. ISH Innovation
programs show how persons living with dementia are still loved, still engaged, and still included in family, life, and community.

Persons living with dementia and their care partners lack truly meaningful engagement activities and opportunities. Those with lower incomes whether living at home, in residential care, or day programs are especially affected. These settings and those who manage them – family or paid care partners – need practical ‘things to do’ that go beyond ball toss and coloring by numbers in childlike books. They need to be engaged like every human being. When meaningful engagement is unmet, the resulting apathy is overlooked because it doesn't bother anyone like the other symptoms of this disability - anxiety, agitation, and aggression. The I'm Still Here approach shows how persons living with dementia can be engaged and symptoms reduced through caring for animals, the arts, culture, and community involvement. By funding innovative programs, ISH provides tools to show that life is still worth living and the person living with dementia is still there.

The Art Is…In Program, created by the University of Chicago Medicine Memory Center and GoldMind Arts, mailed over 400 curated art kits to couples with a member living with dementia. The couple receives an “Art Envelope” by mail with everything they need to paint a picture together – artwork to inspire, watercolors and paint brushes, mall canvas, and even song lyrics to sing while painting. The goal of this program is not only to provide engaging art experiences for those living at home with dementia, but also to provide the dignity of their own creativity and to promote closer relationships with their care-partners who join in.

ISH promotes programs and stories from grantees to share information for others to replicate and adapt to new settings. In addition, ISH highlights its Legacy Programs which are offered worldwide and reach thousands of individuals every year. Most importantly, ISH is inspired every day by the laughter, joy, and sense of belonging that those living with dementia and their care partners share with us, and which we in turn share with others.

I'm Still Here Foundation / Winchester, MA
https://imstillhere.org
Mary Anne Grant: Executive Director
grant@imstillhere.org / 781-816-5151
At my first painting session with William, I introduced him to paints and materials we would use. Hesitantly, he allowed me to assist him in dipping his brush into the paint and onto the paper. I guided him to create a stroke or two to model the movement it takes to apply paint to paper before releasing my hand to see what he would do. I played classical music in the background since music is a great brain stimulator and relaxation tool. He began making swift, then slow brushstrokes on his paper. Then he continued this movement in the air. I realized he was moving his arm to the rhythm of the music. I found out later that he was the “first violin chair” (most prestigious violin player in an orchestra) in his hometown. From that day on, he confidently painted to all the violin greats and classical hits. He would always start by moving his brush in the air as if it was a violin bow. William was non-verbal but he would happily hum along to the music as he painted.

Individual: Mary Crescenzo - Topanga, CA

Program: The Planet Alzheimer’s Guide

Since 1994, I have pioneered arts and Alzheimer’s programs through the development of a multidisciplinary, multigenerational, individual-based approach to care. It formed the foundation of my book, The Planet Alzheimer’s Guide: 8 Ways the Arts Can Transform the Life of Your Loved One and Your Own, a how-to guide for personal and professional care partners, as well as activity/lifestyle directors.

My format offers comprehensive yet accessible advice on how to engage a person with dementia through painting/drawing, music/singing, movement/dance, poetry, and storytelling. Its focus is on person-centered art experiences. I refer to “art experiences” rather than activities since these events engage both the person with dementia and the care partner who welcomes participation through fluid guidance, without judgment, and with emphasis on process and care. Adapting the elements of an art experience for each person often results in a unique, creative response, representational or abstract in each of the art forms mentioned. This program uses art as a tool to connect, communicate, and foster self-expression, stimulation, relaxation, socialization, and dignity for those with dementia.

For participating facility residents, their families and care partners, quality of life improves as interaction increases and visits become more frequent during art
sessions and collaborative and intergenerational experiences. Introduction of various art forms in an on-going, welcoming environment enriches conversation, mobility, interaction, and creative expression. This program sets the tone for dignity to be afforded to those who were otherwise marginalized. Arts engagement offers refuge, a place for self-expression. Here, we are not bound by memory. Those with dementia lead, we follow.

I continue my arts advocacy through the presentation of Care Through the Arts™ program and as a public speaker and professional development facilitator, illustrating how arts engagement works with the dementia population. I also address the need for a safe, creative outlet of self-care for care partners through creative writing. As a playwright, director, and producer of Planet A, a play about the inner world of Alzheimer’s, I provide a forum for public awareness through this theatrical work and its post-audience Q&A. Others can replicate this program through training in this program’s methods and philosophy. A resource to assist others to implement this innovation is my book, The Planet Alzheimer’s Guide. As an Arts & Alzheimer’s advocate for Care Through the Arts, I am available to speak and facilitate workshops at care partner and Alzheimer’s friendly conferences. I am presently in the exploration stage with a national organization to create and distribute informational program content.
A year ago, I, along with several others with a dementia diagnosis, co-founded the not-for-profit National Council of Dementia Minds (NCDM). We are the first national organization completely governed by people living with a dementia diagnosis. Our presentations are shared free of charge to medical students, medical professionals, policy makers, researchers, care facilities, families and our beloved care partners.

Prior to the NCDM creation, so often people living with a dementia diagnosis were spoken for or about. Through the NCDM, we have created a forum for people living with dementia to speak for themselves. We are creating an army of advocates advocating for change in the way society views dementia. Not only does this forum enhance the lives of people living with dementia through working groups, educational productions, support and friendship, we are changing how we are viewed. We are proving through our advocacy work that one can live well with a dementia diagnosis. An example is we are changing how a diagnosis is presented by speaking to physicians and medical students alike. We no longer want to hear “go get your affairs in order” after a diagnosis. We want to hear words of hope and be told it is possible to live well with a dementia diagnosis. We are, by the way, living proof.

We currently have three groups creating and presenting all over the nation. There is the Original Dementia Minds, the Black Dementia Minds, and the Brotherhood of Dementia Minds groups. There are five additional groups in their infancy stage. No one is excluded from participating; we have people from age 40-84 with a diagnosis. We find workarounds for every hurdle so those in moderate to later stage are able to participate and enjoy their experience of being part of an educational event. After a presentation, the audience is invited to participate in a Q & A session, which only enhances the educational and stigma shifting process. Growth and over the top interest in the work and presentations of the NCDM tells us that we are on the right path, we include every stage, nationality, race, religion,
and lifestyle of those living with a diagnosis. And why wouldn’t we embrace diversity, equality, and inclusion? Dementia does!

Through my advocacy work, I met two lovely ladies; Arthena Caston and Terri Montgomery both African Americans who have become very special in my life. I invited them to a Dementia Minds event and from there The Black Dementia Minds group was created and is still going strong today. The Black Dementia Minds presentation is in high demand. “Black Dementia Minds provides a much-needed ‘outlet’ to openly discuss the day-to-day reality of being black and living with dementia!” said one of the participating presenters. “We are not alone. Dementia Minds allows us to meet and talk with others who are just like us. Dementia Minds also gives us a voice to advocate for ourselves and educate others” says my friend and mentor Terri Montgomery.

The NCDM has an army of volunteers and behind the scenes support of professional volunteers. We have volunteer facilitators to help with the educational video production process, we have a web tender, a marketing professional and attorneys who manage all legal endeavors. Our Executive Director, Brenda Roberts works tirelessly to organize, support, and create opportunities for the voices of people living with dementia to be heard across the country. Recently we were awarded a grant from the Michigan Health Endowment. My daughter is putting on the first annual “Race for the Minds” run here in Montana as a fundraiser event with elite sponsors from the community and a goal of having a run in each state that Dementia Minds group member lives.

National Council of Dementia Minds / Billings, MT
https://dementiaminds.org
Contact: Bonnie Erickson
marc.bonnie@msn.com / 406-671-2115
One couple has been in the Taproot Theatre class for five years. The pandemic has been hard on the individual experiencing memory loss, but his care partner is active in the class as well. As I have watched many lose memory and quality of life during the pandemic years, this student remains engaged and energized thanks to a community of class members that look forward to seeing him every month. His care partner benefits as well through fun social connections and creative play.

**Individual:** Pam Nolte  
**Program:** Re-Ignite the Mind with Improv

My mother passed away in 2003, at age 73, with Alzheimer's disease. In 2010, the facilitator of North Seattle Senior Center's program, The Gathering Place, reached out to me to inquire as to whether Taproot Theatre, the company I co-founded in 1976 and continued to work with, would be interested in beginning an improv class for individuals experiencing Early-Stage Memory Loss. Since then, I have taught, continued to develop and guide the dementia-friendly improv program for Taproot Theatre. The theatre's work is unique in its commitment to professional actors with specific education related to brain science and memory loss, to assure the best classes possible for both those experiencing memory loss and their care partners.

The improv classes are called “Re-Ignite the Mind with Improv” and “Re-Ignite the Mind with Imagination.” During the pandemic, the classes quickly moved to Zoom and were renamed Z-IMPROV. Those classes continued to serve individuals experiencing memory loss throughout the pandemic. We use a simple measure number of 1 - 3 to quantify outcomes, measuring individual’s ability and desire to enter into improv both before and after class. The numbers show an increased enhancement in the quality of life of all participants.

The dementia-friendly improv classes that I created for Taproot Theatre are, to my knowledge, the only improv classes that require professional theater teaching artists to spend time learning about memory loss via guest speakers, reading assignments, and pre and post class training hours. Understanding how the brain functions and why the brain holds particular areas of memory for longer periods of time gives our trained teachers the ability to access memories that individuals are still able to draw on in improv play. These classes are also unique in that the
participants actively engage in creating the improv experience. Teachers guide but the students are the ones who lead with their imaginations.

The simple fact that students and often their care partners have shown up month after month during the pandemic to play in a Zoom class indicates an improved quality of life as they engage with teachers and other participants they have come to know. During the pandemic, both the Z-IMPROV classes and an ongoing Zoom class in South Seattle, serving an African American community, engaged an average of 8 students per session. Pandemic allowing, we are moving towards in person classes again in the near future in three separate locations. Zoom has been vital in continuing and nurturing existing relationships. The ability to begin work again in-person will bring new members to the communities with new friendships that will form.

It is my hope that Taproot Theatre will be able to continue this program well into the future. If that should become impossible over time, I am committed to continuing to teaching others so that this valuable creative and social engagement opportunity continues to be available for people living with dementia for years to come.

Re-Ignite the Mind with Improv / Seattle, WA
https://taproottheatre.org/acting-studio/early-stage-memory-loss/
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"Bill" an elderly African American man, wheelchair bound with cerebral palsy and dementia, is a ward of the state with no visitors. When we arrived with our Alzheimer's puzzles and volunteers, he always wheeled himself to the door to greet us. Bill knew it was a special time. He was the one who gave us our project's name: PUZZLE TIME. Even though he was barely able to talk he managed to say, “Puzzle Time” and it stuck with me. My volunteers and I always let him point to the puzzle he wanted to solve. Sometimes he could do it jointly, other times he just would point, I would place the piece and he would nod. I talked about the picture on the cover. When the puzzle was completed, there was nothing left to do but smile and give a big thumbs up. A simple puzzle and a friend are all that was needed to spark joy.

Individual: Hailey Richman - Plainview, NY

Program: Kid Caregivers / Puzzle Time

Hailey Richman founded Kid Caregivers, a nonprofit organization which supports and empowers children who are acting as caregivers. Our mission is to help young people learn and incorporate coping skills and, also, to enliven and improve the quality of life of adults living with Alzheimer's disease. We offer intergenerational Puzzle Time programs and training to enhance eldercare globally. We encourage young people to use their skills to benefit the dementia community.

The Kid Caregivers’ Puzzle Time program aspires to meet the needs of patients and caregivers. Alzheimer's patients receive companionship and stimulation as they solve jigsaw puzzles with youth who are eager to assist them. All Alzheimer's patients are able to participate including nonverbal patients who point to the puzzle piece as students place it. Volunteers include students, young Alzheimer's caregivers, and Girl Scouts, including the first NYC homeless Girl Scout Troop. Volunteers receive community service hours. Volunteers collected thousands of puzzles for nursing homes to relieve social isolation during COVID restrictions and participated in Outdoor Puzzle Time. The organization also provides young caregivers a support group and Zoom sessions which share advice, tips and suggestions for coping with Alzheimer's disease. “We want kids to know they are not alone” says Hailey.

Scientific research shows that jigsaw puzzle solving stimulates the visual cortex which improves memory, reduces agitation, and can slow the progression of
the disease. Puzzle Time pairs young people with dementia patients for an intergenerational hour of shared jigsaw puzzle-solving. Puzzle Time provides a joyful activity for Alzheimer’s patients at all stages of the disease including nonverbal patients.

Kid Caregivers Puzzle Time project has reached all 50 states and nine countries, including developing ones. We appoint Puzzle Ambassadors to implement the Puzzle Time programs. We have more than 2,000 students and Girl Scouts participating in 5,012 facilities reaching in excess of 100,000 Alzheimer’s patients.

We are reaching marginalized and underserved communities with our program. African Americans are diagnosed twice as often and Latinos 1.5 times as often as white individuals. Elderly Alzheimer’s patients from LGBT communities often do not have children or extended families so we strive to provide Puzzle Time and Alzheimer’s puzzles to these communities. Helping Alzheimer’s patients enhances and elevates their self-worth.

Kid Caregivers and Puzzle Time have existed since 2016 and each maintain websites. We receive puzzles through fundraisers, puzzle drives, and donations from puzzle companies. Springbok puzzle company has partnered with Puzzles To Remember, a partner nonprofit organization. They produce specialized Alzheimer’s puzzles and donate extra puzzles to us or give us a discount. Volunteers follow a special lesson plan and watch a short training video about puzzle-solving with Alzheimer’s patients. We have Puzzle Ambassadors who recruit students to solve puzzles with Alzheimer’s patients. The students then recruit their friends; the program has sustained itself and is continuing to grow because the need is so strong.

Kid Caregivers / Plainview, NY
www.kidcaregivers.com
Contact: Hailey Richman
kidcaregivers@gmail.com / 929-300-5860
I don’t know how we would have navigated this journey without her. Dana acknowledges and recognizes the personhood, individuality, and dignity of each individual with a diagnosis of dementia and Alzheimer’s. – Kay L, Baton

Individual: Dana Territo - Baton Rouge, LA

Program: The Memory Whisperer

My journey began at a local nursing home when I was matched to companion a woman name Peggy, who had Alzheimer’s disease, a condition not widely known or diagnosed at the time. She quickly became my “adopted grandmother,” and I journeyed with her and through the progression of the disease for 22 years. When I met Peggy, she was a presence, a force. She was vivacious, loved life and children and music and dancing. This was her personhood. And so entered my vocation with individuals with this devastating disease.

In continuing my work for the 30 years I have been engaged with the Alzheimer’s population, I realized a greater need in the community to share information, give resources as well as advice and recommendations. After much thought, I approached the editor of a local newspaper and pitched my idea for a weekly column. My idea was accepted and “The Memory Whisperer” was born. It is a weekly Alzheimer’s Question & Answer column, appearing in The Advocate, Louisiana’s largest newspaper, with a weekday print and digital circulation of more than 100,000. Since late 2013, I have voluntarily written this weekly column and covered everything from the top ten signs of Alzheimer’s to caregiver burnout, and even finding the joy in caregiving. I feel the information I provide assists caregivers and affected individuals in navigating the journey of the disease, but more importantly, the readers know and trust that I am a voice of support and advocacy for them.

According to the Louisiana Department of Health and the Alzheimer’s Association, 92,000 persons aged 65 and older are living with Alzheimer’s disease. 13.6% of persons aged 45 and older have subjective cognitive decline and 203,000 family caregivers bear the burden of this neurological condition in Louisiana. Additionally, approximately 316 million hours of unpaid care is provided by Alzheimer’s caregivers. Caregiver education is one of the most effective ways to ensure optimum care and quality of life for those affected by Alzheimer’s
disease. Gaining knowledge about the disease and knowing what to expect can assist caregivers in feeling more confident and in control in navigating the disease journey and in the importance of future planning. Additionally, it is very important for family caregivers to understand self-care; to learn ways to manage stress in the midst of caring for their loved one. And, according to the National Institute on Aging, educational information and problem-solving needs of caregivers develop over time as Alzheimer’s disease progresses. Most important to note, and aside from the education component of the columns, that the major reasons I continue to write them, is to bring awareness about Alzheimer’s disease and to decrease the stigma associated with it. Stigma is one of the biggest barriers for people living with Alzheimer’s disease and other dementias to live a life with dignity and respect.

In the small rural town of Opelousas, in which there are no local Alzheimer’s resources on hand, a woman named Annette faithfully leads a monthly support group, “Remember Me.” She, herself, has come to rely on “The Memory Whisperer” column as a means of support for the individuals she guides each month. Annette’s continual communications with me show me just one example of how the column reaches those rural areas in which there are no resources or support services, and for this, I am very grateful.

The launch of my new podcast in late 2022 promises to not only grow audiences of Alzheimer’s caregivers and affected individuals, but also expands my column in the podcast world. (Podcast - https://www.senecawomen.com/podcast-academy-winners) My experiences in working with the Alzheimer’s population has also yielded my first book, *What My Grandchildren Taught Me About Alzheimer’s Disease*, which was published in September by Equinox Publishing.
Organization: Alzheimer’s Speaks Radio, part of Alzheimer’s Speaks, LLC - Roseville, MN

Alzheimer’s Speaks Radio leverages audio and video bringing global resources to an international audience. Mission - Raising all voices of those dealing with dementia such as patients, families, professionals, researchers and advocates. Vision - Connecting people to Information, services, products, and tools. Inspiring with hope and innovation to live graciously alongside dementia. Value - Shifting dementia care from crisis to comfort.

Alzheimer’s Speaks Radio (ASR), launched in 2011 and was the first show in the world dedicated to dementia. During 2022, we were named the Number One podcast for Alzheimer’s in the world. ASR raises awareness, educates, and connects people through their optimal learning style.

We are an inclusive global megaphone sharing knowledge by giving individuals and businesses a platform to share ideas, advocacy, research, and services. As a true talk show, we make sure our guests and audience engage in authentic conversations that often includes call-ins. Due to demand, we’ve expanded from one to two or three shows per week. We believe raising all voices is the only way to make sustainable change. From children to elders, researchers to comedians, housing to home care, libraries to cities, our show supports all people wanting to improve dementia care. With no cure, people are demanding options to live better with dementia now.

We do training programs on podcasting, showing they are fun and feasible. We don’t have a tool kit as we’ve found personal conversations are much more effective to not limit possibilities. Many people think they aren’t qualified, but passion to improve our world is a perfect match for podcasting. We thrive on helping others find their personal passion and offer their services.

https://www.facebook.com/AlzheimersSpeaksRadio/
Lori La Bey, Founder, CEO and
Radio Host Contact Person
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Arts & Minds, Inc. - New York, NY

Arts & Minds (A&M) is committed to improving quality of life for people living with Alzheimer's disease and other dementias through engagement with art. We partner with museums to provide meaningful art-centered activities that create positive emotional and cognitive experiences, enhance verbal and non-verbal communication, reduce isolation and build community. Our programs empower people with dementia, their family members, professional caregivers and educators to strengthen social, emotional and spiritual bonds by engaging with art.

A&M has served the community of people with dementia and their caregivers in NYC since 2010 with vibrant, free, innovative art programs that keep people with dementia and their care partners connected to their own creativity and to the wider world of art and ideas. When museums and senior centers were forced to close in March 2020, we immediately met participants online for art conversation and creativity. Since launching, our community has grown, and this remote program will remain a central feature of the Arts & Minds footprint for those who benefit by meeting us from home. Online programs fill a need for our elderly participants by addressing limitations of mobility and barriers to access, such as transportation and inclement weather. Museum and senior centers are resuming for those who respond best to in-person activities. With return to in-person programming, which we will now offer in addition to online services, our commitment is effectively doubled. We remain committed to meeting our people living with dementia where they are.

We offer training for museum volunteers and staff and have just completed the pilot phase for our online training course: Engaging Arts & Minds, that will expand capacity nationally for museums, care facilities and families.

www.artsandminds.org
Carolyn Halpin-Healy, Associate Educator
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Society for American Baseball Research - Phoenix, AZ

Program: Baseball Memories

The Mission of the Society for American Baseball Research (SABR) is to foster the study, discussion, and understanding of all aspects of baseball, including its role as a social institution. Established in 1971, SABR has 70 chapters around the world. Baseball Memories’ mission is to create a community to enhance the quality of life for all participants using baseball as a connection tool. We consider our elders living with chronic memory issues as valued members of society who should be treated with respect. Our vision is to launch five new programs annually in the US and abroad.

“Baseball Memories” is SABR’s umbrella name for different chapter programs around the country. Our first program began in Texas in 2015. We operate in New York, Florida, Ohio, Nevada, Arizona, and California. Our key activities feature music, lingual, and visual prompts to engage the participants to share memories and stories from their past and the present. We sing the national anthem and “Take Me Out to the Ball Game,” and include trivia games and themed presentations. We use light activities like soft toss or batting practice with plastic bats and balls to incorporate the physical aspects of fun and play. We also attend games together. Our key outcomes are improved cognition, communication, health, behavior, and moods, increased self-esteem and self-confidence, and decreased symptoms of depression.

The program can be replicated, as exemplified by our partnership with Alzheimer’s San Diego. We’ve created a “playbook” training manual that articulates how to start and run a program, soup to nuts. The playbook is available at no cost via download from our website (sabrbaseballmemories.org), which also features content users can employ for their programs.

https://sabr.org/
Jon Leonoudakis, Chair, Baseball Memories Group
jbgreeksf24@gmail.com / 818-903-5919
Organization: Caregiver Technology Solutions  
- Gretna, NE  
Program: How to Transform an Amazon Fire Tablet into a Connected Family Photo Frame  

Our mission is to help caregivers and their loved ones stay connected safely at home and when transitioning to a new living situation such as assisted living, rehab or family home. We accomplish this mission by: 1) promoting awareness of caregiver-friendly technologies enabling vulnerable loved ones stay connected safely; 2) fostering a network of independent Caregiver Techs who help families implement these solutions; 3) enabling family “techies” to quickly and optimally implement our solutions through our short online courses and guides.

How to Transform an Amazon Fire Tablet into a Connected Family Photo Frame connects any Amazon Fire Tablet or Android device to a shared online photo album with which family members can easily share photos. All participants in the album can see all the photos. The materials to implement this solution are all online. The course is designed to provide all the information a person comfortable using a computer needs to implement the solution. The course includes: 1) seven video segments (about 30 minutes total) 2) a downloadable Caregiver Tech Implementer’s Guide that enable you to transform an Amazon Fire Tablet into a connected family photo frame and 3) an email template you can use to get the word out to family about your new photo frame. The URL to sign up for the course is https://courses.caregivertechnologysolutions.com/courses/connected-family-photo-frame. We can also implement this solution for families. COST: Free or $4.95, plus Fotoo software license.

https://www.caregivertechnologysolutions.com/  
Kenneth Clipperton, Founder and President  
ken@caregivertechnologysolutions.com / 402-972-8647

Organization: Dementia Friendly America  
- Washington, DC  
Program: Dementia Friends USA  

Dementia Friendly America (DFA) is a national network of communities, organizations, and individuals ensuring that U.S. communities are equipped to support people living with dementia and their care partners. A dementia friendly community is one that is informed, safe, respectful of individuals living with dementia, and that fosters their ability to remain in community and engage and thrive in day-to-day living. DFA supports individual and community transformation by providing resources, education, and technical assistance.

Dementia Friends USA is an individual commitment to action supported by in-person and online opportunities to learn about dementia.

Our goals are to: • Increase awareness and understanding of dementia and of people living with dementia. • Increase awareness and understanding of brain health and risk reduction. • Collaborate with public, private, nonprofit, and health care sectors. • Address the changing needs of people with dementia and care partners. • Create social, cultural, and business environments that are inclusive. • Improve the physical environment in public places and systems. These goals are met through committed Action Teams at state and local levels who use DFA resources and support.

DFA will continue to address this ongoing and growing need by broadening our network of communities, expanding and updating resources, and supporting community leaders. In addition to ongoing technical assistance, DFA provides the following adaptable resources for communities: A DFA Community Toolkit, Sector Guides with sector-specific dementia friendly action steps, a Dementia Friendly at Work curriculum and Provider Tools developed from the expertise of clinical and community-based service providers.

www.usaging.org / www.dfamerica.org / Washington DC  
Mary Ek, Director, Dementia Friendly America  
mek@usaging.org / 651-492-9639
Organization: Famileo - New York, NY

At Famileo, our primary mission is to facilitate interaction and combat isolation. Our organization is made up of caring individuals who believe in the power of connection and the health benefits it can bring. Our company values center around the improvement of the quality of life for those living with dementia, and how to help them age in a more active and socially dynamic manner. It is Famileo's core belief that memory loss should not equal engagement loss.

Famileo offers a service that combines a digital platform with a printed resource. Our primary product is called the Famileo gazette, a personalized newspaper that is tailor-made for the beneficiary. The users sign up on Famileo’s application/site via a confidential family code, invite others to join their digital family platform, and then post messages and photos for the beneficiary. There can be 30 messages included in the gazette and the family can interact with one another via their family platform. At the end of the subscription period (either weekly, bimonthly, or monthly), Famileo's team formats the family’s messages and photos and mails a paper copy directly to their loved one's home.

Famileo has a wide range of available toolkits online, a dedicated and dynamic customer support team that speaks several languages, and has also participated in webinars with partner organizations to discuss our service and how to adopt it.

Julia Le Brun, Famileo US Country Manager
julia@famileo.com / 781-483-2155

Organization: Generation Connect - Harrisburg, PA

Generation Connect is a personalized, content-driven, real-time, digital solution to address the care of persons with dementia, their healthcare team, and families near or far. Our evidence-based intervention supplements the benefits of multicultural approaches to help prevent crises, reduce medications, and provide an enhanced relationship-based care environment through an engagement and data collection platform.

Beginning in January 2016, Generation Connect has helped people with dementia, their families, and healthcare teams use our app to create and enhance joyful moments by staying cognitively engaged and connected with loved ones. Our dynamic, customized, intuitive tool allows family members to share personalized content for use by healthcare teams to improve client quality of life and aid in activities of daily living, allowing clients to remain in their homes longer. Our approach identifies the impact of non-pharmacological interventions to guide public policy. We help the caregiver by providing content and contextual guidance. We also bridge cultural and language barriers for many organizations serving low income/diverse communities.

In addition to onboarding and team coaching/mentoring, we offer a “how to” video within the app. From our Phase 1 NIH learnings, we will be looking to utilize our commercialization model with approximately 150 individuals and their support teams to continue to provide actionable field-tested outcomes.

generationconnect.app
Robin Lombardo, Geriatric & Dementia Specialist
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**Organization:** Goodwin House Incorporated  
*Falls Church, VA*

**Program:** StrongerMemory

Goodwin House is a non-profit, Virginia-based corporation affiliated with the Episcopal Church. Our mission is to “Support, Honor, and Uplift the lives of older adults and those who care for them.” Our Vision is to reimagine aging, and our work reflects the belief that aging is something we all share. And with the right support, we can face the future together, without fear.

The Goodwin House brain health program is called “StrongerMemory.” It is a program designed to help those facing mild cognitive challenges or an early dementia diagnosis. An accessible brain health curriculum consists of simple activities practiced daily to engage the working memory and trigger brain activity in the prefrontal cortex, which research indicates might help stabilize or improve cognitive functions. The key is the consistency of doing the exercises combined with a social component that helps individuals connect with each other, build community, and engage in stimulating conversation. StrongerMemory was launched nationally by partnering with the Village-to-Village Network and with the Maryland Department of Aging. We now have 100 StrongerMemory partners who run their own StrongerMemory groups or facilitate one-on-one sessions. Goodwin House has developed a facilitator’s guide, a program workbook, evaluation tools, and a train-the-trainer model to teach other organizations how to run their own StrongerMemory groups.

Through the Goodwin House Foundation, we have a fully funded Brain Health Department which supports our internal and external efforts to empower those living with dementia and brain change to live a full life filled with joy, hope, and as much independence as possible.

https://goodwinliving.org/  
Jessica Fredericksen, Brain Health Program Manager  
jfredericksen@goodwinhouse.org / 703-578-7431

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**Organization:** Grace Arbor  
*Lawrenceville, GA*

**Program:** Adult Day Respite Care Center

Our mission is to meet the social, spiritual, physical, and emotional needs of adults with memory impairment, as well as their caregivers. Our Vision: to support, educate and equip families who are struggling with dementia and social isolation; to help families navigate through their journey, as caregivers; to connect families with the resources they need to get through each stage of dementia; to help families develop a care plan that changes as their loved one changes; and to offer meaningful experiences for individuals with dementia while not being defined by their disease. Our goal is to celebrate each life in the moment in a space that families can afford. Letting every family know they are not alone and there are opportunities to get the help they need is paramount. Grace Arbor wants to inspire others in the community to build more respite care centers to serve a growing need.

Our program is the Adult Day Respite Care Center. Our key activities include: fellowship/discussion, nutrition, music, cooking, chair travel, pet therapy, exercise, and community outreach. The intention behind each activity is to create a positive experience to release tension, stress and anxiety.

Grace Arbor offers a safe environment to be active and limit the severity of sun downing, difficulty sleeping and negative behaviors, and provides a place with purpose, positive relationships, and an environment that enables them to feel safe, confident, valued and successful.

https://www.garespitecare.com/  
Lisa Hale, Program Director  
lisah@lvfirst.org / 770-963-0386 Ext 126
Organization: Hampden Senior Center - Hampden, MA
Program: The Journey: A Memory Café

The mission of the Hampden Senior Center is to identify the total needs of the community’s older adult population, to educate the community and to enlist support and participation of all citizens concerning these needs. The goal is to design, promote or implement existing services to assist older adult programming in the community. The Town of Hampden is seeking to complete the process of becoming a Dementia Friendly Community in conjunction with Dementia Friendly Massachusetts.

The program is called The Journey: A Memory Café, and it started on August 12, 2016. It is a safe, supportive, and engaging place to gather for individuals with memory challenges along with their caregivers and/or family and friends. The café meets weekly and, guided by a Licensed Social Worker, provides conversation, light refreshments, various activities, and lunch. There is NO COST to participants for this program. A typical day includes a 30-minute social for people to greet one another and get comfortable, followed by an activity that generally lasts one hour. Programs include special guest singers, arts and craft projects, bingo and other games, exercise classes, and more. This group is designed to be a place where a caregiver and care recipient can come, socialize and not worry about the daily stressors of dementia.

The program is easy to replicate in other locations and all are welcome to visit this program and talk to staff about best practices and where to begin. The Dementia Friendly Massachusetts initiative has been a wealth of information providing how-to guides and resources for starting up a Memory Café.

www.hampdenma.gov
Rebecca Moriarty, Executive Director
coa@hampdenma.gov / 413-566-5588

Organization: The Lighthouse - Marysville, KS

We believe life is a journey at every stage. And in every stage, life gives individuals opportunities to live in their current moment and to never stop experiencing. The Lighthouse aspires to provide exceptional care and positive experiences for our residents. Our mission statement is, “To love in each moment. To serve with dignity, integrity, and excellence.”

The Lighthouse is a memory support residence established in 2017. It is designed specifically to provide 24-hour nursing care for up to eight individuals living with all levels of cognitive impairment, through end-of-life. We also provide adult day services and offer respite services as available. We are nestled into a hill on six prairie-grassland acres near Marysville, Kansas. Our scope of work is designed to serve each individual's physical, social, and spiritual needs. Our most successful programming has been staying connected to the community and to the land. Our local paper coined it best with, “We build community by being in our community.” We participate in community events such as art exhibits, local sporting games, dining out, attending movies, and visiting other regional communities for fun, etc.

We are part of the Alzheimer’s Association and have provided ideas, education, and resources from our successes as well as received help with troubleshooting through the growth process. We include local high school students with interest in nursing as well as nursing students from a local community college. In our staffing plan we are planting the seed for need and will continue encouraging everyone to see memory care residents as being worthy of respect, love, and exemplary care.

www.thelighthouseks.com / Marysville, KS
Mandy Becker, Co-Owner/Operator
mmhldh@gmail.com / 785-562-7980
**Organization:** Reading2Connect® - Niantic, CT

Reading2Connect’s mission is to improve the social, emotional well-being of people living with dementia, especially Long-Term Care (LTC) residents, through the power of age/dementia friendly books. Reading2Connect® (R2C) recognizes and values each individual’s innate curiosity, love of learning, desire to be heard, and thirst for connection, regardless of age or ability. R2C envisions a world in which high quality, accessible, age-appropriate books are available to all aging adults, sparking enjoyment, personal growth, self-expression, and authentic social relationships.

Since 2015, the R2C Program has been enriching the lives of people living with dementia and those who support them. R2C provides LTC communities with dementia friendly books and Montessori-based staff training. Staff learn to lightly facilitate resident led R2C activities, and to integrate leisurely reading into the lives of residents beyond activity programs. (Note: R2C adapts to the needs of non-LTC settings, as well, such as libraries, home care, day centers, worship communities.) Aging adults independently engage with the R2C books, showing increased positive affect and initiation. Serving as conversational platforms, the R2C books stimulate authentic resident communication with their peers and with visitors. Staff supervise from a distance.

The R2C Program involves books, training, and a subscription plan. The R2C books are available in multiple languages and are printed on washable, tear-resistant paper for infection control & durability. For people living with dementia and their care partners, we provide workshops on how to adapt books into a dementia-friendly format.

www.Reading2Connect.com
Susan Ostrowski, Co-Creator/President
Susan@Reading2Connect.com / 860-235-4348

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**Organization:** Respite for All Foundation - Montgomery, AL

**Program:** Respite Communities

The Respite for All Foundation (RFA) was established in 2018 to grow a volunteer-based model of support for individuals living with Alzheimer’s disease. RFA inspires and supports the launch of volunteer-based communities that provide joyful environments for individuals living with dementia.

“Respite Communities” is a faith-based volunteer model, an example of asset-based community development, where the church becomes an asset in helping the community achieve a goal. By recruiting, training, and inspiring volunteers, RFA programs provide a sense of community and a chance for relationships that could not exist without them. The communities operate for four hours from one to four days a week, offering social, creative, and physically stimulating activities. Churches provide donated space and volunteer pool, while modest tuition and charitable donations support the director’s salary, supplies, food costs and scholarships. Respite communities are based on a social model. No medications are passed and no medical staff is needed.

With the 25th respite community opening this fall, RFA is developing a national outreach and online training to inspire and support new communities across the country. Prospective communities can get a free initial step-by-step roadmap to developing a program. RFA is finalizing a professionally produced video training series that will guide churches or other organizations in the launch of a new community. It includes an extensive collection of resources, such as director job description, daily schedules, suggested activities, budgets and marketing suggestions. RFA hosts annual training conferences to continuously educate directors and volunteers. In addition, each new community becomes part of the larger RFA community and participates in quarterly Zoom conferences for brainstorming with other directors. Directors share successful events and activities in a private Facebook group.

https://www.respiteforall.org/
Daphne Johnston, Executive Director
DJohnston@fumcmontgomery.org / 334-440-9911
Organization: **SALT (Senior Adults Living Triumphanty)** - *Demopolis, AL*

Our mission is to provide individualized and structured activities designed to meet the social, emotional, physical, and spiritual needs of adults with early stages of dementia and to provide a respite for caregivers. Our vision is to give participants a feeling of belonging while interacting with people of different generations. They get an opportunity to socialize independently without feeling that they are being watched. When people see pictures of the group activities, they say that they cannot tell the participants from the volunteers. Success!

SALT serves a very rural part of the state where there are few resources for families affected by dementia and no other respite program for more than 100 miles. There was a need to give participants meaningful opportunities to connect with people and the world around them. SALT does this.

Participants are engaged in structured activities designed to meet their social, emotional, and spiritual needs. They are entertained and engaged with activities including art and music therapy, crafts, memory and adaptive games, low impact exercise, gardening, and pet therapy. They also receive a nutritious family style meal.

We have an ever-growing interest in the program because of our Facebook page, SALT of Demopolis, and because of praise from participants and their families. Our director and some volunteers attend at least one workshop each year, and we host workshops for the community. We welcome observers and offer help to anyone who wants it. Pictures on Facebook tell our story better than anything else. We recommend the book *Reclaiming Joy Together* as a resource.

https://www.respiteforall.org/
Kaye Melton, Volunteer
kaytemelton2@gmail.com / 334-216-0969

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Organization: **Silver Club Memory Programs** - *Ann Arbor, MI*

Since 1998, Silver Club programs have been providing a safe and stimulating environment for individuals with dementia. We offer caregivers the opportunity to recharge while their loved one enjoys a variety of engaging social, creative, and educational activities. We also forge strong connections in our community which include participating in community art shows, and member volunteerism/outings. Memory loss is not a death sentence and the atmosphere at Silver Club is lively, warm and social. We live by our motto- “Together, we make every moment matter.”

Silver Club Memory Programs include mild and moderate memory loss programs. For example, Mindworks is a weekly, mild memory loss educational program which allows participants to learn and engage together; Elderberry a weekly meeting designed exclusively for women with mild memory loss to provide support, friendship, and creative expression (they have had art shows in the community, published poetry, featured on a podcast series, and volunteered at the local food bank); and the Moderate Day Enrichment Program meets five days a week and provides a variety of group activities such as music, fitness, gardening, cooking, games, art and more. The Moderate Program/ Elderberry recently partnered in a community art exhibition at the local hospital. Participants each made mixed media robots and created names/backstories.

Silver Clubs' Programs aspire to decrease isolation and to foster friendship while providing respite to caregivers. The programs work on a sliding scale. We do not turn away anyone (max $20/hr).

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.

https://medicine.umich.edu/dept/geriatrics-center/community-programs/turner-senior-resource-center/silver-club-memory-programs
Shannon Etcheverry, Director- Silver Club Memory Programs
smguida@med.umich.edu / 734-998-9352
Organization: Sing Out Loud - Chicago, IL

I began Sing Out Loud after seeing the impact singing had when caring for my Dad, who suffered from dementia. Our mission is to provide a sing-a-long experience for older adults in memory care and supportive living communities. Results show that spirits are lifted, and deeper connections with other residents are made, while communications with loved ones is reinvigorated and genuine friendships between them and our team members are created. Our program helps the elders blossom by providing opportunities to share their life experiences and reaffirm their value to others.

Sing Out Loud is a sing-a-long program offered at no charge to memory care, supportive living, adult daycare, and long-term care communities in the city of Chicago. It is unique because we do not perform for them! Rather, our goal is to have them sing songs lodged in their memories. We intentionally do not provide words or sheet music. Our team of singers and pianists sing weekly with residents. We have a repertoire of more than 400 songs and keep adding more as those we serve suggest new ones. We also tailor the songs to cater to the diverse cultures/backgrounds of the residents. Pre-Covid, we held hands and danced with them and have resumed doing so now that it is safe. Throughout the pandemic, we sang together through Zoom and also kept in touch through phone calls to help them through such an isolating time. Our program has dramatically increased their interactions with each other and their families, boosted their confidence and sense of self-worth, improved their memories, and spawned deep friendships with our team members.

https://www.singoutloud.org/
Jacqueline Criswell, Founder/President
jackie@singoutloudseniors.org / 773-502-1600

Organization: Sweet Readers, Inc. - Brookline, MA

Program: Sweet Readers: STAND BY ME

The Sweet Readers mission is to empower young people to revitalize isolated older adults living with Alzheimer’s or other dementia, and to become catalysts for eldercare excellence. We value human beings, regardless of their age, socioeconomics, gender, geography or cognitive abilities and work to empower young people to help build integrated communities where everyone is valued, has purpose and can connect through science and the arts.

The name of our project is Sweet Readers: STAND BY ME. STAND BY ME is an immersive community building experience, seeded in New York’s Central Park on May 3, 2022. STAND BY ME is comprised of three basic elements: 1. Immersive Performances; 2. Interactive Art Stations; and 3. The Discovery Circle.

Immersive Performances surround visitors with community through music and discussion: including The Sweet Readers Memory Singers (intergenerational chorus for adults with Alzheimer’s and their care partners), the student-run Sweet Readings Podcast, (with experts and youth discussing how to read to a person with Alzheimer’s or other dementia, and the effects of human engagement on a person’s mental and brain health); and the Spoken Words/Raised Voices - a student led poetic immersion.


The Discovery Circle educates and engages visitors in brain health and functioning.

Having achieved overwhelming success with the first experience, many of our school partners have already committed to devoting an entire community service day to STAND BY ME. Our Sweet Readers Toolkit to Scale will include the STAND BY ME “Playbook”.

www.sweetreaders.org
Karen Young, Co-Founder + CEO
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Dance for Connection
to self, others, and the world around

**Individual:** Donna Newman-Bluestein
- Dedham, MA

**Program:** Dance for Connection

My father had vascular dementia. As his primary caregiver, I eventually had to place him in long-term care. While the staff was caring, my dad expressed feeling infantilized and humiliated and complained about the lack of meaningful engagement. As a dance therapist working with people with dementia during my 40+ year career, I found that educating staff regarding nonverbal communication greatly improved their ability to relate meaningfully.

Since 2007, Dance for Connection, as the sole program of its kind, has provided one-hour dance programs for people living with dementia. My 15-hour experiential training model provides a template for someone new or experienced in the fields of dance and/or dementia to build such a program. I give trainees practice in noticing and responding to participants’ movement so the interaction is mutual, person and relationship-centered, and meaningful. I offer two trainings for care partners to: (1) bring dance to people with dementia and (2) improve nonverbal communication.

A replicable model dance program, a manual, training programs about dance and nonverbal communication, and Octaband®s a colorful, stretchy prop to motivate movement and promote social connection have all been created to improve the quality of life of people living with dementia and their care partners. I present workshops at conferences nationally and internationally to disseminate the work. My website and blog offer a free Quality of Life Movement Assessment for People with Advanced Dementia, along with many other resources.

https://danceforconnection.com/dance-for-connection
Donna Newman-Bluestein, MEd, BC-DMT, CMA, LMHC
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Joshua Hill

**Individual:** Joshua Hill
- Glendale, CA

**Program:** Song Cycle

My father, Greg Hill, was diagnosed with dementia in early 2020. Along with my mother and brother, I have become a care partner to Greg. Early after receiving his diagnosis, I found the most effective way for us to communicate was through music. Since this time, Greg and I have embarked on a journey to create a series of songs as a platform for self-expression while alleviating the challenges my mother, Mo, faces as his primary care partner. This showcases the powerful connection between dementia care and music.

The key activities for Song Cycle have been a series of improvised music sessions, recordings and performances showcased throughout the country, which have provided Greg an opportunity to share his song. The song has been showcased in Saving Stories, a California Humanities grantfunded project; as well as a showing in the Walt Disney Hall Complex at REDCAT theater’s New Original Works Festival. Most recently, the piece has been supported by New Music USA’s Creator Development Fund.

Neurologist Oliver Sacks wrote that music “can provide access, even when no medication can, to movement, to speech, to life...music is not a luxury, but a necessity”. This process has helped Greg find his voice to tell his story when his ability to speak has been hampered. Music is a way for Greg to also join communities and feel involved. Our prior work focused on one family’s story. In our continued development, we plan to create community centered events where those with dementia and their care partners can feel supported in making music together.

https://thehillinmind.com/
Joshua Hill
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Jennifer Randazzo

**Individual:** Jennifer Randazzo - Jamison, PA  
**Program:** The Jolly Author

My dad was diagnosed with Lewy Body Dementia (LBD) 18 years ago and it was a challenge for my kids to watch Grandpa change physically and mentally.

Since 2019, I’ve been working to help families connect, communicate and improve intergenerational bonds. *Grandpa & Lewy* is a children’s book that addresses symptoms of LBD and how a child can help a loved one dealing with it. The story takes children through possible scenarios in a non-frightening way and encourages them to face the changes with compassion and kindness. It not only helps children who are loving through Lewy, it also raises awareness of LBD and all that comes with dementia and aging.

Connection is basic human need and very important for the elderly. Studies show that social isolation has been found to increase the risk of developing dementia by as much as 20 percent. Loneliness has been linked with the two key brain changes that occur in Alzheimer’s (build-up of beta-amyloid and tau proteins in the brain). Older adults who feel more satisfied in their relationships have a 23 percent lower risk of dementia. The importance of connection is undeniable. Connection is said to be an exchange of energy and who has more energy to give than kids? My mission is to empower and educate children to act with kindness and compassion. *Grandpa & Lewy* will strengthen the connection they have with the elderly. I visit classrooms and talk to kids about what dementia is, the importance of connection and how they have the power to help. With a resource section for parents, the book helps families dealing with aging or dementia.

www.thejollyauthor.com  
Jennifer Randazzo  
thejollyauthor@aol.com / 215-499-7696

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**Individual:** Shannon Wallace - Cave Creek, AZ  
**Program:** Musical Memory Care

Individually, music and seniors have always been my specialties. For 25+ years, I’ve been a professional jazz vocalist, performing around the U.S. and the world. Seven years ago, when I realized I wanted to bring more meaning and purpose to my music, I decided to volunteer my time to sing for/with seniors. Singing to those seniors led me to those living with dementia. Ultimately, those seniors became responsible for changing my career, how I deliver my craft, and redefining my life’s meaning and purpose. As a result, seniors now completely and delightfully inspire my professional musical work.

COVID, it was my honor-duty to create an online platform to support and stimulate those sheltering in-place. In June 2020, I launched the virtual Musical Memory Care (MMC) program, a live, online and on-demand workshop program that features me interacting/singing with participants who then experience full-body movement exercises, memory and hand-eye coordination games, problem-solving games (mathematics, geography, history), humor and interactivity, reflective conversation, all set to music/rhythm. Cost for individuals is $19.97/month and includes one/weekly live workshop with me, and 24/7 on-demand video library access. The program also serves elder communities. Whatever the physical/mental ability/limitation, each workshop provides socialization, a shared sense community and the endless expressions of positive emotional, mental, physical and verbal responses.

MMC also works with care partners/staff to educate how to use music as a therapeutic tool; and offers in-service trainings to teach best practice techniques to implement the program.

https://www.musicalmemorycare.com/  
Shannon Wallace  
shannonwallacesings@gmail.com / 480-330-5061
HeARTsy is dedicated to bringing age and ability appropriate fine-art programming to underserved senior populations, the majority of whom live with Alzheimer’s, Dementia and Parkinson’s Disease. Through our live and virtual arts programs, students become empowered, engaged, and enlightened on multiple mediums of art while also building long term, meaningful friendships!

HeARTsy, founded in 2018, brings FREE, bi-lingual, art classes to students in low income, ethnically diverse communities. Our classes aspire to meet the following needs: 1) art for recreation with a qualified experienced art teacher; 2) art for creative growth - HeARTsy educates the students on creative thinking, problem solving and thinking with a creative eye; 3) art for therapy - it has been shown that the participation in art can reduce stress, depression, need for medication while also contributing to one’s feeling of self-worth and accomplishment; 4) art for education - HeARTsy teaches different techniques such as painting, sculpture, felting, paper making, jewelry making and weaving; 5) art for employment; (both supported employment and self-employment).

With two years of perfecting our virtual zoom classes and art kit program, we teach 12 virtual classes monthly. Our social media sites host the recorded arts instructional videos. A six-credit certification training program has been developed called “Art and the Ageing Brain” which helps caregivers/staff learn innovative arts programs for those with Alzheimer’s and dementia.

www.beheARTsy.com
Tina Ferguson, Executive Director
Tina@Beheartsy.com / 651-334-3997
Supporting Care Partners

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

ORGANIZATIONS

Organization: African American Alzheimer’s and Wellness Association - Westerville, OH
Program: Caregivers Café

The African American Alzheimer’s and Wellness Association (AAAWA) was born 18 years ago out of a need to serve people of color in the community. People of color statistically are at a greater risk for developing Alzheimer’s disease, unfortunately without culturally sensitive resources, approach, and assistance. AAAWA continues to bridge the gap and help those affected by this disease as well as their care team. It is our mission to support, educate and provide resources to the community with a robust attention to support and education.

Caregivers Café is an extensive program that engages the caregiver through monthly caregiver calls, virtual family meetings, as well as in-home interventions and a monthly caregiver newsletter. With the recent COVID-19 Pandemic, many caregivers have felt alone and restricted causing isolation and depression. Monthly education has empowered many of these caregivers through topics such as: the importance of advanced directives, connection to a six-week, culturally appropriate caregiver training, knowing the signs of early dementia, managing home life with dementia, healthcare navigation, and caregiver self-care to name a few.

This program can be duplicated by churches and other community-based organizations that have a passion for reaching caregivers where they are. The template for duplication is offered through our organization to those who are interested. By visiting our website and choosing the “Serving You” tab and placing an inquiry, we can walk individuals through the process of duplicating this program. We also can provide workshops on how to start a similar program.

www.africanamericanalz.org
Kimberly Wilson-Lawson, CEO
contact@africanamericanalz.org / 614-940-6091
Organization: Alzheimer’s Association
Washington State Chapter - Lynnwood, WA
Program: The Knight Family Dementia Care Coordination (DCC) Initiative

The Alzheimer’s Association leads the way to ending Alzheimer’s and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer’s and all other dementia. The Association works to provide care and support for all those affected by Alzheimer’s and all other dementia. In all we undertake we are led by our values of inclusivity, community, accountability, agility, and integrity.

The Knight Family Dementia Care Coordination (DCC) Initiative is a partnership between the Alzheimer’s Association and participating health systems to improve care for people concerned about memory loss, or those recently diagnosed with Alzheimer’s or other dementias. The DCC program delivers coordinated care between an individual’s health care provider, an Alzheimer’s Association clinical team and a family caregiver, bridging gaps in care by implementing a successful model of ongoing care coordination and minimizing health care costs. Health care providers refer individuals and their caregivers to the Association team who contact the family to offer care consultation and support, improve management of the disease, and mitigate caregiver stress, fatigue and social isolation. The care plan is sent to the referring clinician to be included in the individual’s medical record. The Association follows up to check in on plan progress and offer additional support. Referring clinicians are updated if there are significant changes.

www.alzwa.org
Roxanne Gossard, Director of Operations
rgossard@alz.org / 206-529-3863

Organization: Alzheimer’s Orange County
- Irvine, CA
Program: Alzheimer’s Orange County (AlzOC®)’s Helpline

Alzheimer’s Orange County (AlzOC®) provides support to Orange County families and individuals through brain health and dementia education, care consultations, community resource connections, adult day health services, residential memory care services, and more.

AlzOC’s Helpline continues to be an important resource for caregiver support and education. More than just an in-bound call center, the Helpline initiates follow-up case management, providing ongoing proactive support and care throughout each family’s journey with the disease. Clients are also urged to call the support line with any questions that arise during the disease progression or just to talk with someone who understands the challenges they face. Specific information and assistance regarding COVID-19 continues to be provided as well. The Helpline has provided extensive support to individuals, caregivers, and families in need and has also connected affected families to assure them that they are not alone.

Trained and caring staff offer families and caregivers confidential services, available in English, Spanish, and Vietnamese. More than 6,300 calls were fielded by the Helpline in 2020. From June 2021 to April 2022, 88 percent of incoming calls were from the caregivers or their families. Resources are given on our website in order to help assist others to implement this innovation.

https://www.alzoc.org/
Katarina Stanley, Director of Corporate and Foundation Relations
katarina.stanley@alzoc.org / 949-757-3705
Organization: **AlzAuthors Street**  - *Middletown, NY*

AlzAuthors shares personal stories to light the way for others. Our vision is to lift the silence and stigma that accompanies an Alzheimer’s or dementia diagnosis. Our values are to:
- Provide quality books and blogs to guide care partners and others concerned about dementia;
- Honor the personal experience of those impacted by Alzheimer’s and dementia;
- Promote books and blogs from around the world, welcoming a diversity of experiences;
- Advance the understanding of Alzheimer’s and dementia;
- Encourage healing by helping others know they are not alone.

AlzAuthors serves as a clearinghouse for resources on Alzheimer’s and dementia. A quick search on Amazon reveals more than 30,000 books about dementia. Care partners are overwhelmed when a loved one receives a diagnosis. They don’t have time to sort through a huge number of resources. AlzAuthors does the work for them. Since 2016, AlzAuthors.com has featured 300+ authors, who share the stories behind their books and blogs. These resources are organized and collated, allowing care partners and those living with dementia to easily find the support they need.

Key activities: Weekly newsletter with info about our range of programs with a new featured author each week; Award-winning podcast Untangling Alzheimer's & Dementia; Traveling Libraries in seven U.S. states; Alzheimer’s & Dementia Caregiving Stories- Two Vols. on Amazon; YouTube Channel AlzAuthors; Amazon Book Club with 144 members; 50+ helpful websites from our partners; AlzAuthors Zoom events.

https://alzauthors.com/  
Marianne Sciucco, President  
marianne@alzauthors.com / 845-978-9385

Organization: **Answers for Elders, Inc.**  - *Edmonds, WA*

Answers for Elders’ (AFE’s) mission is to be the North Star to prepare seniors and their families for their aging years ahead. Through our unique platform, we provide on-demand podcast content on all major podcast portals educating millions of care partners throughout the USA and beyond. We believe that: • Eldercare education should be a fundamental right, free and accessible to all people • Caregivers should feel well informed, confident, and empowered in the decisions they make • Education helps to empower and unite families to help them come together on a common purpose, caring for their loved one.

Since 2009, Answers for Elders’ (AFE) podcasts support, empower, and provide guidance for family caregivers. Through our unique podcast platform, Sounder, our content is spoooled out to all (18) major podcast platforms online several times weekly. Featuring a 700+ growing library, in 64 topics of expertise, we feature top vetted providers in the senior care industry, and currently experience an average of 2,000 listener downloads daily. We reach millions of caregivers, 24/7, under Four Pillars of Support: • Health and Wellness (including extensive content on understanding Dementia and Alzheimer’s Disease) • Life Changes • Living Options • Money and Law Industry. Providers meet strict vetting criteria to be on our program, and as our specialists, they educate care partners on podcast platforms and our website. We will never charge for access to our content, and believe it is a fundamental right to be fully educated when caring for loved ones. Our content is, and always will be, free to listeners.

www.answersforelders.com  
Suzanne Newman, President & CEO  
suzanne@answersforelders.com / 425-802-5300
**Organization:** Banner Alzheimer’s Foundation  
- Phoenix, AZ

**Program:** Dementia Untangled (DU)

Banner Alzheimer’s Institute (BAI) mission is to: 1) Find Alzheimer’s prevention therapies without losing another generation; 2) Establish a new standard of dementia care; and 3) Forge new models of collaboration in biomedical research. These compliment Banner Health’s nonprofit mission of making healthcare easier, so life can be better.

Dementia Untangled (DU) was created for individuals/families living with dementia during the pandemic, offering strategies and education. DU explores unique topics related to dementia through conversations with specialized physicians, experts, and community leaders. Inspired by our world renowned, comprehensive model of care, DU creates a unique setting to untangle the complex world of Alzheimer’s and related dementias. It is accessible to people who lack access to educational/support programs due to 24/7 caregiving.

The Dementia Untangled podcasts release new episodes regularly to provide innovative ideas and practical strategies in a medium accessible at the family caregivers’ convenience. The conversational format makes complicated and difficult information more approachable to listeners by taking time to explore, clarify and reiterate ideas to ensure listeners have actionable information. Each Dementia Untangled podcast season contains ten episodes that highlight the following themes:  
- Caregiver Support: Exploring common challenges, strategies, and support  
- Clinical Explanation: Discussing preventive and lifestyle factors and symptoms  
- Research: Sharing a greater understanding of the elements of clinical research  
- Experience: Conversations with people living with dementia to destigmatize the disease and increase empathy and understanding  
- Diversity: Exploring how unique populations are affected by and perceive dementia and caregiving.

DU contents are offered free to everyone.  

www.bannerhealthfoundation.org  
Lori Nisson, Director, Family and Community Services  
lori.nisson@bannerhealth.com / 602-747-4483

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**Organization:** Caregiver Volunteers of Central Jersey  
- Toms River, NJ

**Program:** Alzheimer’s Respite Care Program (ARCP)

Caregiver Volunteers of Central Jersey’s (CVCJ) overall mission is “to provide vital assistance to the elderly, disabled, veterans, and those who care for them.” Since 1993, CVCJ has eased caregiving and aging challenges through proven intervention programs leading to a better quality of life. Nationally recognized and award-winning programs address obstacles to independent living. Data clearly shows the emotional, financial, and physical impact on caregivers and their ability to do more than the “bare minimum” for their loved ones. Our organization supports this underserved population.

The Alzheimer’s Respite Care Program (ARCP) provides FREE, weekly three-hour, in-home volunteer visits with the person with dementia, allowing their overwhelmed caregivers the opportunity to “take a break” from the daily challenges of caregiving. This allows the caregiver the time for self-care, socialization and their own medical needs. We also assist the caregiver with other supportive services such as medical transportation, grocery shopping and providing information on other resources, which help reduce stress and address burnout. Our pet and music therapy programs, Caregiver Canines and Connect Thru Music, offer additional beneficial volunteer engagement for the person with dementia, providing individualized and compassionate connection. Because our services are free, we provide a real solution to caregivers of all income levels and these services are a priceless commodity to an exhausted caregiver.

We have developed resource guides to support caregivers and created individualized dementia-friendly activity kits that volunteers and family caregivers can use to engage with the person with dementia.

www.caregivervolunteers.org  
Megan O’Keefe, our Executive Director  
megano@caregivervolunteers.org / 732-505-2273
**Organization:** Dementia Society of America
- Doylestown, PA

**Program:** TBU – The Big Umbrella

Our mission is to enhance the quality of life for those living with dementia, their care partners, and the public at large through awareness, education, advocacy, life-enrichment programs, and recognition of outstanding dementia care, innovation, and research.

We call our program TBU, “The Big Umbrella, A Brief Guide to Understanding Dementia, Care Planning & Enhancing Your Brain’s Health.” Our handouts cover the topics of dementia, dementia care, and brain health in a colorful, large print, “low-barrier-to-entry” design that uses plain language to destigmatize the messaging and re-frame the narrative from tragedy to one of action and knowledge.

The Big Umbrella is just that – really big, really beautiful and covers all people. Especially hard hit when it comes to a lack of accessible and easy-to-understand information about dementia, are those often living in medical deserts, i.e., the so-called flyover states and the inner cities. They can be physically hundreds of miles from a center of excellence or university setting, or physically close but miles apart in terms of access to the best doctors and cognitive workups afforded to others. All stages and all types of dementia are included in our outreach and communications with TBU.

We have an online “page-turner” PDF for online reading and downloading. We also have Spanish language versions translated by one of our valued supporters which is available upon request to families and individuals. There is no cost to anyone to receive the materials.

**www.dementiasociety.org**

Kevin Jameson, Volunteer President, CEO & Chairman
kjs@hotmail.com / 215-345-4566

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**Organization:** Dementia Together - Windsor, CO

**Program:** Contented Dementia (SPECAL®)

Dementia Together: we cultivate joy while building stronger connections – for those living with dementia, their care partners, and the community. Through education and enrichment, we make living well with dementia the expectation, not the exception. We lead and support innovative efforts to enhance well-being and hope. We collaborate with the Contented Dementia Trust in England to share the SPECAL® Method which offers a framework, principles, and tools for positively managing the disability of dementia so that well-being can be sustained for life.

“Contented Dementia” Education and Support Activities: As the only organization in North America with a credentialed SPECAL® practitioner and coaches, Dementia Together provides care partner education, consultation, and ongoing support using this unique person-directed, family-driven approach. The SPECAL® Photograph Album, understanding of dementia is a central component in this simple, unique approach. The highly practical method shows that the condition of dementia can be positively managed with remarkable success, using a set of counter-intuitive principles and tools which take into account how dementia is experienced. Evidence-based outcomes: care partner stress reduction, improved empathy, resilience, harmony, and increased ability to identify the positive aspects of caregiving.

Described by care partners as “life-changing.” Our Contented Dementia education gives families, healthcare professionals, and community members the “why, what, and how” to achieve lifelong well-being for people living with dementia. The SPECAL® method can be learned and used by anyone involved in the care of a person with dementia.

**https://dementiatother.org/**

Cyndy Luzinski, Executive Director
Cyndy@dementiatother.org / 970-213-4548
FOOTBAR® Walker
ASSISTS PATIENTS AND CAREGIVERS

Organization: GANM LLC - Paris, TN
Program: The Footbar® Walker

Our mission was to invent a device that would give a patient an easier way to stand while providing the care partner the ability to assist without putting more stress on their health and body.

The Footbar® Walker is a device that assists not only the patient but the care partner. It provides a portable pull bar that is more comfortable to use and the care partner uses their counter pull and body weight to keep device secured in place. No more stress on caregiver backs, shoulders, necks, and health while preventing the patient possible injury by pulling on their shoulders and joints. It provides control to the patient and care partner like nothing else. An easy and affordable patient assist device, it is light weight, easy to use, and positively impacts health care no matter which side of the walker you are. A win, win!

We like to say love built the first Footbar Walker. My husband Gary and I invented it in 2014 for friends. It revolutionized their health care capability. They encouraged us to get the patents and make available to others. The cost is $285 including free shipping.

https://thefootbarwalker.com/
Nancy Morris, CEO
thefootbarwalker@gmail / 731-363-2200

Organization: HFC - Beverly Hills, CA
Program: Care for Caregivers

HFC cares for families affected by Alzheimer’s Disease (AD), activates the next generation of AD advocates, and is a leader in prevention research and education. HFC seeks to change the trajectory of AD through four key pillars: drive awareness and inspire change; care for caregivers; care for brains; and invest in brain health research. Through these pillars, HFC is transforming the caregiving experience for young people and families impacted by AD and related dementias. HFC’s core values are care, collaboration, innovation, levity, professionalism, and diversity, equity & inclusion.

Since 2014, HFC’s Care for Caregivers program includes its Respite Relief Care Grant Program (380,000 hours awarded so far), its Online Support Group Program (now running 30 concurrent groups), a Care-tertainment Series (including two 1,000+ person CareCon events), coaching pilots, and a monthly caregiver e-newsletter (serving almost 8,000 individuals). HFC also launched HFCUniverse in 2021, a digital platform teaching high school and college students about AD to reduce stigma, provide detection education, and help change the conversation among families. Key activities include: supporting care grant applicants and awardees, matching individuals with an appropriate online support group, providing programming on emotional support, respite, coaching, skills-building, community building, and brain health and wellness. Key outcomes include: caregivers are better able to manage their well-being, are informed and well prepared, and connect, share, and give back. As a member of various national alliances and coalitions, HFC acts as a resource to other organizations doing similar work.

https://www.wearehfc.org
Bonnie Wattles, Executive Director
info@wearehfc.org / 203-883-1380
Organization: Riverside Center for Excellence in Aging and Lifelong Health (CEALH) - Williamsburg, VA

Program: Purple Flower Project (PFP)

Our mission is to care for others as we would care for those we love, to enhance their well-being and improve their health. We offer person and caregiver-centered programs rooted in the values of collaboration, compassion, integration and innovation, and education and support. Through a unique combination of clinical services and applied research, we pilot innovative programming to improve quality of life for older adults. We work with our partners to enhance home and community-based services to better serve individuals living with dementia and their family and professional caregivers.

The Purple Flower Project (PFP) launched in December 2020 to promote dementia awareness and build support for persons living with dementia and their family caregivers, in a hospital setting. We developed and continue to deliver two-hour trainings based in evidence-informed Teepa Snow’s Positive Approach to Care®. In the past year, 58 Certified Nursing Assistants, nurses, physicians, and other support staff (20% of all staff) have completed the training and have rated the content as easily applicable and valuable to their roles. Trainings have been recorded for ongoing staff development. Purple flower magnets, placed on patient care boards, serve as an effective visual cue to the presence of memory loss to facilitate staff – patient interaction. A care packet is provided so that families are aware of their loved one’s designation in the PFP and to facilitate connection to key community resources.

We provide a toolkit including a badge tip card, caregiver resources, and patient activity kits as well as our online learning platform.

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

Organization: Saltbox TV - Essex, CT

Program: Dementia Divas, Caregiving and The Arts

Saltbox TV is the first streaming service created specifically for older adults. Our mission is to provide older adults with engaging, diverse, entertaining and informative content via a platform navigated with ease. No logins or passwords. Just click and watch. Saltbox TV features entertainment, but also offers resource categories including music, faith, lifelong learning, wellness and documentaries. Our goal is to offer a library of content dedicated exclusively to dementia and caregiving.

The program is called Dementia Divas, Caregiving and The Arts starring acclaimed voices in dementia care: Lori La Bey, Teepa Snow and Dr. Macie Smith. Featuring round table discussion, real life stories and on location features, this first of its kind talk show focuses on The Arts in helping families and caregivers face the challenge of caring for those with dementia. Each episode centers around a theme: music, painting, writing, sculpture, drama, poetry, etc., and how the arts can help relieve stress, improve mood, sometimes decrease need for medications and even help recreate connections thought to have been lost.

Each free episode will provide information on where to find resources. Links, phone numbers and organizations will be readily accessible, implementing our ultimate goal - to help families and caregivers.

https://www.saltboxtv.com/dementia
Patty Carver, Co-Founder & CCO
Patty@saltboxtv.com / 860-575-3242
**Organization:** UT Health San Antonio  
- San Antonio, TX

**Program:** Caring for the Caregiver Program (CCP)

The mission of the Caring for the Caregiver Program (CCP) is to improve the quality of life for family caregivers and those they care for with evidence-based education, support, and research. We envision a community where family caregivers are valued, respected, and supported with compassion. We are committed to values of social justice, collaboration, and family-centeredness in research and practice. Our program has intentionally carved out its position under the umbrella of UT Health, offering efficiency and greater capacity for our community.

The CCP provides education, engagement, and support at no cost to families impacted by dementia. In 2017, the CCP was developed following a community-academic forum where needs for: education, training, and social support were identified by caregivers, community organizations, and researchers. CCP offers innovative programs that incorporate culturally inclusive opportunities for Latinos and Spanish-speaking families. This includes education to support caregivers through the disease progression and social engagement through a bilingual memory café. CCP leads the statewide Dementia Friends network and Dementia Friendly San Antonio initiative. CCP creates partnerships to co-lead education, yoga classes, cinema screenings, and arts-based programs.

CCP has generated resources to support program replication including the publication of manuscripts, resource packs, and toolkits for education and engagement programs. CCP staff offers training at no cost to organizations to support the establishment and sustainment of culturally inclusive programs.

https://utcaregivers.org/  
Sara Masoud, Community Outreach Coordinator  
masoud@uthscsa.edu / 915-731-3514

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**Organization:** Validation Training Institute  
- Pleasant Hill, OR

**Program:** Family Caregiver Course (FCC)

The Validation Training Institute (VTI) is a not-for-profit organization that advances knowledge, values, education and research rooted in the Validation Method. Its ultimate objective is to nurture respect, dignity, and well-being in the lives of older adults experiencing age related cognitive decline and their caregivers. VTI’s vision for the future is that every caregiver and older adult experiencing age-related, cognitive decline will feel the joy and love of meaningful communication.

The Family Caregiver Course (FCC) teaches new ways to resolve tricky situations with love. This 18-week, online course provides family caregivers with new ideas, practical skills, and techniques. Participants learn verbal and nonverbal techniques that help interaction. With practice and coaching, these skills are anchored in daily life. This course is a unique blend of self-directed video learning, interactive live webinars, a private online discussion board, and a two-day, in-person training, led by an experienced Validation teacher who helps participants attain expertise and confidence in their caregiver role. Caregivers spend no more than one hour per week on curriculum activities. In 2020, this course adapted for total online learning due to COVID, using intensive online sessions.

For the past 10 years, VTI has been offering free, monthly support meetings to all people interested in Validation. Participants of the FCC are welcomed to these meetings where they find solutions to problems, can hone their communication skills and feel part of a network of people who understand and are facing the same challenges.

https://vfvalidation.org/  
Vicki de Klerk, Executive Director  
vdeklerk@vfvalidation.org / 316-461-46244
**Individual: Patricia A. Boswell - Eastchester, NY**
**Program: CAREGIVING WITH LOVE AND JOY: An Expert’s Guide to Providing the Best Alzheimer’s Disease and Dementia Home Care**

I have both a professional and personal connection to dementia. I was the caregiver for my aunt, and I am a Licensed Practical Nurse who has worked as a private duty nurse, and in hospice, group homes, and senior living centers. I am a certified dementia practitioner and hold a Certified Aging-in-Place Specialist designation from the National Association of Home Builders. Based on my 30+ years of training and expertise, I have written a new book for caregivers, entitled **CAREGIVING WITH LOVE AND JOY: An Expert’s Guide to Providing the Best Alzheimer’s Disease and Dementia Home Care**.

My book is a comprehensive guide for caregivers who take care of a loved one with dementia/Alzheimer’s Disease in their home, and features the tips and tricks that only a professional caregiver knows. The topics covered include recognizing the onset of dementia, setting up a team to provide exceptional care, organizing the home to create a safe environment for the caregiver and the loved one, carrying out the activities of daily living, dealing with difficult behaviors related to dementia, creating and utilizing a care plan, filling the day with appropriate activities, coordinating respite care, and planning for end of life. There is a unique emphasis on self-care for the caregiver, as well as meeting the needs of a culturally diverse population.

**www.caregivingwithloveandjoy.com**
Patricia Boswell, LPN, MBA
living360today@gmail.com / 347-524-8259

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**Individual: Jennifer Fink - Auburn, CA**
**Program: Fading Memories**

My family has had three generations of moms with dementia, starting with my maternal great-grandmother. While my grandmother was declining due to vascular dementia, my mom was starting to show signs of early-onset Alzheimer’s. After my dad died in 2017 and I became the primary care partner, I understood what was lacking in available support for caregivers. I read books and did deep internet research dives, yet still searched for ways to help me be a better care partner to my mom. In late 2017 I went searching for a podcast that I could listen to while working. For better or worse I didn’t get what I needed, so I decided to create my own. I knew that I wasn’t the only Gen X caregiver who was looking for help, resources, and understanding.

My podcast is called Fading Memories. It offers advice, wisdom and hope from caregivers who have lived the experience and thrived! I focus mostly on conversations that give actionable advice and tips to caregivers, but I also focus on them as complete people. I have regular conversations on brain health, aging well, and self-care. Fading Memories is about to start the fifth year of supporting caregivers.

The content allows caregivers to choose what they need to hear about, but it also continues to share resources (such as books, websites, classes, apps, and products) from the guests. Our advice and resources will continue to be free to listeners so we can support the mass of caregivers globally.

**https://fadingmemoriespodcast.com/**
Jennifer Fink
jenniferfink6@icloud.com / 925-550-8621
Treating by Design

Significantly improving the living spaces and/or mobility of persons living with dementia.

ORGANIZATIONS

Koelsch Senior Communities
- Olympia, WA

Program: Koelsch Innovation Lab

Our mission and common purpose is “to create happiness by providing the finest living experiences anywhere.” Built upon a six-decade history, our family-owned company is driven by our founding values: • We treat all people with dignity and respect. • We are ladies and gentlemen serving ladies and gentlemen. • We overmanage the details. • We have fun and enjoy our work. Our vision is to live these values every day in an environment of safety, courtesy, impeccable presentation, and resident centered efficiency.

Koelsch launched the first assisted living community in the Pacific Northwest in 1978 and continues to build new innovations. The Koelsch Innovation Lab brings together a wide variety of research, pilot programs and home-grown innovations from decades of work with memory care residents.

Some of the solutions deployed by the Lab are simple, such as a device that simply makes it easier to stand independently without fear of falling, while others harness the latest technology, such as an easy-to-operate virtual reality headset promoting cognition and awareness, as well as wireless headphones superior to hearing aids that empower residents to engage and reconnect with friends, family, and caregivers.

The Lab is designed to track the latest innovations and research. Web resources and an overall implementation and application guide are in preparation to demonstrate how age-tech and best practice techniques can be synthesized into an overall, structured approach of care.

koelschseniorcommunities.com
Benjamin Surmi, Director of Education and Culture
Contact
bms@koelschsenior.com / 360-601-4959
Organization: The Nottingham Memory Care Residence - Jamesville, NY

Program: Borer Memory Life Community

Loretto’s mission is to be a family of exceptional people, caring for and about each other. The agency’s values are Trust, Kindness, Teamwork and Leadership. Loretto’s vision is to be a comprehensive continuing healthcare organization dedicated to transforming eldercare in Central New York, focusing on person-first, affordable care.

The Borer Memory Life Community, a state-of-the-art memory care facility, is now home to about 24 residents who have a diagnosis of dementia. Services are provided to create a purposeful and dignified lifestyle with safety and wellbeing at the forefront. This includes 24/7 supervision, personal care, medication supervision, case management, recreation, food service, housekeeping and laundry service. The key outcomes are to improve navigation, maximize natural light, enhance the dining and bathing experience and incorporate daily therapeutic horticulture. The ability for our residents to navigate through the building was a primary focus of the design, with minimal use of solid walls in the common areas and resident apartment individualization.

Each resident apartment has distinct interior/exterior colors, individualized roof lines and front doors, recessed front porches and exterior memory boxes. All resident apartments have large windows with either eastern or western exposure to increase natural light, and improve circadian rhythms and sleep patterns. Lastly, The Founders Garden provides a year-round, designated gardening space for residents, and includes wandering paths, multiple seating options and nontoxic plants, pesticides and fertilizers. Adjacent to The Founders Garden is a safe, enclosed, and accessible outdoor area that can be utilized seasonally for resident-initiated flower and vegetable gardens.

https://lorettocny.org/the-borer-community
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Organization: Therapy Management Corporation - Homosassa, FL

Program: Mindful Care

Founded in 1995, Therapy Management Corporation, (TMC) is a privately owned, nationwide rehab provider. We are a leading provider of Physical (PT), Occupational (OT) and Speech Therapy (ST), and strive to make a positive difference in the lives of those we serve as we practice our core values of “Service Excellence to All, Integrity, Innovation, and Giving of our Time and Talents.”

TMC contracts with skilled nursing, long term, and continual care retirement communities throughout the US. In 2016, TMC engaged a training program for team members but felt it was lacking, so we created a proprietary Dementia Training and Certification course: Mindful Care, which emphasizes person-centered care mindful of the person’s cognitive level, and considerate of their remaining abilities and interests. Mindful Care was completed in 2021 and has been recognized by the Alzheimer’s Association® for incorporating evidence-based Dementia Care Practice Recommendations in Alzheimer’s and Dementia, person-centered care, assessment, and planning, daily living activities, behaviors, and communication. It’s designed to promote and improve patients’ participation in therapy and teaches how to educate others on person-centered approaches for all patients.

In addition to providing this training to all team members, we now offer our Mindful Care: Customer Training to our customers. To quote one of our therapists who has received our training: “So grateful for this course! Just through changing my approach to communication (learning to not repeat myself and giving the patient time to process directions), I was able to see immediate improvement! This course will impact all patients with cognitive deficits I will ever treat. This is good, Godly work.”

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Organization: Vibetech Enterprises, LLC
- Sheboygan, WI

Program: Therapeutic Vibration Fall Reduction Program

VibeTech is a NASA med-tech spinoff company. Mission: VibeTech was created to deliver the benefits of exercise to those who cannot due to physical and cognitive limitations. Values: Our corporate culture nurtures the following values: Honesty, Respect, Dignity, Empathy, Safety, and Innovation. Vision: We are using scientific discovery and technological innovations to create a world where atrophy and functional decline are prevented and reversed in the most underserved populations.

“Therapeutic Vibration Fall Reduction Program”

Falls are the leading cause of accidental injury and death in older adults, disproportionately affecting those with dementia. Strength and balance training are effective for reducing falls in ambulatory individuals, but those with significant physical and cognitive decline are left without any viable options. While our technology addresses the physical needs of these individuals, we recognize a need to better address: 1) industry-wide staffing shortages that limit patient access to treatment; 2) limited engagement of family members in the care of their institutionalized loved ones; and 3) quarantine-related limitations in access to therapy gyms.

Our new product: 1) can be used from a wheelchair without requiring additional staff / time to perform transfers; 2) can be operated by a family member to give them the satisfaction of contributing to meaningful outcomes for their loved one; and 3) is mobile and can be brought to the participant wherever it is most convenient. A 2018/19 pilot study of memory care residents undergoing our program resulted in 45% fewer falls. Participants were highly engaged and enjoyed performing robotic-assist leg presses against a vibrating footplate which contracts the muscles without effort.

Our successful pilot program is now expanding to include other organizations in the community.

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