Maude's Awards

INNOVATIONS IN ALZHEIMER'S CARE



2024

In appreciation

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

Advisory Board

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Special thanks to:
- Nora Gibson, MSW, Advisory Board Member Emeritus
- Nancy Isenberg, MD, NPH, FAAN, 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.



Richard and Maude Ferry

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 fifth 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 sometimes 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 fifth 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

UW Medicine
MEMORY & BRAIN WELLNESS CENTER

Who can remain unaware of the challenges that memory loss and dementia present to our seniors and to our aging society? Although we have some progress, at last, in pharmacologic treatment of Alzheimer's disease, particularly in its mildest stages, this progress is quite modest, and there are disparities in the accessibility of these treatments.

Education, an engaged lifestyle, and medical progress against hypertension, diabetes and other vascular risks have also brought about modest progress in reducing the rate of Alzheimer's disease. But as we make even more progress against other diseases, with extension of life expectancy, we still expect more Alzheimer's disease in absolute terms. There is so much yet to be done, across all the stages of Alzheimer's disease and related degenerative dementias. Maude's Awards recognize those who are addressing these urgent needs.

The UW Medicine Memory and Brain Wellness Center envisions a world in which people with memory loss live well and can rely upon the best care, within a community of support. Our associated NIH-funded Alzheimer's Disease Research Center, our innovative Memory Hub, and our state of the art clinical services are all informed by this vision. We are so grateful for the opportunity to support and align with the vision of Maude's Awards, and for the continuing generosity of the Ferry family.

Thomas J. Grabowski, MD
Director, UW Memory and Brain Wellness Center

HFC
Bringing Light to Alzheimer's

Hilarity for Charity (HFC) congratulates Maude's Awards on the successful publication of the ***5th Annual Innovations in Alzheimer's Care*** book. Maude's Awards holds an invaluable place in the Alzheimer's and dementia community by recognizing, celebrating, and supporting innovative ideas and care practices that enrich the lives of individuals living with dementia, their families, and their care partners.

At HFC, we share Maude's Awards' vision of finding practical and creative ways to support families today. Since its inception more than 12 years ago, HFC, led by founders Lauren and Seth Rogen, has been committed to alleviating the challenges families face by providing respite grants and caregiver support. Our mission is to ensure that care partners feel empowered, find moments of relief, and know they are not alone on this journey.

While our colleagues in the field focus on the vital work of finding a cure, HFC and Maude's Awards are dedicated to easing the immediate impact of this disease on families and caregivers. By highlighting and supporting these incredible individuals and organizations, Maude's Awards has created a powerful resource for the entire dementia community.

We invite you to explore the remarkable stories of this year's winners and applicants—you will undoubtedly find comfort, inspiration, and a profound sense of community within their innovative work.

Best Regards,
Bonnie Wattles

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.

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Supporting Care Partners

Alzheimer's LOS ANGELES

MAUDE'S AWARD RECIPIENT

Jesse (86) cares for his wife who has Alzheimer's disease. He cared for her for many years before she was formally diagnosed in 2018. Their four adult children tried to help but did not fully understand her impairment. Gradually, Jesse became overwhelmed, depressed, and started to lose weight. The family reached out to Alzheimer's Los Angeles (LA) for help. A Care Counselor provided emotional support and disease information to the family, along with a copy of the **telenovela** *video series, which they viewed together, Jesse in Spanish and the kids mostly reading the English subtitles. This tool was instrumental in the adult children learning about their mother's illness and recognizing the importance of family dialogue regarding mom's care and dad's wellbeing. They have since participated in many Alzheimer's LA's activities.*

Organization: **Alzheimer's Los Angeles** - *Los Angeles, CA*

Program: **Recuerdos Perdidos/Lost Memories**



Alzheimer's Los Angeles (LA), founded by family caregivers in 1981, is the leading community-based organization providing programs for people with Alzheimer's disease and related dementias (ADRD) and their family caregivers in LA County. Its mission is to improve the lives of families affected by ADRD by increasing awareness; delivering effective programs and services; providing compassionate support; and advocating for quality care and a cure. This is achieved by offering supportive services and by educating family caregivers, healthcare professionals, and the public.

Recuerdos Perdidos/Lost Memories is a powerful, innovative *telenovela* developed to educate Latinos about dementia. *Telenovelas* are soap operas that are very popular in Latin America. Season 1 of the telenovela, developed in 2017, focused on a family whose grandmother develops dementia. Season 2, developed in 2020, follows the same family as she declines, showing behavioral symptoms that stress the family. Season 3 will be released soon and focuses on end-of-life care. Each season has four episodes. The actors are all bilingual and bicultural. The telenovela can be viewed in either English or Spanish with subtitles for simultaneous viewing by family members with differing language preferences. They can be delivered online or in-person with or without a facilitated discussion led by a health educator. An evaluation demonstrated that viewers increased their knowledge about dementia and its care and reported feeling lower levels of stigma towards people living with dementia.

The Lost Memories telenovelas were developed in alignment with Alzheimer's LA's commitment to serve LA's diverse communities through culturally appropriate programs. In LA, there are nearly 44,000 Latino people living with dementia and that number is expected to double in ten years. Dementia is more common in this ethnic group, yet Latinos are less likely to be diagnosed or receive care. Due to higher levels of poverty and lower levels of education, these conditions are not well understood, and this community faces significant barriers to accessing care. This innovative intervention offers wider dissemination of complex health knowledge and addresses the stigma that is often associated with dementing conditions. This telenovela improves understanding of the difficult symptoms of dementia, how to manage them, and how to access medical care and supportive services, which in turn, improves the quality of life of the person with dementia and their family.

Analytics show that during the first year of screening, the telenovela reached 12,862 people through social media and it was viewed 20,809 times on YouTube. It was used as a community education tool at 147 community events, including community workshops and support group meetings, and was watched by a total of 2,835 attendees. An evaluation by the UCLA School of Public Health demonstrated that it effectively reached and educated underserved Latino family caregivers. Nearly 90% of the participants stated that watching the telenovela helped them to understand and recognize the signs of the disease (86%); understand the process of getting a diagnosis (84%); and to see how the disease affects the whole family (91%). There were also statistically significant declines in the participants' levels of embarrassment over disease related behavior and tendency to criticize the patient or caregiver.



Alzheimer's LA continues to offer ***Recuerdos Perdidos***/Lost Memories as an educational tool for presentation online and at community sites, particularly though not solely in Latino communities. All Alzheimer's LA bilingual health educators are trained in delivery and facilitation of telenovela discussions. We have granted permission to organizations across the country to incorporate the telenovela into their educational programming and a Facilitator's Guide has been developed for this purpose. To date, the telenovela has been adopted by 20 other organizations nationwide as a strategy to reach and educate the Latino community, and 115 organizations have requested access to it, expressing intent to share it and use it as a teaching tool with their client population.

Alzheimer's LA – Los Angeles, CA
www.alzheimersla.org Los Angeles
Contact: Debra Cherry, Executive Vice President
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Supporting Care Partners



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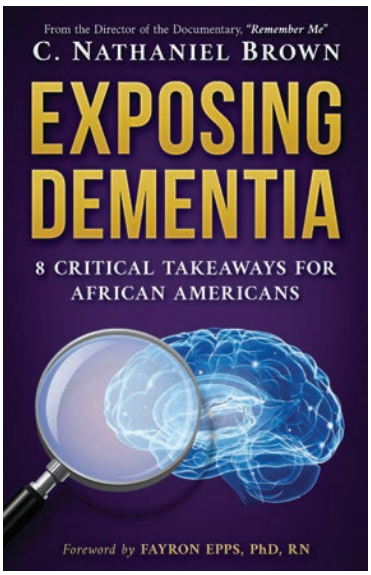
Individual: **C. Nathaniel Brown** - *Austell, GA*

Program: **Expose Dementia – Austell, GA**

"You don't have to do it all; just do your part."



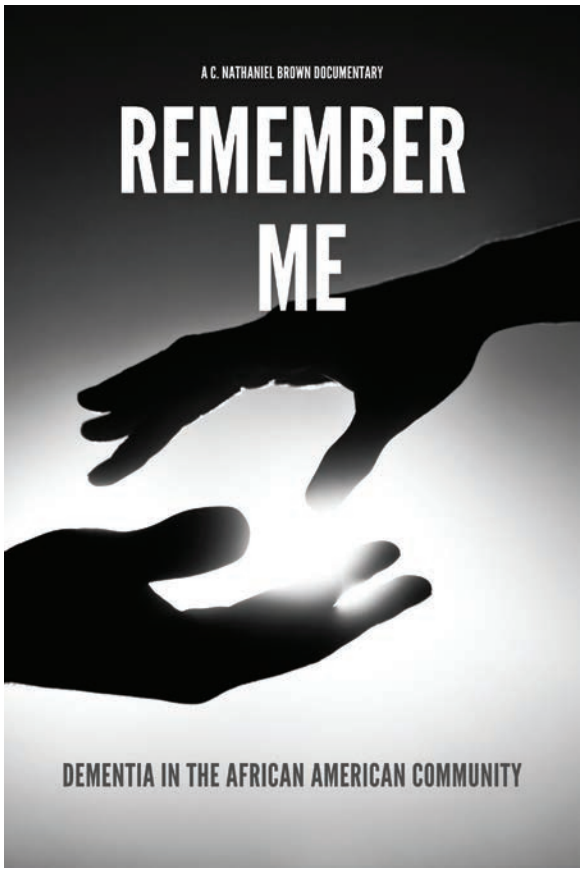
My connection with dementia is personal. My grandmother, a great aunt, and an uncle died with dementia, and I have two aunts and a cousin living with it now. I am not a caregiver, but I am a support to my cousins whose mothers' minds are affected. The catalyst for my inspiration came as I turned to my expertise, writing and filmmaking, to help manage the thoughts and emotions I had around my aunt's memory loss. Most days she thinks my cousin, her daughter, is her sister, and she does not remember me. Heavily impacted by this, I wrote and produced the short film, ***That's My Brother***, based on my aunt and cousin's story. Wanting to help close the gap on disparities, I began thinking of ways to educate loved ones and my community. I filmed a documentary, ***Remember Me: Dementia in the African American Community***, that provides valuable information on the disease, having interviewed those living with dementia, caregivers, clinical researchers, neuropsychologists, faith leaders, and others. I also wrote a book called "Exposing Dementia: 8 Critical Takeaways for African Americans".



The production of the documentary and publishing of the book spanned nearly two years. They define what dementia is; explain the more than 100 types, or causes, of dementia with a further description of the most prevalent ones (Alzheimer's disease, Frontotemporal Degeneration, vascular dementia, and mixed dementia); explain the risk factors; address the disparities and the statistics that show African Americans are disproportionately impacted by dementia; and the impact on care partners. I submitted to about 30 film festivals and began screening the documentary in cities across the country, followed by panel discussions with dementia experts. I dubbed these events, "The Expose Dementia Tour".

The Expose Dementia Tour takes information directly to the people who need it most. It creates opportunities for people living with dementia and care partners to see they are not alone, gain valuable resources, and make connections with organizations such as caregiver support groups, respite services, and other dementia experts. It allows attendees to ask questions of experts and creates a safe space for them to share their experiences with people who can relate. Those living with dementia and many caregivers who saw the documentary expressed how they wish they had seen it earlier in their process. Others encouraged me to

take it to other cities where their family members and friends could benefit from it as well. The documentary encourages conversations around a topic that has long been seen as taboo in the African American community. It has provided answers, guidance, and resources.



The biggest impact on people living with dementia and care partners is they identified similar experiences. They saw an iconic Academy Award winner talking about living with dementia. They heard caregivers talking about their struggles with depression. But they also discovered that there are resources to help them. The film has already screened at 15 film festivals, winning seven awards. Except for a few film festivals, the target audience is African Americans, primarily in low-income communities and/or cities with high rates of Alzheimer's disease or other forms of dementia.

Remember Me: Dementia in the African American Community is the beginning of a 5-part series that will provide more stories, more information and more resources for people living with dementia and their care partners. The series will provide opportunities to create more resources such as additional books, toolkits, and workshops on the various topics such as establishing more networking and respite opportunities for caregivers. Additionally, we created Expose Dementia, Inc., a 501(c)(3) nonprofit organization that utilizes the arts and media as tools to unite, educate, and advocate for people living with dementia and their care partners. The organization will focus on creative storytelling to expose dementia. These programs will include a combination of innovative education, advocacy, workshops, and partnerships with organizations with similar missions.

March 28-30, 2025, Expose Dementia will host its first conference in the Baltimore-Washington, D.C. area. The theme is "The A.R.T. of the Matter" and will feature a dementia-themed art exhibit, a film festival, workshops, and other presentations focused on dementia awareness, caregiving resources, and support for those in need. One panel discussion focuses on the use of dance, art, and music therapy to treat people living with dementia. More information can be found at www.ExposeDementia.com.

Expose Dementia – Austell, GA
www.ExposeDementia.com
Contact: C. Nathaniel Brown
exposedementia@gmail.com /770-568-3230

Supporting Care Partners

UT Health San Antonio

MAUDE'S AWARD RECIPIENT

One caregiver, enrolled in the Caring for the Caregiver Program found herself increasing her capacity to care for her loved one, improving her mental, social, and physical wellbeing. Additionally, by using online platforms for healthcare, caregivers gain confidence and skills through the program. They learned to navigate telehealth appointments, manage consents, and access medical records online. As a result, they were better equipped to coordinate care for their loved one with dementia, reducing stress and improving the quality of care. Moreover, by connecting with other caregivers in the program, they found a supportive community, reducing feelings of isolation and enhancing their overall well-being. The program also trains future healthcare providers while serving the caregivers, by incorporating it into the Fundamentals of Nursing curriculum for first year nursing students.

Organization: **UT Health San Antonio** - *San Antonio, TX*

Program: **Caring for the Caregiver**

The mission of the Caring for the Caregiver Program is to improve the quality of life for family caregivers and those they care for, with evidence-based education, support, and research. We envision a community where family caregivers are recognized, valued, respected, included, and supported with compassion. We are committed to values of social justice, collaboration, and family-centeredness in research and practice.

The Caring for the Caregiver Program (C4CP) of the School of Nursing at The University of Texas Health Science Center at San Antonio (UT Health San Antonio) was established in response to community-identified needs for more comprehensive education and support for families living with dementia. This multi-service program provides education to support the transition into the caregiving role. The education and skills-training approach enhances knowledge and builds caregiver confidence, and capacity in performing complex care tasks. Some of the most popular services are, 1) the Memory Café, a quarterly gathering, 2) tailored referrals for caregivers enrolled in the Telephone Reassurance Program, 3) Dementia Friendly San Antonio Advisory Council, 4) Essentials of Caregiving monthly educational series, 5) the Virtual Dementia Training, and the latest and newest service, 6) Health Digital Literacy workshops.

The Caring for the Caregiver Program incorporates evidence-informed approaches to increase the education and skills of care partners, while providing respite. The Health Digital Literacy for Family Caregivers addresses a significant need of providing access to care by enhancing caregivers' online skills. Given the reliance on virtual platforms for care, it meets a pressing need for digital literacy, engaging, equipping, and empowering caregivers to navigate healthcare systems effectively. This approach to increasing caregiver capacity has a direct effect on the care partners care coordination. Moreover, it fosters community and support among caregivers, amplifying its impact. This addresses one of the main pillars of the RAISE Act and social determinants of health to provide adequate training and reduce the barriers to access to care.



The Caring for the Caregiver Program served 2,400 caregivers in 2023. One of the unique elements is that the program provides respite care while caregivers attend seminars and workshops. Its innovative approach, using digital literacy as a mechanism to increase access to health records and promoting social connectedness significantly enhances the quality of life for persons with dementia and their care partners. By equipping family caregivers with digital literacy skills, it enables them to navigate online platforms effectively, improving healthcare access, and social services. With an anticipated 150 participants served initially and potential expansion, it encompasses underserved communities such as people of color, low-income individuals, and those in rural areas. Additionally, it addresses the needs of caregivers supporting individuals with late-stage dementia, fostering inclusivity and support across diverse demographics.

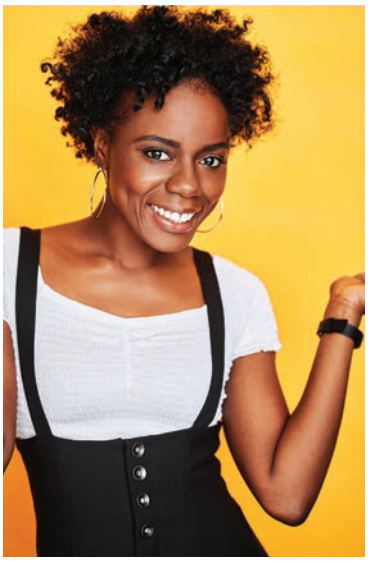
The Health Digital Literacy for Family Caregivers is built for sustainability, aiming to expand its reach with increased funding and internal capacity. It integrates within the Caring for the Caregiver Program at UT Health San Antonio, laying the groundwork for long-term viability. Future plans include creating an online library of recorded sessions and integrating a community liaison to support caregivers, ensuring sustained impact. To assist others in replicating this innovation, the program will provide toolkits, how-to guides, and workshops based on its experiences and best practices. Additionally, partnerships with community organizations will facilitate dissemination and recruitment efforts, fostering the adoption of similar initiatives in diverse communities.

UT Health San Antonio - San Antonio, TX
www.uthscsa.edu
Contact Roxana Delgado, Professor and Director, Caring for the Caregiver
delgadore@uthscsa.edu / 210-562-5552

Making Connections

Arlieta Hall

MAUDE'S AWARD RECIPIENT



"I work in a Long-Term Care (LTC) facility. I just wanted to let Arlieta know how much I really enjoyed her presentation. Working with people with dementia can be difficult at times. It was valuable to me to relearn and see your interactions with your father. And to hear and take to heart the correct way to continue to treat people with dementia. Never argue with them but live in their world beside them."
– State Line Nurse Expo attendee

Individual: **Arlieta Hall** - *Chicago, IL*

Program: **Finding your Laughter**

Hey there, my name is Arlieta Hall, caregiver for my father who was a person with Alzheimer's. I use improv and stand-up comedy as a way to communicate with him and as therapy to process our experience. I quit my job as a caseworker for the State Of Illinois in 2018 to be a full-time caregiver along with my bonus (step) mother. While I was caregiving for him, I decided to take videos and post them on social media. My followers kept saying, they "loved how I take care of my father," so I decided to create a documentary. I reached out to my good friend, Brittany Alsot, who is an editor and cinematographer, to be my partner for the film. I live in an underserved community in Chicago where many stories of violence are told—but never one of hope like mine—so it pushes me to enlighten Chicago and beyond with my journey. My experience caregiving helped me to see that I wasn't the only person experiencing the frightening face of Alzheimer's and it was my duty to share my story.

The film "Finding Your Laughter" follows myself, my father Milton, and my stepmother Charmaine (Milton's wife and fellow caregiver) through the ups and downs of daily life. This film is for caregivers to feel validated, encouraged, and come away with tools. I became a Certified Dementia Communication Specialist in 2017 and in 2018 created "If Alzheimer's Could Laugh" as an introductory workshop to caregiving for people with Alzheimer's or dementia. The workshop covers what is improv and how to use it, tools to process caregiving challenges, enabling one to find humor in their lives and work, what laughter produces when interacting with others, and exclusive clips from my upcoming documentary. I have been working on the film with my co-director Brittany since 2019. I have been teaching this workshop since 2018.

There are extremely limited resources for caregivers and if they are available, it can be challenging to acquire and afford them. Most caregivers do not receive formal training and are learning as they go. Not to mention that family caregivers are very strapped for time and money. I created a workshop that subtly teaches how to use empathy, comedy, and storytelling to assist in real time for caregivers. I also perform stand-up comedy as a relief for caregivers. This allows me to break the silence and negative stigma surrounding Alzheimer's and dementia by connecting humor with my real-life story. This workshop has allowed me to reach local churches, certified nursing programs, Hilarity for Charity, Humor for Hope, and Dementia Spring.





As a black woman living on the southside of Chicago, which is severely underserved, I can attest to the need and how uncommon and impactful it is to have a story of hope in the black community. I was a presenter at the 2022 Hilarity for Charity CareCon conference. Since then, I have plans to have feedback screenings with caregiver groups and bring me into their high school education/support program. I was the 2022 Dementia Spring Impact Artist, the 2023 Keynote Speaker for the Dementia Learning Summit with international reach, the 2023 Keynote Speaker for the Stateline Nurse Expo, and the 2024 Dementia Spring Arts Festival Hostess. After attending these events, in addition to comedy shows, my social media platform, and our film subscribers, I have connected with more than 8,000 people.

The film will be released in 2025 and I will travel with the film and present my workshops to create interactive and community-focused events. I also plan to create how-to-guides and educational resources that will be downloadable via the film's website. In addition to streaming on PBS, we are also planning to create a 15 min version of the film and study guide to be accessible for educational purposes. Last but certainly not least, I plan to continue to use my stand-up comedy as a direct connection to other people in the audience who know or have experienced caregiving to find their own laughter.

Finding your Laughter – Chicago, IL
https://arlietahall.com/arlieta-the-speaker
Arlieta Hall
bookarlietahall@gmail.com / 708-682-8226

Making Connections

MAUDE'S AWARD RECIPIENT

In the words of one of our mentors, a retired social worker who had lived with addiction: "When I first started mentoring, I was not prepared for one of the most spectacular experiences I've ever had. The experience with my student has blown me away. I know she is special, but I am beginning to believe that what is special is your program. It is spectacular because it creates an atmosphere that fosters connection. It has brought joy to my life at a time when I had given up on having any joy. Since P. got sick, I have been participating in many things to keep me stable: therapy, caregivers support groups, conferences, and talking, talking, talking to people I trust. And all the above activities have kept me stable. However, none of them has given me joy the way my relationship with my student has. To experience life through her eyes has changed my attitude towards what I am going through. I now believe that the experience of P.'s illness has meaning and a purpose for me."

Organization: **ARTZ Philadelphia** - *Philadelphia, PA*

Program: **ARTZ @ Jefferson: Opening Doors to Empathy Through the Arts**



ARTZ Philadelphia is dedicated to enhancing the quality of life and well-being of people living with dementia and their care partners through joyful interactions around arts and culture. Our evidence-based programs connect people with dementia and those they love with artists, cultural organizations, and each other. We help to build caring, supportive communities that restore and preserve the self-esteem and dignity of our constituents, regardless of their color, culture, where they live, or their economic resources.

"ARTZ @ Jefferson: Opening Doors to Empathy Through the Arts" is an arts and dementia mentoring program in which future healthcare providers across the professions at Thomas Jefferson University and other Philadelphia medical teaching centers learn from mentors affected by dementia and care partners about their lived experiences pre- and post-diagnosis. The program was first piloted in 2016 and has continued almost every semester since, with variations of the program taking place at other institutions, including a pilot at Harvard Medical School. The program is directed and facilitated by ARTZ Philadelphia's founding director. Core activities include 1:1 conversations between mentors and students and facilitated group discussions, some with mentors and students, some just for students to contextualize their experiences with their



mentors. Facilitated shared experiences of art establish a basis for understanding regardless of diagnosis.

According to the Alzheimer's Association, more than 50% of all primary care physicians feel ill-equipped, uncomfortable, or lacking in training to talk with their patients about dementia, despite their self-avowed "being on the front lines" of care. Some avoid diagnosis because "there's nothing we can do about it anyway." The most common diagnosis delivery is the clinician announcing "Testing has shown that you probably have xyz dementia. You should go home, put your affairs in order, and I will see you in six months." With an ever-increasing volume of cases, this is both a critical workforce development need (as confirmed by an AARP strategic planner) and an empathy and compassion development need. Mentors attest that teaching future healthcare providers creates more informed, compassionate, and responsive approaches to future patients affected by dementia and allows them to rediscover their *own* sense of purpose, dignity, and ability to contribute to others.

To date, more than 300 students have graduated from our mentoring programs (all currently facilitated and administered by a single staff person) and more than 70 people living with dementia and care partners have served as their mentors. Many mentors return year after year and mentors and students develop lasting relationships. We have been in conversation with colleagues across the country, from people of color, low income, or those living with late-stage dementia about opportunities and logistics for replication, particularly in historically underserved communities (such as North Philadelphia, for instance, where ARTZ Philadelphia works). With sufficient funding to train additional facilitators and recruit more mentors, there is the potential to engage people with lived experiences of dementia in teaching hundreds of students every year. Our own program has historically benefitted from the participation of mentors living with late-stage dementia, low-income students, and mentors, and BIPOC students and mentors.

The program at Jefferson is entering its eighth year, having weathered the transition from in-person to online during the pandemic. We remain mostly virtual, which has also allowed us to reach mentors who are homebound and across the state. Despite our limited funding and staffing, each new iteration of the program, along with the model established and continuing at Jefferson, has consistently received strong reviews from both students and mentors. We are eager to begin regularly training new facilitators through online workshops and shadowing.

ARTZ Philadelphia – Philadelphia, PA
https://www.artzphilly.org
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shifrin@artzphilly.org / 610-721-1606

audivi MEMORY BANKS

MAUDE'S AWARD RECIPIENT

While this innovation was founded based on my experience with my mom, I have seen its impact on other clients: both individuals with dementia and their caregivers. For those recently diagnosed, Audivi offers a hopeful, joyful, engaging activity. For those in later stages, Audivi offers a tool for caregivers to connect, redirect, and engage with their loved one. One client, now with advanced dementia, no longer engages in most activities but, fortunately, has his memory bank. It still captivates him. He listens to his voice. Smiles. Nods. Family and caregivers play the memories each day to engage him or break his monotony or confusion. And it helps his new caregivers who can hear his memories and appreciate the entirety of his life. In fact, during a trip to the ICU, I played his memory bank and the nurse (who had otherwise not spoken to him) said, "You're from Brooklyn? I'm from Brooklyn..." And she, at last, began to converse with him - undoubtedly leading to better care and interactions.



Individual: **Kristin Nelson** - *Concord, MA*

Program: **Audivi Memory Banks**

I became the primary caregiver for my mother with Alzheimer's (AD) after my father died. Like others with AD, she had no short-term memory but vivid long-term memories that she repeated all the time. I decided to record the memories and put them on a website with photos – more for us than for her – but saw the value of her memories when I happened to play them back for her. As she listened to her memories, she laughed, nodded, acted them out. Her voice paired with her photos took her back in time and mesmerized her. I realized that she not only liked telling those memories but liked hearing them. Her memories offered her comfort and familiarity in her otherwise confusing day, helped redirect her anxiety, gave her joy (which gave me joy), and remained an engaging activity even after she could no longer read books nor watch tv. Preserving memories for individuals with memory loss became my passion, and I founded a company, Audivi (Latin for 'I heard'), to bring this tool to others.

In 2023, I launched Audivi Memory Banks, an app that lets individuals save, share, and enjoy memories in a personalized memory bank that can be made public, private, or shared and enjoyed alone or with others. Individuals (or caregivers) can prompt memories by selecting a question or asking about a photo; record the memory; and upload a photo. The app is currently available for $19.99 (iOS and Google store). Audivi's central innovation is in the playback experience. Optimized for AD, our audio-visual platform creates an immersive trip down memory lane that captivates the imagination. By creating a touchstone to the past, memory

banks offset feelings of anxiety, agitation and confusion and help caregivers manage the challenges of dementia. Reminiscing is known to offer many therapeutic benefits (improving mood, sense of pride, cognition, communication, health). Audivi helps caregivers, communities, and family members reap those benefits through its multimedia reminiscence platform. The behavioral and psychological symptoms of dementia (BPSDs) are amongst the greatest challenges of the disease. BPSDs are associated with lower quality of life and higher rates of caregiver burnout. Reminiscence therapy has long been identified as an effective tool for managing BPSDs but can be hard to implement. Is a partner available? Do they know the background? Are there photos to guide the conversation? Plus, declining cognitive function impacts its efficacy.



By saving memories with Audivi, individuals and caregivers can reap the benefits of reminiscing anytime, anywhere - regardless of future decline. Our platform engages the visual and auditory cortex for a captivating, curated trip down memory lane that can be accessed with the click of a button. Simply hit 'Play' and the short, curated memories come to life. No training, visual aids, nor prior knowledge required. Audivi Memory Banks can be created (and used) by individuals, caregivers, or residential communities.



Our initial efforts have focused on caregivers of those newly diagnosed. We have presented twice at Penn Memory Center, host regular bi-monthly online webinars "Unlocking the Power of Reminiscing," and introduced Audivi at several senior communities. Participants have been enthusiastic about the app's simplicity, the opportunity to reminisce with their parent, spouse, or child while also creating a tool to help their future selves/partners. We also are fielding increasing requests from communities, home health agencies, geriatric care managers, etc. who hope to integrate Audivi into their intake processes and bring reminiscing to their clients. We are building Audivi 3.0 to serve this need. The power of memories is universal: they are the fabric of our past and an emotional spark to our day. Reminiscing is not bound by culture, income nor geography and Audivi intends to build translations and new questions into Audivi 3.0 to bring this tool to all.

Our vision is to develop a more robust reminiscence outreach program to initiate creation of memory banks, particularly to support those newly diagnosed and their caregivers. We hope to partner with other dementia care professionals engaged in activities and reminiscence therapy, and diagnostic centers offering advice for 'next steps.' To support the specifics of using Audivi's app, we will continue to host regular, on-line tutorials with hands-on instruction about adding to the memory bank and using the memory bank to manage memory loss.

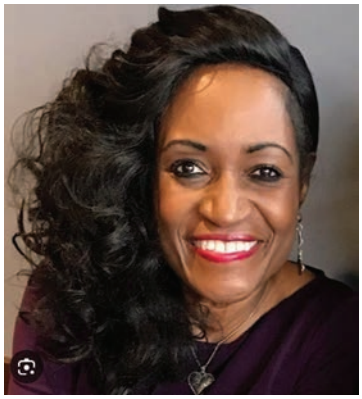
Audivi Memory Banks – Concord, MA
https://audivi.world
Contact: Kristin Nelson
kwnelson@audivi.world / 781-290-9801

Making Connections



MAUDE'S AWARD RECIPIENT

"We need to demonstrate that dementia is not the end, and that it is possible to experience joyful moments, as long as society adapts to support individuals living with dementia, rather than expecting them to conform. WTD means: Walking the Talk for Dementia and serves as a powerful example of how this transformation can take place." – Fernando Aguzzoli-Peres, Founding member, WTD and Atlantic Fellow for Equity in Brain Health at GBHI.



Individual: **Theresa Montgomery** *- South Elgin, IL*

Program: **T&L WTD Let's Talk About It**

As a person living with dementia, my journey inspires my work deeply. Despite the challenges, I am motivated to inspire others to live their best lives and make a positive difference. My experiences have taught me the importance of resilience, strength, and continuous learning. I am driven by a desire to empower individuals impacted by dementia, to encourage them to embrace life fully, and to advocate for greater awareness and support. My personal journey fuels my passion to create meaningful change and to ensure that others facing similar challenges feel empowered and supported along their own paths.

The program is named "T&L WTD Let's Talk About It." Key activities include hosting a weekly podcast where individuals living with dementia share personal stories, insights, and advocacy efforts. The outcome is increased awareness, support, and empowerment for the dementia community. The program has been in operation since May 2023. Participation is free to listeners, and episodes are accessible online. However costly to me, my co-host, and family.

The innovation of "T&L WTD Let's Talk About It" meets a significant unmet need within the dementia community. Many individuals living with dementia lack platforms to share their experiences, advocate for themselves, and access support. The need for inclusive spaces where their voices are heard and valued is paramount. This podcast fills that void by providing a platform for individuals to share their stories, empowering them to advocate for themselves and others. It meets the need for empowerment, support, and inclusivity within the dementia community, inspiring others to move forward on their journey and build upon their strengths.

The "T&L WTD Let's Talk About It" podcast reaches a diverse audience. With more

than 7000 listeners across 12 countries, including underserved communities, it serves as a vital platform for shared experiences, support, and advocacy. Terrie and Laurie, as two women from multicultural and ethnic backgrounds living with dementia, exemplify resilience and empowerment, inspiring others to thrive despite their diagnosis. The podcast actively seeks to connect people throughout the U.S., fostering a sense of community and empowerment among listeners. Through their stories and discussions, Terrie and Laurie hope to empower individuals, raise awareness, and break down stigmas associated with dementia, demonstrating that life can be rich and fulfilling even after a diagnosis.

One individual found immense solace and inspiration through the "T&L WTD Let's Talk About It" podcast. Struggling with feelings of isolation and depression after their dementia diagnosis, they discovered the podcast and realized they were not alone in their journey. Hearing Terrie and Laurie's stories of resilience and empowerment lifted their spirits and provided a newfound sense of hope. The educational content and encouragement shared on the podcast motivated them to take charge of their life despite their diagnosis. Witnessing Terrie and Laurie's determination to thrive despite dementia showed them that they too could pursue their passions and live fulfilling lives. This individual's journey from despair to empowerment is just one example of how the podcast has positively impacted listeners, offering them a lifeline of support and inspiration.



The sustainability of "T&L WTD Let's Talk About It" is ensured through a dedicated team, consistent content creation, and community engagement efforts. The podcast has demonstrated sustainability over time through its growing audience and positive impact. An infrastructure is in place to support ongoing production and outreach, including partnerships with dementia organizations, social media presence, and a website. Additionally, the podcast serves as a model for others looking to create similar platforms for sharing experiences and empowering individuals within the dementia community.

LIVE LEARN EXPLORE; GROW AND NEVER LET GO!

T&L WTD Let's Talk About It - South Elgin, IL
https://www.podchaser.com/podcasts/terrie-laurie-spotlight-dr-kat-5523562/episodes
Contact: Theresa Montgomery
Terriemontgomery368@gmail.com / 630-715-4393

Dementia Action Alliance
ENHANCING LIVES
CONNECTING PEOPLE
INCREASING UNDERSTANDING

MAUDE'S AWARD HONORABLE MENTION

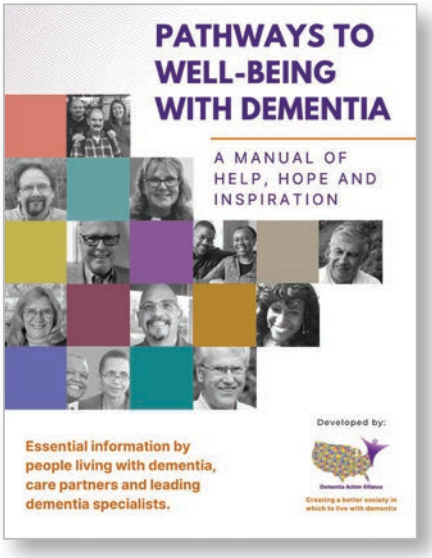
Organization: **Dementia Action Alliance**
- Grosse Pointe Park, MI

Program: **Pathways to Well-Being**

Through advocacy, education, empowerment, and support, Dementia Action Alliance (DAA) is creating a better society in which individuals and families can live well with dementia, without stigma and misconceptions. Our work is co-led by people living with dementia according to a "nothing about us without us" approach. We believe that people living with dementia are full people whose uniqueness must be honored, that the autonomy, dignity, and privacy of people living with dementia must not be disregarded, and that people living with dementia can live lives filled with meaning, purpose, and joy.

Searching "books on dementia" on Amazon reveals 30,000 entries, but most cater to care partners rather than people directly affected. With early diagnoses now more common, there's a growing need for resources that help people manage dementia proactively, focusing on self-care, resilience, and adapting to new challenges. Essential too is a supportive community and a comprehensive guide with practical strategies for living well. DAA has always been that supportive community; now, we present the "Pathways to Well-Being" manual to serve as the guide!

The manual, released in 2022, stands out as the first of its kind, created by 50 people living with dementia, care partners, and dementia care professionals. It offers evidence-based advice and inspiration, serving as a dynamic resource to enhance well-being. The manual champions active, enabled living, and transforms apathy into empowerment. "Pathways to Well-Being" is available for free PDF download or as a purchasable print-on-demand book.



"Pathways to Well-Being" directly addresses a critical gap: the lack of immediate, actionable resources for people diagnosed with dementia. Often, people leave their doctor's office with little more than a diagnosis and a dire directive to "get their affairs in order," leaving them feeling helpless and hopeless. The manual challenges that narrative of tragedy and decline, providing essential education and practical strategies that empower individuals to take control of their lives post-diagnosis and find opportunities for well-being. Structured for easy navigation, the manual allows users toquickly find information through its table of contents, making it a valuable tool for addressing specific challenges as they arise. It's designed to reassure users that proactive steps can be taken to maintain quality of life. Freely available on-demand, the manual serves as a crucial lifeline, emphasizing that dementia does not signify the end but a new phase of life that can still be lived well.

Dementia Action Alliance - Grosse Pointe Park, MI
DAAnow.org
Contact: Casey Acklin / Senior Administrator
cacklin@daanow.org / 7758577818

Making Connections

Mass General Brigham
Cooley Dickinson Hospital

MAUDE'S AWARD HONORABLE MENTION

Organization: **Cooley Dickinson Hospital**
- Northampton, MA

Program: **The Pioneer Valley Memory Care Initiative (PVMCI)**

The Pioneer Valley Memory Care Initiative (PVMCI) at Cooley Dickinson Hospital, is a volunteer program partnering with the Amherst, Easthampton, and Northampton Neighbors organizations to match people living with dementia (PLD) and Alzheimer's, and their caregivers, with trained volunteers. It is the only program in New England where multiple Village to Village membership-based organizations have come together to help build a supportive community for dementia-friendly care. PVMCI provides specialized training, coaching, and support so that volunteers feel equipped to manage the unique needs of PLD and empowered to support caregivers. Volunteers build close relationships with their families. Activities – such as ping-pong, music, or quilting – are provided in-home or out in the community based on individual needs. Volunteers provide much-needed breaks for caregivers and friendship for both PLD and their caregivers.

PVMCI uses a National Model called Care Ecosystems through UCSF. Our program added an innovative component by incorporating specially trained volunteers through partnerships with our local towns' Village Networks. PVMCI is the only program within the Care Ecosystem model with a unique collaboration to address social isolation. PVMCI's volunteer program empowers volunteers to work with PLD and includes expert training, monthly support groups, and frequent contact with staff. Families share that volunteers bring joy into their lives, and they develop strong relationships that last after caregiving ends.



The quality of life for families living with dementia and for volunteers in our program has improved. Volunteers are helping those with dementia show improvements in social interaction, loneliness, mood, ability to recall, and physical activity. Volunteers and families report that the program enriches their lives, and in some cases, has been life changing. PVMCI's volunteer program also destigmatizes memory loss and is working to build a dementia-friendly community. It has been recognized for its ability to bring Neighbors networks together and is often invited to provide educational presentations and explore ways to expand, particularly to more rural areas.





Cooley Dickinson Hospital – Northampton, MA
www.cooleydickinson.org
Contact: Sharon A Asher, PVMCI Program Manager
saasher@mgb.org / 413-727-5327

Making Connections

Connecting people with dementia to the world and people around them

ORGANIZATIONS

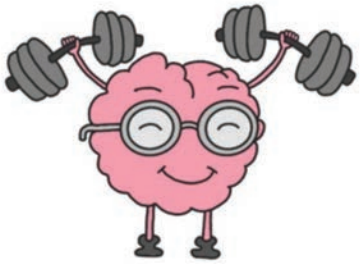
Organization: **Artisan Mind** - *Placerville, CA*

Program: **Art Reveals**

Art Reveals was developed with the belief in the impact arts have that reaches beyond cognition. We curate paintings and photos, prompting groups of participants with dementia to reflect on their memories, ideas, and opinions. Art observation is blended with guided conversations to connect to personal experiences, self-expression, and joy. Art Reveals uses art to compassionately nurture cognitive health and facilitate communication when words fail. Since 2015, Art Reveals has evolved, funding 81 programs for low-income communities across three Northern CA counties. We documented a 41% increase in social engagement and cognitive stimulation, and a 44% increase in positive mood and self-expression among participants.

Research shows that participating in mentally stimulating activities can decrease the rate of decline of Alzheimer's disease. Artisan Mind's Art Reveals innovation addresses the profound on-going unmet needs of individuals with dementia, providing holistic support amidst financial strain, cognitive decline, and emotional toll. By integrating arts with nurturing strategies, our programs uplift, instill hope, and combat loneliness, sadness, and despair. Art Reveals stimulates cognition and fosters human connection, especially for those with verbal difficulties. We emphasize validation and empathy to mitigate confusion and frustration. Our initiative significantly enhances well-being, meeting crucial life-enrichment needs in underserved communities facing dementia. We provide comprehensive training workshops for volunteers, caregivers, and activity staff, both in-person and via video, ensuring effective utilization. Additionally, our coaching services empower organizations to create personalized, dementia-friendly collections, fostering widespread replication of our impactful model.

www.artisanmind.org
Tiffany Ramirez, Founder, Executive Director
tiffany@artisanmind.org / 916-792-3281



Organization: **Brain Exercise Initiative**
- San Diego, CA

The mission of the Brain Exercise Initiative (BEI) is to enhance the lives of individuals living with dementia by fostering meaningful intergenerational connections through structured brain exercise programs. The Brain Exercise Initiative, founded as a UCLA student organization in 2019, has since grown to an international student-run 501(c)(3) nonprofit spanning more than 80 chapters and 1300 volunteers. In the United States, Canada, and India, our volunteers lead weekly group brain exercise sessions with seniors living with dementia in memory care facilities, nursing homes, and senior communities. These brain exercises entail using handwriting, arithmetic, and reading aloud, as research suggests that such activities lead to improved cognitive functions. These sessions not only provide seniors with a renewed sense of connection and engagement but also allow our volunteers to be privy to their rich lives and culture. This mutual exchange enhances personal and communal ties and provides essential respite and support to the nursing staff. The program operates at no cost to our seniors and we cover transportation costs for volunteers.

We have also created a series of brain exercise packets, readily available for all volunteers. This comprehensive resource ensures consistency and quality across chapters, making it possible for any motivated individual to establish and grow a BEI chapter in any city worldwide. This system not only fosters growth and sustainability but also ensures that our model can be replicated efficiently and effectively wherever there is a need.

https://www.brainexerciseinitiative.com
Esin Gumustekin, President
brainexerciseinitiative@gmail.com / (858) 210-2225

LIBRARY MEMORY PROJECT

Organization: **Bridges Library System**
- Waukesha, WI

Program: **Library Memory Project (LMP)**

The Library Memory Project (LMP) is an initiative of the Bridges Library System, offering social and educational opportunities for individuals living with memory loss and their care partners. These initiatives, known as memory cafes, are hosted six times monthly across a two-county area. Tailored for individuals with mild to moderate memory loss and their care partners, each session is 90 minutes and includes an icebreaker, engaging activities like art projects or educational sessions such as learning about growing sunflowers, and concludes with a celebration of birthdays and anniversaries with a closing song or poem. Despite the structured timeframe, attendees frequently linger to engage in further conversation. The key outcomes are social engagement and enrichment. Since its inception nine years ago, LMP has experienced steady growth. The libraries provide the staffing and the supply cost per café.

As of 2020, there were an estimated 120,000 people living with Alzheimer's disease in Wisconsin. That number will grow as the population ages. To meet this growing need: 1) Rotating nature of memory cafés between libraries reaching more communities; 2) Locations in public libraries where many already feel comfortable; 3) Libraries provide paid staff and LMP cover refreshments and stipends for guest presenters/artists; 4) Collaboration with local dementia care specialists to deliver resources to care partners at cafes. The project is open to sharing developed training materials and insights with institutions seeking to replicate memory cafes.

www.bridgeslibrarysystem.org
Angela Meyers, Coordinator of Youth and Inclusive Services
ameyers@bridgeslibrarysystem.org / 262-896-8245

Bridgetown
Music Therapy

Organization: **Bridgetown Music Therapy**
- Lake Oswego, OR

Program: **Virtual music engagement program**

Our virtual music engagement program is utilized in a variety of individual and community settings: adult day, memory care, therapeutic practices, and individuals living at home. We focus on active participation with key activities being singing, physical movement, deep breathing, relaxation, and instrument play. We don't want participants to simply be entertained; we want them actively engaging. We do this through modeling, cuing, prompting, and encouragement. The main goal is to improve participants' quality of life, which includes improved mood, decreased agitation, reduced anxiety, and increased social connection. We have grown our video library to more than 350 music sessions.

During the last 11 years of being a music therapist and serving in dementia care, I've recognized several issues. As caregiver burnout is a real problem, our program can offer respite, allowing caregivers to step away and get a break, focus on their own self-care, or attend to other tasks. Alternatively, our program can be a tool for connection between caregiver and care recipient. Music can and should be leveraged more often, but many caregivers don't know how to on their own. Our program offers a turn-key solution for this. Our program requires no scheduling and is easily accessed from the comfort of home from any web-enabled smart device. It can be used anywhere, anytime at any stage of dementia.

https://www.bridgetownmt.com
Alexis Baker, Founder, Owner, CEO
Alexis@BridgetownMT.com / 360-610-9500

Cognitive Dynamics
WORD · DRAMA · ART · MUSIC
Bringing Art to Life

Organization: **Cognitive Dynamics Foundation**
- Tuscaloosa, AL

Program: **Bringing Art to Life (BATL)**

Cognitive Dynamics Foundation was formed in memory of Lester E. Potts, Jr., inspired by his artistic transformation in the throes of Alzheimer's disease. We believe that the personhood of those living with Alzheimer's and other dementias is unchanged despite the loss of cognition, and should be honored, supported, validated, and given opportunities for expression and relationship.

Bringing Art to Life (BATL) serves to honor persons living with dementia (PWD) through expressive arts and storytelling. Additional goals include developing intergenerational, multicultural relationships; growing empathy, compassion, knowledge, and self-awareness in students; lessening stigma; providing respite for care partners; and laying a foundation for the ongoing engagement and enrichment of students, persons living with dementia, and their care partners in the broader community. Students are trained, then paired with PWD who either are residents in memory care facilities or who are participants in adult day care or respite programs. Students assist in weekly art therapy sessions under the direction of an art therapist, and journal about their experiences. Infrastructure is in place, including a manual of implementation, a published book about the program, research findings including reflections on the program's impact, and a cache of committed faculty and student assistants. Web-based training has been created and could be further developed, workshops have been conducted for long-term care staff, and an art therapy toolkit has been created.

https://www.cognitivedynamics.org/
Daniel Potts, Founder and President
dcpottsmd@gmail.com / 205-765-2185

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

Connected Horse inspires connection, engagement, and emotional healing for people living with dementia and their loved ones through equine-assisted workshops, programs, and training. The programming at Connected Horse provides multiple services for those affected by dementia and their caregivers. Our In-Person Workshops serve older adults with early-stage dementia in Northern California as well as our partner barn locations throughout Northern California and Nevada. For those unable to take advantage of these In-Person Workshops, we also offer a Barn At-Home/At-Community program with engagement kits and accompanying activities available nationally. These kits are designed as adult-focused activities for people with advancing dementia. Finally, we train Barn Partners, who can implement our programming at their own locations nationwide. Our programs are offered completely free of charge to our clients.

Traditional forms of care may address physical needs, but they do not address emotional or social needs. Our programs support people during this vulnerable time, moving towards hope and acceptance. Our work is guided by the belief that the essence of each human being is inside each of us, always. We all benefit by looking for ways to reach, connect, and find meaning for those we serve. Animals can provide us with valuable insights into our own healing process and purpose. This is why the human-horse connection is especially powerful and offers those affected by dementia opportunities to experience clarity, strength, and healing.

https://connectedhorse.org/
Paula Hertel, Co-Founder and President
info@connectedhorse.org / 415-377-0934

Organization: **Conversations to Remember**
- Pine Brook, NJ

Program: **Virtual Visits**

Conversations to Remember's Virtual Visits are free weekly intergenerational video calls between seniors with cognitive decline and 2-3 college students. Our program was designed for seniors with dementia, and students who receive training about dementia and effective relationship building with seniors suffering from cognitive decline. All volunteers are screened to ensure that they are suitable for the program and can assume the burden of maintaining the conversation, even with a senior who is withdrawn and shy due to their cognitive decline. Students are trained not to interview the senior, because that can be intimidating. While some of the seniors in our program are unable to remember their students from week to week, the students' growing familiarity with the senior allows them to interact more effectively each week.

Virtual visits enable seniors who are unable to travel or are geographically isolated to interact with more people and maintain social relationships. For seniors with dementia, it provides beneficial mental stimulation, which has been shown to slow cognitive decline. Intergenerational visitation programs notoriously suffer from volunteer absenteeism. Volunteers miss visits, leaving seniors with the opposite message than intended. Our technology and oversight confirm volunteer attendance. Another benefit of our virtual visits is that we can monitor them for quality. This assures that all volunteers are actively participating in their visits, and doing so according to our training.

https://conversationstoremember.org/
Robert Lefkowitz, Director
robert@conversationstoremember.org / 862-243-5331

Organization: **Dementia Friendly Saline**
- Saline, MI

Program: **A Friendly Day At The Movies**

Dementia Friendly Saline+ is a grassroots, volunteer powered team focused on helping all persons with dementia, and their care partners, live in the community with less difficulty, more dignity, and a lot more fun. We can't yet cure it, and until there is a cure, we will have community.

A Friendly Day At The Movies is USA's first regular monthly dementia-friendly movie program. Movie tickets cost $5. The key: the local theatre shows a classic movie matinee (mostly musicals) with soft lights and sound, and no rules.

Guests are free to talk, clap, tap feet, sing along, get up and dance—be how they are, have a good time! Valuable volunteers and staffers welcome and assist guests into and throughout facility during the event. We average 90 persons with dementia and caregivers monthly, and 90 smiling souls. Persons with dementia and caregivers have relieving, worry-free fun with each other. Many meet new friends on the journey and they all see they are not alone. Many take home souvenirs, goodies, prizes—and useful literature. All participants feel visible again, to each other and the public.

We offer a free expansion packet including a detailed "how-to" manual which explains essential and optional features such as: volunteer recruitment and training, run-of-show schedules, publicity, materials list and an overview PowerPoint to show to sponsors. An illustrated Social Story/ What To Expect booklet helps would-be guests overcome hesitancy.

https://www.dfsaline.org/
Jim Mangi, Chair
jimmangisr@gmail.com / 703-395-3824

Organization: **Dementia Spring Foundation**
- Louisville, KY

The Dementia Spring Foundation's dual mission is to empower independent, grass-roots arts programs and artists to (a) inspire joy and creativity in persons living with dementia and their care partners, and (b) fundamentally change people's perception of dementia and Alzheimer's disease in the modern age. Founded in 2020, the Dementia Spring Foundation connects the dementia community with arts programming through online resources, funding for new programs, and an in-person event each spring. Each week a novel dementia arts program or project is featured in our Dementia Arts Spotlight Series, which has highlighted fifty-one such projects during the past year, with another 12 already submitted for spring/summer 2024. Now in its fourth year, our competitive Dementia Arts Impact Awards provide support for novel visual and performing arts programs, used either to expand the reach of the program or bring a project to completion. Grants are for up to $5,000 each. Impact Award alumni serve as mentors to new grantees, participate in our Festival and serve as reviewers for ongoing grant cycles. Finally, we hold an in-person Dementia ARTS Festival and fundraiser each spring.

There are hundreds of visual and performing arts programs for persons with dementia in local communities nationwide, but they are disconnected from each other and woefully underfunded. We hope to meaningfully connect them with each other, with new funding streams, or with interdisciplinary expert resources to expand their impact.

www.dementiaspring.org
Marc Rothman, Founder & President
drmarc@dementiaspring.org / 415-205-1229



Organization: Engagement Center for Creative Aging - *Blacksburg, VA*

Program: The Beat Goes On

The mission of the Engagement Center for Creative Aging at Virginia Tech is to provide innovative community services for families aging in place while enhancing the education of future healthcare professionals in the New River Valley and beyond.

The Beat Goes On started in 2023. Our intergenerational community choir is open to all - no audition required. It was designed by a music therapist to be both accessible and approachable, while specifically including persons living with dementia (PLWD) and their care partners (CP). In addition to PLWD and their CPs, our choir includes college students, faculty, staff, and other community members ranging in age from 2-86 years old. We have weekly rehearsals beginning with snacks and chat. Following social time, we move into singing, dancing, and lively discussion about lyrics and melody. Rehearsals are a celebration of togetherness, community, and joy with relationships between people of all ages blossoming. The season ended with a free community concert – to a packed audience of more than 100 - accompanied by a local rock band of retirees. We believe there are opportunities for choirs like this to exist in all college towns. Methods, challenges, and triumphs of this program are being documented for distribution to other state universities that embrace experiential learning for their students. We can change the narrative from focusing on how lonely and isolating living with dementia can be to creating environments and experiences that meet all humans.

https://ads.hdfs.vt.edu/
Joanna Culligan, Therapeutic Program Manager and Instructor
joculligan@vt.edu / 540-231-3161



Organization: Goodwin Living - *Falls Church, VA*

Program: The Melody Makers

The Melody Makers choral program aspires to support the cognitive, physical, and social wellbeing of older adults with moderate to late-stage cognitive change, while also positively impacting the narrative around cognitive change. Using a shared love of singing and music, the program pairs an older adult with cognitive change, the Melody Maker, with another adult who does not have cognitive change, the Ambassador. The purpose of pairing Melody Makers with Ambassadors is to provide the Melody Maker one-to-one support and socialization within a choral setting. Together, the Melody Makers and Ambassadors learn new music, engage in musical cognition challenges, stay fit using music assisted physical exercise, and build friendships with each other across levels of care. In our community, there is a need to provide individuals with opportunities for connection across levels of care, as well as opportunities for staff to connect with residents in a fun and engaging way. During Melody Makers groups, staff help to facilitate connections by pairing the Ambassadors and the Melody Maker and provide support for engagement.

The program was developed in a collaborative effort between Goodwin Living and Encore Creativity for Older Adults. Encore has developed a template for Melody Makers sessions and continuously reviews this template with the Brain Health team at Goodwin to ensure the best practices and delivery of quality programming. This template is readily available to all who wish to lead a Melody Makers group.

www.goodwinliving.org
Jessica Fredericksen, Director of Brain Health
jfredericksen@goodwinliving.org / 703-300-6992

Organization: La BROCHA (Latinas/os Buscando Refugio y Optimismo Cuando Hacen Arte) - *Chicago, IL*

La BROCHA's (Latinas/os Buscando Refugio y Optimismo Cuando Hacen Arte) mission is to provide free quality art programming to Latinas and Latinos aged 60+, specifically those with dementia and/or Parkinson's disease, who live in disinvested communities in the Chicagoland area. La BROCHA provides quality art programming to an underserved population: Spanish-speaking Latino older adults who may also have cognitive impairment. Our focus on art stems from a growing body of literature citing the physical and mental health benefits of engaging in the creative arts and maintaining consistent and strong social connections.

Founded in 2016, the programming has evolved to include the following key activities: Monthly art workshops held in different community locations; Quarterly art-focused memory cafe, Al Café, hosted at a community library; and an End of the year celebration, Arte, Salud y Tradición, hosted at a museum. Bilingual bicultural teaching artists lead the events. All art supplies and a healthy meal are provided free to participants. The main outcomes include: 1) Providing a welcoming outlet for elders to engage in art making, 2) Experience the mental and physical health benefits of art making, and alleviate feelings of isolation, 3) Offering a unique platform to provide educational resources (e.g., brain health, caregiving, healthy aging) to raise awareness about and counteract the stigma about dementia. During the pandemic, we collaborated with Arts for Brain Health Coalition (AFBH) to develop bilingual art toolkits.

https://www.facebook.com/LaBrochaChicago/
Maria Velazquez, Executive Director
LaBrochaChicago@gmail.com / 773-558-4459

Organization: Memory Makers of the Midsouth - *Germantown, TN*

Program: Memory Cafes

Memory Makers of the Midsouth provides a monthly program of free Memory Cafes throughout Memphis and Shelby County utilizing a mobile model that builds on existing community resources. The first pilot program was started in January 2023; now we currently operate seven monthly Memory Cafes and have four more in the pipeline for the coming months. Each Memory Cafe includes both those with dementia and their care partners, and has an activity protocol centered around a theme. Each theme includes reminiscing, music, sensory integration, movement, games, history/fun facts, creative arts, and brain games to fully engage each participant. Each Memory Cafe also provides a free resource table with caregiving and disease information, as well as refreshments that are sponsored by a local business.

There are approximately 13,000 individuals living with dementia in Shelby County With only five adult day cares and 17 residential memory care facilities, the existing dementia resources are both inadequate to meet the need and cost-prohibitive to many Memphians. Memory Makers of the Midsouth's Memory Cafe program is 100% free for its participants and are placed in local neighborhoods to address a substantial lack of public transportation. We also provide a free monthly virtual support group for caregivers as well as education and training for the public. The activity protocols are contained in a guidebook, "A Year of Meaningful Dementia-Friendly Activity Themes."

https://www.memorymakersmidsouth.org/
Kristen Miller, Executive Director
ED@memorymakersmidsouth.org / 901-604-4690



Organization: Promoting Art and Intergenerational Relationships
- North Royalton, OH

PAIR's (Promoting Art and Intergenerational Relationships) mission is to build genuine and mutually beneficial relationships between aging individuals, those living with dementia, and the greater community. PAIR is inspired by the principles of Opening Minds through Art (OMA). PAIR takes creative aging programming into new communities, adapting programs to meet the needs of the diverse populations served. PAIR focuses on low income, historically marginalized groups in greater Cleveland, OH. We offer intergenerational programming, partnering with multiple universities to provide creative arts in residential care communities.

As OMA trainers, PAIR certifies individual facilitators to bring creative aging programming to their own communities. PAIR has also supported OMA with training Medicaid certified nursing homes across the state of Ohio. PAIR has certified more than 25 facilitators who have replicated OMA in care communities across the U.S. Additionally we have trained 25 volunteers to deliver meaningful arts programs. OMA was founded in SW Ohio at Miami University. PAIR focuses on servicing the opposite corner of Ohio, where we can reach diverse audiences utilizing OMA as a tool for quality life improvement in care communities. We contract with universities for additional learning opportunities for art therapy students. PAIR's instruction emphasizes shifting student's perspectives on aging and memory loss. Using person-centered principles, we hope to provide a ripple effect across students, facilitators, and volunteers to shift the culture of long-term care.

https://www.facebook.com/PAIR.cle
Ashlee Cordell, Co-Founder, Director of Curriculum & Outreach
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PVI
Enabling Seniors to Age in Place

Organization: Peninsula Volunteers, Inc. (PVI)
- Menlo Park, CA

Program: PVI Music Therapy program

PVI Adult Day Services at Rosener House is unique in having a full time Board-Certified Music Therapist (MT) on staff since 1994. The MT is a regular activity staff member, conducting group music therapy sessions twice a day plus blending music into other activities, such as leading morning sing-a-longs or walking participants through the hallways with rousing marching tunes. The MT assesses each participant, takes part in all interdisciplinary team meetings, and assists in developing care plans. The MT becomes familiar with each participant, learns their preferred music and non-verbal responses so sessions can be tailored to best suit strengths and needs. Outcomes include improved mood, alertness, communication and social interaction and decreased depression, anxiety and agitation. The MT is part of our staff-participant ratio as required by California licensing.

Individuals living with dementia can be reluctant to join an adult day program, and caregivers may be hesitant to leave their loved one even though they know they need respite. During frequent Open House events or during an inquiry/visit day, potential participants may join the Music Therapy sessions, and caregivers are reassured when they see the positive response. The need for caregiver respite is well known, and out-of-home respite can be very helpful. We would be pleased to share our experiences with interested parties, through on-line or in-person visits to Rosener House. Our Music Therapist would be available to assist others to implement a similar program.

www.1pvi.org
Lisa Murphy, Director of Engagement
lmurphy@1pvi.org / 650-207-8738

Organization: Racine Art Museum Association, Inc. (RAMA) - *Racine, WI*

Program: SPARK!—Cultural Activities for People with Memory Loss and their Care Partners

SPARK!—Cultural Activities for People with Memory Loss and their Care Partners—provides a stimulating, yet non-threatening atmosphere in a museum setting, encouraging participation and feeling a sense of accomplishment together. Since 2010, programs offer a unique mix of activities explored through visual art conversations, sensory stimulation, creative writing, poetry, music, dance, and art making. Programs keep participants actively engaged in a community setting by providing peer support and creativity. SPARK! is offered free for families to attend together in a comfortable environment led by specially trained staff and volunteers. The mobile component, SPARK! on the Road, began in 2011 to provide the actual "delivery" of these free experiences to assisted living facilities, senior day centers, church groups, and nursing facilities eliminating the often-challenging task of transporting memory-impaired loved ones to either museum campus.

RAMA was one of five museums to receive a grant from Bader Philanthropies of Milwaukee, with the goal of making its exhibitions and programs accessible to people with early to mid-stage memory loss and their families. All adults with memory loss and their care partners living in Racine County are invited to participate in SPARK! and since 2010, 6,217 people have been served. By providing training, infrastructure, tools, and resources, the Alliance presents how this model can be adjusted and tailored to organizations of all sizes in a variety of areas and disciplines.

www.ramart.org
Laura D'Amato, Director of Operations and Development
ldamato@ramart.org / 262-898-1412

Organization: Respite for All Foundation (RFA) - *Montgomery, AL*

The Respite for All Foundation's mission is to inspire and facilitate a nationwide expansion and mentorship of volunteer-based respite communities serving individuals living with Alzheimer's disease and other dementia disorders. Through online and onsite training, annual conferences, group discussions, and one-on-one conversations, RFA guides churches and other organizations on how to build communities of well-being and connection to provide cognitively enriching activities and meaningful interactions.

After launching a volunteer-based Respite Ministry at 1st United Methodist Church in Montgomery, AL in 2012, Daphne Johnston began advising how to replicate the successful model. In 2018 she co-founded Respite for All Foundation to share the concepts of a volunteer-run community that incorporates engaging activities and service projects. The goal is to improve quality of life for people living with dementia while giving care partners a break. Programs, hosted predominantly by churches, meet one to four days a week for four hours, led by one staff member and trained volunteers, for games, exercise, art, and music. RFA is supported by grants and donations but charges $650 for online training, $350 for annual conference, both given for free when needed. Free support to local leaders is available to launch and sustain respite communities. With private funding, RFA offers seed grants for eligible launches. The RFA network has grown to 38 locations in 11 states with more in process.

respiteforall.org
Daphne Johnston, Executive Director
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THE UNIVERSITY OF CHICAGO MEDICINE
Center for Comprehensive Care and Research on Memory Disorders

Organization: The Memory Center at UChicago Medicine in partnership with GoldMind Arts - *Chicago, IL*

Program: 'Art Is... In'

'Art Is... In' is a nationally recognized, award-winning, professionally curated, art-at-home experience, celebrating more than 10 years of partnership between The Memory Center at UChicago Medicine and GoldMind Arts & Aging. Its current design is adapted from its original form, called 'Art Is...,' an engaging, enriching art program for persons living with memory loss and their caregivers. COVID made in-person programs impossible. Participants now receive a free, all-inclusive weekly package in the mail including famous art, poetry, music, and intentional discussion prompts on healthy living/storytelling. This one-of-a-kind tech-free, Zoom-free, YouTube-free program is accessible to all, especially those unable to enjoy in-person/virtual activities or with limited access/ability on computer/internet. We reach people who are isolated, strengthening relationships and social engagement, all with proven research to reduce isolation and loneliness.

Studies demonstrate the quality of the patient-caregiver relationship directly impacts quality of life/overall health for both. Weekly participation in fine arts reduces need for medication and reduces isolation/idleness, which contribute to cognitive decline. Intergenerational programming addresses loneliness/isolation: youth, enthusiasm, feeling needed, and familial connection offer emotional well-being in older individuals. 'Art Is... In' improves caregiver/patient connection, decreases caregiver burden/depression, and increases overall activity—overcoming socioeconomic, technical, and geographic hurdles through its home-based, tech-free, and easy design. We provide templates and support to residential facilities, day centers, and home health agencies. Caregiver Toolkit and Sample Art Kit available upon request.

www.thememorycenter.uchicago.edu/artisin
Fabiana Goodman, Executive Director GoldMind Arts
artisin.goldmindarts@gmail.com / 312-405-6672

Voices of Alzheimer's

Organization: Voices of Alzheimer's - *New York, NY*

Led by individuals living with Alzheimer's, the Voices of Alzheimer's Foundation's mission is to enrich the lives of people living with or at risk of Alzheimer's and other cognitive illnesses. This is accomplished by reducing stigma, promoting equality, and creating educational resources that shed light on innovations in care and treatment. Voices of Alzheimer's (VoA) spearheads a multifaceted approach to empower and educate the Alzheimer's community. Our flagship initiatives include - Bi-monthly newsletter in which VoA curates impactful stories and essential Alzheimer's news fostering community cohesion and knowledge exchange; - Personal narratives shared through our website further enrich this dialogue - A Patient Bill of Rights developed by those directly affected by Alzheimer's champions ethical treatment and consideration for patients and caregivers; - Educational video project: VoA is producing a video to highlight the crucial importance of early diagnosis in Alzheimer's. Through real-life testimonials and expert insights, we aim to dispel myths, encourage timely diagnosis, and foster support networks.

VoA addresses a critical gap in support by amplifying affected voices, enhancing community cohesion, and fostering empowerment. Our initiatives provide comprehensive resources and advocacy within the Alzheimer's community. Through our monthly newsletter, individuals share personal experiences, fostering empathy and connection while disseminating vital information. Our website offers accessible knowledge on Alzheimer's, clinical trials, and caregiving strategies. Our video testimonial project highlights early diagnosis, featuring diverse perspectives to empower proactive support-seeking.

https://www.voicesofad.com/
Kim Durante, Associate Director
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Individual: **Chris Bravo** - *Brooklyn, NY*

Program: **Make Space for People Living with Dementia**

As a social worker, artist, and activist, I spent a decade supporting my mother, Joyce Bravo, who lived with vascular dementia. This journey was transformative, marked by moments of beauty, opportunity, and joy.

People living with dementia often feel disconnected and excluded from society. To address this, we ask: "What does a dementia-inclusive community look like?" As we strive to create person-centered practices and organizations in the dementia community, it's crucial to involve those living with dementia in answering questions about inclusivity.

Make Space workshops provide platforms for inclusive communication, where individuals with dementia can express ideas about personhood and connection. These expressions represent valuable information, guidance, and insight as we collaboratively construct person-centered practices. Make Space workshops establish these productive pathways and model a creative process that prioritizes and empowers individuals living with dementia.

The core intention of the Make Space project is to help our participants experience joy. We believe that we access joy through our connections and relationships with each other, and exploring the space around us and within us. Participants in our workshops have opportunities to improvise, express, take risks, listen, and build meaning regardless of their disease or "stage". Because Make Space prioritizes longitudinal engagement, our participants grow and evolve with our program. We strengthen and nourish these connections through consistent and intentional engagement.

https://www.makespacetheater.org/
Chris Bravo
iamdirect@gmail.com / 917-589-1258

Cultivating Health

Providing exceptional care or education that supports the long-term physical health of persons living with dementia

ORGANIZATIONS

DEER
The Dementia Engagement, Education, and Research Program
School of Public Health

Organization: Dementia Engagement, Education, and Research (DEER) - *Reno, NV*

Program: Dementia Self-Management Guidebook

The Dementia Self-Management Guidebook, released in 2023, is an innovative, open-access resource freely available for download via the DEER Program's website, and also available free in hard copy thanks to grants and donations. Based on the science of chronic disease self-management, using human-centered design, the DEER Program partnered with six advisors who are living well with dementia to develop the Guidebook, a first-of-its-kind resource specifically designed by and formatted for people living with dementia. Each Guidebook module provides current information and assists people in developing personalized strategies for living well. The Guidebook also introduces community resources recommended by advisors to help people manage and adjust to life after a diagnosis. The DEER Program has distributed 4,500 free hard copies and is working toward widespread dissemination.

The idea for the Guidebook came from members of Dementia Conversations, a program of Dementia Friendly Nevada, another DEER Program initiative. Dementia Conversations is a Zoom-based public discussion forum that explores ideas and strategies for living well. Each Conversation is co-hosted by a person living with dementia and a support partner. Since January 2020, participants have logged on each week to share their insights as well as their diagnosis experiences, commonly fueled by myths, misunderstandings, and misconceptions. After 4,000+ repeat visits, the co-hosts and participants wondered what it would be like to capture some of this great content on the page, to serve as a hopeful and well-informed resource for people living with dementia.

https://deerprogram.org/
Contact: Jennifer Carson, Director, Dementia Engagement, Education, and Research
jennifercarson@unr.edu / 775 219 4956

MEMORY LANE TV

Organization: Memory Lane TV - *Portland, ME*

MLTV, dubbed as the "Netflix" of dementia, is a fully functioning innovative video-on-demand streaming service providing personalized meaningful engagement and social connections offering cognitive stimulation for individuals living with dementia through all stages, both independently at home and in residential care communities. Commercialized in 2021 after seven years of development, it offers customizable content to adapt to the evolving needs of users, engaging users in meaningful activity and relationships to enhance overall quality of life and well-being. Drawing from decades of research on sensory stimulation, MLTV incorporates evidenced-based techniques such as guided imagery, chronobiology, temporal referencing, and multisensory interventions into its films, music, pictures, sounds, and aromas. Whereas most complementary therapeutic interventions are applied singly, several key techniques are integrated into the MLTV film sessions. Priced @ $149.00/month for organizations and $7.99/month for home use.

With the increase in individuals living with dementia, and the challenges posed by their symptoms, there is an urgent need for cost effective, non-pharmacological interventions. MLTV offers a unique multimedia experience tailored to individuals' biographies and cultural backgrounds, fostering familiarity and engagement. To assist customers in implementing MLTV, resources such as how-to guides and online training modules, webinars, peer-to-peer networking opportunities and customer service hotline are available on demand to support application.

www.watchmemorylane.com
Contact: Alban Maino, CEO
am@memory-lane.tv / 207-409-6900

MUSIC MENDS MINDS
RESTORING THE RHYTHM OF LIFE

Organization: Music Mends Minds (MMM) - *Los Angeles, CA*

MMM began establishing free senior music groups in elder day and memory care facilities, the VA, and community centers in 2014. We survived COVID by streaming thrice-weekly, music therapist-led Zoom sessions to a global audience who couldn't leave home, for which our founder became a CNN Hero. We are currently expanding locally, nationally, and globally, often partnered with public sector agencies and focusing on neighborhoods unaccustomed to either private or public supported arts and health mandates. Our free senior music groups are a perfect example of a community doing well by doing good. Our favorite music lowers anxiety, stress, and depression, in patient and caregiver, naturally reducing behaviors, drug issues and accidents that require emergency care.

Music is the one capacity we DO NOT LOSE even when dementia may be destroying our memories and senses of self. Neuroscientists have verified that because the brain cells related to music memory are spared by the amyloids and tangles of dementia, they remain a pathway to memories and emotions otherwise lost. It's why we may not remember who we married or where we live but can still sing "Somewhere Over the Rainbow", and why the music we learned and loved between the ages of 12 and 25 remains a lifelong part of our identity, and a natural bridge to more meaningful physical and mental wellness. To start a music group, see the "How-To" guide on the website.

www.musicmendsminds.org
Contact: John Kander II, Executive Director
john@musicmendsminds.org / 310-567-8464

Prevent Alzheimer's Disease 2020, Inc.

Organization: Prevent Alzheimer's Disease 2020, Inc. - *Potomac, MD*

Program: Brain Watch Coalition

The Brain Watch Coalition (BWC) began September 1, 2023 and directly addresses a previously unmet and significant need for timely identification and intervention in cases of unrecognized cognitive impairment and dementia. This need is critical, given the global shortfall in specialized personnel and infrastructure necessary for diagnosing, treating, and caring for individuals with these conditions. By focusing on developing new, high-quality, and coordinated healthcare approaches, BWC meets this urgent demand by filling existing gaps in care delivery. The innovation lies in BWC's integration of diverse stakeholders with expert knowledge and resources under the Campaign to Prevent Alzheimer's Disease, fostering accelerated innovation and trust among stakeholders. This approach not only enhances existing healthcare systems but also introduces a paradigm shift towards prioritizing timely access to brain health care, thus significantly reducing the burden of disability due to cognitive impairments and improving personal independence.

This program is setting global standards for recognizing cognitive impairment, achieving consensus definitions, and integrating clinical and care perspectives.

The new journal "Vitality, Medicine and Engineering" communicates knowledge and promotes brain health awareness among professionals and the public. Education and Awareness: Conducting education efforts aimed at medical professionals, fostering government collaboration, and launching public awareness campaigns.

www.pad2020.org
Contact: Ara Khachaturian, Executive Vice-President
ara@pad2020.org / 301-309-6730

Organization: The Arc Jacksonville
- *Jacksonville, FL*

Program: Specialized Aging Support (SAS)

The Arc Jacksonville serves and advocates for individuals with intellectual and developmental differences (IDD) to achieve their full potential and to participate in community life. Providing exceptional care for the IDD and dementia population is a primary focus of our Specialized Aging Support program. Those with IDD and dementia attend our interactive day center to engage in activities through a full curriculum designed to improve physical and cognitive health and overall wellness to minimize the impact of dementia. Activities include physical fitness, nutrition, cognitive stimulation, sensory integration, creative expression, and reminiscence and recollection. These activities are each correlated with improving heart and brain health to improve or maintain function. Caregivers receive support and education through our Caregiver Education nights with featured speakers offering a sense of community among the caregivers, and a take-home activity to engage in a meaningful task with their loved one.

Arc has been approved as a Medicare provider for occupational therapy services and begun to layer in reimbursable services within the program, resulting in more robust and skilled services within the Adult Day programs. The goal of the SAS program is to be a model program for other organizations to implement across the country. This can be done through utilization of our three curricula (day center, caregiver support, and education and training).

https://arcjacksonville.org/
Contact: Abbey Such, Occupational Therapy Manager
asuch@arcjacksonville.org / 904-779-3135

Organization: **Tranquility Health** - *Pleasant Hill, CA*

Program: **Onsite dental care**

Tranquility Health manages onsite dental care for residents of senior living communities (assisted living, memory care, and skilled nursing communities). Using portable equipment and cloud-based technology, our affiliated dentists deliver care to those who struggle to access care in a traditional brick-and-mortar setting. The vast majority of our patients have dementia. Tranquility Health dentists tailor every treatment plan to ensure it suits the patient's medical history and individual tolerance levels, placing a priority on non-invasive options to ensure patients are pain-free, infection-free, and able to eat. Tranquility Health currently partners with more than 100 senior living communities throughout the San Francisco Bay Area.

Residents of senior living communities have significant dental needs due to complex medical conditions, polypharmacy, and physical/cognitive disabilities that limit the ability to perform oral hygiene. Poor oral health can negatively impact overall health by making it difficult to chew or speak, undermining nutrition, leading to infection, and exacerbating chronic conditions like hypertension and diabetes. Community caregivers are often underprepared to assist with oral hygiene.

Tranquility Health has streamlined business operations to ensure the model can be replicated, reaching more older adults with dementia who require specialized care.

www.tranquilityhealth.com
Contact: Amanda Amaro, Founder/CEO
amanda.amaro@tranquilityhealth.com / 925-644-2700

Organization: **Dementia Innovations, Inc. (DI)** - *Sheboygan, WI*

Program: **The Dementia Crisis Care Task Force**

The mission of The Dementia Crisis Care Task Force is to improve all facets of crisis response and care for persons with dementia in Sheboygan County with the vision of creating a comprehensive dementia crisis management plan statewide.

Since 2018, The Dementia Crisis Care Task Force has made significant improvements in the response to and the care of those living with dementia. Through one of the largest changes to the 911 system, those with dementia experiencing crisis now receive needed care through an EMS response, rather than through a law enforcement response.

In addition, the community-wide goal of deescalating in place has drastically reduced unnecessary trips to the ER, eliminating trauma for the individual. We have provided free in-person training to more than 4000 professionals including EMS providers, 911 dispatchers, Law Enforcement Agencies, direct facility/home caregivers, hospital staff and family caregivers. The scores on pre and post tests indicate a marked improvement in understanding dementia and how best to approach care. Prior to the TF, those involved in dementia crisis, did so in silos with no understanding of how their actions had a negative impact on the person. Such scenarios are now nearly nonexistent. DI has offered other counties guidance on implementing changes. Each year, we teach a class to EMS students through local technical college to ensure new professionals better understand aging and dementia.

www.dementiainnovations.org
Contact: Mary Pitsch, Co-Founder
mary.pitsch@dementiainnovations.org / 920-395-9533



Individual: **Diane Wolff** - *Port Charlotte, FL*

Program: **Dysphagia Kitchen**

I was my mother's primary caregiver for seven years when she developed dementia. She had a swallowing disorder as the result of her dementia. I gave up my literary life to take care of her and with the encouragement of her physician, I began writing on the subject of dysphagia. I became an independent publisher of books about setting up and running a dysphagia kitchen. I lectured widely and created a YouTube cooking video channel and put recipes and techniques on Instagram. I have gathered the library of culinary healing books into a new book which will be published by the Mayo Clinic Press in the fall of 2025 called "The Dysphagia Kitchen: Setting Up and Running a Puree Kitchen: A Manual for a Transition in Eating." I will have contributors who are eminent Speech Language Pathologists for the science portion of the book.

FOOD: COULD ANYTHING BE MORE FUNDAMENTAL? There are 48 million people in home health care situations in the United States. Approximately 10% of them have a swallowing disorder. My books serve as education for caregivers of all incomes and of all ethnic backgrounds. This is an overlooked area and amounts to a national emergency. Nutrition is the most significant factor that a person has control over which can affect not only their immune system but their mental health and well-being as well as their quality of life.

Contact: Diane Wolff
dianepwolff@gmail.com / 941-456-2215

Supporting Care Partners

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

ORGANIZATIONS

Organization: **A Better Way** - *West Hartford, CT*

Program: **Guided Aging Service**

Better Care. Better You. Our program is called Guided Aging Services. It started in 2022 and includes: *Guided Aging Therapy with trained therapists to understand the diagnosis and unique challenges faced throughout this journey; *Private Consulting and Coaching led by our team of Dementia Consultants: we meet with families in person/virtually, assess needs, address mental health challenges, family dynamics, and daily living situations and offer guidance; *Caregiver and Professional Training: we have professional dementia trainers who provide situational and approach-specific training to healthcare professionals, and emergency response personnel; *Free monthly Virtual Support Group tailored to men in need of fellowship and connection; *Foundations for Care Library - Currently in development for care partners.

A Better Way/Guided Aging Therapy meets a critical need for care partner support in a community facing inequitable access to healthcare. Men of color in the Greater Hartford area experience significant social, economic, and environmental challenges to health literacy, social-emotional support, community networks, practical assistance and a sense of belonging, which buffer against stress and protect against burnout. We provide men and their families with the tools they need to cope and function in their day to day lives, build a support base, and access needed services before they end up in crisis.

https://www.abetterwayct.org
Contact: Jonah Francis, Owner
jfrancis@pansycare.com / 860-794-8131



Organization: Actively Caring Through Sharing, Inc. (ACTS) - *Marina del Rey, CA*

Program: Support Group for Women and Men Caregivers

ACTS mission is to improve the mental, physical and spiritual wellbeing of past, present, and future caregivers in South Central Los Angeles and surrounding communities. Dementia disproportionately impacts Black families who provide help with activities of daily living, experience more financial burdens and are less likely than white caregivers to use respite services. To meet their needs, ACTS Support Group for Women and Men Caregivers provide: A: An in-person/zoom support group meeting every third Saturday, meetings open with prayer and "check-in" with new and returning caregivers before engaging in open dialogue or introducing guest speaker, free lunch is provided. Guest speakers include Trust attorney, Geriatrician, Medical/ Medicare/Social Security Specialist, Dementia Care Specialist and other professionals. B: Free educational resource material from Alzheimer's LA, Women's Alzheimer Movement - WAM, USC, NIH-NIA plus other organizations. C: Monthly $400 gift card to a caregiver D: Annual one day free Caregivers Wellness Retreat for caregiver and family.

ACTS guest speakers provide education on topics including estate planning and self-care. Guest speaker videos are available to watch on ACTS YouTube channel - ACTS Caregivers Support Group. ACTS collaborates with OPICAcares to provide free mental health support with a licensed therapist for three to five caregivers per month. Free grief and loss literature is available.

www.actscsg.org
Contact: Sharon Melancon, President, Co-founder
roseofsharon25@sbcglobal.net / 323-353-1310



Organization: Aging and Long Term Care of Eastern WA - *Spokane, WA*

Program: Building Dementia Capable Communities

The mission of Aging and Long-Term Care of Eastern Washington is to promote well-being, independence, dignity, and choice for older persons and for individuals needing long-term care, and to reach isolated vulnerable populations. Building Dementia Capable Communities encompasses providing innovative professional Dementia and Cognitive Brain loss education programs, care provider supports, community resources, and the promotion of culture of equity, diversity, and inclusion in the workplace and community.

Our goal is to facilitate public awareness, provide direct care services, create dementia friendly spaces, and offer education training on dementia. "A Dementia Friend is someone who, through the training, learns about living with dementia and then turns that understanding into action." To date we have provided more than 20 provider education courses to 1,000+ providers.

Our Star-C program has served 20+ families, given 1500 immunizations free to venerable adults, created a fully ADA compliant dementia web page and newsletter, created and distributed a robust dementia friendly resource list, promoted early diagnosis through media, offered caregiver support and respite, Dementia Friends Trainings, and promoted dementia friendly built spaces.

All of our programs, education, toolkits trainings are designed to be adopted, replicated, and used at any agency.

https://www.altcew.org/
Contact: Bethany Phenix Osgood, Planning and Resource Director, Tribal Liaison
bethany.osgood@dshs.wa.gov / 509-458-2509

Organization: Alzheimer's Association Greater Richmond Chapter - *Glen Allen, VA*

Our mission: The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — through global research, driving risk reduction, early detection, and maximizing quality care and support.

Everyone in the community is served and supported by a chapter of the association. Key services include: 24/7 Helpline, support groups, educational programs, engagement programs, community forums, an annual dementia conference, and online tools. The outcomes of all the services we provide are tracked annually through our data system with a goal of continuing to expand our reach and awareness in the community. The chapter was created in 1981 and the conference will celebrate its 20th year in March 2025. All of our services are free to attend, except the nominal registration fee for the conference.

Quality of life for persons living with dementia and their care partners is improved by our services. Our services are able to help them navigate the dementia journey, connect with community resources, connect with others who are also impacted by dementia, provide social engagement, and provide HOPE. During our last fiscal year, we served 7,477 individuals and provided a total of 440 support groups and engagement programs. For the current fiscal year our total for NEW constituents reached is 5600 and will continue to grow each year.

alz.org/grva
Contact: Rachel Lawson, Sr. Program Manager
ralawson@alz.org / 804-967-2575

Organization: Alzheimer's Community Care, Inc. - *Palm Beach, FL*

Program: Specialized Alzheimer's Day Services

The main purpose of our Specialized Alzheimer's Day Care and Service Centers is to provide Alzheimer's patients and family caregivers with tools to maintain their quality of life for as long as possible. To accomplish this, (1) Patients receive comprehensive dementia-specific care at the Center which lessens the impact of behaviors associated with Alzheimer's disease, and (2) Caregivers benefit with essential daily intervention that results in improved personal health, stress reduction and respite from 24/7 caring for their loved one at home. Each Center provides a safe, supportive, and individualized environment for Alzheimer's patients while granting caregivers needed respite.

Our current health care system is unprepared to appropriately treat all Alzheimer's families who need help and even less prepared to keep patients at home. 83% of the help provided to older adults in the US comes from family members, friends, or other unpaid caregivers. Caregiver burden is directly correlated with the quality of care for individuals with Alzheimer's disease. Research shows that interventions targeting the attributes of Alzheimer's disease are likely to not only alleviate patient suffering but improve caregiver well-being. By addressing the needs of both the caregiver and the patient through Specialized Alzheimer's Day Services programs, the aging network can ensure a better quality of life for both. The hallmark of Alzheimer's Community Care's model of care is the equal focus on the needs of both Alzheimer's patients and their caregivers.

Alzheimer's Community Care, Inc.
David Franklin, President and CEO
dfranklin@alzcare.org / 561-683-2700

Organization: **Arden Courts** - *Toledo, OH*

Program: **Catalyst 4 Connection (C4C)**

Arden Courts (AC) provides care for persons living with memory loss, focusing on what residents can do, capitalizing on lifelong experiences. AC partnered with C4C to pilot the platform to foster insight into each resident's history, needs, and preferences. As memory loss steals a person's ability to effectively communicate their needs, wants, and preferences, it can be difficult for caregivers and care receivers to engage in meaningful interactions. C4C is a simple tool, accessible through a smartphone or other devices, that enables caregivers to learn more about the individuals with memory loss for whom they provide care, both in terms of their personal history and their current preferences and needs.

Friends and family are even able to record video content to share with their loved one and their caregivers as a means of engagement and interaction. All of this serves to humanize the care receiver and enable a greater engagement between both parties.

C4C is developing "How-To" videos that will be embedded into the user dashboard. C4C offers a contact page that allows for questions to be asked and a dialogue to be initiated with one's support team. C4C also offers training to implementation teams within AC and other communities to help with onboarding, set-up, tutorials, or general questions.

https://www.arden-courts.org/
Contact: Tara Orourke, Senior Giving Specialist
tara.orourke@promedica.org / 419-283-8446

Organization: **Be Light Care Consulting LLC** - *Corbin, KY*

The mission of Be Light Care is to improve the lives of individuals with dementia by empowering caregivers and communities with the knowledge and tools to provide empathetic, informed, and effective care.

Be Light Care provides short-form, evidence-based videos for free to more than 320,000 followers on social media. These videos empower caregivers of individuals with dementia by offering practical, immediate support and simplifying complex care concepts to enhance caregiver skills and patient interactions.

These videos are not only accessible and time-efficient for busy caregivers but also create a supportive community, significantly reducing caregiver burnout, frustration, and isolation. By delivering instant, actionable insights, Be Light Care provides a lifeline to families, enhancing care quality and easing the daily challenges faced by caregivers. This innovative approach is unparalleled in scale and quality, offering a unique resource that was previously unavailable.

Be Light Care has significantly improved the quality of life for persons with dementia and their caregivers, as evidenced by a survey of 446 followers. 99% reported completing care tasks more quickly and with greater ease, 100% felt more confident in managing care challenges, and 96% noted improved quality of life for their person with dementia.

In July 2024, Be Light Care will enhance its offerings by introducing the 'Dementia Care App,' which will complement our robust social media presence. This app will enable caregivers to swiftly find specific videos, increasing the accessibility and functionality of our resources.

www.belightcare.com
Contact: Adria Thompson, CEO
info@belightcare.com / 606-344-9955

Organization: **Bethany St. Joseph Corporation** *- La Crosse, WI*

Program: **"MERIT Centre" Adult Day Care**

Bethany St. Joseph Corporation's "MERIT Centre" Adult Day Care provides a comprehensive service for individuals with Alzheimer's and other dementias.

Established to offer a safe social environment, key services include exercise, cognitive activities, entertainment, spa-like baths, medication management, and health monitoring such as blood pressure and diabetic care. The program is designed to be affordable and provide essential care that many homes can't accommodate. It benefits caregivers by allowing them to manage daily responsibilities or take a break, reducing the stress of continuous care.

The MERIT Centre profoundly improves the quality of life for persons with dementia and their caregivers. We witness transformative changes daily—from individuals previously withdrawn into depression becoming active participants in life again, to caregivers who are relieved and grateful to manage personal tasks stress-free, knowing their loved ones are not just safe but joyful. To extend our reach, we initiated a grant program aiding those unable to afford our services or awaiting medical aid approval, ensuring that even an hour at our Centre can brighten someone's day.

We provide toolkits, guides, and workshops to enable replication of our model, ensuring others can launch with proven strategies for sustainable impact. Our ongoing innovation secures our role as a vital, adaptable community resource.

www.bsjcorp.com
Contact: Amanda Acklin, Director of Philanthropy
aacklin@bsjcorp.com / 608-797-0248



Organization: **Brevard Alzheimer's Foundation, Inc (BAFI)** *- Melbourne, FL*

Program: **Joe's Club**

Our vision is that all adults and caregivers will have an improved quality of life, be healthier, happier, and age with dignity and grace. The primary service of BAFI is Joe's Club, our adult Day Health Care program that provides day respite service for caregivers and socialization and activity for their loved one who has Alzheimer's Disease or related dementias (AD/ADRD). Joe's Club was the first adult day health center in Brevard County and it has grown and thrived during the last 29 years.

Across our three centers, we serve approximately 100 people daily. Research documents that adult daycare programs are instrumental in preventing hospitalization and delaying placement in a long-term care facility or nursing home. Working caregivers depend on our services to provide a safe, affordable place for their loved ones during the day. We serve individuals in all stages of dementia. Our North facility is positioned in a region of low-income households, and we provide scholarships for eight families that attend the center. Our organization is unique among other charitable organizations because less than 10% of our revenue comes from fundraising; the remaining is state-supported and service-driven. BAFI is funded by the Florida Department of Elder Affairs, United Way, The Board of Brevard County Commissioners, the Florida Department of Transportation, the Federal Transportation Administration, and private donors.

www.brevardalz.org
Contact: Sean Odle, Director of Operations
sodle@brevardalz.org / 321-253-4430

Organization: **CareCopilot** - *New York, NY*

CareCopilot's mission is to make being a supportive care partner more manageable, and less stressful. CareCopilot understands that coaching and support groups have immense value, but being a care partner is exhausting and overwhelming and practical, hands-on support is helpful.

CareCopilot provides that practical administrative support to care partners by assigning each care partner a dedicated, U.S.-based social worker who makes calls, completes forms, and executes other administrative work for the care partner. Care partners currently pay a monthly, out-of-pocket subscription fee for the services of their 'care copilot'. There are a variety of different subscription plans to choose from, starting at just $50/month. CareCopilot provides financial assistance to care partners who are unable to pay.

Additionally, Medicare recently released new CPT codes that will allow CareCopilot to start billing Medicare for these services.

Since its inception, CareCopilot has decreased stress levels and increased productivity for dozens of care partners across the U.S. This primarily includes caregivers of color, because: 1. CareCopilot's founder – Alyse Dunn – is a Black woman who is extremely committed to serving the BIPOC community. 2. Families of color tend to have a more difficult time finding resources that are language specific, BIPOC-friendly, or otherwise culturally relevant.

https://carecopilot.co/
Contact: Alyse Dunn, Founder and CEO
alyse@carecopilot.co / 929-679-8425

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. Our goal is to enable individuals to remain independent and to allow them to live with dignity and joy."

Since 2001 the Alzheimer's Respite Care Program (ARCP) has provided FREE, weekly, in-home volunteer visits with the person living with dementia, to give their family caregiver a break. In 2023, ARCP Volunteers provided more than 2,100 respite visits. We have continued to lengthen and strengthen our lifeline to family caregivers by adding individualized Dementia Care Kits, a Respite Reimbursement voucher program, and most recently, The Recharge, an inclusive monthly support group for family caregivers and their loved ones. These valuable additions alleviate the symptoms of caregiver burnout, create meaningful connections, and restore joy in the lives of those affected by dementia and Alzheimer's. The purposeful evolution of our impactful (FREE) in-home respite program, provides vital support where it's needed most, and alleviates the physical, emotional, and financial strains that family caregivers experience.

The need for respite and connection is greater than ever as caregivers increasingly feel isolation and stress. Our respite program and other volunteer services allow us to provide relief, reduce isolation, and bring joy to all participants.

https://caregivervolunteers.org/
Contact Bob Scott, Executive Director
bobs@cvcj.org / 732.505.2273, ext 206

Organization: **The Center for Innovation** - *Linthicum Heights, MD*

Program: **The Green House Project**

The Center for Innovation works to create a world where every elder can receive high-quality, dignified services and support in the setting of their choice, regardless of their cognitive status and socioeconomic background. We believe that elders shouldn't have to give up autonomy, choice, and fulfillment simply because they require additional assistance. We build and maintain Green House homes — small-scale alternatives to traditional nursing homes, assisted living, memory care communities, and other care settings.

All Green House homes incorporate our internally developed Best Life dementia care framework. About 85% of Green House residents live with mild to late-stage dementia or other forms of cognitive decline. Best Life emphasizes the person and not the diagnosis, equipping caregivers with the tools and skills to implement a non-medicalized approach with four key pillars — the power of normal, a focus on retained abilities, the dignity of risk, and advocacy for people living with dementia.

Elders with dementia are encouraged to pursue familiar activities and make decisions about their day-to-day lives; caregivers are trained to balance concerns of safety with the benefits of participating in meaningful hobbies and interests, while interpreting actions such as aggression as needs to be understood and met, not behaviors to be stopped.

Residents of Green House homes report greater satisfaction, increased care time, and lower hospitalization rates.

https://thegreenhouseproject.org/
Contact: Susan Ryan, CEO
sryan@thegreenhouseproject.org / 301-518-5573

Chosen Bethel Family Ministries

Organization: **Chosen Bethel Family Ministries** - *Chicago, IL*

Program: **HEALING BRIDGES**

"HEALING BRIDGES" is a comprehensive trauma-informed care program designed specifically for persons living with dementia. Our mission is to create a compassionate and supportive environment, recognizing the unique needs of those impacted by dementia-related trauma. We bridge gaps, foster understanding, and empower care partners to navigate their challenging journey.

Healing Bridges includes: 1. Education and Awareness via workshops, webinars, and community events; Distribute materials on trauma-informed care. Outcomes: Awareness of trauma's impact; enhanced empathy and understanding. 2. Counseling Sessions: Led by experienced staff; Assess triggers, develop coping strategies, and offer support. Outcomes: Individuals explore their feelings and behaviors. 3. Pastoral Advisement: Trusted guidance from Pastors plays a vital role in supporting care partners. By integrating spiritual well-being, we honor generational, historical, and spiritual faith. Outcomes: Trauma is processed, Stress is reduced, Resilience is built. 4. Certified Support Groups: Facilitate support group discussions on trauma, grief, self-care, and coping. Outcomes: Isolation is reduced; comfort and support are realized. 5. Community Advocacy and Engagement: Educate the public, healthcare providers, and policymakers; Outcomes: Connect partners to services.

We currently collaborate with faith-based communities, an experienced community educator, and a support group facilitator who engage Chicago area African American families. Empowering and enlightening Toolkits were created and are used in workshops to help break down stigma, and ensure that no one walks this journey alone.

https://chosentabernacle.com/
Contact: Pastor Sandra Gillespie, Assistant Pastor
sandygill526@yahoo.com / 312-749-8991

Organization: **Dementia By Day (DBD)** - *Sewickley, PA*

Program: **DBD School**

Dementia By Day (DBD) is a resource for dementia care partners, both in professional and familial spaces. Rachael Wonderlin started DBD to improve the lives of care partners by sharing her wealth of knowledge and experience as a dementia care expert. Teaching Rachael's trademarked Embrace Their Reality practice and living in the reality that is true for the person living with dementia, is the core mission of DBD.

The DBD School teaching program is the great equalizer for dementia care professionals, many of whom come into dementia care communities with no prior experience in the field. After taking Rachael's 10-hour Certification Course, they are equipped with essential knowledge about: different types of dementia, how to interact with folks living with dementia, programming that is dementia-friendly, how to engage people living with dementia in activities, and more. DBD School also offers a refresher course and a course for families.

DBD School provides professional caregivers interactive courses consisting of easily digestible videos and slides that explain in plain language how to care for people living with dementia. The courses also quiz students on their comprehension as they go. Rachael has toolkits ("eKits") available on her website on a range of topics from deciding when to move a loved one to memory care to dementia-friendly interior design.

https://rachaelwonderlin.com/
Contact: Rachael Wonderlin, CEO
rachael@dementiabyday.com / 856-287-6029

Organization: **Federal Way Senior Center (FWSC)** - *Auburn, WA*

Program: **SKC/Food Bank**

The Federal Way Senior Center is a multi- functional agency providing charitable and educational services to improve the recreational, intellectual, social, physical, and mental health and well-being of seniors and veterans. The SKC/ Food Bank/ Nutritional Meal Program/Community Garden/ Resource Navigator that provides a twice weekly Food Bank – FWSC with Breakfast, Lunch, Music, Singing, Games - Socializing, Lunch and Learn, Educational Programs, Bingo- Arts and Crafts, Sewing, Knitting, Puzzles, Games, Field Trips-Holiday Parties, Celebrations. Our Center serves 1000 seniors, veterans, seniors with disabilities who come with their caretakers each month. The Food Bank serves 1400 individuals per month. We are a partner agency in grocery rescue with Food Lifeline and deliver food to senior and veteran low-income housing and churches.

We are powered by our 40+ volunteers who coordinate programs, events, food bank, garden, special events and parties. It has improved the quality of life for those with Alzheimer's, dementia, and their care partners because they all feel welcome and can socialize with friends. The center is on 5 acres. We have a large log cabin clubhouse where seniors have fun, get to know each other and get involved in activities and programs that they enjoy.

www.federalwayseniorcenter.org
Contact: Shelley Puariea, Executive Director
Shelleyp004@gmail.com / 206-954-2926

Organization: **For Their Thoughts® Foundation (FTTF)** - *Carlsbad, CA*

Program: **Care for the Caregivers (CFTC) / reTHINK Dementia**

For Their Thoughts® Foundation is a team of caregivers and professionals with firsthand experiences in dementia caregiving. Our mission is to empower care partners and their network with dementia health literacy and immersive education, a roadmap to resources with custom respite packages, and one-time financial support for live-in caregivers. Our vision is for care partners to focus on what matters most: Quality Time.

Caregiving is deeply personal as is our approach. We listen, research, and provide a personal resource package plus a grant for recipients to define what is relief to them. reTHINK develops empathy through experiencing dementia firsthand and deepens the connection between the caregiver and their loved one. Together, our two-pronged approach offers an avenue to quality time both for the caregiver and the person with dementia. We deliver person-centered planning, support, knowledge, and education. CFTC key activities include delivering tailored guidance through extensive 1:1 conversations, developing personalized resource roadmaps, and awarding no strings attached financial relief grants up to $1000. Since its inception in 2021, 29 care partners have received grants and 40+ have received a customized roadmap. reTHINK employs an immersive simulation (Dementia Live - DL) coupled with a curriculum focused on mindset, tools and strategies that care partners and their support team can use to enhance understanding, empathy, and communication to navigate diagnoses and daily challenges.

https://www.fortheirthoughts.org
Contact: Betsy Hall, Founding Executive Director
b.hall@fortheirthoughts.org /760-659-3883

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

Our mission is to provide SUPPORT, EDUCATION and ADVOCACY for care partners and their loved ones living with dementia. Prior to the inception of the HOPE support groups for care partners, there were few available in our area, and none weekly. We now serve approximately 500 individuals monthly. We are limited to starting new groups only by the availability of volunteer facilitators. Our programs include: • Our monthly virtual dementia education covering topics specific to care partner needs/requests. • Biweekly groups for people with Mild Cognitive Impairment and their care partners. • A group for those who have lost a loved one to dementia is unique in Clark County. • Our music programs are the only ones in our area specifically for people living with Dementia and their care partners.

Improved quality of life for care partners is seen through the changes in their stress levels and demeanor as they become more relaxed and confident, knowing they can raise issues without judgment. In addition, HOPE has partnered with the Area Agency on Aging and Disabilities to bring Dementia Friends Washington to Clark County. To date, we have provided dementia friendly sessions to more than 1000 individuals, and educated the community and businesses in what it means to have dementia and how to be the best dementia friendly community.

https://hopedementiasupport.org/
Contact: Lynn Crawford, Program Manager
program_manager@HOPEdementiasupport.org / 360 991 3197

Organization: The James M. Dixon Foundation for Alzheimer's Research and Support, Inc.

- Atlanta, GA

Program: Intentional Caregivers' Workshop Luncheons

The Intentional Caregivers' Workshop Luncheons are complimentary events tailored for caregivers of individuals with dementia. These symposiums offer a platform for caregivers to gain insights from experts in health care, self-care, and mental health. The goal is to improve the caregiving experience by providing practical tips and strategies to ease daily challenges. Attendees participate in inspirational activities, live Q & A sessions, and enjoy chair massages. Each caregiver receives essential items to aid their caregiving journey, highlighting the commitment to both educational and practical support.

The Intentional Caregivers' Workshop Luncheons have significantly enhanced the quality of life for caregivers. Since June 2019, the initiative has engaged more than 500 caregivers. The capacity is set to expand in 2025, with each event hosting at least 200 caregivers. While the events are open to all, they predominantly serve persons of color, those from low-income areas, and other underserved communities. In 2024, the addition of transportation services and collaboration with district councilmembers further extends the reach, ensuring that more caregivers, including those managing late-stage dementia, can access these critical resources.

The Foundation has developed a series of resource packs that include training manuals and session recordings. These are complemented by online tutorials and live webinars to guide organizations in implementing similar support structures. Additionally, the program supports the establishment of support groups within senior residences, providing a space for continuous learning and emotional support.

https://thejamesmdixonfoundationinc.com
Contact: Lori James, President
lrdspecial@aol.com / 404-375-7359

Organization: Jewish Family Service Association of Cleveland, Ohio (JFSA)

- Pepper Pike, OH

Program: Alzheimer's Disease and Dementia (ADRD) Support Program

Jewish Family Service Association of Cleveland (JFSA)'s Alzheimer's Disease and Dementia (ADRD) Support Program was launched in January 2019. The program assists individuals with ADRD to live with dignity and provides support to families by providing screening, assessment, care navigation, and caregiver services throughout the disease progression. Care navigators build trust and provide encouragement. Two geriatricians see clients at JFSA's clinic or the client's home. A social worker/educator presents Caring with Confidence (CWC), a workshop, that helps family caregivers increase caregiving skills, reduce stress, and provides behavioral guidance. Memory Café is a new monthly social program for clients and caregivers featuring presentations and activities designed to make people with dementia feel comfortable, successful, and included. A support group is available to anyone with an individual with ADRD in their life.

The program supports clients and caregivers from onset of ADRD to a client's transition to long term care/passing. Since inception the program has provided care management for 381 clients and caregivers. The program has connected families to more than 3,000 resources and services tailored to their needs and has increased awareness and reduced stigma for 1,900 individuals through education, and training.

A resource guide for families is available. A library of educational presentations is hosted on JFSA's website which also hosts program information. JFSA shares information with organizations seeking ADRD best practices and advice.

www.jfsa-cleveland.org
Contact Person: Nata Mendlovic Chief Operating Officer, Alyson's Place Medical Clinic at JFSA
nmendlovic@jfsa-cleveland.org / 216-755-1123

Organization: Jewish Family Services of Delaware - *Wilmington, DE*

Program: JFS COMPASS

JFS COMPASS started five years ago, and is a unique program offering personalized medical care and comprehensive social support for individuals with dementia, and their family caregivers throughout their journey with dementia. COMPASS stands for "Caring for Older adults with Memory Problems and their Support Systems." The key activities of this program are to provide specialized medical care for older adults with dementia and critical support for their caregivers—including education, counseling, and improved access to services. This innovative approach to managing medical/social needs and behavioral symptoms includes an emphasis on non-pharmacological interventions, requiring time and skills to deliver this care. COMPASS focuses on the following three outcomes: to improve the quality of dementia care, improve caregiver's ability to manage dementia-related behaviors, and to reduce caregiver stress.

COMPASS has improved the quality of life for its clients and caregivers by increasing access to supportive services, care in the community, ability to manage dementia-related behaviors, and creating a community of support amongst our caregiving families. JFS also provides financial assistance to those who need it, ensuring income is not a barrier to receiving critical care. Clients and caregivers can also access COMPASS virtually. JFS COMPASS has extensive resources in place to assist others in implementing this program, specifically COMPASS PPM (policies and procedures manual is on our website www.jfsdelaware.org) and a Caregiver Resource Binder which provides useful information.

www.jfsdelaware.org
Contact: Liberty Breen, Development Director
lbreen@jfsdelaware.org / 973-518-8764

Organization: Kaiser Permanente Colorado Supportive Care - *Pueblo, CO*

Program: Journeys

Journeys was created to help provide support and education to the families facing a long journey in dementia as it progresses. Journeys provides ongoing dementia education to care partners and family, and 1:1 caregiver supportive counseling. Most of the work is done virtually by Microsoft teams to allow for group education and support. Telephone and in-person support is offered. Patients receive an e-consult by neurology to confirm the diagnosis and then are referred to our specialists for support and education.

We often we hear of how the medical system "gives the diagnosis of dementia then sends you on your way" and how being a care partner is often a "lonely road." In November 2022, one of the dementia consultants was asked to reach out to a wife/care partner, to offer education and support. Initially, dementia was a secondary diagnosis to the member's ESRD however as both diseases progressed, it was the dementia that impacted the daily lives of both of them. The member's wife came weekly to a virtual education/ support group, and it was through the support of others in the group and the information given in each session, that she found ways to think differently about her husband and his diagnosis. The wife is now a participant in a dementia grief group. We utilize Positive Approach to Care in developing workshops which can be recreated through others becoming certified with Teepa Snow PAC trainings.

https://healthy.kaiserpermanente.org/
Contact: Nancy Greenstreet, Program Specialist, Independent PAC Dementia
nancy.L.Greenstreet@kp.org / 719-821-9893



Organization: **Laughter On Call** - *Los Angeles, CA*

Program: It's Okay To Laugh: Tools for Self-Care and Creating Shared Laughter

Laughter On Call's flagship workshop is called It's Okay To Laugh: Tools for Self-Care and Creating Shared Laughter When Facing Alzheimer's. The training is not about delivering jokes. It's for utilizing effective Improv based concepts that support family caregivers and professional caregivers to find laughter and connection with a person living with dementia (PLWD). The results are stress relief, boosted immunity and decrease in isolation. The sessions can be held virtually or in-person. People who take our workshops report leaving with prompts/exercises that successfully engage PLWD at all levels of cognition.

The creation of a curriculum that brings more levity and connection to PLWD and those caring for them came at the request of executive directors of communities to address the psychological well-being of caregivers. There is a high burn-out rate for caregivers making retaining employees a significant and expensive problem. When you create a culture where there is levity, where people feel seen, where perfection is not expected and flexibility is valued, and where we take the work seriously but not ourselves, you have a better chance of keeping your people. Studies prove that when employees share laughter, they experience a feeling of belonging and trust, also key for creating communities where people look forward to coming to work. We have a constant flow of resources through weekly blogs and monthly webinars.

www.laughteroncall.com
Contact: Dani Klein
Dani@laughteroncall.com / 213-840-6798

MIAMI UNIVERSITY

SCRIPPS GERONTOLOGY CENTER

Organization: **Miami University's Scripps Gerontology Center** - *Oxford, OH*

Program: Emotion-Focused Communication Training (EFCT)

Scripps Gerontology Center, at Miami University in Ohio, serves as a premier source of practical, evidence-based insights and innovative new programs, reports, and policy tools to transform aging services in Ohio and beyond. The Scripps Gerontology Center focuses on advancing aging research as well as education efforts. Scripps partners with the Preference Based Living Team (www.preferencebasedliving.com) to advance the delivery of person-centered preference-based care for older adults.

Miami Online's Emotion-Focused Communication Training (EFCT) program, developed in 2022, is a validated online training program designed to increase caregivers' awareness of their own emotions, help them identify emotions in others, and build strategies for how to manage those emotions. The course was developed from an in-person workshop and is a self-paced, interactive training program that is organized into six modules. The strategies learned in the course build a stronger relationship and more positive care experience for caregivers and care recipients alike. Program effectiveness shows increased knowledge of emotion-focused communication and confidence in implementing emotion-focused communication strategies post-training. The course is relevant for any caregiver of an older individual, particularly those with dementia.

The Preference Based Living team provides access to the EFCT training, tip sheets, and resources that collectively seek to advance the delivery of preference-based, person-centered care for all older adults, and especially those with dementia.

https://miamioh.edu/cas/centers-institutes/scripps-gerontology
Contact: Katy Abbott, Executive Director
abbottkm@miamioh.edu / 513-529-0869

Organization: Regents of University of Michigan – Silver Club Memory - *Ann Arbor, MI*

Program: : Silver Club Memory Programs

Silver Club Memory Programs are housed under the Community Health Services. They are comprised of Mild/ Moderate Memory Loss programs, operating since 1998. The Moderate Enrichment Program meets five days a week. Activities include congregate meal, music, fitness, cooking, art, pet therapy, and more. Mind Works, a weekly Mild Memory Loss educational program allows participants to engage in brain games, and educational presentations. It is a warm space for individuals to share their dementia experiences together. Elderberry is designed exclusively for women with mild memory loss that meets each week for support, friendship, and creative expression. They have art shows in the community, published poetry, and volunteer at the local food bank. Silver Clubs' outcomes are to decrease social isolation, improve health outcomes, and caregiver stress.

In FY 23 Silver Club provided more than 14,800 hours of programming to 41 members. Silver Club provides a dignified transition from our Mild Memory Loss to Enrichment Program. Moderate Members is assigned a staff person for care plans; an opportunity to discuss changes in the persons health or behaviors. Referrals are made to community organizations to support our caregivers with home safety modification, home care support, and deciding about the transition to memory care assisted living. Staff have written materials, resource lists, and activities that can be shared with individuals wanting to replicate the program, and can conduct virtual workshops to share their experience.

https://medicine.umich.edu/dept/geriatrics-center/
Contact: Andrea Lang, Program Director
andlang@med.umich.edu / 734-998-9352

Organization: Onward Health, Inc.
- *San Leandro, CA*

Program: Companion Drivers

Onward's vision is that no one should ever worry about how they will access healthcare or social support because of lack of transportation or caregiver support. Onward provides companion rideshare services for older adults and individuals with cognitive and mobility impairments. Companion Drivers are CPR/First Aid certified, drug tested, fingerprint background checked, and trained to support this population. They undergo training in topics including supporting individuals with AD/ADRD.

Traditional transportation solutions like curb-to-curb (C2C) rideshare, taxis, and buses are often unreliable or unsafe for vulnerable populations including the 40% of older adults with mobility impairments and 6.7 million Americans with AD/ADRD. Transportation is the most common type of caregiving support with 80% of caregivers citing transportation as a primary responsibility.

Onward is relieving caregiver burden and supporting appointment adherence with individuals with Mild to Moderate AD/ADRD. We intentionally take a B2B approach working with healthcare organizations and transit agencies to make sure that the rides are available to all people regardless of their financial means. For organizations like the San Francisco VA we routinely support rural populations in the far northern counties of California.

Onward has provided more than 50,000 door-through-door companion rides during the past 2 years, and 8308 of those rides were with riders whose rider profile in the technology platform identified them as having at least mild cognitive impairment.

https://www.onwardrides.com/
Contact: Kim Petty, Co-Founder and CEO
concierge@onwardrides.com / 800-700-4797

Organization: **Pop Services** - *White Plains, NY*
Program: **Tap In!**

The name of our program is Tap In! Dementia Toolkit and Tap n' Share. The toolkit, operating for three years, is designed to educate and provide resources for participants while Tap n' Share gives participants a forum to share their personal journeys in an open, reflective, and person-centered environment. The key activities are educational sessions and caregiver support services. The outcome of these programs is to provide support in one package providing tools needed to receive and give care for dementia patients and care for oneself. To date, the sessions are sponsored by churches and donors. We will be charging for the toolkit (print and digital) once it is completed.

Our research showed that many caregivers in local churches and minority communities didn't know about resources and support groups providing dementia education and support. Participants said there was no one place to find all the information they needed. Moreover, there were few tools that addressed sensitive issues like multicultural families, veterans' benefits, depression, or language barriers. The toolkit has met this need by supplying an educational support system where people speak to their individual needs and concerns. Participants hear from people who have experienced challenges, from caring for immigrant family members to veteran benefits. We have reached local participants, as well as national and international caregivers. The physical toolkit will help in caring for loved ones by supplying resources and a place to keep vital information.

Pop Services - White Plains, NY
Contact: Denise Lawson, President
denise.lawson201@gmail.com / 914-758- 5050

Organization: **Reminiscent** - *Valdosta, GA*
Program: **Caregivers Getaway**

Reminiscent seeks to enhance and advance the knowledge and dialogue concerning dementia. The Caregivers Getaway program is a retreat/respite that affords caregivers an occasion to get away and leave their responsibilities behind. This small group retreat is deliberately orchestrated for the caregiver. Caregivers experience fun, enchantment, confidentiality, friendship, relaxation/rest, engagement, and strategies to help them maximize tasks and their lifestyle. Outcomes include: rejuvenation, therapeutics, more tools in the tool box for dementia care, and a stronger network of support as it pertains to sources and resources.

Caregivers do not typically plan travel for themselves. More often, they place themselves on the "back burner" not recognizing the importance of their own health. The Caregivers Getaway program meets the unmet need of respite for caregivers.

The need is severe as research bears witness with a snapshot of caregivers. Women make-up 58% of caregivers. One out of three provide care a minimum of 20 hours per week without pay, and learn as they go. The need to care for caregivers is monumental as Baby Boomers age, more trained caregivers will be needed to meet the demand. Caregivers must recognize the essentiality of their self-worth. We believe the words (paraphrase) of former first lady Rosalynn Carter: You are, will need, have been, or will be a caregiver.

https://debraondementia.com/
Contact: Debra Tann, CEO
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Organization: **Senior Services Associates** - *Elgin, IL*

Program: **Caregiver Support Services**

Senior Services Associates, Inc. (SSA) is dedicated to sustaining and improving the quality of life for individuals age 60 and older, the disabled, and their caregivers by providing access to needed social services. Caregiver Support Services key activities include assessments to determine caregiver needs in areas such as financial support, training, education, support groups, individual counseling, and respite. The desired outcome of these activities is to reduce stress and improve overall well-being for the caregiver and the recipient. In 2002, we implemented a Family Caregiver Program providing assistance and respite to caregivers. In 2017, the program expanded to include Caregiver Counseling.

Caregivers play a crucial role in enabling individuals to stay in their homes rather than transitioning to long-term care facilities, resulting in substantial savings, across sectors such as housing, care, and medical expenses. Caring for the caregiver is essential, given the strain they experience balancing caregiving and everyday tasks, while often neglecting their own needs, leading to depression and increased health risks. Many caregivers, particularly spouses, don't always identify themselves as caregivers but see it as part of their marital responsibilities.

The program has greatly enhanced caregivers' quality of life through vital services, support, and resources. We provide accessible toolkits, guides, workshops, and online resources for program replication.

https://seniorservicesassoc.org/
Contact: Micki Miller, Executive Director
mmiller@seniorservicesassoc.org / 847-741-0404

Organization: **St. Barnabas Senior Center of Los Angeles** - *Los Angeles, CA*

Program: **Family Caregiver Support Program (FCSP)**

Our mission is to empower a diverse community of older adults to Live Well, Feel Well and Age Well in the community with dignity and respect.

The Family Caregiver Support Program (FCSP) provides support groups, education and training, and respite services for caregivers. The education and training programs cover topics including dementia and Alzheimer's, health and wellness, accessing community resources, communication with healthcare providers, finding and hiring in-home care, safety, tech education, and crisis management. Our Tech Ed program provides technology education and a lending library of devices with data to allow all caregivers access regardless of income. Our Disaster Preparedness program also provides education regarding emergency planning specifically tailored for people with disabilities and their caregivers. We engage in comprehensive assessments, identifying the specific requirements of each caregiver. From there, we offer resources, training, and interventions aimed at enhancing their caregiving experience.

The Family Caregiver Support Program (FCSP) provides the caregivers with the ability to attend support groups and trainings online so that they can increase their skills as a caregiver. Most importantly, they learn how to access information to keep themselves and the person cared for safe and less socially isolated. The multi-lingual program provides support for caregivers who are low income and have loved ones at all stages of dementia. Caregivers and care partners are provided with the ability to age in place safely, with access to resources for the short and long term.

www.sbssla.org/
Contact: Darlene Kiyan
dkiyan@sbssla.org / 213-388-4444

Organization: **START Senior Solutions**
- Eden Prairie, MN

Program: **Act on Alzheimer's**

As a faith-in-action non-profit, we renew hope for seniors and caregivers, strengthen families and make our communities better places to live. For 12 years, START has been known for its crisis intervention work. Serving in the metro area and with staff in rural Minnesota, START's team is recognized for their knowledge of dementia/care, state and federal programs, and healthcare. Our advocacy for families navigating dementia is unrelenting. We do what it takes. Staff includes, nurses, retired ombudsmen and our board includes a geriatrician and social worker. START moves families from a crisis to stability. We work with families as long as needed without charging a fee for our services. The current budget is $500,000.

As MN rolled out the program, Act on Alzheimer's, focus group attendees said they wanted someone on speed-dial to call for help. START is the organization meeting that need. All too often, caregivers leave a doctor's office with a diagnosis and have no idea where to turn. A call to START brings a nurse to the home, a list of needs and fears emerge and a plan is put in place to address those concerns. START stays with those clients as long as needed. Our longest served client was with us for eight years. More than anything, START provides caregivers the knowledge that they are NOT alone.

www.startseniorsolutions.org
Contact: Tracy Keibler, Executive Director
tracy@startseniorsolutions.org / 952-392-8703

Organization: **Stories Love Music** *- Salisbury, MD*
Program: **"The Joy of Creative Engagement"**

Stories Love Music's mission is to provide "The Joy of Creative Engagement" training to caregivers to: Improve the care and support of people with dementia; Explore and create connections between music, storytelling and emotional health; Help to manage reactive emotions of the seniors they care for and themselves; Reduce anxiety, depression and burnout in caregivers and senior citizens.

Stories Love Music was founded in 2017, inspired by performing concerts for seniors in shelters during Superstorm Sandy. The signature program, "The Joy of Creative Engagement" is for both professional and family caregivers who work with individuals in all stages of dementia. The program teaches two aspects of creative engagement; 1) how to use music and storytelling for self-care to reduce stress and burnout in caregivers 2) how to design creative activities with music, for use in daily caregiving with individuals with dementia. Outcomes include reduced stress for the caregivers as well as increased verbal interactions, reduced anxiety and violent outbursts during stressful times for individuals with late-stage dementia. The program is free to the caregivers.

Senior citizens living well with dementia requires a robust workforce of caregivers for daily support. However, turnover in senior facilities and nursing shortages are at an apex. By utilizing Creative Engagement techniques, our program directly impacts the quality of life for caregivers, enables a sustainable and healthy workforce, and indirectly increases the health and well-being of our senior population

www.storieslovemusic.com
Contact: Ilyana Kadushin, Executive Director
ilyanakadushin@gmail.com / 917-549-0444

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

Program: **Validation World Congress**

Our mission is to nurture respect, dignity, and well-being in the lives of older adults living with Alzheimer's Disease and related dementias (ADRD) and their caregivers by advancing education in the Validation method. The Validation method motivates older adults living with ADRD to communicate more, relieve stress, and enhance dignity and happiness in their final stage of life. VTI's vision for the future is that every caregiver and older adult experiencing age-related, cognitive change will feel the joy and love of meaningful communication.

The Validation World Congress is an annual event hosted by the Validation Training Institute and Linked Senior. This event is a free, 4-hour digital education program for a live audience of caregivers around the globe. Linked Senior pays for the webinar platform and continuing education credits for participants. All speakers volunteer their time. During the 1st Congress in February 2022, attendees learned how to integrate Validation techniques into caregiving to promote meaningful engagement for those in their care. During the 2nd Congress in February 2023, caregivers learned how to prevent withdrawal as well as strategies to care for themselves and prevent burnout. During this year's Congress in February 2024, every session included a person living with cognitive change to help caregivers understand their perspective and needs.

The Congress can be easily replicated by others, as each session offers reference materials, and is recorded which is available for free to anyone through the Linked Senior website.

https://vfvalidation.org/
Contact: Vicki de Klerk-Rubin, Executive Director
vdeklerk@vfvalidation.org / 316 46146244

INDIVIDUALS

Individual: **Andrea Suchin** - *Encino, CA*

Program: **Wuggle**

In 2021, my life shifted dramatically when my husband, Craig, received a diagnosis of behavioral frontotemporal dementia (bvFTD). As his primary caregiver and mother to our four young children, I faced the profound emotional, physical, and financial challenges of supporting a loved one with dementia. I've taken on all financial and insurance responsibilities and his care plan.

After four years of sleepless nights throughout Craig's diagnosis, I was finally able to sleep by applying gentle pressure to my head. In 2023, I created the Wuggle—a unique sleep cap/eye mask combo made for relaxation. Teaming up with my care partner sister, we offer caregivers a tool for soothing their minds and promoting better sleep. There was no product designed for and by caregivers promoting wellness. The Wuggle eases the mind, and induces relaxation. Its gentle pressure band and custom lavender ice/heat insert emulate the sensation of a hug, fostering tranquility and sleep. It aids in stress relief, migraine management, or simply unwinding. A portion of sales support dementia caregiving non-profits.

I'm driven by care partners' testimonials and the goal to promote their well-being. Recognizing the toll caregiving takes, I am committed to ensuring caregivers receive the rest they need for their own health without guilt.

https://wuggle.net
Contact: Andrea Suchin
asuchin@wuggle.net / 443-895-0636

THE memory whisperer

Individual: **Dana Territo** - *Baton Rouge, LA*

Program: **The Memory Whisperer Podcast**

As a volunteer at a nursing home, I was matched with Peggy, a resident with Alzheimer's. In our 22 years together, I witnessed the progression of the disease. I also helped my mom with caregiving duties for my dad who had Vascular Dementia. When Peggy died, I began my journey in advocating for the Alzheimer's population. I worked with the local Alzheimer's Association, assisted in launching the first social model respite center in Louisiana, and co-developed and wrote a certified curriculum for the state required Dementia Care Training for nursing facilities/adult residential communities.

Caregiver education is one of the most effective ways to ensure optimum care and quality of life for those affected by Alzheimer's disease. Knowing about the disease and what to expect can assist caregivers in feeling more confident and in control while navigating the disease journey and future planning. Though my newspaper columns reach a wide audience in the State of Louisiana and beyond, I wanted to expand and reach more of the Alzheimer's caregiver population. The podcast was a great opportunity to expand globally. There are about 33 podcasts worldwide, including mine, dedicated to providing dementia information. With knowledge we can challenge the misguided assumptions and false beliefs about the disease. Thus far, individuals in 62 countries have listened to my podcast.

https://www.thememorywhisperer.com/
Contact: Dana Territo
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DEMENTIA DARLING
Education, Resources, and Support for Dementia Caregivers
Est. 2019

Individual: **Carrie Aalberts** - *Boulder City, NV*

Program: **Dementia Darling**

My passion for the dementia community stems from a personal experience with my grandmother who passed away from dementia when I was a teenager. Witnessing my father's journey as a family caregiver left a profound impact on me. Dementia Darling, is my social media persona, where I am an educator and advocate for the dementia community. Since October 2019, I have dedicated my efforts to empower family caregivers through free resources, education, and support on various social media platforms. The outcomes of my posts are to help caregivers feel seen, teach them practical tips and techniques, and provide them with a place to find community.

Recognizing the immense challenges faced by caregivers, I provide a sense of community, visibility, and practical guidance tailored to their unique needs. Through concise videos and written posts, I deliver actionable insights directly relevant to the dementia community and dementia caregivers. My mission is to ensure that these amazing people feel supported, informed, and acknowledged every step of the way on their caregiving journey. Through my work with AARP AgeTech Collaborative, Hilarity for Charity, Cleveland Clinic, and others, I plan to consistently use my platform to advocate against the tragedy narrative surrounding dementia in our society. My website is regularly updated with free educational resources for caregivers. I want to be a one-stop place for people to find the best support for the dementia community.

www.dementiadarling.com
Contact: Carrie Aalberts
dementiadarling@gmail.com / 702-338-7484

Individual: **Doreen C. Putnam, CDP, CADDCT, CMDCP, CIPG** - *Murrysville, PA*

Program: **DCPutnam Consulting**

I'm a Certified Dementia Practitioner and CEO of DCPutnam Consulting. I have provided education/training for family and professional caregivers since 2014. That includes clergy, high school and college students, community residents, medical students, and clinical staff. I was a long-distance caregiver for my Mom, who died from Vascular Dementia, and an in-home caregiver for my father and Father-in-law, as well as a caregiver for my husband who was diagnosed with MCI and tragically died from a TBI (Traumatic Brain Injury). I published a children's book, SOMETIMES GRANDMAMA DOESN'T KNOW ME! for children of elementary and middle school ages.

I founded DCPutnam Consulting in 2014 after an extensive career in Alzheimer's education and care community employment. My goal is to educate as many people as possible about Alzheimer's and related dementias. I provide educational opportunities for professional caregivers and meet 1-1 with family members to help them understand the specific diagnosis, what to anticipate in the future, how the brain is impacted by the various dementias, assist in determining housing needs, and guide them with legal and financial planning. I charge reasonable consulting fees but do pro bono work for families who need financial assistance and non-profit organizations. It's more important to educate family caregivers who struggle with the long-term impact of changing behaviors and language, and professionals who have not received training, than to receive compensation.

www.dcputnamconsulting.com
doreen@dcputnamconsulting.com / 401-464-2372
www.dcputnamconsulting.com

Individual: **Jennie MacGoy** - *Carlsbad, CA*

Program: **Group yoga classes and workshops**

I lead group yoga classes for those living with dementia and workshops for caregivers at four different memory care communities in Southern California. I also lead workshops on yoga for brain health, yoga for fall prevention, and yoga for caregivers. The workshop has two parts: 1) discusses various ways caregivers can help their loved ones or clients get exercise, better sleep, destress, and get mental stimulation through yoga; 2) short yoga class for the caregivers to help them take better care of themselves.

For my many seniors with late-stage dementia, my yoga classes help them move their bodies ("Bob, can you wave to me? Anthony, give this soft ball a good kick!"), challenge their brains (they love pin the tail on the donkey and throwing snowballs made from cotton balls), and bring them some joy through singing and silliness. The social engagement of a group class is imperative, but I also give each person individual attention. For those early in their dementia journey, I give them physical challenges (e.g., traditional yoga poses), mental stimulation through mind-body exercises, and good old-fashioned fun. I teach caregivers a variety of ways to enhance their time with their clients or loved ones, as well as hold space for them to take care of themselves through yoga. This is a way for caregivers to help their clients get some exercise or help them calm down when agitated.

www.jenniemacgoyyoga.com
Contact: Jennie MacGoy
jennie@jenniemacgoyyoga.com / 703-579-0123



Individual: **Nicole Will** - *Orono, MN*

Program: willGather Podcast: Navigating the World with Your Aging Loved One

I'm one of the 53 million unpaid family caregivers as my grandma moved in with my family when I was 15 years old. We cared for her, as her health declined and dementia progressed, until her passing. This special relationship changed my life. I went onto to study gerontology, work in senior living and memory care and now my life's work is to support care partners. At willGather, we envision a world where the journey of aging is a shared one, empowering caregivers with resources and hope. We bring awareness of leaders, educators and initiatives in the care economy to bring home and encouragement to family caregivers and care partners.

According to the US Census Bureau the number of people in the US aged 65 and older is projected to almost double from 52 million in 2018 to 95 million by 2060. The number of unpaid family caregivers in the US is also on the rise, with an estimated 53 million adults providing care to someone aged 50 or older in 2020, up from 43.5 million in 2015, according to the AARP Public Policy Institute. The need to equip family caregivers with resources and information is vital. Our podcast for aging and caregiving is for caregivers, older adults, and family members who are directly impacted by these issues. We provide relevant, digestible, practical and helpful information for family caregivers.

https://www.willgather.com/
Contact: Nicole Will
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Treating by Design

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

ORGANIZATIONS

Organization: Apollo Health (AHNP LLC)
- Santa Clara, CA

Program: ReCODE Program

The mission of Apollo Health is to reduce the global burden of Alzheimer's Disease through the research of Dr. Dale Bredesen and the resulting Bredesen Protocol. Our ReCODE Program is an innovative approach designed for the reversal of cognitive decline. Distributed by Apollo Health, this program has been widely available for four years.

We and Dr. Dale Bredesen have published our clinical trials in The Journal of Alzheimer's Disease (JAD). Though many people would prefer a pharmacological solution to reversing or slowing down Alzheimer's Disease, Dr. Bredesen's research shows that there is currently no single pill that will work, not to mention costs and potential side effects.

The good news is that this solution, which is personalized based on individual contributors uncovered by lab results and obtaining medical history, works when adhered to. We have a plethora of resources for our members to DIY their treatment, from how-to guides to live virtual workshops. In this continuum of support, our content is carefully curated to serve and inform our members, and to publicly share free important information about Alzheimer's and cognitive decline.

The cost of ReCODE includes a monthly charge for members of $75, and a one-time payment for proprietary labs we need to diagnose their specific type of AD is $930.

https://www.apollohealthco.com/
Contact: customer support team
support@ahnphealth.com / (800) 450-0805

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