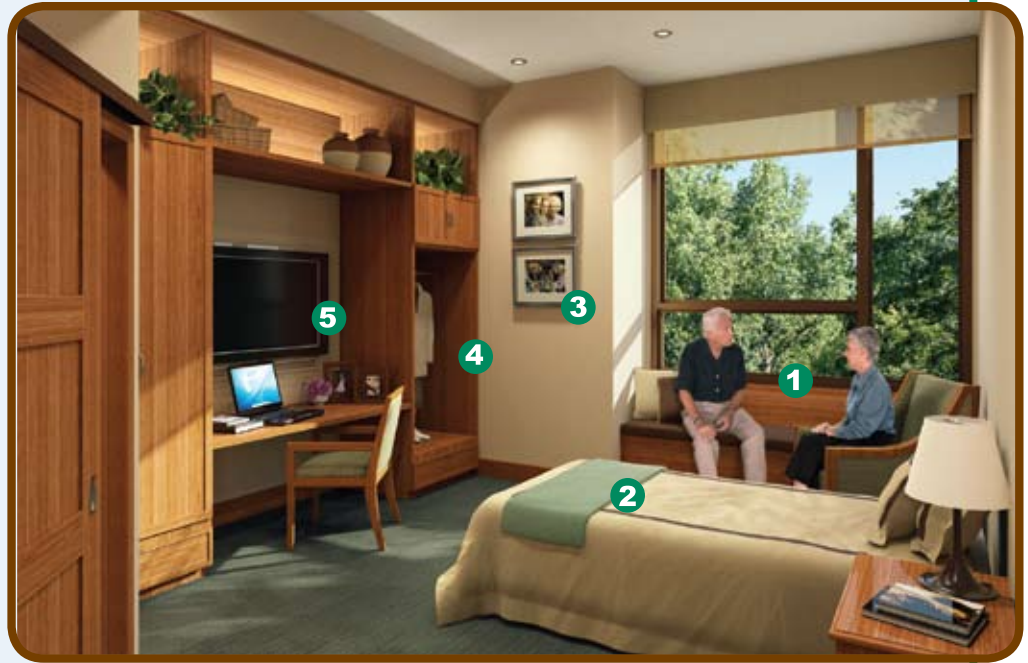


Memory Care Built into Abe's Garden

People with Alzheimer's disease and other forms of dementia need increasing help with memory as their conditions progress. Visual cues, consistency in routines, and ease of access reduce frustration.

Each residential unit at Abe's Garden will be designed with memory care in mind. Outside each unit will be a "memory box," containing personal items to help the resident recognize his or her home. The memory box also serves as a reminder to the caregiving staff that each resident has his or her own personal history and unique interests. Inside each unit, memory aids will include:



Artist's rendering of a room at Abe's Garden, with memory care amenities.

- 1 window seat with outdoor view, to help the resident stay oriented to the time of day, seasons and weather
- 2 bed facing the door, so resident can see and recognize caregiver quickly
- 3 personal pictures and artwork to make resident more comfortable
- 4 cubbyholes for clothes to allow caregiver to lay out clothes for next day
- 5 personal computing and flat-screen television station with video connections to family and software designed to support maintenance of cognitive function

This type of thoughtful, innovative design, in collaboration with expert physicians and clinicians in the fields of geriatrics and gerontology, will make Abe's Garden a model of care for people with Alzheimer's and related dementias. 🌱



Abe's Garden is Growing Online! Visit www.abesgarden.org and get involved. Look for us on Facebook and be a friend!

Park Manor Selected for Green Energy Program


As the existing Park Manor building is renovated to accommodate the Abe's Garden facilities, the result will be a "greener," more environmentally friendly home for its residents. The renovation has been selected by the Nashville Electric Service (NES) to be part of a Commercial Efficiency Advice and Incentive pilot program offered in partnership with the Tennessee Valley Authority (TVA) to its business customers.

The goal of the program is two-fold: to reduce energy costs for the participating customer, and to reduce demands on the TVA power system during peak times. Higher demand necessitates purchasing of additional power from other power suppliers. Reducing that demand will benefit all TVA customers.

A requirement for acceptance into the TVA/NES program is that the project's designers work with TVA engineers to develop a project plan.

From the outset, Abe's Garden at Park Manor has demonstrated its commitment to environmentally sound practices by employing a LEED-certified architect and landscape architect to secure LEED certification for the property. Green amenities currently under consideration include:

- geothermal heating
- green roofs
- rainwater harvesting
- natural light and day lighting
- low water use fixtures
- use of regional materials
- use of recycled-content products
- use of native plants and vegetation
- permeable pavement
- recycling of construction materials
- use of low or non-emitting products
- ENERGY STAR appliances
- energy usage reductions
- operable windows

Said Mike Shmerling, chairman of Abe's Garden, "Not only is creating an environmentally responsible facility the right thing to do, we believe it will contribute immeasurably to the quality of life of seniors living at Abe's Garden." 

LEED: Leadership in Energy and Environmental Design

Give Wisely: A Philanthropic Plan

by Mary Ellen Rodgers

*Abe's Garden Board Member and
Finance Committee Chair*

An essential aspect of the Abe's Garden vision is to provide a complete continuum of care throughout all of the stages of Alzheimer's disease, from diagnosis to death, to minimize relocation and to address the numerous and varied needs of those affected by the disease. It is evident that careful thought and planning is essential to addressing this continuum in a manner that exceeds current available options.

This same careful thought and planning is essential if donors are to realize success in achieving their philanthropic goals during their lifetimes and through their legacies. We hope you will consider Abe's Garden as a recipient of your annual financial contributions, as well as including Abe's Garden in your planned giving program.

Planned giving is a simple and effective way to make a significant gift

Volunteer Snapshot: Barbara Bennett



The law firm of Hogan & Hartson, headquartered in Washington, D.C., has provided foundational legal services to Abe's Garden, including incorporation of the organization, the acquisition of the Park Manor independent living facility, and application for federal tax exemption. They also gave advice on board governance and financing issues. Services were provided pro bono, by one of the most experienced firms in the area of health care law.

Leading Hogan & Hartson's work for Abe's Garden is Barbara Bennett, a respected health care attorney based in Nashville. Ms. Bennett's legal practice focuses on health care business and transactional issues, with a technology emphasis. She also counsels businesses on data protection, compliance with HIPAA privacy and security rules, consumer protection, and intellectual property law. The depth and breadth of Ms. Bennett's experience have benefited Abe's Garden immeasurably.

When asked about her involvement with Abe's Garden, it is clear that Ms. Bennett's connection goes far beyond providing expert pro bono legal work. "Both my parents have dementia and are in assisted living in Charleston, S.C. I am very grateful for the physical care they receive, but I also realize firsthand the great need for care that transcends the physical and focuses also on the psychological and emotional needs of patients with dementia."

Said Ms. Bennett, "Hogan & Hartson takes very seriously its obligation to give back to the communities where it operates, and beyond. It has been especially gratifying to be there at the inception of what promises to be a world-class Alzheimer's and dementia care facility." She continues, "I have had the good fortune to work with my colleagues on this project: Matt Thomson (corporate law), Siobhan Rausch (tax-exempt organizations) and Scott Lilienthal (tax-exempt financing). Our CEO, Warren Gorrell, also worked personally on Abe's Garden matters. We all hope we've made a difference." 🌱

to Abe's Garden while maximizing your personal financial goals and tax-wise estate planning needs. Through a planned gift, donors can contribute assets to Abe's Garden while retaining the ability to receive the income it generates or transition wealth to future generations. Planned gifts to Abe's Garden may include charitable remainder trusts, life insurance policies, charitable gift annuities, retained life estate and bequests.

I encourage you to explore this valuable giving option with your financial advisor, tax professional or attorney. There are also many planned giving resources available to more fully address numerous aspects of this important topic including www.cfmt.org/funds/legacy/. Feel free to contact Beth Zeitlin at 615.345.9575 for more information.

Please join me in helping Abe's Garden achieve its vision by making provisions for Abe's Garden in your estate plans through thoughtful planned giving. 🌱

Abe's Garden will be a center of excellence for persons diagnosed and suffering from Alzheimer's disease. The goal of this facility and program is to transform the full continuum of care for those affected by Alzheimer's and other dementia related diseases throughout the United States, by providing an unprecedented level of care and comprehensive array of services for individuals currently suffering from these diseases in Middle Tennessee. Equally important, it will be a site of research and teaching, setting a new standard for other programs and facilities seeking to care for our nation's rapidly expanding senior population.

Abe's Garden is a 501(c)(3) nonprofit organization, currently accepting contributions online.



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Making Memories at the Frist

The Frist Center for the Visual Arts and the MidSouth Chapter of the Alzheimer's Association are offering a series of programs for people with Alzheimer's disease, their families and care partners. This unique, interactive program provides a stimulating forum for dialogue through looking at art with specially trained educators. Upcoming dates for "Making Memories at the Frist" include:

Tuesday | June 9 | Tour at 1:00 pm | Museums in the 21st Century

Tuesday | August 11 | Tour at 1:00 pm | Chuck Close Prints

Tuesday | October 13 | Tour at 1:00 pm | The City in Twilight: Paris

Tuesday | December 8 | Tour at 1:00 pm | Georgia O'Keefe & Her Times



These programs are free of charge. Persons must be accompanied by caregiver. Space is limited and pre-registration is required. For more information or to register, please call the Frist at 615/744-3247. The Frist Center for the Visual Arts is located in downtown Nashville on Broadway, between 9th and 10th Avenues.

The Frist Center has designated accessible parking available for vehicles displaying the appropriate disability permits. A limited number of accessible public parking spaces are also available on 9th Avenue. Barrier-free entrances are located on 9th Avenue near Broadway and at the rear courtyard near the service court entrance on the Demonbreun Street side of the building.