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### MEMORYCARE

The SECU Center for MemoryCare  
100 Far Horizons Lane  
Asheville, NC 28803  
[Memorycare.org](http://Memorycare.org)

Financial information about this organization and a copy of its license are available from the State Solicitation Licensing Section at 919.814.5400. The license is not an endorsement by the State.

## From The Director: Happy Birthday, MemoryCare!

2020 is a milestone year for MemoryCare marking 20 years of service for the community. Over these years, *we served thousands of families and, through our community education program, 46,152 people have received education about dementia, caregiving, healthy aging and more.* We presented our program at scientific meetings across the USA and internationally in France, Italy, and Hungary. This year, we were selected to present our work at the Alzheimer's Association International Conference in Amsterdam, the Netherlands. Most importantly, MemoryCare is here for families and continues to serve as a pioneering model of excellence for dementia care. In the midst of the many changes we have all had with COVID-19, we are fortunate to be here.

We have now had our first full year in *the SECU Center for MemoryCare*, during which our clinical teams saw more than one thousand people with dementia and 3,300 of their caregivers. Our educational programs reached nearly 2,400 people this past year. In the new education room, we hosted an Educational Series with guest lecturers on topics from understanding different types of dementia, exercise and protecting your brain, to elder fraud and advance care planning. We held a book group for discussion, sent our electronic newsletter to nearly 3,000 caregivers, and held three peer caregiver support groups every month. This year, we will have another Educational series and in fall 2020 are working with MAHEC to bring Occupational Therapist, Teepa Snow, to Asheville for a workshop on dementia care (see inside for details).



*Ginna Templeton, MD*

In fall 2019, we welcomed Dr. Della Simon who works with RN care manager, Jenell Wright, to care for families. We also welcomed Liz Grieco, our Development Assistant, who alongside her work with the development team, helps with our website, social media, and many other tasks. Over the past year, our website ([www.memorycare.org](http://www.memorycare.org)) underwent an upgrade with a new look and more information!

This year, through a grant from The Duke Endowment and generous donors, MemoryCare will pilot a tele-education program by broadcasting our Caregiver College series to more rural areas in WNC. The grant also allows us to expand our clinical program and, this summer, we will welcome a new care team.

As we celebrate MemoryCare's 20th birthday with this expansion of our programs, we are also mindful that in these 20 years, *MemoryCare has provided \$9,902,177 in charitable services – services that benefit all the families we have seen.* Until insurance reimbursement covers the full cost of care for every family, we will continue to rely on such support. A caregiver recently said of MemoryCare that our program was "medical and social medicine at its best." It is our privilege to be here- thank you to all who help make our work possible. I hope you will enjoy the information in this newsletter!

*Ginna*

**Virginia Templeton, MD**  
Executive Director



**"I'm so grateful for all the information and the true kindness and care provided."** — MemoryCare Caregiver

## In the Last 20 Years at MemoryCare

- We provided dementia-specific education to **46,152** individuals *plus* radio and Facebook audiences!
- We facilitated **\$9,902,177 of charitable care** for families impacted by dementia.
- We went from seeing 144 people with dementia to over 1,000 being served every year.
- We increased the number of caregivers receiving support tenfold going from 352 to nearly 3,500 caregivers every year.

## In the Last Decade at MemoryCare

- We continued the work of our first decade serving families from the WNC region in our home base Asheville clinic, our satellite Burnsville clinic, our Buncombe County home visit program, our Resource Center, our low-income/minority screening program, and our Caregiver College.
- We added 2 additional care teams.
- We opened a satellite clinic in Waynesville to serve families in Haywood County and further west.
- We developed the Caregiver Consultation Program for support of caregivers before or instead of enrollment.
- We transitioned MemoryCaregiver's Network to a formal auxiliary program with 3 thriving monthly support groups.
- We grew our e-newsletter, *written and edited by Mary Donnelly*, from a readership of less than 100 to one reaching nearly 3,000 people across the US and internationally.
- We transitioned to an electronic medical record then to a paperless system for our clinical and fund raising teams.
- We built and opened the *SECU Center for MemoryCare* with room to expand our educational and clinical programs.
- We presented our model of care at scientific meetings across the country and around the world– in 2019, at the annual meeting of the American Geriatrics Society and, internationally, at dementia conferences in Paris, France (2011), Florence, Italy (2013), and Budapest, Hungary (2016).
- We received an invitation from the Institute of Medicine to present at the National Academy of Sciences about care for those with advance stage dementia.
- In 2020, we will present at the Alzheimer's Association International Conference in Amsterdam, the Netherlands.
- In 2020, with support from The Duke Endowment and other generous donors, we will add another new care team and pilot a tele-education project to address even more community needs for dementia care.
- We have been busy!



*Dr. Meg Word-Sims in the MemoryCare garden*  
Garden design inspired by Elizabeth Bailey, MLA, Caregiver



*Suzi Berl, MemoryCare Caregiver and Volunteer,*  
*helping in the Lebedeff Resource Center*



*Celebrating the holidays with volunteers!*



*The MemoryCare Team participates in the*  
*WNC Bridge Foundation's Little Trees Project*



*MemoryCare accepts a matching grant presented*  
*by Rakesh and Dolly Agarwal with Rug and Home*



*MemoryCare presenting the*  
*2019 Georgia Crump Award*



# Finding Meaningful Activities to Enjoy with People who have Dementia

By Virginia Templeton, MD, MemoryCare Executive Director

*This article is an 'oldie but goodie' from our 2009 Newsletter revived here to offer ideas for when you're spending time with family at home.*

Frequently we are asked what kinds of activities are best for a person with dementia. Some are trying to preserve memory, some are looking for ways to spend quality time together, and others are searching for ideas to keep their loved one busy and out of harm's way. Activities can be a wonderful way of sharing time. They can stave off boredom and help avoid wandering or other difficult behaviors that may occur at later stages of dementia. The challenge is to find activities that are interesting, engaging, and respectful of where the person is in their dementia process all of which differ from person to person.

With dementia, a person's abilities and interests may fluctuate day to day making it difficult to know what to expect. The person may have a shorter attention span and may not be open to doing activities they used to enjoy (even as recently as yesterday). While it may be harder to learn something new, they may have a sense of failure if unable to do an activity they did well in the past (though many skills are retained long into the disease). Finding activities that are challenging is excellent but if the person gets frustrated or does not feel successful, it is often better to transition to something different and try again later. With dementia, abilities change over time, so adjusting expectations to what a person can realistically do will help avoid frustration for everyone.

To find a meaningful activity, think about the person's past. Where did they grow up? What kind of work did they do? What did they typically like or not like? Knowing their past experiences and preferences may give insight into what they would enjoy now – did they like art? reading? gardening? carpentry? Sometimes it is good to listen to music from the

era they grew up in or an album they particularly enjoyed. Listening may trigger stories you hadn't heard before and give ideas of things to do.

Think about outings you can look forward to taking together like going to a movie or museum, out shopping, or for a ride on the Blue Ridge Parkway. Have materials available at home for painting, writing, playing an instrument, or other creative outlets even if the person never did these before – Grandma Moses started painting when she was 79 years old! Ask for help with housework or doing laundry – sometimes doing something useful can be very satisfying.

Suggest writing a letter, doing a crossword puzzle, or repotting a plant- have a basket with all the materials ready. Have a deck of cards, a manicure set, or puzzles, easily accessible. Even activities like watching TV, looking through magazines or photographs, watching birds at a bird feeder can be enjoyed together. Studies looking at brain activity suggest that these passive types of activities lead to more brain activity than you might imagine! Sometimes it's the simple, unhurried pleasures that make the difference!

Every caregiver and person with dementia is different so there is no one recipe for activities that will be successful. Staying mentally active plays an important role in maintaining a person's cognitive function. At later stages of the disease, such mental activity can help avoid behavioral problems so finding activities that work can make all the difference in a person's quality of life. Many activities are possible – the best are those that can be genuinely enjoyed.

## Be Healthy & Stay Well

*MemoryCare's first priority is the health and well-being of the families we serve, our staff, and the community. All of us hope that you and your family are well! Please take care and know that we are here if there is anything you need. Visit our website at [memorycare.org](http://memorycare.org) for information or if you need any assistance email us at [office@memorycare.org](mailto:office@memorycare.org).*



**Avoid close contact with those who are sick.**



**Avoid touching your eyes, nose and mouth.**



**Wash hands often with soap and water for at least 20 seconds.**



Peggy Noel, MD and Ginna Templeton, MD

## A Conversation with MemoryCare Executive Director, Ginna Templeton, MD, and Founder, Peggy Noel, MD

By Mary Anne M. Johnson, M.Ed.

*MemoryCare began in the year 2000 with one physician, one nurse, a grant from The Duke Endowment, and a Dream. There is now a staff of 20 dedicated people serving over a thousand families each year. Dr. Noel is MemoryCare's Founder. Dr. Templeton joined MemoryCare in 2002 and transitioned to Executive Director in 2010.*

### **Dr. Noel, what inspired you to create MemoryCare, and why did you think it would make a difference in dementia care?**

**NOEL:** When I came to WNC in 1989, fresh out of a geriatric fellowship, I started a geriatric clinic which primarily evolved to caring for people with dementia. My patients depended on family members to help them manage, yet there was no place to include these family members in their loved one's care, a place where they could learn how to be a confident, competent caregiver for a person living with dementia.

Dementia is a progressive, chronic illness for which there is no cure. Not only medical care but caregiver education is necessary in order for people with dementia to live their best lives possible. Unfortunately, health care financing does not provide adequate support to educate and engage family caregivers, to teach them to be effective advocates for the health of their loved one. I needed to develop a model to sustain both the care of the patient and the care of the caregiver. When I started MemoryCare, I had already seen what a profound difference an integrated model could make. I was motivated to find a way to sustain this model for our community, to create a nonprofit, charitable organization, and to make sure this care was affordable and available to all.

Over the last 2 decades, I have been most proud of our fidelity to our mission and vision of excellent dementia care for our region. We have an extraordinary staff, starting at the top with Dr. Templeton. Her direction and leadership over the last decade has allowed me the freedom to focus on other projects like our Caregiver College, building adequate space with the SECU Center for MemoryCare, and now filling that space with a new team and new educational initiatives.

### **Dr. Templeton, could you tell us about your role at MemoryCare and your opinion of its unique clinical model?**

**TEMPLETON:** I've been with MemoryCare for 18 years,

and have had the honor of serving as executive director since January 2010. It is unusual to have the founder of an organization work together with its next director, but Dr. Noel and I have made a great team to build MemoryCare into the organization it is today.

MemoryCare is unique in that families are actively engaged from the start of our involvement. When someone with cognitive impairment comes to our office, a visit with their caregiver is an integral part of that time. We are also unique because of the financial challenge we face in relying on charitable funds for half of our annual budget. When the program started, it was not clear that this "business model" would work, but there was a clear unmet need, and Dr. Noel was brave enough to try. It is through the support of the community that MemoryCare has been successful. Now, 20 years later, we remain the only program in WNC that integrates support and education of caregivers with the medical care of dementia patients. There are few such programs anywhere in the country, likely due to the challenge of raising funds to support the work. Fortunately, our community understands and values the service we offer. Over the years, they have supported our work through grants and donations. Without that support, we could not exist.

Since MemoryCare was established, our model of care has gone from being a common sense idea to being an evidence-based, best practice model for dementia care. Others look to us as they consider how to manage the challenge of dementia care in their own communities. In a world where healthcare is changing, MemoryCare is a place of excellence dedicated to preserving this best practice model.

### **What have been the most challenging things about running a nonprofit dementia clinic like MemoryCare?**

**NOEL:** The most challenging thing has been finding the funding to sustain the education, training, and support of family caregivers.

**TEMPLETON:** Having to raise half of our budget every year is a profound challenge. And each time we grow, the challenge increases. Income for our program comes from insurance reimbursement (25%), caregiver fees (25%), and fundraising (50% of our annual budget). Each year we waive 20-30% of the caregiver fees for those unable to afford the cost *but charitable resources are needed for every family we see*. We spend the vast majority of our funds on direct services (per outside auditors, at least 88 cents of every dollar is spent on services).

**What inspires you to do this difficult work? What do you find rewarding about dementia care?**

**NOEL:** My inspiration is the same today as it was 20 years ago. While there is no simple answer, the most compelling sense of joy in my work comes from helping a caregiver who is willing to try to ease the difficult journey of someone afflicted with dementia. Through love and duty, they show up for the job when they are exhausted, angry, and grief-stricken. Their loved one may have been an exceptional spouse, friend, or parent... but just as often, they had significant shortcomings. Still, the caregiver cares for them. These dedicated people endure, often for years, caring for someone who has lost value in the eyes of the world but not in the eyes of their caregiver.

**TEMPLETON:** When facing challenges of dementia, it is so important to have access to a healthcare provider who understands what is happening, who is available for questions when there are changes, and who can help families understand what to expect as the disease progresses. It is inspiring to work with wonderful colleagues who are dedicated, care deeply, and provide the best possible care. The greatest reward of this work is to be able to offer the support families need and to see the loving care they work so hard to provide their loved



*Peggy Noel, MD and Ginna Templeton, MD (2002)*

ones. Not a day goes by without a family member letting us know that the education and support they receive at MemoryCare makes a huge difference for them and their loved ones. For all of us at MemoryCare, it is a privilege to be here for families.

**What are your hopes for the future of MemoryCare?**

**NOEL:** My hope for the future is that we may continue to deserve our reputation for excellence and that we provide real help to families in our region who are impacted by dementia.

**TEMPLETON:** I hope that regardless of the fiscal limitations we face, that MemoryCare will always stay true to our mission of providing excellent care for families facing dementia – and that our services will always be available to all, regardless of their financial resources.



"Congratulations to MemoryCare for 20 years of dedicated care and faithful service to the people of Western North Carolina!"

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**"We appreciate 20 years of excellent work by MemoryCare and are proud to be a partner."**

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## Caregiver College

Caregiver College is a series of six three-hour lectures for caregivers of persons with memory disorders. Sessions are designed to improve caregiver understanding of different aspects of dementia care.

### COURSE CONTENT:

- What is Dementia?
- Transitioning from Independence to Interdependence
- Functional and Behavioral Changes of Dementia
- Dementia Treatment Options and Risk Reduction
- Maintaining Your Own Health
- Dementia and Legal Planning Issues

Visit our website at [www.memorycare.org](http://www.memorycare.org) for more details including upcoming course dates and locations.



**"This program has helped me become more confident as a caregiver. It has helped me gain a greater appreciation of where my husband is on this journey."**

— MemoryCare Caregiver



In January 2020, with a lead grant from The Duke Endowment, additional grants from The Cannon Foundation and the Leverage Fund of the Dogwood Health Trust, and generous community donors, MemoryCare is expanding our care, education, and support services for persons with dementia and family caregivers. In July, a new care team will begin serving families. Already, through the leadership of Dr. Margaret Noel, we launched a telehealth education program to reach more people with our Caregiver College and other educational initiatives. MemoryCare is grateful for funding that allows the technology and staff to be put in place to reach caregivers through an audiovisual platform, especially in this time of isolation due to COVID-19!

## The Evelyn Lebedeff Eldercare Resource Center

Opened in 2001, The Lebedeff Eldercare Resource Center has been a wonderful asset to MemoryCare from the outset. Providing caregiver education and training is essential to our organization's mission. The Resource Center is stock full of pertinent, up-to-date information about aging, caregiving, and more. It is available to the public and is run as a traditional library. Materials and resources are continually organized and updated by our staff and dedicated volunteers.

Information in the library covers topics from caregiver support to healthy aging, exercise, nutrition, spirituality, age-related illnesses, community resources, ethics, end-of-life care and more. The types of materials available include videos, journals and community support pamphlets as well as a large display of tools and aids to help with activities of daily living.

Thanks to generous donations and devoted volunteer support, the library is a comprehensive resource available to our community. See the back of this newsletter for more resource center recommendations.



Dr. Evelyn  
Morrow Lebedeff

### MEMORYCARE PHONE-A-THON

Now through June 30, members of our Board of Directors and staff will be calling friends of MemoryCare to update your records, answer any questions you might have, and to ask for your financial support. MemoryCare relies on donations to ensure our services are available to the community. Thank you!

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## A Message from MemoryCare's Director of Development, Janet Doyle

Is there a way that can I express my gratitude for the care, guidance, support and understanding my family and I received from the MemoryCare team? Is it possible for me to honor my loved one in a meaningful way at MemoryCare? Can I help ensure that MemoryCare's services are available to others like me? Since joining the staff 18 months ago, I have frequently heard these questions from grateful families and caregivers. The good news is that the answer to all of them is yes. By creating a legacy for MemoryCare through careful forethought, you can accomplish all of these things and more.

For example, did you know that through a "gift plan" you (and your estate) can not only save taxes, but also provide you, the donor, with income for the rest of your life? Future arrangements like this can honor a caregiver or memorialize a loved one. They envision a future where MemoryCare serves everyone who needs the professional guidance and support, just like you experienced...

...and just like Dale and Betty Rusk did:



Janet Doyle, Director of Development



Dale & Betty Rusk

*Although our steps were not often easy, the resources available at MemoryCare made it endurable. They helped me every step of the way, understanding exactly how I was feeling when Betty could not. To ensure that MemoryCare will be available to those who need it in the future, I created an endowed "Gift of Care" in Betty's memory and established an investment account that will benefit MemoryCare when I am gone to be with my loving wife. I encourage all to join me in appreciation of MemoryCare's unique model of care. Together, we can ensure that MemoryCare is available to those who will need it in the future. Those who come after us may never know us or shake our hands, but they will bless us when the time comes for their journeys with MemoryCare to begin and endure.*

— Dale Rusk, Former Caregiver

Gifts like Dale's make it possible for a not-for-profit physician practice like MemoryCare to serve those in need, regardless of their ability to pay. Planned gifts can also help MemoryCare reach into rural communities with vital education. Most importantly, they ensure that MemoryCare's services will continue well into the future.

If you are interested in supporting the vital work that MemoryCare's physicians and staff do every day, I hope you'll give me a call and share your story. You can reach me at 828-771-2219, [doyle@memorycare.org](mailto:doyle@memorycare.org). I look forward to hearing from you.



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*"Congratulations on 20 Years of Outstanding  
Service to the WNC Community"*

**Janet Doyle**  
Development Director



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# Thoughts from MemoryCare Staff: Why We Do What We Do



The MemoryCare Team

By Mary Anne M. Johnson, M. Ed.

*Dementia is tough! There is no cure, it challenges caregivers beyond their limits, and it can go on for an exceedingly long time. From talented administrators, to compassionate care managers, to expert physicians, our MemoryCare team works tirelessly to help our patients and their families. It is gut-wrenching work, and yet, we all choose to be here. As we reach our 20th anniversary, we ask our team members why they do this challenging work and what makes them stay.*

## COMPASSION IS KEY

Compassion for families and making a difference in people's lives are reasons on most everyone's list. In this era of large health care systems, so often the importance of the individual and the power of human touch are lost. By contrast, people matter at MemoryCare. Someone is always there to help patients and their families through the tough times, to ease the load and help them bear the burden of dementia a bit more easily.

## IT'S ABOUT TIME

The MemoryCare model of care is unique; we spend TIME with our patients and families. In a traditional setting, doctors don't have time to talk to the family, especially away from the dementia patient. Time spent with caregivers is valuable and meaningful. By interviewing the caregiver, the doctor gets a more complete picture of the patient's status and daily level of functioning. We often find that families and caregivers need more help than the one who has dementia.

Families need their own private time to share personal stories without the worry of stressing out or causing more suffering for their loved one. At MemoryCare, both dementia patients and their caregivers meet separately with the physician and care manager. It is a safe space where everyone feels heard. Our MemoryCare team members find it rewarding to work in a place that takes the time to treat not only the person with dementia but the family system as a whole.

## COMMUNICATION, CONNECTIONS & RELATIONSHIPS

We build relationships by spending time together, and the MemoryCare model of care helps us to build trusting relationships. "Hanging by a thread," is often how caregivers describe themselves on their first clinic visit. It is our job to listen with compassion and curiosity, to help them manage and provide better care for their loved one. We meet people where they are.

"I once witnessed one of our doctors singing with a patient," says a team member, "which touched me, as I knew that he was truly connecting with her." By word and example, we teach caregivers how to communicate in new and different ways instead of bickering about what is right or real. At MemoryCare, we understand the value of communication, emotions, and relationships. When love is the motivator, anything is possible. It doesn't cure the disease or stop its progression, but it does change the focus, making life the best it can be, helping us to find the small gifts in every moment.

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**Celebrate MemoryCare on  
this 20th anniversary year!  
Congratulations!**



## GRATIFYING

“Gratifying” is a word commonly used to describe the work at MemoryCare. We enjoy the fact that we work for a nonprofit medical clinic performing meaningful work that changes lives. It is rewarding to help people navigate this difficult disease – especially families who would not otherwise have access to our vital services. Dementia care comes at a cost that only the wealthy can afford, but here, all families are treated equally. The ability to pay does not determine quality of care.

We find it rewarding to hear compliments from families. It makes a difference to them that we have helped with a medical issue, solved a behavior problem, or even saved a marriage. With each phone call, email, or family conference, we offer practical solutions to problems, techniques for communication, suggestions for safety and supervision. With unique programs like our Caregiver College, we teach, provide community resources, and offer support. These things make a difference; our patients have fewer hospital visits, and they remain at home longer than average. This doesn’t usually happen at other medical offices, and it is one of the reasons we find our work gratifying.

## CONFIDENCE

Our model of care provides the tools, resources, and guidance that families need in order to navigate the unique circumstances of caring for a loved one with dementia. The information that MemoryCare provides can be empowering; it helps families to find their new normal. Dementia is hard and ever-changing; it is not black or white. Our work with caregivers teaches them to navigate “the gray areas” of the disease. Caregivers need help. They need to know that someone understands the impossible work that they do. A kind word and a listening ear makes all the difference. Armed with knowledge about what is going on and supported by our MemoryCare team, there is nothing that caregivers cannot figure out how to manage.

**HOPE** *“Until there is a cure, there is MemoryCare.”* Dr. Margaret Noel, Founder

Working at MemoryCare means having and sharing HOPE. Says one team member, “I choose to do this work to remind people that a dementia diagnosis doesn’t mean life is over.” There will be changes; life may be different and painful, but life does not stop with dementia. Several of us are inspired to do this work because WE have had a loved one with dementia, and we want to help others on this difficult journey. We believe in what we do, and we see how we improve lives and positively impact our WNC dementia community.

Our mission is more than medical. At the front desk, we observe how people come to MemoryCare seemingly unsure and stressed-out and leave feeling relieved that they have a plan for the treatment and care of their loved one. Even on the billing phone line, we receive compliments and comments about the importance of MemoryCare and the positive difference we make in people’s lives.

Our Office Administrator, Ann Hendrix, says it best: “The reason I choose to stay at MemoryCare is not only because of the compassion directed toward families. I stay because of the incredibly supportive work environment that fosters teamwork and has a common mission of helping families through this stressful journey. The mission never wavers; it is as strong today as it was 20 years ago.”



Ann Hendrix, Office Administrator

*Mary Anne, also known as Dr. Johnson’s wife, is a native of Southern Pines, NC. She received her BA and Master’s degrees in Education from UNC-CH where she met her future husband singing in the Glee Club. Mary Anne’s teaching career was cut short by Myasthenia Gravis, but she put her degree to good use, raising 2 children and assisting Dr. Johnson with medical lectures and editing. In fact, she edited Dr. Noel’s original grant proposal to The Duke Endowment over 20 years ago! MemoryCare is a work of love for the Johnsons who have lost several relatives to the devastating disease of dementia.*

# What is the MemoryCaregivers Network?



Mary Donnelly & Pat Hilgendorf  
MemoryCaregivers Network  
Co-Facilitators

Formed in 2007, the MemoryCaregivers Network consists of three monthly peer support and education meetings in Fletcher, South Asheville, and Woodfin. "It's a place where caregivers can talk frankly about whatever challenges they're facing that month," say facilitators Mary Donnelly and Pat Hilgendorf, "such as how to tell a loved one she has to give up driving, or how to cope with a husband who's become angry, or how to decide when to make the move to a long-term care facility. We cover it all."

Education is a big part of each meeting. Donnelly is trained by Teepa Snow and brings that knowledge to the group. "We try to help caregivers understand dementia a little better so that they can learn better ways to live with it. We are WAY more than a support group."

The MemoryCaregivers Network holds a meeting nearly every Tuesday somewhere in the Asheville/Fletcher area. All meetings are free and open to the public, and no pre-registration is required. New caregivers are always welcome!

For more information, contact Mary Donnelly, MemoryCaregivers Network Coordinator, at [network@memorycare.org](mailto:network@memorycare.org). To sign up to receive the MemoryCaregivers Network bi-monthly newsletter, visit our website at [www.memorycare.org](http://www.memorycare.org)



**"All the advice I got here helped and it worked. Everything they said had value. They got me through."** — Participant, MemoryCare Support Group

## MemoryCaregivers Network Peer Support Groups

### FLETCHER GROUP

**First Tuesday monthly**

1:00–3:00pm

*Fletcher Seventh Day Adventist Church*

### NEW HOPE GROUP

**Third Tuesday monthly**

1:00–3:00pm

*New Hope Presbyterian Church*

### NORTH ASHEVILLE GROUP

**Fourth Tuesday monthly**

1:00–3:00pm

*Newbridge Baptist Church*

## MemoryCare Educational Series

Join us to learn more about caring for your loved one and for yourself! Courses are free and will be presented as a live, online broadcast from 2-3:30pm on the below dates. **Registration is required.** To register, visit [www.memorycare.org/spring-2020-edu](http://www.memorycare.org/spring-2020-edu). Contact our office at 828-771-2219 or [office@memorycare.org](mailto:office@memorycare.org) for questions.

### May 7 Navigating the Maze of Alzheimer's

*Bill Smutny, Community Advocate and Former Caregiver*

### May 14 Protecting Assets & Quality of Life: Basics of Medicare, Medicaid, and Long-Term Care Planning

*Attorneys Andrew Atherton and Kathleen Rodberg with McGuire, Wood & Bissette Law Firm*

### May 21 End of Life Care – Understanding Goals of Care in Progressive Dementia

*Dr. Virginia Templeton, MemoryCare Executive Director*

### June 4 Carrying the Burdens of Grief

*Bill Smutny, Community Advocate and Former Caregiver*

## Save the Date

### Strategies for Dementia Care: Teepa Snow Shares Her Positive Approach® to Care

With an aging population, dementia is an increasingly common challenge faced by professional and family caregivers alike. This conference will help caregivers better understand behaviors of those with dementia and effective strategies for communication and engagement. Participants will learn about normal aging, ways to reduce risks of dementia, and ways to facilitate meaningful interactions and activities for those with the disease.

**WHEN:** Wednesday, September 23, 2020 | **WHERE:** Mountain Area Health Education Center (MAHEC)

For more details and to register visit: [www.mahec.net/event/62775](http://www.mahec.net/event/62775)



## A Special Thanks To...

### GIVENS COMMUNITIES

Givens Communities has helped MemoryCare from the very beginning. By providing free space for the clinic in its earliest years, low-rent accommodations in the Manor House from 2005 to 2018, to now providing use of their land for the SECU Center for MemoryCare and assistance with building maintenance, Givens has always been a supportive, welcoming home-base for our program. Their generous support has made it possible for MemoryCare to grow as a resource to all of western North Carolina. They have shown an incredible commitment to healthy aging and the importance of providing excellent care for those affected by cognitive disorders. We deeply appreciate their dedication and support.

### STATE EMPLOYEES' CREDIT UNION FOUNDATION (SECU)

In 2016, MemoryCare received a \$1.8 million challenge grant from the State Employees' Credit Union (SECU) Foundation to construct a permanent facility tailored for the care of persons living with dementia and their families. In 2018, we moved into the new SECU Center for MemoryCare as a result of the grant and generous community donors. We are immensely grateful for the opportunity to expand our clinical and educational programs to better serve families affected by dementia.



**On behalf of our MemoryCare staff, Board of Directors, and volunteers, thank you to the many donors and foundations whose support over these 20 years has made our work possible. It is our privilege to serve families in our western North Carolina community. THANK YOU!**

## Thank you to all who have served on the board at MemoryCare over the past 20 years.

*We value each and every member and have benefitted from their expertise, leadership, compassion, and generosity.*

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Evan Gilreath and Adam Shealy congratulate MemoryCare on 20 years. Thank you for the wonderful and important work that you do!

## SPECIAL THANKS TO THE SPONSORS OF THIS NEWSLETTER:

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## UPCOMING EVENTS

Register in Advance

### MemoryCare Education Series

Thursdays from 2–3:30pm

May 7, 14, 21, and June 4

### Caregiver College

Thursdays from 2–5pm

SUMMER: July 9–August 13

FALL: October 15–November 19

### Strategies for Dementia Care: Teepa Snow Shares Her Positive® Approach to Care

Wednesday, September 23

See Inside for More Details

See our website for more information and  
to subscribe to receive email updates:  
[www.memorycare.org](http://www.memorycare.org)

## RECOMMENDED RESOURCES AVAILABLE AT MEMORYCARE'S RESOURCE CENTER

The materials highlighted here are located in the  
resource center's library at the SECU Center for  
MemoryCare, and can be borrowed.

### Like Falling Through a Cloud:

**A Lyrical Memoir** by *Eugenia Zukerman*

*This novel is a chronicle of the internal and emotional journey  
since a diagnosis of "cognitive difficulties" for accomplished  
flutist, Eugenia Zukerman.*

### Sensory Modulation in Dementia Care

by *Tina Champagne*

*This book provides information to help understand and assess the  
sensory needs of people with dementia, and learn how to implement  
sensory modulation-based approaches for enriched care.*

### What If It's Not Alzheimer's? A Caregiver's Guide to Dementia

by *Gary Radin*

*This book defines and explores frontotemporal degeneration (FTD) as  
an illness distinct from Alzheimer's disease along with topics such as  
daily care routines, caregiver resources, and focus on the caregiver.*

### The Last Ocean

 by *Nicci Gerrard*

*This novel is a lyrical, raw and humane investigation of dementia that  
explores both the journeys of the people who live with the condition  
and those of their loved ones.*