



*Treatment & Support for
Families Affected by
Alzheimer's & Other
Cognitive Disorders*



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MEMORYCARE

The SECU Center for MemoryCare
100 Far Horizons Lane
Asheville, NC 28803
Memorycare.org

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From The Director Virginia Templeton, MD



As MemoryCare's executive director over the past 12 years, I've been humbled many times by notes from families expressing appreciation for the expertise and care they receive at MemoryCare. When MemoryCare started in 2000, it was unclear if we would survive but between the profound need in WNC for dementia care *that includes family* and generous support from our community, we are here providing *the best possible dementia care*. One caregiver recently wrote, "If there was a way to 'clone' the organization and take it to every community in the world, I would do it in a heartbeat." I could not agree more.

In 2021, our clinical program served 1,080 people living with dementia and 3,456 of their caregivers. Our educational programs reached over 1,500 people with information about dementia and caregiving and, in collaboration with universities and professional training programs, we hosted students from social work, nursing, medical, geriatric, pharmacy and other programs to do our part in helping train the next generation of providers. Through the pandemic, our care teams are seeing families in-person or via tele-visits, and with online access, *our virtual educational program has grown to include 11 counties not previously reached*. Families express both appreciation and relief for their access to the guidance our teams offer for their journey with dementia.

This year, we welcomed nurse practitioner, Kellie Kendall, who now coordinates our home care team and Elizabeth Stavish, MBA who joins MemoryCare as Associate Director. In 2021, MemoryCare's virtual education program was formally presented at the annual meeting of the *American Geriatrics Society* and, I'm proud to share, received the "Presidential Award for Best Abstract in Geriatric Education." We have a host of educational events planned this year, including one with Boston neurologist, Dr. Andrew Budson, who co-authored the book, *"Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It."* See inside for more information about this and other upcoming events. We hope to further expand the virtual education program to more rural areas of WNC and reach more people in need of information about dementia and caregiving. Through a grant from the WNC Bridge Foundation, MemoryCare is partnering with the Asheville Buncombe Institute for Parity Achievement (ABIPA) and the Shiloh Community Association to pilot a mobile Foot Care Clinic for underserved individuals in Buncombe County with focus on healthy aging and mobility.

We received wonderful news that MemoryCare's founder, Dr. Margaret Noel, is being honored this spring with a *Distinguished Medical Alumnus Award* by the School of Medicine of UNC-Chapel Hill in recognition of her distinguished and lifelong contributions. Dr. Noel's vision and tireless work for families facing the challenges of dementia truly embody what great medicine is all about. *Congratulations, Dr. Noel!*

With a growing need for expert dementia care, and 40% of those we see low income by federal poverty standards, we are committed to being affordable and available to all who need our support. We are continually learning new, meaningful ways to be here for families. In this newsletter, you can read more about upcoming events and projects and learn of strategies for managing dental care with aging in the time of Covid from Dr. Amy Cohen! I hope you enjoy it all and appreciate your interest.

With all my best,

Virginia Templeton, MD
Executive Director



"The care that we receive from MemoryCare is exceptional. I have never felt so completely supported by an organization." -MemoryCare Caregiver

MemoryCare Welcomes, Kellie Kendall, FNP-C to Homecare Team!



Kellie Kendall, FNP-C

We are excited to welcome Kellie Kendall, FNP-C, to MemoryCare! Kellie is a Staff Nurse Practitioner who is coordinating our home care team. She received her Bachelor of Science in Nursing degree from Western Carolina University and her Master of Science in Nursing degree from Duke University in 2008. Kellie is certified as both a Family Nurse Practitioner and an Advanced Certified Hospice and Palliative Nurse so is trained to care for people across the lifespan.

Prior to joining MemoryCare, Kellie was part of the Palliative Care team at Mission Hospital in Asheville, NC. Before then, she worked in a primary care setting and was a nursing instructor for Western Carolina University School of Nursing. A native of Western North Carolina, Kellie's professional goal is to partner with individuals in a holistic way to achieve their greatest potential for a good quality of life. MemoryCare is grateful to have such a skilled and compassionate provider join our team! Welcome, Kellie!

"Serving my community as a nurse practitioner over the past fourteen years has been a humbling experience.

Families entrust me with their loved ones and expect me to care for them with excellence. Joining the MemoryCare team allows me to provide care in a supportive and innovative environment that is truly patient-centered. Because dementia is a challenge that touches all aspects of one's life and their community, caring for someone with the disease requires a creative and holistic approach. I am proud to be a small part of building a better way to deliver healthcare to those affected by memory loss and the deserving families I meet each day."

Kellie Kendall, FNP-C

Coordinator, Home Visit Program

MemoryCare Receives Award from American Geriatrics Society for Study on Efficacy of Caregiver College

Thanks to the generosity of The Duke Endowment, The Cannon Foundation, the Leverage Fund of the Dogwood Health Trust and generous individuals, MemoryCare conducted a study of the effectiveness of the virtual presentation of our caregiver education program, Caregiver College, a comprehensive course designed to improve caregiver understanding of the different aspects of dementia care. The study, led by MemoryCare's Founder, Dr. Margaret Noel, received the *Presidential Best Abstract Award for Geriatric Education* during the 2021 American Geriatrics Society Virtual Scientific Meeting and will be published in *The Journal of Alzheimer's Disease* in April 2022 with Dr. Noel as lead author and program assistant, Elizabeth Lackey, as a co-author. Participants surveyed as a part of this research said they experienced positive improvements in confidence and self-efficacy and that their satisfaction level was equivalent to in-person education. They also expressed appreciation in not having to travel or find a companion for their loved one so they could attend live education.

Created in 2008, Caregiver College draws from years of MemoryCare physicians' and care managers' experience, formalized into a curriculum composed of helpful material and resources to match the most frequently expressed needs for information from caregivers. This series of six interactive sessions is designed to help caregivers understand more about the causes of dementia, available treatments, community resources, and coping strategies.

Said one participant, *"This course was AMAZING. I have already recommended it to several people as an in-depth training and resource for caregivers. I wish I had attended a year ago! I had no idea how much I would learn that would have made the last year MUCH EASIER. I'm thankful for it now!"*



Margaret Noel, MD

A Message from MemoryCare Board Member

In 2010, my husband Ed and I were introduced to the services, knowledge and personal engagement of MemoryCare. It was the beginning of regular appointments with not only testing, observation and advice but also encouragement, patience and constant vigilance. The availability of information in the library and monthly MemoryCaregivers Network support groups provided a constant voice of comfort and knowledge that we were not alone in the journey. Therefore, it is critical that we ensure MemoryCare will continue to offer specialized medical care to older adults with cognitive impairment, support to caregivers with education, counselling, access to services, and expand community education services. Covid's impact this past year has complicated not only our personal lives but also the ability to meet the health demands of the disease. Bravo to our MemoryCare staff who continued the best protocols for safety and health while remaining open with enhanced precautions for all who were and are being served. A notable achievement during this pandemic that is especially heartwarming to me is the expanded breadth and visibility of MemoryCare's telehealth and tele-education programs, allowing us to reach even more families in remote regions who might not have otherwise had access to services. On average, 45% of the families served

by MemoryCare are located in rural areas of Western North Carolina. During the pandemic, with virtual formatting, caregivers in 11 new WNC counties accessed our educational courses, of which 9 are rural. These friends and neighbors work hard to deal with the issues of mountain terrain, infrastructure challenges and communication disparity. Therefore, it is of major importance for us to continue and to expand the provision of this medical knowledge and support. With that in mind, we thank you, friends and advocates, for supporting these services by maintaining your financial gifts to MemoryCare and bolstering our foundation as we prepare for the years ahead.



Becky Anderson

Becky Anderson

Chair, Development & Outreach
MemoryCare Board of Directors



"Thank you for your support as we live with mom's memory decline. Your wisdom and advice is invaluable, and we will always be grateful." - MemoryCare Caregiver

The Benefits of a Recurring Gift

As a nonprofit, we must look ahead to assess our programs and services, our expenses, and our emergency funds to ensure our program remains available to all with need. Having donors we can rely on month in and month out helps us know how our finances will flow during the year. While a one-time donation makes a world of difference, automatic recurring gifts help us have confidence funds will be available for all our program has planned.

Recurring gifts are a convenient way to give and can work for your budget and schedule. You can set up a recurring gift by credit card or bank draft now: Visit www.memorycare.org, click "Donate" in the top right corner, and select "Recurring Donation." Please contact Liz Grieco, Development Assistant, at 828-771-2219 or grieco@memorycare.org, with questions.

Your Impact as a Recurring Donor

\$10 Per Month Provides a caregiver access to peer support groups of the MemoryCaregivers Network	\$20 Per Month Provides a caregiver access to education through Caregiver College and other events	\$50 Per Month Supports families in rural areas of Western North Carolina through our satellite clinic	\$125 Per Month Supports a family's comprehensive care
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"Our family appreciates the financial assistance offered. It made it significantly less stressful for us to receive these needed services." - MemoryCare Caregiver

Dental Care in Dementia: A Guide for Caregivers

by Amy Cohen, MD, MemoryCare Staff Physician



Amy Cohen, MD

With all that a caregiver manages on a daily basis, the last thing that they may be thinking about is oral hygiene. As cognitive impairment progresses, patients may forget about teeth brushing, flossing, and lose track of regular dental cleanings. There are many other factors that complicate maintenance of oral health as we age. Medications can cause

dry mouth (ex. diuretics, allergy medicines, antidepressants) which can accelerate tooth decay. Certain health conditions like diabetes become more prevalent as we age putting our oral health at risk as well. As many caregivers have already noticed, patients living with dementia can become picky as it pertains to their diet and they tend to prefer sweets which can also promote tooth decay. Weight loss is also common in dementia and can contribute to ill-fitting oral appliances that can lead to oral erosions/ulcers.

What is necessary for maintenance of oral hygiene changes as dementia progresses. In the early/mild stages of dementia, cues for twice daily teeth brushing may be all that is necessary for continued oral health. Cues are different for different people. Pre-loading your loved ones toothbrush with paste may serve as a gentle reminder to brush and also evidence that they may or may not have brushed if the paste is still there later in the day. It may be helpful for you both to brush your teeth together at the same time each morning and evening providing them with a visual reminder and a routine to brush and floss.

If a person has always attended regular dental cleanings, it may be more routine and less disruptive for them to continue to attend dental cleanings at the dentist's office. If they are less able to perform adequate dental hygiene at home, the dentist may recommend cleanings more often (like every 3 months instead of every 6 months) in order to lessen the amount of plaque and tartar build up. Your loved one will be your guide as to how much and how often they can tolerate these visits.

We recommend that caregivers attend all medical appointments and a trip to the dentist is no exception to this rule. More invasive work may be recommended by your dentist and consent for treatment may come into question. If a patient is unable to

tolerate dental hygiene appointments and if they are not able to perform their own home oral care, it is not likely that they will be successful tolerating invasive oral procedures like implants, for example. A discussion between the caregiver and the dentist is important to be able to decide on the appropriate care based on a patient's level of cognition, tolerance of the dental work proposed, ability to care for the post-procedural site, and their ability to adapt to their new/changed teeth/gums (with an implant, loss of teeth, new appliance, etc.). Commonly, once a patient has the diagnosis of dementia, they have great difficulty learning to chew, speak, and care for a new dental appliance and/or the loss of existing teeth.



In the moderate stages of dementia, cues may be less helpful and caregivers may have to start providing oral care. Several techniques may be helpful, and it may be easier to use different equipment. Hand-over-hand personal care may seem less threatening to a person living with dementia. Another technique may be to use one child's toothbrush to hold the mouth open and another toothbrush to perform the cleaning. It may take more than one caregiver to accomplish adequate care. The additional caregiver may need to hold the patient's hands and distract them. It may help to avoid other stimuli (too much conversation, etc.) while attempting this type of care. Performing oral hygiene in the bathroom may help normalize the intervention.

There are adaptations you can make to address challenges that can occur such as making it easier to grip the toothbrush. Certain types of equipment may be easier to use and more effective. Soft electric toothbrushes, flossers, Proxabrushes

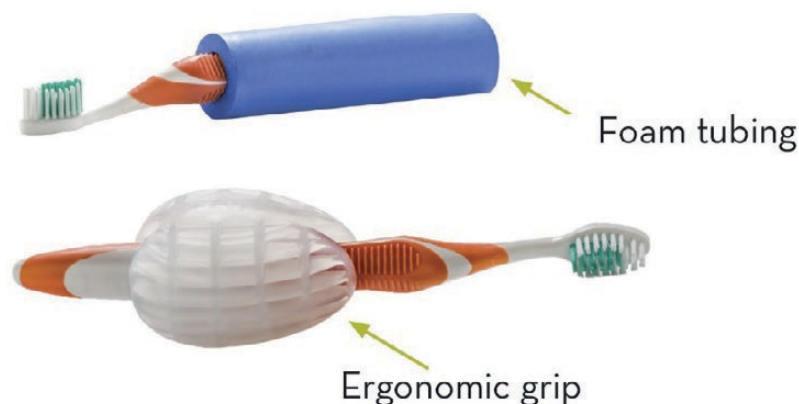
Some resources on this topic include:

- <https://www.alz.org/help-support/caregiving/daily-care/dental-care>
- <https://www.agingcare.com/articles/oral-health-tips-for-dementia-caregivers-203144.htm>



Adapt the toothbrush or try different types of toothbrushes

Make the toothbrush handle bigger.



TIP:

If you make the toothbrush handle bigger, be sure to:

- **Remove and clean the grip - and clean the toothbrush handle - at least once a week.**
- **Allow the grip handle to dry fully. ***

to get in between teeth, and Waterpiks (can add a fluoride mouthwash to the warm water for the Waterpik) can be helpful especially as you see that your loved one needs more and more assistance. Caregivers may eventually need to take over the care of oral appliances like dentures and partials. It makes it easier to keep track of the device if the caregiver prompts the patient for removal each night and to replace them in their mouths each morning. We advise keeping these expensive items in a secure location when not being worn. Trying to replace misplaced dentures/appliances can not only be costly but can also lead to non-use. Again, learning to successfully wear a new device can be difficult for patients with dementia. Cleaning can be as simple as placing the item in warm water containing Dawn dish soap at night. You may need to use a toothbrush to remove food debris. In the severe stages of dementia, even those who were long time wearers of dentures may lose the ability to wear them, and they may become more uncomfortable if a patient loses weight. It is important to inspect the mouth and gums for erosions and ulcers that could be created by a loose denture.

Refusals for oral care and dental work are common. As caregivers, we have to choose our battles. If your loved one is having a bad day, it may be best to try to perform oral hygiene when he/she seems in better, more compliant spirits. They may not be allowing of this care today, but they could allow it tomorrow. You can only do what they allow you to do, and that is ok!

Signs of a dental problem may include facial and oral/gum swelling, grimacing with chewing, avoiding hard or cold foods, food avoidance with subsequent weight loss, and agitated behaviors. In the later stages of dementia, patients may be unable to communicate that they have oral pain. Pain may impact a person's quality of life and may drive your decision to proceed with a more invasive procedure like a tooth extraction. Sedation for procedures carries a risk as we age and can cause

unsteadiness and further confusion for those with dementia. Monitoring for several hours and days post procedure may become necessary to reduce the risk of falls, wandering, and malnutrition/dehydration. Ultimately it's about how best to foster a healthy environment and support your loved one in the best way possible.

A Word About Dentures... *

If the person you care for has dentures, remember to:

- **Remove at night and gently brush before putting them into a cup of water (ask the dentist if denture cleaning tablets should be used).**
- **Gently clean gums and oral cavity once dentures have been removed each night.**
- **Do not use denture cleaners inside the mouth.**
- **Rinse and gently brush dentures again before placing them in the mouth, using a soft brush and non-abrasive cleaners as recommended by the dentist.**
- **Keep them in water at all times when not in mouth.**
- **Change the water in the cup daily. ***

What is the MemoryCaregivers Network?



Mary Donnelly & Pat Hilgendorf
MemoryCaregivers Network
Co-Facilitators

Now in its 15th year, the MemoryCaregivers Network offers three monthly peer support groups for caregivers to attend online. The sessions are open to the public and are led by Network coordinator, Mary Donnelly and co-facilitator, Pat Hilgendorf. The meetings cover a variety of topics from education to strategies for reducing caregiver stress, offering a lifeline to caregivers.

The MemoryCaregivers Network Support Groups meet via Zoom on the 1st, 3rd, and 4th Tuesdays each month from 1-3pm. To register or for more information, please email Mary Donnelly at Network@memorycare.org.

"When my wife was diagnosed with Alzheimer's four years ago, I thought my world had been turned upside down...and it had. We had good support: We were enrolled in MemoryCare, I took Caregiver College, and our kids were very helpful. 'I've got this,' I told myself.

But then things went downhill. My wife became angry a lot – mostly at me – and I couldn't figure out why. It seemed that I could never say or do the right thing, that whatever I did just made things worse. I started to wonder how long I would be able to do this.

A friend suggested that I go with him to the MemoryCaregivers Support Group. "I don't need a support group," I said, "I need someone to tell me how to handle this person who used to be my wife!" But since the meeting was online, I agreed to give it a try. I was amazed by how many other people were dealing with the same things I was...and blown away at how much I learned in that first meeting. After that, things started going a little better. I learned as much from the other caregivers in the group as I did from the leaders. Through the Network, I also got to know a group of guys who met each week, which turned out to be a lifeline.

My wife is now living in a care setting, but thanks to what I learned at my support group meetings, I'm now one of those caregivers who says, "I couldn't have done it without the MemoryCaregivers Network!" - **MemoryCaregivers Support Group Participant**



"The support group leaders are helpful and informative. It is good to connect with others on the same journey." - MemoryCare Support Group Participant

UPCOMING EVENTS

Virtual attendance only. Open to the public to attend free of charge.

Caregiver College

Caregiver College is a series of six three-hour lectures for caregivers of persons with memory disorders.



COURSE CONTENT:

- **What is Dementia?**
- **Transitioning from Independence to Interdependence**
- **Functional and Behavioral Changes of Dementia**
- **Dementia Treatment Options and Risk Reduction**
- **Caring for the Caregiver**
- **Dementia and Legal Planning Issues**

Thursdays from 2:00 – 5:00 pm via Zoom

Summer: July 7 – August 11

Fall: October 13- November 17

To register visit: memorycare.org/caregiver-college

Education Series

Join us to learn more about caring for your loved one and yourself!

Thursdays from 2—3:30 pm on the below dates:

JUNE 2—Lifestyle Choices that May Lower Your Risk for Dementia presented by Dr. Stelley Gutman, MemoryCare Staff Physician

JUNE 9—Let's Talk Caregiver Resources presented by Lindsey Kremer, MSW, and Carly Woods, BSW, MemoryCare Care Managers

JUNE 16—Assistive Technology: Easing your Caregiver Journey presented by Emily Danciu Grosso with SimplyHome

To register visit: memorycare.org/spring-2022

MemoryCare Pilots a Foot Care Clinic for Underserved Adults in Buncombe County

MemoryCare is partnering with the Asheville Buncombe Institute for Parity Achievement (ABIPA), the Shiloh Community Association, and the Linwood Crump Shiloh Community Center to pilot a Foot Care Clinic for underserved older adults in Buncombe County. The project is made possible through a grant from the WNC Bridge Foundation and is being coordinated by geriatrician, Dr. David Johnson, and social worker, Shira Wolf-Camplin, with Yvette Singleton from ABIPA serving as community liaison.



"Our goal is to increase access to basic foot care, provide education about issues of aging, and to listen and learn about unmet needs of elders in underserved communities of Buncombe County. With improved access to needed resources, individuals are more likely to have the best function, quality of life, well-being and sense of community as they age and to prolong their independence alongside challenges that can occur with aging." - David Johnson, MD, Project coordinator

Often overlooked, toenail and foot care have a significant impact on individuals from meeting basic needs of hygiene, to treating particular pains and sores that affect mobility, and to serving as a "red flag" for the presence of diseases like diabetes, circulatory issues or even cognitive impairment. Those in underserved communities are more likely to experience medical complications due to lack of adequate foot care, and it is an area of significant health disparity impacting function, mobility, and overall health of individuals.



Yvette Singleton of ABIPA who serves as community liaison for the project has noted that, "It has proven to be a much-needed service. I think its popularity is due to the high out-of-pocket copays that some individuals have to pay down and to non-insured individuals who can't afford the service. Regardless, the Foot Care Clinic has not turned anyone away. I appreciate that MemoryCare and the foot clinic team have identified the convenience and comfort they have provided by bringing this service to the Shiloh community. I'm honored to assist and support MemoryCare and their team with offering this needed service." Thank you, Yvette! We deeply appreciate the support of the WNC Bridge Foundation that makes the pilot possible and are already seeing benefits to those served.

Six Steps to Managing Alzheimer's Disease and Dementia

JUNE 23, 2022

2:00—3:30 PM

Free, online event via Zoom

To register visit: [memorycare.org/budson](https://www.memorycare.org/budson)



Based on his award-winning book, "Six Steps to Managing Alzheimer's Disease and Dementia," join us for a presentation with Dr. Andrew Budson to learn how you can manage all the problems that come with dementia—including those with memory, language, vision, depression, behavior, agitation, aggression, sleep, falls, incontinence, and more—and still take care of yourself, in six simple steps.

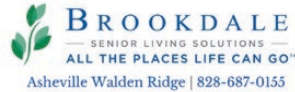
Dr. Andrew Budson was educated at Haverford College and Harvard Medical School. Dr. Budson is Chief of Cognitive & Behavioral Neurology at the Veterans Affairs Boston Healthcare System, Director of Education at the Boston University Alzheimer's Disease Center, Professor of Neurology at Boston University School of Medicine, and Lecturer in Neurology at Harvard Medical School.

A Special Thanks to the Sponsors of this Newsletter:



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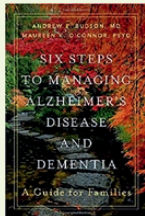
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NEW MATERIALS AVAILABLE AT MEMORYCARE'S RESOURCE CENTER

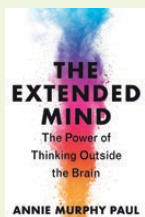
The materials highlighted here are located in the resource library at the SECU Center for MemoryCare, and can be borrowed.



Six Steps to Managing Alzheimer's Disease and Dementia

by Andrew Budson, MD

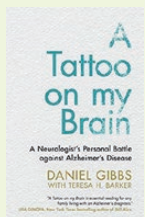
Comprehensive yet written in an easy-to-read style, this book features clinical vignettes and character-based stories that provide real-life examples of how to successfully manage dementia. See page 7 inside for details on an event presented by Dr. Budson on June 23, 2022!



The Extended Mind

by Annie Murphy Paul

An intriguing narrative and review of research supporting our ability to use mental extension; thinking "outside the brain" through our bodies, surroundings, and relationships. "We extend beyond our limits, not by revving our brains like a machine or bulking them up like a muscle – but by strewing our world with rich materials, and by weaving them into our thoughts."



A Tattoo on my Brain

by Daniel Gibbs, MD and Teresa Barker

Dr. Gibbs is a neurologist that has treated many patients with Alzheimer's disease over his 25 years of practice. He has learned that he is battling the same disease that has plagued so many of his patients, and now he has written his own optimistic story of his journey navigating early-stage Alzheimer's disease.



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