



# 2025 SPRING NEWSLETTER

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**MEMORY CARE**  
The SECU Center for MemoryCare

100 Far Horizons Lane  
Asheville, NC 28803

Phone: 828-771-2219  
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[www.memorycare.org](http://www.memorycare.org)

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## MEMORYCARE CELEBRATES A MILESTONE ANNIVERSARY

We are excited to enter 2025 knowing that MemoryCare has spent that past quarter of a century serving our community with compassionate care for people living with dementia and their families.

MemoryCare's commitment to offering education, training and support to caregivers in tandem with medical care for our patients was ground-breaking from the start in the realm of dementia care. Our dedicated clinicians and care managers work closely with families to understand each individual's unique needs and challenges. From early-stage memory loss to advanced stages of dementia, MemoryCare provides specialized evaluations, treatment, and ongoing support.

What started as a small organization has expanded its reach to touch the lives of thousands of families in Asheville and the surrounding areas. The dedication of the staff and the support of the community have been key drivers in this growth, allowing MemoryCare to remain at the forefront of dementia care in Western North Carolina.

One of MemoryCare's defining features is the focus on educating and supporting caregivers. Dementia can be an isolating and overwhelming experience, but MemoryCare strives to provide resources, counseling, and practical advice to help caregivers navigate their journey. From educational workshops to caregiver support groups, families can find a network of resources that aim to reduce their stress while helping their loved one stay home as long as possible.

This anniversary is not just a celebration of the past, but a look forward to a future in which MemoryCare continues to make a difference in the lives of those we serve. Our work is far from done, and we are deeply grateful to the families, staff, and supporters who have made these past 25 years possible. We are excited about the future and look forward to discovering new ways to make information more accessible.

Thank you for being part of the MemoryCare family. Here's to the next 25 years!

For more information, visit [www.memorycare.org](http://www.memorycare.org).



## SPOTLIGHT ON DR. NOEL

Our Founder, Dr. Margaret A. Noel, M.D., established MemoryCare in 2000. Seeing a profound need for better dementia care, Dr. Noel developed a unique model that integrates medical care with comprehensive support for families and caregivers.

Dr. Noel was the only fellowship trained geriatrician when she came to Western North Carolina in 1989. She has cared for thousands of people living with dementia and their family caregivers, served in state and national leadership roles advocating for dementia care, taught many health care professionals through her adjunct faculty appointment at the University of North Carolina School of Medicine, published in peer-reviewed journals, spear-headed the building campaign and oversight for the SECU Center for MemoryCare and served as MemoryCare's first executive director and medical director. Among many other accolades and awards, she became a recipient of the Long Leaf Pine award last year.

As of 2025, Dr. Noel is preparing to retire at the end of the year, leaving behind a lasting legacy. Her work has not only transformed the landscape of care for persons living with dementia in the region but has also set a standard for integrating medical treatment with family-centered support. We are eternally grateful for Dr. Noel's contributions to our community, our patients and caregivers, and our staff. An educational legacy fund in her honor is being established at MemoryCare. For more information on The Margaret A. Noel, M.D. Education Legacy Fund, please contact our development department at 828-771-2219.



## CHARITABLE GIVING

Caregivers tell us often—“MemoryCare supported me when I needed them, and I want to make sure this unique program will be around for others in the future, too.”

Do you have the same generous ideas? A charitable gift to our program impacts our operations today and can strengthen our foundation for tomorrow. MemoryCare is deeply grateful to our caring friends, who thoughtfully provide support for the year and beyond.

If you are 70.5 or older, you could transfer up to \$108,000 each year directly from your IRA to a charity with 501(c)(3) status, like MemoryCare. The amount of the transfer will not be included in your taxable income, and the transferred amount can count towards your required minimum distribution (RMD).

Everyone 73 and older who owns an Individual Retirement Account (IRA), along with those who turned 72 before January 1, 2023, must take a Required Minimum Distribution (RMD) from the IRA each year. This is the smallest amount an individual must distribute from their IRA each year. Donating all or part of the RMD to charity is a popular gift option called the qualified charitable distribution, or QCD.

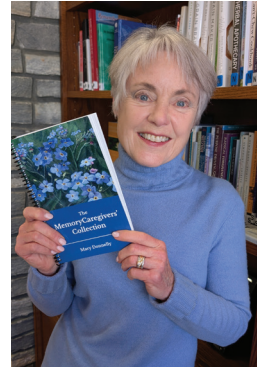
If you're 70.5 or older, and do not have an RMD yet, you can still use the QCD option that can lower your adjusted gross income and effectively reduce your income taxes.

To learn more, check out IRS.GOV for additional information on RMDs, consult your financial advisor, or contact our development office, 828-771-2219.

MemoryCare is a 501(c)(3) nonprofit organization, Federal ID# 56-2178294.

## THE MEMORYCAREGIVERS' COLLECTION

Mary Donnelly learned the challenges of caregiving firsthand in caring for her mother with dementia and then in her roles as peer support group facilitator, dementia care consultant and dynamic speaker. Mary serves as MemoryCare's Network coordinator. Mary's real-world knowledge and deep understanding of dementia and caregiving, grounded in her personal experiences, serve as an invaluable resource throughout the pages of this book. MemoryCare, is a nationally recognized outpatient, nonprofit clinic and caregiver support program in Asheville, NC established to provide expert medical care for people with dementia and support for their caregivers over the course of the disease.



In 2010, Mary began writing articles for MemoryCare's caregiver newsletter to offer practical, caring guidance for caregivers on this journey. The MemoryCaregivers' Collection is a compilation of those articles. The Collection is edited by dementia specialists, Margaret Noel, MD, and Virginia Templeton, MD, and is infused with wisdom gained from listening, learning, supporting, and caring and includes voices of people living with dementia and other caregivers as well.

The Collection shares information about dementia as well as issues such as what to do after getting a diagnosis, communication strategies, how to manage safety issues, grief, and more. There are articles about activities, how to manage holidays, birthdays, bad (or good) news, and on. Mary does not shy from the hard topics and emotions that come with dementia and finds ways to share joys that are there as well. For all of us touched by dementia, it is a gift to have this wonderful book come to fruition! As one caregiver wrote, the information is “lifesaving.” A substantial portion of the proceeds of this book will go to support MemoryCare's work with families.

Caregivers know well that dementia brings with it heartache, daily challenges, and the unpredictable. The MemoryCaregivers' Collection can help improve the lives of people living with dementia and their caregivers by shedding light on ways to manage better. Now available for purchase on Amazon.com.

## ANCILLARY PROGRAMS

### MEMORYCAREGIVERS NETWORK

The MemoryCaregivers Network offers a peer support group for caregivers to attend online. The sessions are open to the public, and are led by Network coordinator, Mary Donnelly. The meetings cover a variety of topics from education to strategies for reducing caregiver stress, offering a lifeline to caregivers. One session each month is devoted to early-stage issues.

**Mary Donnelly**  
MemoryCaregivers Network Coordinator

### FOOT CARE AND HEALTH EDUCATION PROGRAM

Services are available to all with a focus on underserved older adults. Foot care is first come, first served, with no appointment needed. For additional information, contact the MemoryCare team at 828-771-2219. MemoryCare offers a recurring foot care and health education event at varying sites in the community. Services include addressing toenails and calluses, checking for common medical problems that impact mobility, educational materials about healthy aging and caregiving, referrals to community services, and more!

**David Johnson, MD**  
MemoryCare Physician

## UPCOMING EVENTS

### WALK THE WALK TO SERVE OTHERS

**Saturday May 17, 2025**  
**Noon- 4:00 PM**  
**Bears Smokehouse BBQ**  
**135 Coxe Ave, Asheville (Downtown South Slope)**

Join Asheville-Biltmore Rotary's major Service Above Self event for 2025: Walking The Walk! We are so grateful that proceeds will benefit MemoryCare, as well as CART and Manna Food Bank. The event is a walk through downtown and South Slope Asheville, with participants choosing a 1-mile or 2-mile course.

To donate to Walk the Walk, visit:  
<https://www.ismyrotaryclub.org/Donation/Donate.cfm?ID=152344>

### READY TO SIGN UP TO BE A WALKER?

Choose one or more time slots at this link: <https://tinyurl.com/Rotary-Walk>

### IF SLOTS ARE FULL, COME ANYWAY!



## CAREGIVER COLLEGE

Caregiver College is provided as a live broadcast for online attendance and is free to the public to attend. Sessions are designed to improve caregiver understanding of different aspects of dementia care. The course will be led by MemoryCare staff members (Modules 1-5) and an elder law attorney (Module 6).

Related course materials will be provided. Registration is required. To register visit:  
[www.memorycare.org/caregiver-information/caregiver-college](http://www.memorycare.org/caregiver-information/caregiver-college)

### MODULE 1: WHAT IS DEMENTIA?

### MODULE 2: TRANSITIONING FROM INDEPENDENCE TO INTERDEPENDENCE

### MODULE 3: FUNCTIONAL AND BEHAVIORAL CHANGES OF DEMENTIA

### MODULE 4: DEMENTIA TREATMENT OPTIONS AND RISK REDUCTION

### MODULE 5: CARING FOR THE CAREGIVER

### MODULE 6: DEMENTIA AND LEGAL PLANNING ISSUES

If you have questions, or want to attend in person, contact us at 828-771-2219 or [education@memorycare.org](mailto:education@memorycare.org).

#### 2025 SCHEDULE

Thursdays 2:00 - 5:00pm

Winter	Spring	Summer	Fall
1/9 to 2/13	4/10 to 5/15	7/10 to 8/14	10/16 to 11/20

## SPRING DEEP DIVES

Register under News and Events at [MemoryCare.org](http://MemoryCare.org).



Adria Thompson  
M.A., CCC-SLP

### THROUGH THEIR EYES: EMBRACING A NEW PERSPECTIVE ON RESISTANCE

June 4  
3pm-4:30 pm

This session will explore the underlying reasons why a person with dementia might resist care and will provide practical strategies to navigate these challenges.



Rikki Hooper  
MBA, MLAS, MSN, FNP, ACHPN  
Four Seasons Hospice

### PALLIATIVE CARE: HOW CAN IT BENEFIT MY LOVED ONE WITH DEMENTIA?

June 19  
2pm-3:30 pm

This in-depth overview will cover the circumstances and benefits of using palliative care for your loved one with dementia.



Stelley Gutman, MD  
MemoryCare

### BRAIN HEALTH: IMPACT OF DIET AND LIFESTYLE CHOICES

June 26  
2pm-3:30 pm

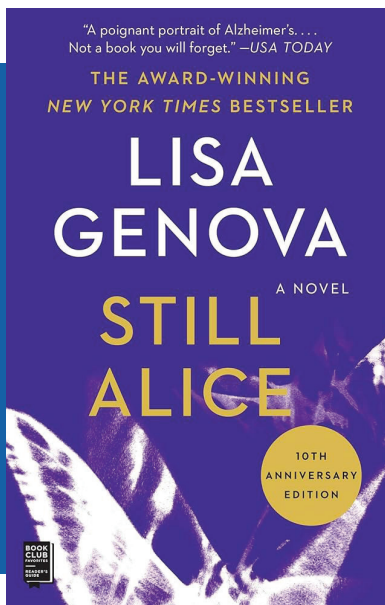
Join Dr. Gutman as she takes a closer look at the evidence behind using nutrition and other lifestyle strategies to protect your brain.

Special Thanks to



**DOGWOOD  
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for their support.



## MEMORYCARE BOOK CLUB

Thursday, June 5  
2:00 -3:30 PM

Location: Zoom (virtual)  
Register: At [MemoryCare.org](http://MemoryCare.org) under News and Events

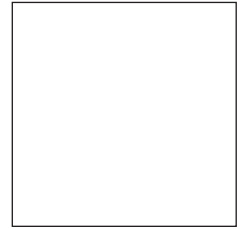
Join us for our next virtual book club as we dive into *Still Alice* by Lisa Genova- a powerful novel that explores memory, identity, and resilience through the story of a woman facing early-onset Alzheimer's. Bring your thoughts, questions, and favorite quotes as we discuss in a welcoming space.





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