



Optimizing Brain Health & Memory Wellness in Charlotte Since 2008

When Leaders Collaborate, Anything is Possible

Summer 2022

by Lynn Ivey, CEO and Founder



COLLABORATION. This word captures so much of what is at the heart of our programs, ideology, and the reason we exist. In truth, The Ivey represents a grand stage where our members, families, and staff all come together in a beautiful spirit of collaboration.

Today, The Ivey welcomes a new strategic COLLABORATION with a synergistic community leader, Southminster. Charlotteans know Southminster as our region's leader in providing the very best in contemporary senior living for 35 years – a life plan community offering a full continuum of care that represents a whole-life focus on mind, body, and spirit.

In our 15th year, The Ivey is the Charlotte region's premier Brain Health Solutions organization, complete with our daily Respite Club, Caregiver Resources, and the 2021 Brain Health Workshops launch. Both nonprofits are kindred spirits that foster healthy lifestyles, vibrant collaboration, unapologetic optimism, and the pursuit of optimal well-being.

While remaining independent organizations, this new collaboration will come to life in several evident ways:

- o Reach and impact a broader Charlotte-Mecklenburg community audience with The Ivey's brain health lifestyle educational workshops and its premier daily memory respite program
- o Extend the reach of Southminster's Embrace Health homecare through a staffed location at The Ivey, supporting an increased scope of The Ivey's Caregiver Resources
- o Staff collaboration for continuing education, training, and expertise

"Risk factors like age, genetics, and family cannot be changed, but other risk factors can be modified through brain healthy lifestyle changes to reduce the risk of memory loss and cognitive decline." (2022 Alzheimer's Association Alzheimer's Disease Facts & Figures report) These modifiable risk factors are the focus of the Brain Health Workshops. "We know from the latest Alzheimer's Association research, that addressing factors such as physical activity, diet, and social connections prevent or delay up to 40 percent of dementia cases," said Tracy McGinnis Vice President of Philanthropy and Strategic Initiatives at Southminster.

"This collaboration is very significant and will have a lasting impact," said Ben Gilchrist, President and CEO at Southminster. "It's never been more evident to all of us in Charlotte-Mecklenburg that we have a responsibility as leaders in aging services to collaborate and share resources. In working together, we can accelerate and increase our impact on the public health crisis of brain health."

As the CEO and Founder of The Ivey, I am SO excited about this fusion of creative energy with Southminster which will have a lasting, long-term impact on families throughout our region. Grounded in science, it is my sincere belief that by keeping the brain healthy through lifestyle change, **dementia does not have to be our destiny.**



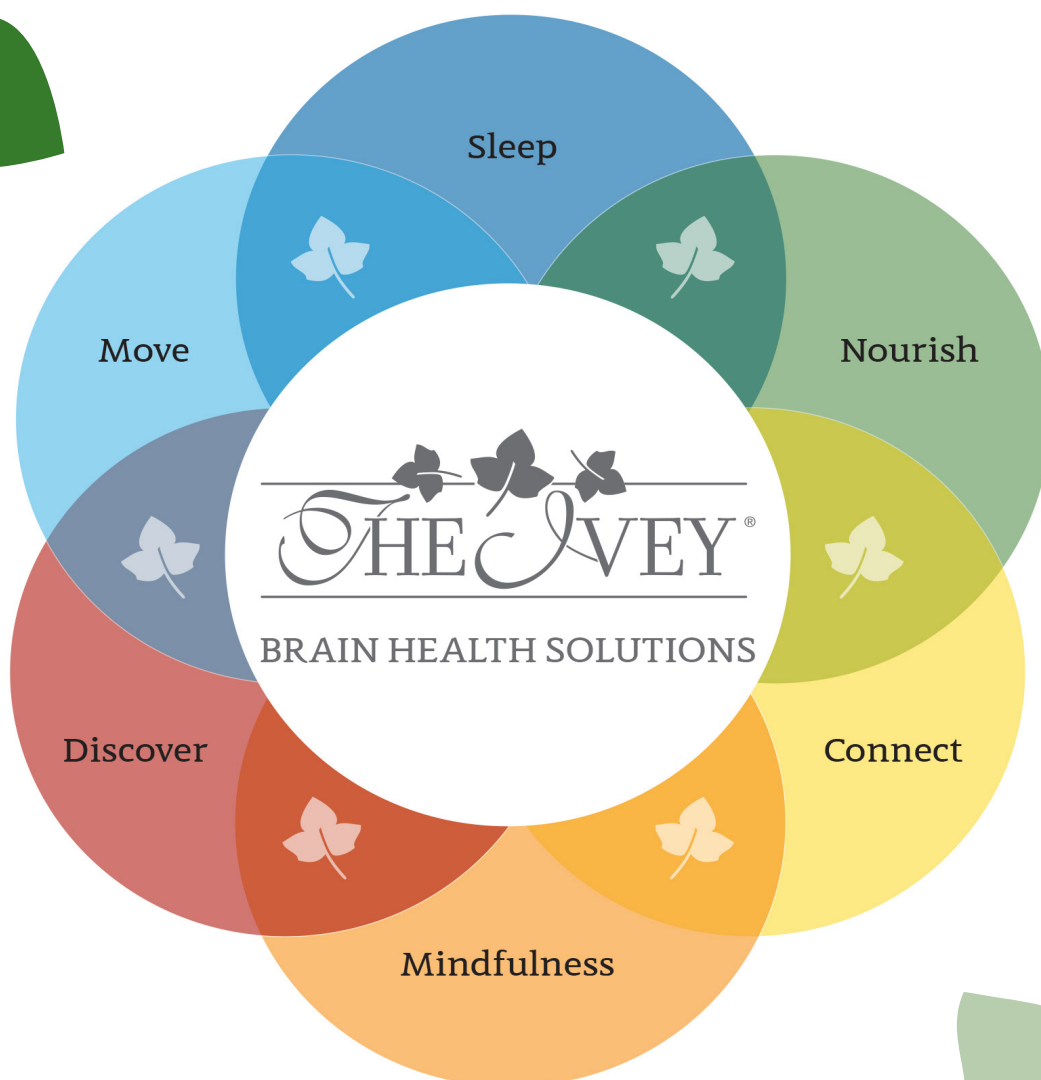
BRAIN HEALTH SOLUTIONS

LIFESTYLE EMPOWERMENT

COLLABORATIVE HARMONY

Brain health is about embracing lifestyle habits to age well. There is strong evidence that the risk of cognitive decline can be lessened by making key lifestyle changes.

Brain health pillars collaborate to protect the brain and keep it healthy. With lifestyle - *how we live our lives and care for our bodies and minds* – we have the power to enhance, even renew our health and brain power by taking charge of them through these important pillars.



BRAIN HEALTH SOLUTIONS EDUCATION SERIES

WORKSHOPS

FALL 2022

September 16 - December 1

7-WEEK

WORKSHOP SESSIONS

Sept 16 - Oct 28

8:30 am - 12:30 pm

5-WEEK

WELLNESS SESSIONS

Oct 31 - Dec 1

9:00 am - 12:00 pm

- ▾ curriculum-based education
- ▾ professional, licensed subject matter experts
- ▾ curated workshop materials
- ▾ interactive skill practice, experiential learning and support sessions
- ▾ brain gym leveraging measurable technology
- ▾ customized wellness coaching and group sessions
- ▾ coordinated and convened under one roof
- ▾ convenient location in the heart of South Park
- ▾ COVID-SAFE: Proof of vaccination + boosters

FREE Info Sessions to LEARN MORE about the Brain Health Workshops:

3 FREE INFO SESSIONS to choose from:

August 26th • 9:30 - 11:30 am

or

September 2nd • 9:30 - 11:30 am

or

September 9th • 9:30 - 11:30 am

To Register for Free Info Session
RESERVE YOUR SPACE NOW!
CALL 704-909-2070 or visit
theivey.com/brain-health-workshop

ALUMNI

I was aware of a lot of the information before the course, but all the aspects were pulled together showing how they fit together. This will make it easier to actually use the information.

Not only did each expert speaker know their subject, but they could also present it coherently, not necessarily a combination found in educators. The Ivey staff are supportive and knowledgeable. They are constantly evaluating the sessions and adjusting the course if they feel they can improve it.

I have come away motivated, no small task! This course was worth the time and effort. Not trying to be overly dramatic, but it has added a bit of light to my life. Learning does that. ~Janne Mack, workshop participant

...My appreciation and thanks to Lynn Ivey and all the staff for making the course interesting and fun, and for your continued support to make the experience long lived. ~Violeta Powell, workshop participant



BRAIN HEALTH SOLUTIONS RESPITE CLUB

COLLABORATIVE CONNECTIONS

Our Families & The Ivey's Respite Staff collaborate to provide a well-rounded approach to caregiving. Families are making sure their loved ones are safe and happy at home while balancing the medical and family needs of their loved ones. Meanwhile, our respite staff is creating meaningful programs to help provide mental stimulation, social connections, and physical exercise four afternoons a week.

This collaboration is a win-win, allowing loved ones to remain at home with their families much longer and stay engaged with the outside world, providing much-needed respite for the family caregiver.

Respite Members work together to see that each person who comes to The Ivey feels welcome, respected, and has a great experience. Sometimes that is seen by one member offering their arm to another, or noticing someone's tablemate didn't show up that day and inviting them to join their table.

Watching members encourage each other showcases the importance of collaborative connections.

This collaboration is a win-win, allowing loved ones to remain at home with their families much longer and stay engaged with the outside world



"The Ivey has welcomed mom with open arms, given her a wonderful place to spend her afternoons, and has been an invaluable resource to our entire family. Mom truly loves her time there and considers the staff to be her adopted family."

~Wendy Wardlaw, Family Caregiver



"The Ivey is truly an exceptional place with incredible leadership and staff. The brilliant programming is equal parts education, memory wellness, and just plain fun. My mother has forged new friendships, improved cognitively, and refers to everyone at The Ivey as her extended family. The Ivey has been a lifeline for her and a total game-changer for our entire family." ~Janice, Family Caregiver



"As a solo caregiver, I would be lost without The Ivey and their consistently caring staff. They not only care for my mother, they also care for the entire family. For me, they have become my extended family on our journey."

~Paul Dunlap, Family Caregiver

BRAIN HEALTH SOLUTIONS

CAREGIVER RESOURCES

COLLABORATIVE RESOURCES



LEAH COOPER
FAMILY RESOURCES MANAGER
THE IVEY

Honoring The Ivey's commitment to providing personalized support and services to empower caregivers throughout the memory loss journey, Leah Cooper, Certified Care Manager dedicates her time and attention to the unique needs of each member and their family.

Leah educates families and helps to navigate difficult issues and decisions by providing guidance and resource options.

From performing baseline cognitive memory screenings, needs assessments, plans of care, and facilitating The Ivey's Caregiver Success support groups, Leah values the relationships with members and their families.



THOMAS BREWER
BUSINESS DEVELOPMENT
MANAGER FOR EMBRACE CARE
SOUTHMINSTER

Embrace Care, Southminster's Licensed Home Care provider, offers the freedom of independent living in the comfort of your own home while receiving the support necessary to maintain a healthy, safe lifestyle. With choices from personal to companion care, Embrace Care provides something for everyone.

Embrace Care is available for short-term needs after an illness or surgery, or a longer-term option for those who want to age in place and need additional help to remain independent.

Thomas is happy to answer any questions in regards to home care, and will be an additional resource to help navigate the healthcare continuum.

DID YOU KNOW?

by Leah Cooper

People often think of Alzheimer's and other dementias as being all about memory loss. However, a dementia diagnosis is only given if two or more cognitive functions are impaired.

Besides memory loss, other cognitive functions that may be impaired are language skills, understanding information, problem-solving, spatial skills, controlling emotion, and judgment and attention.

COLLABORATIVE COMMUNITY



Healthy Charlotte Alliance, a local nonprofit whose mission is to improve the health and quality of life for all people of Mecklenburg County, providing health education programs and volunteer and financial support to local health nonprofits.

"Healthy Charlotte Alliance is pleased to collaborate with The Ivey through delivery of health education programs that focus on supporting brain and overall health."

~ Erin Edwards, Executive Director



The Learning Society @ Queens

The Ivey supports The Learning Society through sponsorship and works in collaboration to emphasize the importance of lifelong learning to support brain health.

Queens University Music Therapy

The Ivey is proud to support music therapy students as a designated site for hands-on experience, with guidance, support, and encouragement from Tracey Esser, Certified Music Therapist, The Ivey.



Caregiver Success Support Groups

The Ivey recognizes that behind every member there is a family. Complimentary support group sessions provide assistance and reassurance to help caregivers manage stress and time for much-needed caregiver's care.



Charlotte Latin Table Tennis Club

The Ivey is grateful for player time, exhibitions, and meaningful engagement with our respite club members.



Atrium Health Residency

program partners with The Ivey to provide learning opportunities for family and internal medicine residents and geriatric fellows. Through The Ivey's onsite and virtual Atrium Learners program, residents learn about our model of care as a solution for individuals and families living with memory loss.



UNC Charlotte Gerontology

Each semester, The Ivey provides a 90-hour field placement for a student to work alongside The Ivey's Life Enrichment Coordinators in day-to-day programming.

UNC Charlotte School of Nursing

The Ivey is proud to support the nursing curriculum through education on brain health, cognitive decline, and caregiver resources.



Harris YMCA

The Ivey is proud to support the YMCA members with education on brain health and caregiver solutions.



COMING SOON - Charlotte JCC
Brain health education for the Oasis Senior Enrichment and Health & Wellness Centers.



COLLABORATIVE SUPPORTERS

Legacy Giving 2008 - Present

Shelby Alexander Trust
The Bill & Sharon Allen Family Found.
Scott & Melissa Bovit
The Brotherhood Foundation
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Keith Eades & Margie Eades
Sue Elrod

Dale Halton
Bill & Martha Howard
Walter & Kathy Humann
The James Family Foundation
John V. Moore
Lynn Ivey-Moore
Johnny T. & Pat Moore

The John V. & Brenda Saunders Moore
Family Fund
The Mulvaney Family Fund Foundation
Brenda Stevens
Stubblefield Foundation
John Sykes
Roddey Williams

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November 2021 - May 2022

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Vikki Hunley
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Jen Lafontaine

Marty & James Stenhouse
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In Memory Of

Willene Bagley, Dorothy Clark, Patricia Fort, Ann Fossi, Mila Hurley, Mike Mulvaney, Joanne Pavlakos, Debbie Sweetman, Pauli Reading, Catherine Smith, Virginia Thompson

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Ways you can support The Ivey:

- Pledge with weekly, monthly or annual donations
- Honor a loved one with a memorial donation or remembrance on other special occasions.

2 easy ways to donate:

By check: The Ivey, 6030 Park South Drive, Charlotte NC 28210

Online: www.theivey.com, click on Donate

While we strive for accuracy in our donor acknowledgments, please forgive us if you notice a missed or incorrect name. Please alert us of any donor name errors or omissions at 704-909-2070 or email at memory.wellness@theivey.com

Serving Families and The Charlotte Community Since 2008



6030 Park South Drive
Charlotte, NC 28210



Lynn's Attitude of Gratitude

Lynn Ivey, CEO and Founder of The Ivey

As I reflect on the sharing power of COLLABORATION, I am so very grateful to all the collaborators who have been a part of The Ivey's life for nearly 15 years! Too many to mention in this small space, perhaps a definition of gratitude that I recently read, might resonate with all of us:

"Gratitude is all about recognizing and appreciating those people, things, moments, skills, or gifts that bring joy, peace, or comfort into our lives."

WOW! That really sums it up!

- With this definition, I would start with my parents, who unwittingly inspired my motivation to create and build The Ivey.
- After them, would be all the people who believed in me and in the mission through the participation of their time, talents, and treasures.
- And today, all the like-minded community organizations that believe in the power of well-being, education, and the sharing of resources.

As I exclaimed in our last newsletter, "Bravo Charlotte! My abundant gratitude for making The Ivey possible for so many lives in our community...and beyond!"