



## Optimizing Brain Health & Memory Wellness in Charlotte Since 2008

Fall / Winter 2021

### Successful **MOMENTum** for Brain Health

by Lynn Ivey, CEO and Founder



SUCCESS, INSPIRATION, MOTIVATION, VITALITY, VIBRANCY, WELLNESS....do these words describe how you want to live as you age, no matter your age, from your 30's to your 90's? The right answer is YES! In our June newsletter, we announced a September-launch for an exciting new program called Brain Health Solutions Fridays-At-The Ivey!

We not only launched on time, but we now have our first graduating class who would say they now know better how all of the six pillars of brain health can be applied to their lives...they not only know how, but they practiced over the 12-week pilot program! Congratulations to all of them who CHOSE to make lifestyle changes to protect and enhance their brain health.

Inspired by words from Julie Fratantoni, PhD, a cognitive neuroscientist at the Center for Brain Health at the University of Texas at Dallas, "Almost anything can be done by rote OR in a new way," we *found our new way* :

- changed from a full-day Adult Day Care Program (Mon-Fri) to a half-day Afternoon Respite Program (Mon-Thurs), for those who are beginning a journey of cognitive impairment and pumped it full of programs built around the primary core pillars of brain health, designed to maintain, or possibly improve, their current level of cognition
- enhanced our already impactful Caregiver Resources program for families who are traveling a dementia journey with their loved ones
- created a Fridays-only Brain Health Solutions program for the greater Charlotte community

By expanding the community we serve and building **MOMENTum** for brain health education, we are proud to do our part to potentially decrease future cognitive impairment. IMAGINE the impact YOU can have in the world of brain health if you join this endeavor! How can you help at this moment? Please tell a friend about The Ivey or consider for yourself:

1. Enrolling in the 2022 Brain Health Solutions workshops on Fridays-At-The Ivey
2. Enrolling a loved one in the Afternoon Respite program
3. A financial gift to help us continue this **MOMENTum** for both of our impactful programs





# BRAIN HEALTH SOLUTIONS FRIDAYS-AT-THE IVEY

## SPECIAL THANK YOU TO OUR CHAMPION SUPPORTERS



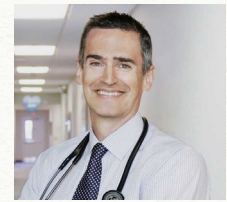
**Lynn Ivey**  
President & CEO  
The Ivey



**Ben Gilchrist, MBA**  
President & CEO  
Southminster



**Hayes Woollen, MD, MBA**  
CMO, Healthgram  
Partner, Confluence  
Healthcare Partners



**Brian Asbill, MD Cardiologist**  
Co-Founder, Ruckus Health  
Diplomat, American College  
of Lifestyle Medicine

## SUBJECT MATTER EXPERTS

At each week's session, these experts not only provided a keynote talk but also provided their best tips for success to small breakout groups. These same breakout groups were able to experience dual tasking (simultaneous physical and cognitive) exercise in our new Brain Gym!



**SLEEP - Kristin Daley, Ph.D, DBSM**  
Licensed Psychologist, Diplomat Behavior Sleep Medicine

*"Sleep is a time of intense repair and recovery for your brain, which is essential to brain health!"*



**NOURISH - Cheryl Hoover, RPh**  
Registered Pharmacist, Founder, Pharmacy In Your Kitchen, Cert. Plant-Based Nutrition

*"You have the opportunity to nourish your brain with every bite you take."*



**MOVE - Amy Knab, Ph.D**  
Associate Professor Dir. Exercise & Sport Science Lab, Queens University

*"Physical movement is one of the best ways to keep the brain healthy."*



**MINDFULNESS - Leila Forbes, Ph.D**  
Licensed Psychologist, Specialist in Acceptance & Mindfulness-based Practices

*"Mindfulness is more than meditation. It is an approach to life that is shown to reduce stress and increase health and well-being."*



**CONNECT & DISCOVER - S. Mark Williams, Ph.D**  
Neuroscientist & CEO R65 Labs

*"The participants in this workshop will understand how attainable achieving brain health is. There are many tools and resources for making simple changes to our behaviors each day that can dramatically impact our brain health."*

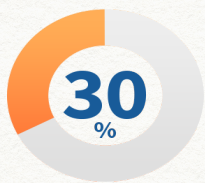




# BRAIN HEALTH SOLUTIONS FRIDAYS-AT-THE IVEY

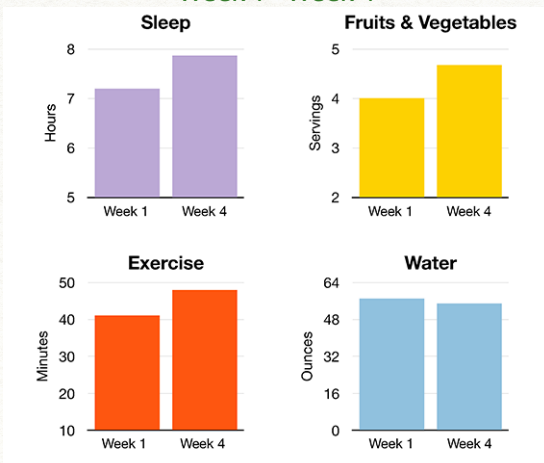
## BRAIN HEALTH WORKSHOPS STATS, FACTS & IMPACTS

106 Info Session Registrations  
30% Workshop Attendees



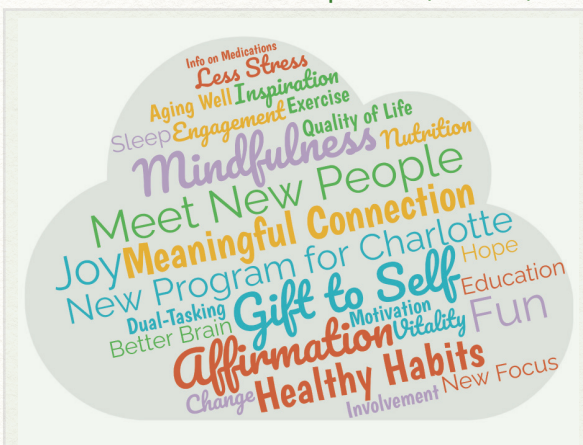
### TRACKED PROGRESS:

Sleep, Exercise, Water, and Fruits/Vegetables  
Week 1 - Week 4



### ATTENDEE GOALS & WISHES

First Session: Attendees weighed in on goals to achieve through the workshops  
Last Session: All accomplished (& more!)



## BRAIN HEALTH WORKSHOPS BACK BY POPULAR DEMAND!

### FRIDAYS-AT-THE IVEY

**FREE Info Session**  
Friday

January 21, 2022

9:30 am - 11:30 am

**RESERVE YOUR SPACE NOW!  
CALL 704-909-2070**

*I wish this didn't have to end for us! Please don't let it end for the community!*

~2021 Workshop Participant

### 2022 Fridays-At-The Ivey

7-Week Education Series

Curriculum-based

4 hours each Friday

with Complimentary Boxed Lunch-to-go

+

5-Week Maintenance Sessions

Brain Gym & Welless Coaching

Weekly appointment

**WORKSHOP**

**DATES**

February 4 -

March 18

8:30 am - 12:30 pm

**MAINTENANCE**

**DATES**

March 21 -

April 22

9:00 am - 12:00 pm

*I already feel better, have more energy, and I am encouraging my colleagues to sign up for the next session."*

~Sara Thompson, MSW, Therapist  
Workshop participant

*I am enjoying the course very much. Thank you for all your efforts to make it a success.*

~Violeta Powell  
Workshop participant



# BRAIN HEALTH SOLUTIONS ON-SITE RESPITE CLUB

## MAKING A CONNECTION

### Music is the Ultimate Connector



### Enhanced Neural Connections

Step into The Ivey any afternoon and you'll find yourself immersed in a musical environment. Thankfully, music serves a scientific purpose! Studies have shown that for people with dementia, "music can improve mood, behavior, executive functioning and in some cases, cognitive function, which can persist for hours and days after the music stops."

Tracey Esser, Life Enrichment Coordinator, is also a Board Certified Music Therapist and Certified Neurologic Music Therapist. Through her training and experience she knows that the stimulus provided by music works all parts of the brain at once, reaching parts of the brain that other things cannot.



*Tracey tells us "seeing the response from our members on a daily basis reinforces why I love doing what I do"*

Tracey and fellow team member, Mary Lindsay, host sing-alongs and Name That Tune programs which are always a hit with our members. Their musical talents give us the ability to incorporate music into most of our programs.

What else is a big musical hit? Our weekly concert with singer John Leon Lewis! The musical joy he brings with every concert is unbelievable and he truly makes sure that music strikes a chord with everyone.

As a result of our 2020 COVID-19 pivot, The Ivey's afternoon respite program evolved.

The Ivey now has a fresh approach to programming for members who have a mild cognitive impairment or early dementia diagnosis, filled with dancing, learning and laughs.

Senior Scholars, Music Appreciation, MemPics and BCAT workshops strengthen the brain by helping develop more connections (synapses) between brain cells (neurons).

Our new Brain Gym utilizes dual-tasking with SMARTfit, ping pong, and recumbent bikes. With enhanced connections between neurons, memory and physical movement can be maintained longer, despite damage to the brain!



Our programming is educational, provides stimulating conversation for members, and fun! All members experience the six pillars of brain health every afternoon at The Ivey.

1. **Connect** with newfound friends
2. **Discover** new information and skills
3. **Move** to music and through exercise
4. **Nourish** with a healthy snack
5. **Mindful** yoga classes and porch time
6. **Sleep** better after a stimulating afternoon



# BRAIN HEALTH SOLUTIONS ON-SITE RESPITE CLUB

## CONNECTING THROUGH STORIES

### Once a nurse.....

Nursing is not just a job, it's a way of life.

Or, at least that is how our member Kit lives her life. Kit spent years working as a nurse, caring for others and lending a hand whenever possible.

Despite having retired a "few" years ago, not much has changed for Kit! She loves being at the "ready" for other members at The Ivey, making sure every one has something to eat or drink, joining them on their walk to an activity or taking a seat at their table. She simply shares friendship with everyone. One of the first ones to ask if she can help a staff member with a project, her nursing bedside manner is still going strong. She even offers to provide a ride to someone if they mention a need to go somewhere!



Kit has been a part of The Ivey family for 4 years and is still the same kind, caring, and helpful lady that she was as a registered nurse.

*Kit is a shining example of our saying:  
"start sooner, remember longer".*

### He knows how to pivot.....



Stories abound of the long term effects of social isolation as a result of the COVID shutdown, and especially so with regards to memory loss.

This is not that story. Since reopening The Ivey in August 2020, member Gene has thrived.

Starting out with a smaller, socially-distanced group size allowed a more relaxed atmosphere to engage with other members and staff.

As our membership grew and evolved, so did our programs. Working on crossword puzzles, socializing, discussing "Coffee Chat" topics, and spending time in The Ivey's Brain Gym improved Gene's cognitive deficits.

He enjoys joking around with staff and remarks often, "I have to help YOU remember things sometimes too!"

*There is no cure for dementia, but The Ivey and Gene have found a way to enhance the quality of life as he and his family travel this journey together.*





This holiday season, give the gift of giving. At a time of year when giving can sometimes feel more like an obligation than the privilege it really is, we are grateful to those who look for opportunities to give on behalf of friends and family. Or, because they care deeply about our service to the community and families who are living with memory loss .

For The Ivey, every gift has an impact. Your gift allows us to continue to serve the community in our afternoon program and grow our Brain Health Solutions / Fridays-At-The Ivey.

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## 2008 - Present Legacy Giving



Shelby Alexander Trust  
The Bill & Sharon Allen  
Family Foundation  
Scott & Melissa Bovit  
The Brotherhood Foundation  
Gary Chernega  
Keith & 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

## May - October 2021

### Supporters

Charlie Battle  
Lori Bergquist  
Sandra Brewer  
Mikki & John Burgess  
Larry Carroll

Charlotte Dunn  
Betsy Garfinkle  
Patricia Neely  
Connie Pavlakos  
Gina Rushing



### In Honor Of

Don Williams, John Moore,

Todd & Sherrie Moore  
Candice Redhead



*While we strive for accuracy in our donor acknowledgements, 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](mailto:memory.wellness@theivey.com)*





May - October 2021

## In Memory Of

Joan Bishop, Ty Boyd, Pat Boyer, Evelyn Cacella, Betty Cooler, Claude Davis, Sr., Claude Dills, Anita Durigan, Harvey Grasty, Kaye Greene, Frank Hancock, Mike Mulvaney, Catherine Smith, Nancy Kerby Stubblefield, Jean Tulp, BJ Waples, Annette Webb, Myrtle Wilson

Susan Adams  
Aaron & Lisa Artimez  
Mr. & Mrs. Thomas Barnhardt, III  
Julia & Jack Bing  
Pat Boyd  
Susan Brandau  
Angelyn Breda  
Fred & Sandra Bright  
Karen Rabon Broyhill  
David Bryant  
Bettie Buck  
Mikki & John Burgess  
Shari Cannon  
Anne Cantor  
Julie & David Cantor  
Lisa Conley  
Dick & Jean Cornwell  
Norma Cox  
Jennifer & Gregory Currie  
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Laura & Charles Greer  
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Eugenia & Hubert Hufham, Jr.  
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Bryan & Gibbs Ives  
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Dr. Claudette Kayler  
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Judy & John Kiser  
Janet LeClair  
Daphne Ledford

Scottie & Scott Lindsay  
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Sophie Marshall  
John V. & Lynn Ivey Moore  
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Barry & Leslie Teague  
Michael & Katherine Tulp  
Richard & Judy Vinroot  
Elizabeth & Charles Vogt  
Charles Watts  
Rives Webb  
Marlene & John Wilson  
Jon & Charlotte Zimmerman

### 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](http://www.theivey.com), click on Donate



## Serving Families and The Charlotte Community Since 2008



6030 Park South Drive  
Charlotte, NC 28210



### Lynn's Attitude of Gratitude



As this newsletter goes to print, there are so many things for which to be grateful:

1. Our individual and collective health as our Charlotte community is finally getting COVID-19 back under control! Hopefully positivity rates will continue to decline and we can discontinue wearing masks! Just in time for the holidays, it may be possible to enjoy precious time with our families and friends once again.
2. World-wide recognition of the need for practicing a brain-healthy lifestyle, just as we have learned to practice a heart-healthy lifestyle...making our first workshop series on those lifestyle practices successful enough to plan them for 2022!
3. Each of you, faithful readers and supporters, for your continued interest in The Ivey as we evolve with the times.

The Ivey's services are a mission and help to make my life personally purposeful and meaningful. Our staff is extraordinary, our services unique, and our campus warm and comforting. Bravo Charlotte! And my abundant gratitude for making The Ivey possible for so many lives in Charlotte!

*Lynn Ivey, CEO and Founder of The Ivey*