



A Local Organization Helping Local Families

Fall 2021

Re-opening grants given to adult day care centers

When the adult day care centers cautiously began to reopen in late spring, people living with dementia in central Alabama once again had a place to go where they belonged; somewhere they fit in and could have fun. The families were thrilled to once again have a break from the endless hours of caregiving. Some were able to return to work, others had time to attend to their own health and doctor visits.

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The adult day care centers in central Alabama were hit hard by covid. At the beginning of the pandemic, ACA was providing scholarships of up to \$300 a month for 79 people to attend the center of their choice. There were 7 centers in 4 counties. Today ACA is supporting 53 people at 5 centers in 3 counties. 21 of the 53 are new to the program, meaning less than half of our pre-pandemic group are still able to attend.

While we have added new programs and expanded the services we provide the 300 families receiving care from ACA each

month, adult day care was a missing part of the continuum of care for people living with dementia. It is the most affordable type of respite care. And because most centers provide continence care, people are able to continue to attend as the disease progresses. Day care is most beneficial when it becomes a part of their regular routine. ACA remains committed to building up these small businesses. We expect our Walk, on November 6, will raise funds to help us continue to expand the number receiving scholarships to pre-pandemic levels.

In the meantime, ACA has awarded reopening grants that helped with supplies, equipment, and staffing. Rose Garden, in the Woodlawn area, purchased a much needed new awning, giving the charming house a fresh look. McCoy, located in West Birmingham, purchased picnic tables so more activities can take place outside; Living Waters, in Pelham, stocked up on computers and a washer and dryer. Also receiving grants were Caring Days in Tuscaloosa and The South Highland Center, on Southside.

Go to www.alzca.org/scholarship for a list of centers and the scholarship application.



Above: ACA President Doug DeMedicis and ACA staff presenting a check to Bonnie Ward, Rose Garden Director, for a new awning.

Below: As part of the check presentations to the day care centers ACA also provided a BBQ luncheon for participants, family members, and staff.



Alzheimer's of
Central Alabama
Helping Local Families since 1991

Celebrating 30 Years

This year Alzheimer's of Central Alabama celebrates our 30th year of service helping local families navigate a dementia diagnosis. We've grown from a local family support group to an organization built on volunteer love and support. Over the years we have given hope to families with limited financial resources who need help with the basics of providing good care: safety, respite, continence care, and nutrition. While providing care has been ACA's focus, we have invested in finding the cure through our research grants and scholar's program.

Because we know education is a family's first line of defense against Alzheimer's, ACA provides a weekly email/Facebook post recapping current dementia-related events, activities, and research. Visit our video library to hear from our local dementia experts. Our virtual support group allows for attendance from across the state and is open to everyone.

The heart of what we do is helping families keep their loved one at home for as long as possible. The 300 families receiving monthly services from ACA are among Alabama's most vulnerable. More than 50% have monthly incomes of \$1,000 or less. For them our service programs are absolutely essential:

- ACA is protecting those at risk for wandering with Project Lifesaver bracelets. The bracelets are an important law enforcement tool for keeping people with dementia safe.
- Respite is essential for both the family and the person with dementia! ACA advocates for adult day care because it is the most affordable respite care, offering scholarships to attend and providing art and movement classes for centers.
- We began offering continence supplies when a desperate family member called and said all she had to take care of her mother were plastic bags. Everyone deserves the dignity of proper continence care.
- Covid changed our budget when the day care centers were shuttered, allowing us to offer the nutritional supplement Ensure to our continence care families.
- To relieve isolation and loneliness, we provide weekly activity packets & robotic pets.

If ACA has touched you or your family, consider celebrating our mission and 30 years of fighting this dreadful disease in one of these meaningful ways:

- Donate \$30 for 30 years in honor of Dr. Lindy Harrell. Help us get to \$30,000 for the Pre-Doctoral Scholar in Alzheimer's Research at UAB.
- Be a part of Walking to Remember, Saturday, Nov. 6, 10 am, in the ACA parking lot. Join in the fun and raise money in honor or memory of those you love and know with Alzheimer's disease.
- Have someone hard to buy for on your holiday shopping list? Stay tuned for details of ACA's Online Holiday Auction.


alzca.org

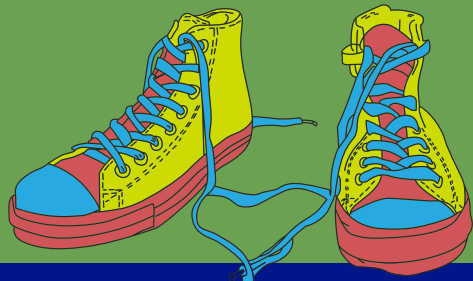

205.871.7970 or 866.806.7255


facebook.com/alzca



Alzheimer's of Central Alabama

Alzheimer's Walk Walking to Celebrate Saturday Nov. 6



(205) 871-7970 or alzca.org/walking

Alzheimer's of Central Alabama

Walk takes place at 300 Office Park Drive, Birmingham 35223

Walk Details

When: Saturday, November 6, 2021

Time: 10 am

Where:

ACA parking lot, 300 Office Park Drive

Get Involved:

Contact Vance Holder at (205) 871-7970 for more info. on how to set up your Walk Team. Walk in honor or memory of a loved one – walk as a team or an individual walker.

alzca.org/walking

Our Corporate Partners



Alzheimer's of
Central Alabama
Helping Local Families since 1991

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Research Scholarship Honors Lindy Harrell

2021 marks 2 huge anniversaries for ACA! In 1991, UAB support group members decided to establish an organization to provide education, services, and advocacy for families in central Alabama. Ten years later in 2001, ACA established an annual research grant program at Alabama universities. From 2001 – 2017, ACA funded 24 seed research grants that resulted in over \$2.3 million in additional funding for continued study at UAB.

One constant during ACA's 30 years has been Dr. Lindy Harrell. Dr. Harrell joined the UAB faculty in 1983 as the fourth member of the new Department of Neurology and established a thriving program of research and clinical care in Alzheimer's disease and related dementias. The same year ACA was founded (1991), the UAB Alzheimer's Disease Center (ADC) was chartered by the Board of Trustees, with Dr. Lindy Harrell as the founding director. From the beginning, she believed that families

should be their own advocates. Lindy made the first donation to ACA that we used to publish our very first newsletter.

She led the ADC until 2005 and retired in 2013, when she was appointed Professor Emeritus by UAB. Her commitment to ACA was recognized in 2014, when she was awarded the Mitzi Kronenberg Service Award, given annually to ACA's outstanding board member. Lindy hasn't rested since her retirement. Besides faithfully attending all ACA activities and events, she became Board Certified in Addiction Medicine and served as Medical Director at Bradford Health Services.

ACA's Jr. Board was established in 2015 and in 2019 they established the UAB Pre-Doctoral Scholars Program for Alzheimer's Research. This year, ACA's third scholar was named, Hunter Dean. His project is "The Role of Allosteric Signaling Through the Alzheimer's Disease-Associated Protein

TREM2." By investing in student support, ACA is simultaneously investing in current research projects and developing the future workforce for Alzheimer's research.

As part of our 30th Anniversary Celebration, the ACA Board of Directors would like to make our annual award to a deserving student in Lindy's honor. We are grateful for her unwavering support of ACA's work and mission. Hunter will be the first Lindy Harrell Pre-Doctoral Scholar at UAB.

Thank you, Lindy, for all you do and for all you have done for thousands of people living with dementia and drug addiction in Alabama. As we celebrate 30 years of ACA, please join us in celebrating Dr. Lindy Harrell!



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