

2022 Annual Report

The Bridge Alzheimer's & Dementia Resource Center
Shreveport, LA

The mission of The Bridge Alzheimer's & Dementia Resource Center is to provide resources, education, and support services for those in our community affected by Alzheimer's and related dementias, as well as to their family members and caregivers and to promote awareness in our community.



Our vision is "Creating a community where no one affected by Alzheimer's or dementia makes the journey alone."

Everybody Knows Somebody with Dementia... Meet John & Honey

John was diagnosed with Mild Cognitive Impairment (MCI) 6 years ago and has now been diagnosed with Alzheimer's. Honey is his wife and loving caregiver. Before MCI, John worked for an information technology company where he managed 50 employees out in the field. He was a smart man and gifted musician and had regular jam sessions with Honey and other family members. Now he's having difficulty participating in these jam sessions, working around the house, and other everyday activities he normally would enjoy.

"As a caregiver, it is devastating to see my spouse totally lose his short-term memory and his ability to make decisions, have intelligent conversations, maintain our home, participate in hobbies, drive, etc. It is also devastating to me to lose the benefit of a loving, caring, capable, intelligent spouse. Caregiving and other health issues have taken a financial toll on us. While I want to and will be his caregiver, it is exhausting, depressing, and expensive."

Honey regularly attends caregiver support group meetings facilitated by staff and volunteers at The Bridge Alzheimer's & Dementia Resource Center. These meetings offer her an opportunity to talk about her journey with others who are going through their own journey. She learns about available resources and gains new information about Alzheimer's. Honey frequently says to us and others who are taking care of a family member with dementia, ***"The Bridge Alzheimer's & Dementia Resource Center has been a life saver for me."***



Executive Director Summary & 2022 Accomplishments

By Paulette Freeman

2022 was a successful and productive year for The Bridge Alzheimer's & Dementia Resource Center. Many goals were achieved, and the organization continues to grow due to the generous support of grants and private donors.

2022 was our second full year of providing "A Comprehensive Support System for Persons with Alzheimer's and Dementia and Their Caregivers."

Our staff grew from two full-time, three part-time employees, and a part-time contract employee to three full-time, two part-time employees, and a part-time contract employee.

Program Addresses Mental Health. Our program: "A Comprehensive Support System for Persons with Alzheimer's or Dementia and Their Caregivers," moved the needle in our community by making a positive impact regarding the mental health of the caregivers. In 2022, The Bridge Alzheimer's & Dementia Resource Center served over 5,000 people in NWLA; almost doubling the number served from the previous year.

Caregiving can often have a significant impact on the life of the caregiver in more ways than one. It can make maintaining physical and mental health more difficult and may put a strain on work and social life. We stressed the importance of self-care to caregivers for their own mental and physical health. We supported caregivers with information and resources to help them maintain their mental health and better serve their loved ones with dementia.

Our caregiver support groups provided an opportunity for people to share personal experiences and feelings, coping strategies, or firsthand information about dementia. Groups provide a safe space, a sounding board, and a learning opportunity from others who are all struggling with the different stages of dementia. It helps the caregiver realize they are not alone. There are now 10 caregiver support groups in Northwest Louisiana.

One support group member recently expressed, ***"Having a support group has made a huge difference in my life. We understand each other's pain and how difficult life is taking care of someone with dementia. My friends don't understand what I'm going through, but my support group does."***

A new level of mental health support was made available with the addition of a licensed professional counselor, Laura Gauthier. Free individual or family counseling sessions were offered to our clients beginning in July of 2022. These sessions, along with monthly educational workshops, encouraged active and focused problem-solving approaches for caregivers to improve quality of care for their family member with dementia and can reduce their burden.

Program Addresses Education & Community Awareness. Our program "A Comprehensive Support System for Persons with Alzheimer's or Dementia and Their Caregivers" moved the needle in our community by making great strides in education and community awareness of Alzheimer's and dementia.

Alzheimer's and dementia education provides the necessary tools and resources for individuals and their loved ones. With our services, caregivers and family members now have resources and information provided to them by way of monthly educational workshops.

2022 First Wednesday Speakers and Topics

January	Tyler Reekes, Research Assistant, Center for Brain Health	Center for Brain Health: Working in Our Community
February	Dr. Robert Lafargue, Retired Cardiologist	The Importance of Heart Health for Brain Health
March	Tamara Crane, Executive Director, Bossier Council on Aging, Board Member	Tapping into Your Local Resources – Are You Getting the Most Out of It?
April	Rebecca Homminga, BSN, RN, Board Member	Caregiver Tips: Bathing & Hygiene of the Alzheimer's Patient
May	Johnett Waterman, MSW, LCSW	Caregiver Stress & Coping Skills
June	Deborah Hildreth, YWCA	Crimes Against the Elderly
July	Laura Gauthier, LPC, Program Director, The Bridge	De-Stigmatizing Mental Health
August	Sheila Asghar, MD, Ochsner LSU Health	Managing Sleep Problems in Dementia
September	Joe Gilsoul, Attorney	How to Prevent Your Loved One from Unscrupulous Outsiders (and Insiders)
October	Larry Hand, DDS & Stacey Hand, CVT, Dementia Educator, The Bridge	The Importance of Oral Hygiene for Your Brain
November	Monica Wright, Executive Director, Caddo Council on Aging	Local Service & Resources
December	Laura Gauthier, LPC, Program Director, The Bridge	Holiday Stress & Caregiving: Peace for the Holidays

First Wednesday Workshops are mini educational sessions held in-person on the first Wednesday of every month at The Bridge office. Each month a different topic is presented by a subject expert and addresses topics specific to Alzheimer's, dementia, and caregiving. These presentations are then uploaded to our YouTube channel. We pride ourselves on bringing in community partners as speakers.

FIRST WEDNESDAY WORKSHOP
TOPIC: MANAGING SLEEP PROBLEMS IN DEMENTIA

August 3, 2022 from 12:00 p.m. - 1:00 p.m.



**GUEST SPEAKER:
DR. SHEILA ASGHAR**

Sheila Asghar, MBBS, MSc, is the Clinical Assistant Professor of Pediatrics and Neurology (Sleep Medicine) at LSU Health Shreveport.

After completing medical school at Panjab University in India, Dr. Asghar traveled to the University of Alberta in Canada to receive her Master of Science from the Department of Psychiatry.

Dr. Asghar joined LSU Health Shreveport in November 2019. She is actively involved in research projects and has participated in several publications and presentations.

In her free time, Dr. Asghar enjoys swimming, playing piano, and journaling.



FIRST WEDNESDAY WORKSHOP



Monica Wright moved to Shreveport after graduating from Louisiana Tech with a Bachelor of Science in Accounting. Her career in the non-profit sector started at the Caddo Council on Aging. Over the years, she has worked at several non-profits before returning to the Caddo Council on Aging in 2000 as the Financial Officer. She was appointed as the Executive Director of the Caddo Council on Aging in July 2017. She and her staff strive to assist seniors to live independently in our communities by providing services and information.

NOVEMBER 2 • NOON - 1PM

THIS MONTH'S TOPIC

Local Services and Resources



2022 Second Saturday Workshop Community Partners and Activities

February	Broadmoor Presbyterian Church Volunteer Musicians & Choir	Music Jam Session: Gospel, Country Songs, and Rock n Roll
March	Donated Prizes from the Community	Game Day: BINGO
April	Sarah Kate Roblow, Instructor, with LSU Health Shreveport Medical School Volunteers	Let's Dance: Fundamental ballet steps, exercises, and parachute activity
May	Shreve Memorial Library	Storytelling and art project
June	Shreveport Green	Cooking for a Healthy Heart & Brain
July	Walter B Jacobs Park	Introduction to Screech Owls with a visit from two live screech owls
August	Noel Community Art Council	Introduction to Water Coloring
September	Sarah Kate Roblow, Instructor, with LSUS Medical Student Volunteers	Exercise & Movement to Music
October	Ukelele Gumbo Band	Hawaiian Luau and Sing-Along with a live ukelele band
November	Shreveport Symphony String Quartet	Live performance of a string quartet
December		Christmas Carols, Cookie Decorating, & Ornament Making

Second Saturday Workshops are activities held in-person on the second Saturday of each month at Broadmoor Presbyterian Church and is co-hosted with The Center for Brain Health at LSU Health Shreveport. This program came out of a need identified by the staff on hearing from caregivers that they needed activities for their person living with dementia, outside of their home and not necessarily a public place but rather a “safe place” for social stimulation. The caregiver can also use this time for respite. While staying on the church campus during the program, caregivers are welcome to read in the library or any other room for some quiet time and reflection. Most caregivers join in the activity because doing this together with their loved one can also bring joy. This is another program in which we pride ourselves in collaborating with community partners and other nonprofits.



Pictured above: Volunteers lead the caregivers and dementia individuals in singing and using hand percussion instruments.



Volunteers from LSU Health Shreveport Medical School lead the caregivers and dementia individuals in exercise and movement to music.

2022 Annual Education Conference

Our Second Annual Conference on Alzheimer's theme: *A Positive Approach to Dementia* was held at First United Methodist Church. Our keynote speaker was from the Teepa Snow Foundation and local experts who spoke included Dr. Meghan Harris, Neurologist with Willis-Knighton Pierremont Neurology, Stacey Hand, MA, CVT, Dementia Educator with The Bridge; Elizabeth Disbrow, PhD, with the Center for Brain Health; Dr. Evelyn Pryor, Medical Director for the Ochsner LSU Health Ambulatory Care Center Internal Medicine Clinic; and Dr. Carl Rhoads, part time pastor of senior adult ministry at First United Methodist Church Shreveport. Audience included family caregivers, seniors, students, activity professionals, nurse practitioners, registered nurses, licensed practical nurses, social workers, marriage and family therapists, and others whose lives are affected by Alzheimer's and other dementias.

Program Objectives included:

- Enhance awareness and increase dementia care skills
- Learn positive approach to care skills
- Find happiness in caring for individuals affected by Alzheimer's and other dementias
- Learn how to identify expressions of unmet needs of the dementia individual
- Acquire awareness of opportunities to participate in local research
- Understanding the importance of self-care for the caregiver



Pictured top left: Bossier Parish Sheriff's Office was on hand to inform the audience of their programs to assist those living with dementia. Top right: The Bridge board of directors was present for the conference. Bottom left: Attendees were given the opportunity to speak to vendors specializing in elder care. Bottom right: The staff at Holy Angels (right) were special guests of The Bridge, Laura Gauthier and Paulette Freeman (left).

Our community outreach was strengthened by way of forums, civic meetings, health fairs, and media interviews, especially with minorities. Some of the topics addressed at these community events include *Reducing Your Risk for Alzheimer's, Normal Aging vs Dementia, Different Types of Dementia and Their Stages.*

Alzheimer's education continues to be introduced to law enforcement in Shreveport and Bossier City on "How to Interact with a Dementia Individual."

The Bridge received their first proclamations from the City of Shreveport and Caddo Parish government branches in November which is National Alzheimer's Awareness Month.



The Bridge staff received a resolution from Caddo Parish Commissioners stating November is Alzheimer's Awareness Month endorsed by Stormy Gage-Watts, second from left; and Mario Chavez, far right, Caddo Council Commissioners

2022 Goal Exceeded

We exceeded our goal in the number of people served. Our original goal for 2022 was to serve 5,000 people. The actual number we served was **5,132**. We came in at 102% of goal, which is an indicator of how great the need is in our community.

Parishes we serve:
Bienville, Bossier, Caddo,
Claiborne, DeSoto, Natchitoches,
Red River, Sabine, Webster

**Number of people served in 2022:
5,132**



PROGRAM REPORT	2021	2022	% Increase
Number of Support Groups (Operational)	5	7	40%
-Number of Support Group Meetings	51	80	57%
-Total Attendance Support Groups	280	349	25%
Number of Client Management Meetings	71	143	101%
-Attendance Client Management Meetings	73	178	144%
Number of Educational Presentations	18	51	183%
-Total Attendance Educational Presentation	378	964	155%
Number of Community Outreach	68	171	151%
-Total Attendance Community Outreach	1,424	3,219	126%
Number of Media Outreach Events	8	19	138%
TOTAL EVENTS	316	787	149%
TOTAL NUMBER SERVED	2,268	5,132	126%



Pictured above: Laura Gauthier, Program Director, and Licensed Professional Counselor, came on board with The Bridge June 1, 2022. Soon after, she became a Certified Dementia Practitioner.

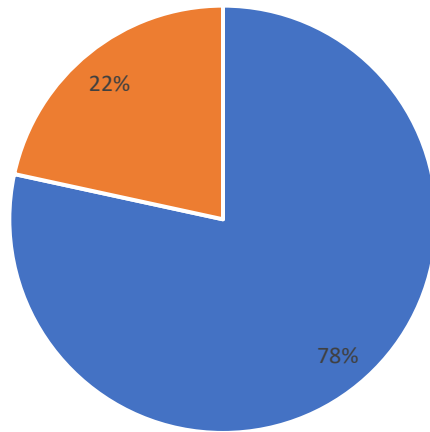
Pictured above: Our Second Alzheimer's Education Conference, "A Positive Approach to Dementia." Local neurologist, Meghan Harris, MD, opened the conference for us.

Financial Summary
January 1, 2022 – December 31, 2022

REVENUE

Private Grants and Donations	\$302,773.23
Investments & Other Income	\$ 83,423.96
Total Revenues, Gains, and Other Support	\$386,197.19

Total Revenues, Gains, and Other Support

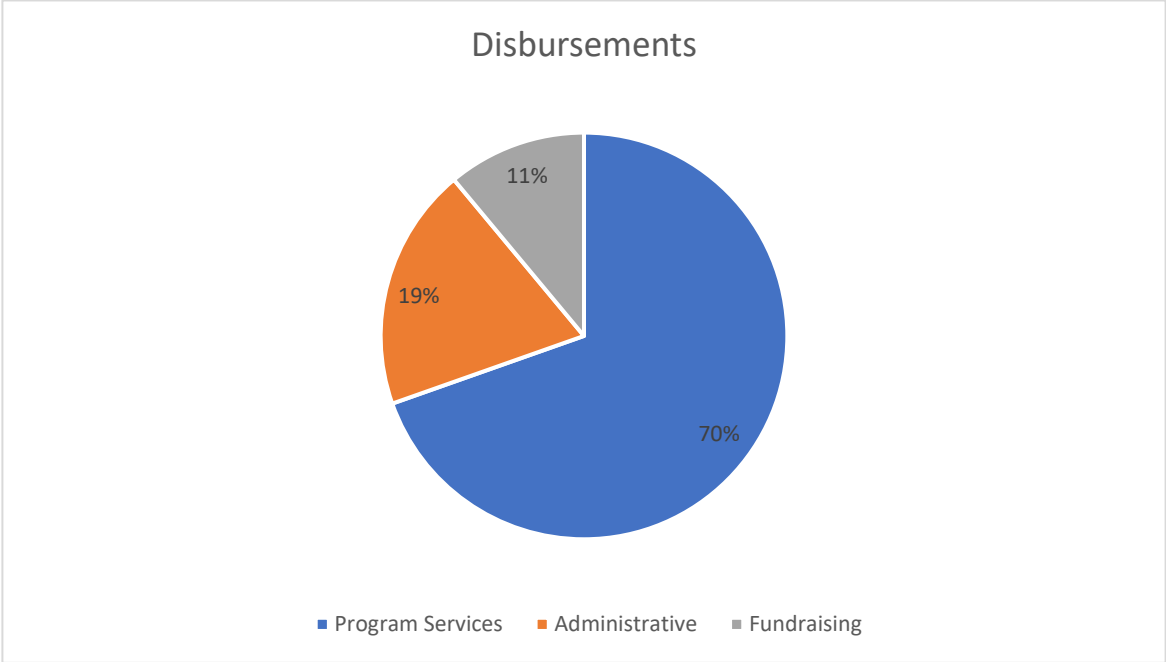


■ Private Grants & Donations ■ Investments & Other Income

Financial Summary
January 1, 2022 – December 31, 2022
(continued)

DISBURSEMENTS	
Direct Program Services	\$259,804.60
Administration	\$ 72,238.74
Fundraising	\$ 41,235.17
Total Disbursements	\$373,278.51
Total Revenue	\$ 386,197.19
Net Gain 2022	\$ 12,918.68*

*2022 Surplus was directed to the 2023 budget



2022 Volunteers

Number of Volunteers	29
Number of Volunteer Hours	840
Dollar Value of Volunteer Hours	\$26,712

Thank You to our volunteers!

Mikayla Bearden
Marshall Callaghan
Logan Callaghan
Steve Callaway
Maynard Dean
Dr. Liz Disbrow
Theda Dyar
Carolyn Fleming
Dan Goodwin
David Green
Simone Hennessee
Rev. Dan Hignight
Juliana Horrell
Grace Kennedy
Kedgy Larson

Tyler Lofton
Sherrill McCreary
Kate Michael
Linda Miller
Jeff Overdyke
Amanda Owings
Susan Pierce
Pedro Pizarro
Tyler Reekes
Sarah Kate Roblow
Jacob Sanders
Susan Smith
Mark Thomas
Julie Trettin

Board of Directors 2022

Robert Smith, President
Vicky Rech, Vice President
Bridget Lyman, Secretary
Tamara Crane, CDP, Treasurer

Rebecca Homminga, BSN, RN
Kyle Moore
Dr. Carl Rhoads
Johnett Waterman, MSW, LCSW
Dr. Seborn Woods, MD

Staff

Paulette Freeman, Executive Director
Laura Gauthier, LPC, CDP, Program Director
Christy Kennedy, Office Administrator
Shelley Miller, RN, Development Director
Toni Thompson, Finance Director
Kelly Schellinger, Program Coordinator
Stacey Hand, CVT, Dementia Educator

Contact Us:

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info@alzbridge.org
www.alzbridge.org

2022 List of Donors

Foundation Giving

Carolyn W. & Charles T. Beaird Family Foundation	St. Mark's Episcopal Cathedral Community Ministry
Community Foundation of North Louisiana	The Alta & John Franks Foundation
First Presbyterian Church Shreveport-Outreach Ministry	The Blue Cross & Blue Shield of Louisiana Foundation
First Presbyterian Church Shreveport-D. Thomason	The Grayson Foundation, Inc.
	The Powers Foundation, Inc.
	The Thomas H. & Mayme P. Scott Foundation

Sponsorships

Akins Nursery & Landscape	Kyle Moore, Attorney at Law, Weems, Schimpf, Haines, Shemwell & Moore, APLC
Blue Cross & Blue Shield of Louisiana	Meriwether Wealth & Planning, LLC
Bossier Council on Aging	Preferred Care at Home of Northwest Louisiana
Broadmoor Presbyterian Church	The Alta & John Franks Foundation
First United Methodist Church - Shreveport	The Blake at Bossier City
CenterWell Senior Primary Care	The Gaffney Family
Garden Park Nursing & Rehabilitation Center	The Glen Retirement System
Gilsoul & Associates, LLC	Willis Knighton Health System

Individual, Church & Corporate Donors

Holly Allison	Fire and Ice, Inc	Catherine Long
Alpha Delta Kappa, Delta Chapter	First Presbyterian Church Shreveport	Bridget Lyman
ArkLaTex Home Health	First Presbyterian Church Shreveport, Presbyterian Women	Karen McDonald
Judy & David Bellew	Shirley Fortune	Gloria McGhee
Booker T. Washington Priority Management	Rev. Dr. & Mrs. Jim Freeman	Kendra & Sal Miletello, IV
Jeff Brasher	Jodie Gilley	Ann V. Morgan
Broadmoor Presbyterian Church	Sandra Ginsburg	Courtney Morgan
Brookdale Bossier	Nexion Pierremont Healthcare	Tim Nielson, The Thomas H. & Mayme P. Scott Foundation
Brookdale Shreveport	Scott H. Green & Robert D. Smith	Kevin Nolten
Mr. & Mrs. C.E. Brown, Jr.	Mattie & Daniel Goodwin	Jill & William Olds
Mary & Richard Bush	Charles C. Grubb	James Overton
Suzanne & Dennis Cate	Mary Gurski	Anette & Brain Painter
Ellen G. Caverlee	Heritage Manor South Intensive Specialty	Cheryl Payne
Delbert Chumley, Jr.	Karen Kahler	Candy & Pat Peavy
Church of the Holy Cross	Mr. & Mrs. B.A. Kendrick	Premier Senior Solutions, Debra Pickett
Community Foundation of North Louisiana-Lewis Family Fund	Christy Kennedy	Pierremont Health Care
Mr. & Mrs. John Cox, Jr.	Kindred at Home	Red River Home Health
Patricia & Kenneth Daniel	Phyllis Kirsch	Knox Ridley, Jr.
Dr. and Mrs. Roger Davis	Dr. & Mrs. Robert Lafargue	Lucy Robinson
Elite Health Solutions	Kerry Laster	Mary L. Rogers
Energy Weldfab-Mike Clements	Tamara & Woodrow Lemon	Savannah Grand
		Sandra J. Slinger-Jones
		Dr. Stephen Smith
		SouthernCare Hospice

St. Mark's Cathedral
Ann Stokes
Joan & Marty Stroud
Chocka & Wesley Sullivan

The Attaway Foundation
Dot Turnage
Mr. & Mrs. Charles Tutt
Mr. & Mrs. Ray Whetstone

Dr. & Mrs. Seborn Woods
Stephen Yancey
Zadeck Family Foundation

2022 Give for Good Donors

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Lynn Bruce
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Katherine Smith
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Gaynell Stacy
Mark Thomas
Margaret Thompson
Toni Thompson
Johnett Waterman
Sarah Foster-Wood
Golda Young

Memorials

In Memory of Virginia Lee Johnson Bacon

Scott H. Green & Robert D. Smith

In memory of Ron Brasher

Jeff Brasher

In Memory of John Broyles

Mr. & Mrs. Charles Canfield

In Memory of Joe B. Callaway, Jr.

Mrs. M.S. (Mickey) Callaway

Dr. & Mrs. Mark Callaway

Mr. & Mrs. Stephen Callaway

In Memory of Annie Ruth Veatch Callaway

Mr. & Mrs. Stephen Callaway

In Memory of Sam Caverlee

Mr. & Mrs. Charles Canfield

Mr. & Mrs. J. William Fleming

Mrs. Sybil T. Patten

Mr. & Mrs. Charles Tutt

In Memory of Bobby Jack Daniel, Sr.

Dr. & Mrs. Seborn Woods

In Memory of Dr. Adrian Dunn

Lisa & W. Alvin Childs, Jr.

Carolyn B. Dean

Ann & Irvin Pearce

Susan Rankin

In Memory of Paula "Shy" Gardner

Scott H. Green & Robert D. Smith

In Memory of Paula Diane LeGrand Hail

Rev. Dr. & Mrs. Jim Freeman

Bridget Lyman

Shelley Miller

Michele Q=Petersen

Mr. & Mrs. Gerald Sayres

Gaynell Stacy

The Honorable & Mrs. Jeff R. Thompson

In Memory of KD Kilpatrick

Judy & Allen Alderson

Deb Clymer

Mr. & Mrs. Bill Lowery

Mrs. Sybil T. Patten

Mr. & Mrs. Gerald Sayres

In Memory of Mike Kovalsky

Stacey B. Hand

In Memory of Kay Leidenheimer

Vivi McCranie

In Memory of My Mother

Mitzi Theo

In Memory of The Honorable Sydney Banks Nelson

Dr. & Mrs. Seborn Wood

In Memory of Jim Ponder, Sr.

James H. Ponder, Jr.

In Memory of Jeri Lynn Rasch

Sandra Ginsburg

In Memory of Melvin Earl Simmons, Jr.

Scott H. Green & Robert D. Smith

In Memory of Johnnie Smith

Stacey B. Hand

In Memory of Margaret O' Brien "Miki" Stagg

Dr. & Mrs. Seborn Woods

In Memory of Susan Stawasz

Valerie Batchelder

Decker Prairie Elementary Instructional Team

Kelly Hodgson

Kerry Hurt

JoCarol Martin

Kristi Michael

In Memory of Barbara Thorne-Thomson

Diane & Maynard Dean

In Memory of Jozef VandenNieuwenhof

Judith Owens & Family

Honorariums

In Honor of Dr. & Mrs. Judd Chidlow

Dr. & Mrs. Willard Washburne

In Honor of Dr. & Mrs. David Cooksey

Dr. & Mrs. Willard Washburne

In Honor of Rev. Dr. Jim & Paulette Freeman

Dr. & Mrs. Willard Washburne

In Honor of Mary Grubb

Stacey B. Hand

In Honor of Stacey B. Hand

Terri & Joey Earnest

The Glen Retirement System

In Honor of Dr. & Mrs. Ken Harrison

Dr. & Mrs. Willard Washburne

In Honor of Ms. Christy Kennedy

Dr. & Mrs. Willard Washburne

In Honor of Dr. James Lusk & Family

Dr. & Mrs. Willard Washburne

In Honor of John Reser

Anonymous

This is a complete list to the best of our knowledge. If we have accidentally omitted your name, please let us know. We are so grateful for your support, and we want to acknowledge your generosity.



Tamara Crane, Board Member & Certified Dementia Practitioner, provides an educational demonstration to law enforcement on "How to Interact with a Dementia Individual."



Caregivers and their person living with dementia participated in unmounted equine therapy at The Arc Caddo-Bossier's GREAT Program.