



Fourth Quarter 2018

Vol. 11, Issue 3

# CAREGIVER SUCCESS STORY: LIN GARVEY

CELEBRATING  
*10*  
Years

The Ivey recently sat down for a conversation with Lin Garvey, wife of member Steve Tobin. In this frank and insightful interview, Lin reflects on their dementia journey thus far – including the reframing of expectations in the life of a family caregiver, and her gradual transition from overwhelmed caregiver to empowered care manager. Below is an excerpt:

**The Ivey:** Your husband Steve was diagnosed with younger onset Alzheimer's (diagnosis under age of 64), and together you made the decision to not prolong the disease by introducing drugs or other pharmacological interventions. How did you both make your way to that decision, to the point where you became comfortable with it?

**Lin Garvey:** Well, personally I have a medical background. I worked in pathology for many years, and so I'm very scientifically and logically minded. When we discovered that he was ill, rather than falling apart, we decided to treat it like any other illness. It was just a condition. You can't remember stuff, so what? Let's move on. So, we were very matter of fact about it. I did not want any additional chemicals in his body. I'm supportive of pharmaceuticals when they make sense. But, all these drugs do is promise to prolong the inevitable, and he would not want that. We want what is best for him when he can't make the decisions. At the time he could make the decisions. There was never any question that that was the right thing to do.

**The Ivey:** When you came to The Ivey, how were you feeling? This was early on in the journey, so describe your state of mind and emotions at that time.

**Lin Garvey:** I've never been a so-called "nurturing" kind of person. I know that about myself and I've always been okay with that. So, when Steve started needing more and more nurturing and that kind of assistance, it caused me more stress because I knew I wasn't good at it. So, if I'm stressed out, I'm taking it out on him, and he can't help it. It came to a point where my sister said, "You can't do this anymore, you need help." That's when I found The Ivey on the internet.



*continued on page 2*

## Save The Date @ The Ivey

### John Leon Lewis Musical Performances

<b>Monday</b> 11:00 - 11:45 am Nov 5, 12, 19, 26	<b>Tuesday</b> 1:30 - 2:30 pm Nov 20
<b>Wednesday</b> 11:00 - 11:45 am Nov 28 1:30 - 2:30 pm Nov 7, 14	<b>Thursday</b> 11:00 - 11:45 am Nov 8 <b>Friday</b> 11:00 - 11:45 am Nov 2, 9, 30

### Senior Scholars Sessions Scheduled twice weekly on Tuesday & Thursday

### The Ivey Support Group Meetings

12 Noon - 1:15 pm  
The Ivey  
6030 Park South Drive  
Charlotte NC 28210

<b>Tuesday Group</b> 1st & 3rd Tuesday of each month	<b>Wednesday Group</b> 1st & 3rd Wednesday of each month
<b>Younger-Onset</b> 2nd & 4th Friday of each month	<b>Male Caregiver</b> 4th Wednesday of each month

For more information or to RSVP,  
call Eileen Behan or Leah Cooper  
at 704-909-2070.

Care services and lunch are available for your  
loved one during our meeting time (with ad-  
vanced notice) at no charge. As a not-for-profit  
organization, donations are always appreciated.

**Thanksgiving Holiday**  
The Ivey will be closed  
November 22nd & 23rd Happy  
Thanksgiving!

**The Ivey:** So, a member of your family saw your stress level dialing up and basically said, “You need support.” When you came to The Ivey, is it safe to say that you were pretty frazzled and frustrated?

**Lin Garvey:** I’m a very controlling person. I control the household. And at that time, I was out of control. The Ivey has support groups and they will tell you the first time I came I couldn’t speak because I couldn’t pull myself together. It’s because I was at my wit’s end and I couldn’t fix this. I can fix a lot of stuff, but I couldn’t fix this. That was tough. But, everything has been focused on Steve’s care and Steve’s well-being. If I’m a wreck, then he’s not in a good place either. I subscribe to the “take care of yourself first” philosophy.

**The Ivey:** Tell us about that transition from when you first started partnering with The Ivey to where you are now.

**Lin Garvey:** I can’t thank The Ivey and its staff enough. It all started with Vikki and how welcoming she was. How she could finish my sentences because of The Ivey’s experience with people like me. She had the confidence that I didn’t have. So, I felt myself more and more convinced that this was my solution, that this just wasn’t a drop-off center, but rather they had all the answers to any question that I could come up with in terms of quality care for Steve, and stimulation, and why it would be an ideal place for him. And by inviting us to come here for lunch and a trial to see how it works so we could make our decision, there was zero pressure. The opportunities and the relief that it could afford me was just the perfect fit. Now I’m able to go on worldwide trips with my dad. I was able to make that mindset shift of not putting my life on hold, of not becoming a victim to the disease as a caregiver. I had terrible guilt. But the support groups here are really, really helpful in that they teach us the concept of care management. Being Steve’s caregiver is not what I have to do. I can manage his care. There’s so much wisdom to that and it’s really worked for me. When I can’t care for him, and even in some cases I can’t love him, I manage his care. It’s compartmentalized and that really aligns with how I think through things. People ask me how he is, and I can say he’s happy. To me, that is a huge success.

## The Ivey Sheds Light on Risk Factors

The Ivey was proud to be a Gold Sponsor of the 2018 Dementia Education Conference entitled “Together We Can,” on August 29th at Friendship Missionary Baptist Church. Equally relevant to healthcare professionals, caregivers, individuals living with Alzheimer’s or related dementia, or members of the general public, it was a day packed with important information.

Attendees learned more about the latest dementia research findings, caregiving practices, and tools to assist in the journey with Alzheimer’s.

At The Ivey’s booth, we shared valuable information about the risk factors and early warning signs of dementia. Memory loss & cognitive impairment affects learning, work, relationships, and even independence, so the sooner you can assess your early warning signs and risk factors, the better.

## Know Your RISK FACTORS

Memory loss can impair learning, work, relationships, and even independence. The sooner you can assess your early warning signs and risk factors, the better.

### Dementia Early Warning Signs

- **Memory:** Short term memory changes, forgetfulness, confusion
- **Communication:** Difficulty finding the right words, repeating yourself
- **Focus:** Difficulty completing tasks, brain fog, failing sense of direction

### Dementia Risk Factors

- **Genetic:** Family History
- **Health Issues:** Heart, cholesterol, blood pressure, diabetes
- **Lifestyle Choices:** Physical inactivity, Poor Sleep, Social Isolation

### The Ivey addresses risk factors with a wide array of daytime programs

- **Health:** RN health & wellness monitoring, speech, occupational & physical therapies
- **Nutrition & Fitness:** Delicious balanced meals and daily exercise programs
- **Cognitive:** New learning and cognitive & psycho-social activities



Charlotte's Only Memory Wellness Day Center  
6030 Park South Dr., Charlotte, NC 28210 | TheIvey.com | 704-909-2070

# ALZHEIMER'S WALK FOR THE CURE SUCCESS!

WE DID IT!!! WE EXCEEDED OUR \$30,000 GOAL FOR OUR FALL FUNDRAISER, ALZHEIMER'S WALK FOR THE CURE!

\$32,635 and 140+ walkers --that's how committed you all were!!!

The Ivey is eternally grateful to *each and every person* who donated and joined us for the walk!

Special thanks to the **POWER TEAM LEADERS** who rallied friends and families for support!

Janice Petrone / Team Virginia  
Jane & John Wingblade / Brenda Saunders Moore Team  
Tracy Reading / Army of Angels Team  
Jim Sweetman / The Ivey Brigade Team  
Connie Pavlakos / Joanne Pavlakos Team

Colleen & Jack McMahon / Team McMahon  
Seth Thomas / Carolina Healthspan Team  
Heather Rahrig / Carepoint Home Care Team  
Eileen Behan / The Ivey Families & Friends Team  
Janet LeClair / The Ivey Staff & Volunteer Teams

**ALL POWER TEAMS** stepped up with **powerful** fundraising skills!

Congratulations to Janice Petrone

who led her team to the finish line as the top fundraising team!

The grand prize for the top fundraiser is a tribute song written and performed by The Ivey Staff,  
with a special appearance by John Lewis.

*Stay tuned! Our tribute song especially written in honor of Janice's mother, Virginia Thompson, who was a member of The Ivey for 3 years, will appear on our website, Facebook page, and You Tube channel.*

## NEW MEDICARE OPPORTUNITY - Coming 2020!

**EXCITING NEWS FOR 2020!** The Medicare Advantage program will be adding benefits that will cover portions of The Ivey's day center services and other services that our families utilize and need to help loved ones remain in their homes for longer:

- Adult Day health-related services prescribed by a licensed physician
- Transportation to and from the adult day program
- Memory Fitness Wellness for prevention and treatment of the functional/psychological impact of health conditions like dementia
- Caregiver Support through short-term overnight respite stays, counseling, and training courses
- In-home support services by individuals licensed by the State in personal care services
- Home & Bathroom Safety devices & modifications including inspections by qualified health professionals to identify the safety needs in a home

Medicare Advantage policies are administered through private insurers such as Aetna, United Healthcare, & Humana but funded by Medicare. Those who are eligible to receive standard Medicare insurance may choose to switch to the Medicare Advantage program. The Center for Medicare Services (CMS) approved these benefits for calendar year 2019. However, the private insurers may not yet have submitted their payment recommendations which likely pushes the benefits start date to January 2020.

We do not have all the details yet but are actively pursuing conversations with these insurers to get them familiar with The Ivey's services. Open Enrollment for Medicare selection is occurring now through December, so it is a good time to learn more about the Medicare Advantage program. The Ivey will have the latest information as it comes our way and can set up appointments with experts from Seniors' Health Insurance Information Program (SHIIP) ([www.ncshiip.com](http://www.ncshiip.com)) to help you understand more details about the Medicare Advantage program.

To help us, the National Adult Day Services Association (NADSA) and the North Carolina Adult Day Services Association (NCADSA) are actively participating in conversations with insurers to educate them on the value of adult day health-related services.

**AND WE NEED YOUR HELP!** Please talk with your insurance providers to find out what they know about the new benefits!  
Let us know what you find out!

*Thank you!*

Charlotte's only memory wellness day center for a decade!



## Lynn's Attitude of Gratitude

Every day is a day to feel grateful! But recently, just the mere fact that Charlotte, The Ivey, and my home were spared the horrific effects of two hurricanes, Florence & Michael, in September and October keeps my Attitude of Gratitude soaring. My heart goes out to all of those across the Carolinas who suffered and are still trying to recover, including friends and family in my beloved home town of Wilmington, NC.

Then, there was the phenomenal response to our Fall Fundraising Campaign for the Walk to End Alzheimer's. The power of community and giving never ceases to astound me. My deepest and sincerest gratitude to every one for helping us exceed our goals in funds raised and number of walkers!

For those who generally review giving opportunities at the end of a calendar year, The Ivey will launch its Winter Campaign the week after Thanksgiving! We have big plans for growth and expanded wellness programming in 2019. Dollars raised during this campaign will support development of these, and more, NEW programs here at The Ivey in partnership with area physicians. But we need YOUR help to make this happen! Please consider giving generously to help support The Ivey's initiatives and remember, MATCHING GIFTS from your employer DOUBLE your giving power!

### **2018 WINTER FUNDRAISING CAMPAIGN: The Ivey's Annual Appeal**

November 12 – December 31, 2018

GOAL: \$30,000

**Convenient Ways to GIVE:** Online at <https://www.theivey.com/how-to-help/donate.html> **OR**

Personal check made payable to: The Ivey, 6030 Park South Drive, Charlotte, NC 28210

*~With gratitude and appreciation, Lynn Ivey, Founder & CEO*





The Ivey is grateful for the following individuals and families whose generosity enables us to expand our programming and serve those families struggling with the demands of caregiving and in dire need of support and resources.

### Fall Fundraiser / 2018 Alzheimer's Walk

#### In Honor Of

Ty Boyd  
Hale Mast

#### In Memory Of

Earle Bradley, Evelyn  
Cacella, Claude Dills,  
Maryanne Meridith,  
Catherine Smith  
Ricky Allred  
Suzanne Andrews  
Tony Barretta  
Joyce Dills  
Barbara Goodloe  
Connie Pavlakos  
Kevin Smith  
Sarah Still  
Pam Strong  
Marlene Wilson  
Barbara Zelickson  
Jon Zimmerman

#### Annual Giving

Keith Eades  
Donna Elyea  
Betsy Garfinkle  
Lita Gatlin  
Suzanne Harley  
Carol Hoffman  
Clara Mills  
John V. Moore  
John V. Moore &  
Lynn Ivey-Moore  
Connie Pavlakos  
Rachel Rodden  
Katie Sheldon  
Bonnie Stewart

Antonio Acevedo  
Marilyn Acker  
Kelly Adams  
Thomas Adissi  
Francine Alcorn  
Eileen Alexander  
Tonie Allen  
Alan Alsop  
Sherrie Anderson  
Patricia Angeles  
Louis Aresco, Jr.  
Bill & Margaret Ault  
Judi Bainbridge  
Ed & Veronica Barnes  
Carey Barnett  
Tony Barretta  
Eileen Behan  
Susan Bell  
Jim & Shannon Bender  
Kaye Bender  
Sunil Bhide  
Dr. Michael Blocker &  
Dr. Maureen Andreaessi  
Patti Bollinger  
Connie Bonebrake  
Brett Boner  
Sandra Boozer  
Pat Boyd  
Nancy Brady-Ernst  
Jim Brinson  
Phillip & Earlene Brooks  
Mark Brunson  
Robert Buckfelder  
Richard Burke  
Debbie Byrns  
Malcolm & Lauren Campbell  
Carroll Financial Associates  
Leonard & Janet Case

Yegin Chen  
Sandy Cleasby  
Derek & Sallie Close  
Denise & Meg Clouden  
Mary Coan  
Bill Coggins  
Joe Anne Cole  
Theresa Cole  
Rob & Catherine Coltrin  
Ann Connelly  
Leah Cooper  
Elizabeth Corcoran  
Cynthia Covington  
Kathleen Crowley  
Shannon Cunningham  
Donnie Daugherty  
Adrienne Davis  
Natalie Diana  
Al & Elizabeth Dickens  
Christa Dickey  
Tim Dillon  
Mark Dillon  
Ginny Dodd  
Doris & Phillip Downing  
Paul Dunlap  
Pam Eckel  
Pat Economides  
Heidi Elbarky  
Mary Elliott  
Tracey Esser  
Carrie Estock  
Chad & Amy Everett  
Robert & Kathleen Fabio  
John Fasanello  
John & Patricia Faughnan  
Dan & Theresa Faughnan  
Frank Faughnan  
Kevin Faughnan

Michael Faughnan  
Barry & Mari Fenwick  
Donny & Jen Forsyth  
John Foster  
David Francesconi  
Kiki Frisbie  
Michael & Jill Funderburke  
Craig & Elizabeth Gainey  
Betsy Garfinkle  
Pam Gendoes  
Lisa Gildea  
Kelly & Meredith Graves  
Gary Green  
Mike Griffin  
Lisa Grodi  
Mark & Sheri Grubich  
Terri Haddock  
Hanne Hancock  
Suzanne Harley  
Meggan Harrelson  
Beth Hassey  
Kurt Hausler  
Bud Hedstrom  
Carol Hoffman  
Benjamin Holland  
Karen Howard  
Walter & Kathy Humann  
Karen Humphrey  
Ashley Hunley  
Vikki Hunley  
Lee & Carol Ives  
Lynn Ivey-Moore  
Martha Ivey-Blount  
Libby Jackson  
Joseph Jacobsen  
Bruce & Stephanie James  
Philip Jett  
Michael & Sharon Jette  
Divina Johnston

(cont'd over)

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 [memorywellness@theivey.com](mailto:memorywellness@theivey.com)



## Fall Fundraiser / 2018 Alzheimer's Walk

*(cont'd from previous side)*

Patricia Kelly  
Theresa Kistler  
Karen Kramer  
Chrys Kub  
Allison Lang  
Jamie Laughlin  
Juli LaVene  
Susan Layman  
Janet LeClair  
Michelle LeClair  
Justin Lenarcic  
Bill & Irene Liapis  
Xinxin Liu  
Wes & Angela Livingston  
Wendy Lockhart  
Andrea Loreda  
William Lovett  
Shirley Lubitz  
Diane Lynch  
Christopher & Kristina Lynch  
Casey & Ann Mace  
Ed & Debbie Mace  
Diane Mahoney  
Linda Mander  
Tiffany Manning  
Jenny Martella  
Rich & Ann Masi  
Britta McCorduck  
Patrick McDonald  
Dan McGee  
Suzie McHugh  
Evan & Cindy McKee  
Bob & Mary Jo McMahon  
Jack & Colleen McMahon  
Nancy & Mike McNelis  
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Johnny & Pat Moore  
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Steve & Lynda Morris  
Sharyn Moser  
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Don & Sally Olin  
Matt Olin  
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Becky Osbourne  
Les & Suzanne Palm  
Alex Palomeque & Madelyn Walker  
John Patterson  
Blake Pavioni  
Jenna Pavionia  
Meagan Pavioni  
Chris Pavlakos  
Connie Pavlakos  
George Pavlakos  
Michelle Pavlakos  
Michael Pavlakos  
David Peace  
Tressa Pearson  
Hakan Pehrsson  
Sherri Petrilli  
Mark Petrone  
Emile Petrone  
John & Baxter Petrone  
Steve & Janice Petrone  
Beth Phillips  
Sarah Prochaska  
Donna Quinn  
Kathy Rahrig  
Brian & Heather Rahrig  
Steve Randol  
Nancy Ratcliffe  
Ali Reading & Andrew Kaufman  
Shirley Reading  
Sam Rhyu  
Helen Richardson  
Rebecca Rine  
Lisa Rizzo  
Nicci Roberts  
Chris Rogers

Cindy Rogers  
Michael Roman  
Jim Ryan  
Christina Ryskiewich  
Irene Santoscoy  
Harrison & Laurin Saunders  
Tracques Saunders Head  
Ruth Scherr  
Melinda Seiter  
Scott Serovy  
Evie Shinn  
Asha Singleton  
Michelle Smith  
Renee Smith  
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