



2024

RISING HIGHER REACHING FURTHER



Alzheimer's
RESOURCE CENTER
& Dementia



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EMPOWERING CAREGIVERS. ENRICHING LIVES.



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OUR MISSION

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

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

THE BRIDGE SERVES NINE PARISHES IN NORTHWEST LOUISIANA,

offering a comprehensive support system to individuals affected by Alzheimer's and dementia. Our programs address the unique challenges faced by those living with dementia, their families, caregivers, and professionals in the community.

OUR REACH AND IMPACT

RESOURCES

Memory screenings, local resource directory, monthly e-newsletter, lending/video library, informational brochures, and a dedicated website.

www.alzbridge.org

EDUCATION

Workshops for caregivers, healthcare providers, and first responders, support group facilitator training, monthly educational sessions, and an annual conference.

SUPPORT SERVICES

Care navigation, professional counseling, case management, and facilitation of 15 caregiver support groups in the Shreveport/Bossier area.

OUTREACH AND AWARENESS

Community presentations, partnerships with senior living facilities, and social media campaigns to promote awareness and inclusivity.

2024 RECAP

BY PAULETTE FREEMAN



As we welcome a new year, let's take a moment to reflect on 2024 and the many memories and accomplishments at The Bridge Alzheimer's & Dementia Resource Center.

Our monthly First Wednesday Workshop series for caregivers began with an insightful session on Dementia Prevention by Dr. Mandy Crow. If you missed any of these presentations, you can find them on our YouTube channel, website, and social media platforms.

Our Wednesday with Friends program provided uplifting and therapeutic joint activities for caregivers and their family members living with dementia. From potting spring flowers to playing BINGO, participants enjoyed meaningful moments of connection and socialization.

We continued our monthly collaboration with the Noel Arts Community Program volunteers, who provided creative and engaging activities such as painting classes and drumming & percussion lessons for caregivers and their family members living with dementia.

In 2024, we expanded caregiver support by hosting 15 support groups throughout the Shreveport/Bossier area. New groups were launched at First Methodist Church and The Oaks at Willis-Knighton. Additionally, we introduced a grief support group for those who have lost a family member to Alzheimer's or dementia, led by Anthony Williams, a Licensed Professional Counselor and Board Member.

Our community outreach and awareness efforts continued to grow through presentations to civic groups, church organizations, and rural and underserved communities. We also started a series of community forums where participants were designated as members of our "Dementia Friendly Community." Participation in KSLA's Senior Focus series further enhanced community awareness.

We strengthened our physician outreach by collaborating with Internal Medicine residents at LSU Health Shreveport. As part of their geriatric rotation, these residents engaged directly with The Bridge and caregivers, gaining firsthand insight into the challenges faced by individuals living with dementia and their families.

The year's most exciting announcement came with a \$130,800 award from the Center for Dementia & Respite Innovation and the Alzheimer's Association. This grant will allow us to establish a dementia-specific respite service, set to launch in 2025.

In a touching moment, we held our first Service of Remembrance, honoring those who passed away after their journeys with Alzheimer's or dementia. The ceremony included a reading of names and the chiming of a bell, offering a special and meaningful tribute. This event will now become an annual tradition.

We concluded the year with our 4th Annual Education Conference on Alzheimer's & Dementia, which saw record-breaking attendance from healthcare professionals and caregivers. Attendees participated in valuable breakout sessions, including strategies for interacting with individuals with dementia.

In community service, our Executive Director, Paulette Freeman, served as a mentor in the nonprofit capacity building cohort by LSUS's Institute for Nonprofit Administration and sponsored by the Community Foundation of North Louisiana. She and Laura Gauthier, Program & Education Director, served on the Northwest Louisiana Crisis Response Coalition. Gauthier provided bi-monthly dementia training to first responders and law enforcement in collaboration with the Shreveport Police Department. In statewide community service, Freeman is also a member of the Louisiana Alzheimer's Coalition. Their work on these service committees will continue in 2025.

Overall, our work in expanding our education, resources, and support services to those impacted by Alzheimer's and dementia continues to grow with the help of many donors, including the following: Community Foundation of North Louisiana, First Presbyterian Church, Shreveport, Noel Foundation, The Alta and John Franks Foundation, Powers Foundation, and The Thomas H. and Mayme P. Scott Foundation. Together, we are "Creating a community where no one affected by Alzheimer's or dementia makes the journey alone."

A MESSAGE FROM OUR BOARD PRESIDENT

BY BRIDGET LYMAN



It is my honor and pleasure to serve as the President of the Board of Directors for The Bridge Alzheimer's & Dementia Resource Center. I have served on the Board since the very early days of the organization, then known as the Alzheimer's Agency, and have participated and watched

as it has struggled, grown, and developed over more than two decades! And, due to an ever-growing need and lack of any other local organization that can provide services specifically for individuals and families affected by this devastating illness, The Bridge's outreach and services have grown tremendously over the past five years! Of course, this could never have been possible without the dedication and hard work of The Bridge's staff and Board, along with the tremendous support from our donors, volunteers, and other stakeholders in the community.

We are exceedingly grateful for The Bridge's outgoing Executive Director, Paulette Freeman. She has steered The Bridge through a tremendous growth spurt, in which it has advanced its mission to provide essential support, education,

and resources for individuals and families affected by Alzheimer's and other dementias. These advances include securing a permanent physical home for The Bridge, building a dedicated and cohesive team, and leading the team in providing education, support, and services to the community. And most importantly, always listening to the expressed needs of the community to ensure that The Bridge continues to strive to meet those needs. I know you all will join me in thanking Paulette and wishing her well in her retirement.

I encourage each of you to review the 2024 Achievements of The Bridge. This list provides a quick glance at the breadth of support and services provided. It is impressive. One thing the list does not capture, however, is the knowledge, skills, dedication, and compassion of the people behind those services. Every caller and every person who walks through the door at The Bridge feels this very special support. Nothing gives me more satisfaction than hearing back from someone whom I have referred to The Bridge and being informed of how nicely they were treated. Being nice works wonders. There is nothing more fulfilling than a warm hand and a kind voice to help you through a difficult journey.

2024 ACHIEVEMENTS



92 MEMORY
SCREENINGS
CONDUCTED

2 STAFF
MEMBERS
HIRED

1 BOARD
MEMBER
ADDED



108
SUPPORT GROUP
MEETINGS
HELD WITH
574
ATTENDEES



66
EDUCATION
PRESENTATIONS
HELD FOR
1,308
INDIVIDUALS

10,944
PEOPLE REACHED

I am looking forward to working with The Bridge as it continues to grow and develop throughout this year and many more to come. One of our most exciting new services is The Bridge Adult Day Center. This program, which is currently in its pilot stages, will fill a longstanding gap in services in our community. It will provide caregivers with a place where their family member who is experiencing confusion and memory problems can go during the day to socialize and receive care and assistance. Meanwhile, the caregiver can enjoy a much-needed break. This will enable family caregivers to stay healthy themselves and families to keep their loved ones at home longer.

If you have not yet had a chance to explore what The Bridge offers, I encourage you to schedule a tour. I encourage you regardless of whether you or your loved one is currently facing Alzheimer's or dementia. The prevalence of this group of illnesses, unfortunately, makes it quite likely that you or someone you know will be grateful for the knowledge you gain about The Bridge and what it offers. Many of you may even choose to help provide support for The Bridge, either through volunteerism or through donations. This year, The

Bridge is initiating the Forget-Me-Not Society, which is a dedicated group of multi-year sponsors who will help ensure that the services of The Bridge can be sustained and that it can continue to expand and develop to meet the ever-growing needs of those affected by Alzheimer's and other dementias. I hope that you will consider this new opportunity to support The Bridge.

Thank you to all individuals and organizations who have contributed your time and resources to The Bridge. And thank you in advance to those of you who will choose to join us in the coming months. Without the support of the community, we could not make this much-needed program available to our families and friends who are struggling with Alzheimer's and other dementias. Together, we can continue our vision to create a community where no one affected by Alzheimer's and dementia makes the journey alone.



HOSTED THE **4TH** ANNUAL
EDUCATION CONFERENCE ON
ALZHEIMER'S & DEMENTIA



117 OUTREACH/AWARENESS
PRESENTATIONS CONDUCTED
FOR **8,714** INDIVIDUALS



7 PARISHES
SERVED



1,200 VOLUNTEER
HOURS
UTILIZED



213 NEW ASSESSMENTS COMPLETED
WITH **236** FOLLOW-UPS



108 CLIENT MANAGEMENT
MEETINGS CONDUCTED FOR
135 PEOPLE

NEW IN 2024

GRIEF SUPPORT GROUP

Caregiving often takes a significant toll on mental health. This year, we expanded our mental health resources, launching the first grief support group tailored to caregivers who have lost loved ones to dementia. This initiative, led by licensed counselors, fosters healing and equips caregivers with coping skills.

PILOT ADULT DAY CENTER

We initiated the first Adult Day Center in Northwest Louisiana specifically designed for individuals with dementia. Utilizing the Montessori method, this center provides engaging activities and a safe environment for participants. Caregivers benefit from much-needed respite to recharge. With \$130,800 in federal and matching funds secured, the program is positioned to become a replicable model for other communities.

COLLABORATION WITH LSU HEALTH RESIDENTS

Internal Medicine residents from LSU Health joined caregiver support sessions as part of their geriatric rotations. This partnership provides valuable experience for future healthcare providers while enhancing our community's understanding of dementia care. Plans are underway to include neurology residents in this collaboration.

SERVICE OF REMEMBRANCE

On November 1, we held our inaugural Service of Remembrance, honoring those lost to dementia. Families found solace and connection during this meaningful ceremony, which we aim to continue annually.

"A beautiful ceremony of remembrance sponsored by The Bridge Alzheimer's and Dementia Resource. We honored the lives of those who suffered from dementia and have passed on, including my brother-in-law, Bill Roberts. His parents have set up a memorial fund through The Bridge in Bill's name. FTD is a terrible type of dementia and often strikes too young and leaves families feeling helpless."

FAMILY MEMBER OF BILL ROBERTS



LOOKING AHEAD

As we move into 2025, our priorities include building our Adult Day Center, enhancing caregiver mental health services, and strengthening partnerships with medical and community organizations. Together, we will continue to improve the lives of those impacted by Alzheimer's and dementia in Northwest Louisiana. A recent study shows that one day of respite can add 23 days to the life of a caregiver.

ONE DAY OF RESPITE

CAN ADD 23 DAYS

TO THE LIFE OF A CAREGIVER

OUR PROGRAM PROVIDES

RESOURCES

Educational Materials
Memory Screenings
Local Resource Directory
Monthly e-Newsletter
YouTube Channel
Lending/Video Library
Website
alzbridge.org
Helpline
M-F 8:30 am - 4:30 pm

EDUCATION

Annual Education Conference
Monthly Educational Workshops for Caregivers
Education & Training for Healthcare Providers, First Responders, Law Enforcement
Alzheimer's Educational Community Forums
Support Group Facilitator Training

SUPPORT SERVICES

Caregiver Support Groups
Care Navigation with Care Plans
Professional Counseling
Care Coaching
Grandchildren's Workshops & Counseling
System Navigation (Insurance, Legal, Housing Facilities)
Music & Art Programs

OUTREACH AWARENESS

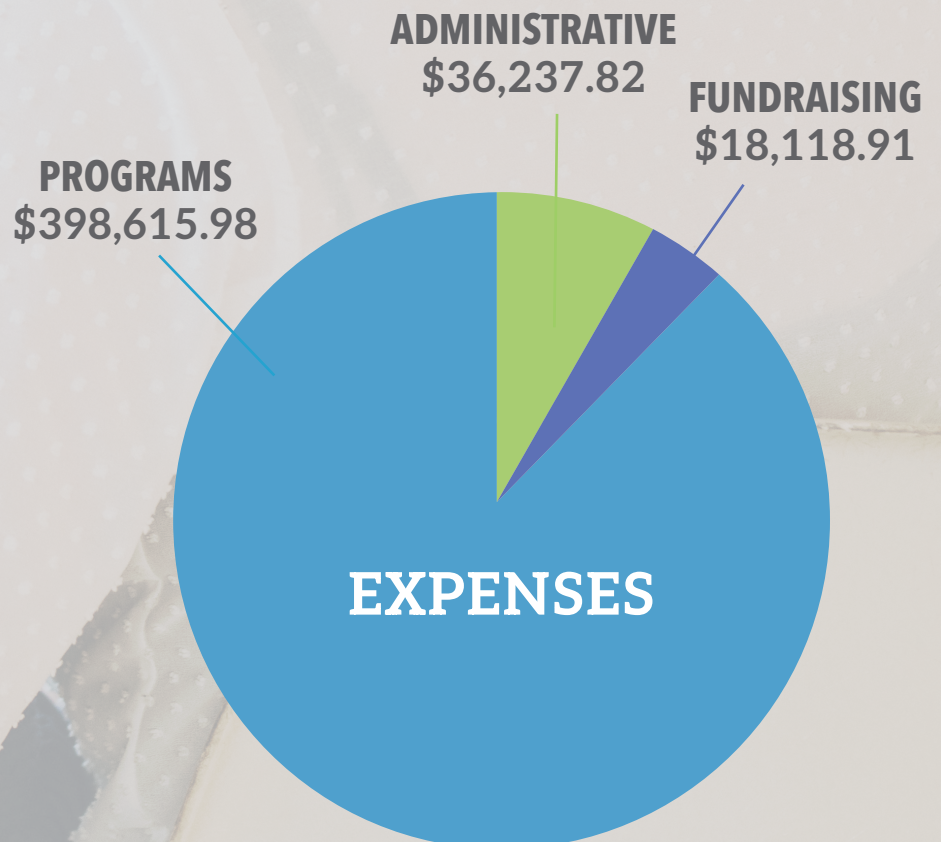
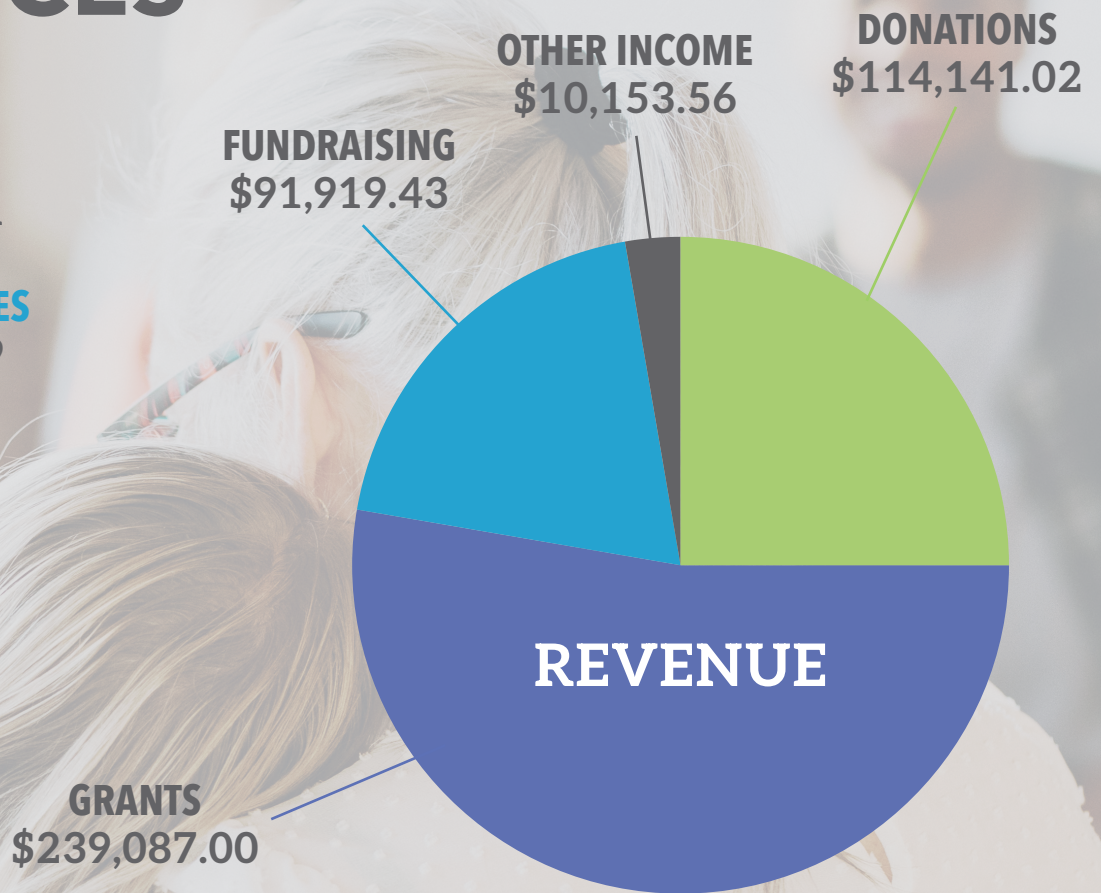
Speakers Bureau
Community Awareness Events
Health Fairs
Collaboration with other Non-Profits
Facebook/Instagram

2024 FINANCES

TOTAL INCOME
\$455,301.01

TOTAL EXPENSES
\$452,972.29

NET INCOME
\$2,328.72



THANK YOU

We extend our heartfelt thanks to our staff, volunteers, partners, and supporters who make our mission possible. Your dedication fuels our work and creates a lasting impact on the lives of so many.

NUMBER OF
VOLUNTEERS:

49

NUMBER OF
VOLUNTEER HOURS:

1,265

DOLLAR VALUE OF
VOLUNTEER HOURS:

\$42,365



OUR BOARD OF DIRECTORS (2024)

Bridget Lyman, *President*
Vickie Rech, *Vice President*
Johnett Waterman, *Secretary*
Dr. Carl Rhoads, *Treasurer*
Robert D. Smith, *Past President*
Ellen Caverlee
Charlotte Gaffney
Kyle Moore
Dr. Jeff Overdyke
Sheldon Snow
Anthony Williams
Paulette Freeman, *Ex Officio*

OUR STAFF (2024)

Paulette Freeman, *Executive Director*
Laura Gauthier, **LPC, CDP**,
Program & Education Director
Toni Thompson, *Finance Director*
Shelly Miller, *Development Director*
Christi Rinaudo, **EdD**, *Project Manager*
Alecia Henderson, *Program Coordinator*
Stacey Hand, **MA, CVT**, *Dementia Educator*
Mary Strong, **RSW, LPC, RPT, CAS**

OUR VOLUNTEERS (2024)

Bruno Alvarez-Concejo	Vickie Rech
Mali LeDoux	Rebecca Harris
Michael Baccera	Shelly Redmond
Connie Lerchie	Simone Hennessee
Steve Callaway	Carl Rhoads
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Chad Gauthier	Josh Woo
Tim Quinn	Kedgy Larson
Judy Harlan	

The Bridge Alzheimer's & Dementia Resource Center Board of Directors and staff would like to thank the following donors, foundations, churches, and corporations for their financial support throughout the year. Your gift(s) has enabled The Bridge to continue its mission and vision in Northwest Louisiana. We are honored that you chose The Bridge for your donation.

FOUNDATION GIVING

Community Foundation of North Louisiana
First Methodist Church, Shreveport CMP Grant
First Presbyterian Church of Shreveport-Outreach Ministry
First Presbyterian Church of Shreveport-D. Thomason
Leslie L. Alexander Foundation
Noel Foundation, Inc.
Spark Good Local Grants
St. Mark's Episcopal Cathedral Community Ministry
The Alta and John Franks Foundation
The Grayson Foundation, Inc.
The Powers Foundations, Inc.

SPONSORSHIPS

Always Best Care Senior Services
Argent Financial
Bossier Council on Aging
Brookshire Grocery Co.
First Methodist Church, Shreveport
Gilsoul & Aronson
Kyle Moore, Attorney Weems, Schimpf, Haines & Moore (APLC)
LaPressco Printing
Louisiana Blue
Professional Sitter Services
The Alta & John Franks Foundation
Judy Bellew, in loving memory of David Bellew
The Gaffney Family, in loving memory of J. Peter Gaffney
The Caverlee Family, in loving memory of Sam Caverlee

The Glen Retirement System
Willis Knighton Health

INDIVIDUALS, CHURCH & CORPORATE DONORS

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Charles C. Beard, Jr.
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Michelle Beregeret
Bossier Retired Teachers Association
Broadmoor Presbyterian Church, Ministry Benevolence
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Community Foundation of North Louisiana-Suzie and Art Sample Donor Advised Fund
Community Foundation of North Louisiana-Alzheimer's Support Fund
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Johnett Waterman
Jeanette C. Ytsma

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Snow
Auston Beals
Judy Bellew
Linda Blanchard
Louise Broadwell
Penny Boster, in honor of Sheldon
Snow
Bobra Brown
Diane Bryan
Barbara Callaway
Ellen Caverlee
Judy Chidlow
Nick Civitillo
Deb Cockrell
Tamara Crane
Mark Crews
Karen Dill
Linda Dowling
Wayne Ebarb
Carolyn Fleming
James Freeman, in honor of
Paulette Freeman for her
dedication to The Bridge and its
caregivers
Paulette Freeman, in honor of Erin
McCarty
Paulette Freeman
Krissy Gabler, in memory of Helen
Lacobee
Charlotte Gaffney
Sharon Gardner, in memory of
Sam Caverlee

Laura Gauthier
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Elizabeth Henderson
Glenn Jackson
Mary Jahnke
Robin Jones, in honor of Sheldon
Snow
Christy Kennedy
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Pamela Moreau
Ann Morgan, in memory of
Eleanor Burgin
Candy Peavy
Greg Ott, in honor of Sheldon
Snow
Vickie Rech
Carl Rhoads
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Janie Richardson
Christi Rinaudo
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Stephen Smith, in memory of
Mary Smith
Jane Snyder
Sally Snyder
Gaynell Stacy
The Jo Eleanor Sledge McDowell
& O.G. "Laddie" McDowell
Endowed Fund, recommended by
Jenny Mullen & Steve McDowell
Toni Thompson
Lark Watkoske
Katie Weir
Golda Young

MEMORIALS

In Memory of David Bellew

Ellen Caverlee
Merry P. Davis
Paulette Freeman
Sandra & David Ginsburg
Karen & Bob Gordon
Hilda Holder
Justin Lord-Stephens
Stephanie & Paul Ochel
Dudley Shollmier, Jr.
Robert D. Smith & Scott H. Green

In Memory of Judy Bolen

Michelle Osborn

In Memory of Kay Butcher

The Glen Retirement System

In Memory of Wayland Carlisle

Genevieve Carlisle

In Memory of Katharine Rollins Caruthers

The Glen Retirement System

In Memory of Charles Clawson, Jr.

Linda Biernacki
Roderick Kesting
Nancy Reeves
C.C. White, Jr.

In Memory of Bertha Conley

Lucy C. Robinson

In Memory of Maria Cook

Elsa Hope
The Cook Family

In Memory of Jean Kerr Darrow

Christi Rinaudo

In Memory of Sarah Louise

"Weiser" Duvall

Paulette Freeman

Dianne & Woody Schick

In Memory of Lydia Ehrhardt

Richard Boriack

In Memory of Bill Erie

Broadmoor United Methodist

Church Cornerstone Class

Renee' Hilburn

In Memory of Charles Fletcher

Vonda Strong

In Memory of Patricia Diane Floyd

Sara Cade

Kim & Loren Holder

Linda & Bill Larkin

Robert Levens

In Memory of Gina Ford

Paulette Freeman

In Memory of Pete Gaffney

William Shaw

In Memory of Dr. Ragan Green

Dr. Willard & Frances Washburne

In Memory of Linda Crager Griffin

Alice & Ted Roberts

In Memory of Paula Diane

LeGrand Hail

Simone Hennessee

In Memory of Pamela Nan

LeGrand Harris

Simone Hennessee

In Memory of Sandra Hoffman

Carolyn Berghoff & James McClure

Ellen Caverlee

Paulette Freeman

Julie & Mike Miller

Fred Nackley

Ann Peters-Calhoun

Janie Richardson

Jane Snyder

In Memory of Retired Colonel

George & Nancy LeGrand

Simone Hennessee

In Memory of Ron Maberry

Paulette Freeman

Lois Maberry

In memory of John Martin

Judy Bellew

Paulette Freeman

Susan Medlin

Leah Stone

Brandy & Robert Stroud

Paula Tidwell

Elizabeth Wooden

In Memory of Stephanie Mason

Linda Newman

In Memory of Helen Frances McDow

Virginia Carlson

In Memory of Mary Bridget McKinney

The Glen Retirement System

In Memory of Jim Ernest Miller

Joyce & J. Taylor Brown

In Memory of Billye Milner

Dr. Willard & Frances Washburne

In Memory of Judy Patterson Moore

Laura Boyd

Ellen, John & James Caverlee & Families

Charlotte Gaffney

In Memory of Kay Nale

Theresa & Kevin Nale

In Memory of Patricia Oney

Alvin J. Oney, Sr.

In Memory of Letty Davis Paradis

Charlotte Gaffney

In Memory of Patrick Willis Peavy, M.D.

Jane Clawson

Terry & Ronny Davis

Paulette Freeman

Michele & Jon Q=Petersen

Nancy Sale

Dr. & Mrs. Willard Washburne

In Memory of Linda Preston

Paulette Freeman

Linda & Bill Larkin

Elizabeth McCrocklin

Kathleen Plante

In Memory of William Ted "Bill" Roberts

Alice & Ted Roberts

Memorial Fund of William Ted "Bill"
Roberts for Frontotemporal Dementia
Awareness

Martha & Jimmy Allen

Crane & Bergeret Families

Paulette Freeman

William Hagman, Jr.

Melanie Johnson, in memory of
Dot Hagman

Melanie Johnson, in memory of
Suzette Parker Shaw

Karen & Bob Purvis, in honor of
Alice & Ted Roberts

Karen & Bob Purvis, in memory of
Keith Parker & Suzette Shaw

Alice & Ted Roberts

Alice & Ted Roberts, in memory of
Keith Parker

Alice & Ted Roberts, In memory of
Dot Hagman

Alice & Ted Roberts, in memory of
Suzette Parker Shaw

Alice & Ted Roberts, in memory of
Mary Lou Tindall

Suzy Struhs

Ammer Gayle Whatley

In Memory of Virginia Smith

Jan & Kiah Beville

Rhonda & John Bowers

The Children of Lisso Simmons,
David, Russ, Ann, Kahne & Staci

Ellen Caverlee

Paulette Freeman

Charlotte Gaffney

Gary Hubbard

Percy Hubbard

Vicki Hubbard

Claire Johnson

Mr. & Mrs. Don Kelly

Bridget Lyman

Margaret Bailey Maloy

Mariner Sunday School class,

First Methodist Church,

Shreveport

Sherie Nicklas

Deborah & Gene Nims

Shelia Price

Robert D. Smith & Scott H. Green

Casandra Hubbard Walker

In Memory of Ceniala Charlene Stone

Christi Rinaudo

In Memory of Ann McConnell Temple

Dianne & Woody Schick

In Memory of Russell "Rusty"

Van Norman, Jr.

Paulette Freeman

Dr. Willard & Frances Washburne

In Memory of Dr. Willard Washburne

Dr. Craig & Shelley Miller

In Memory of Edwin Gerald White

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In Memory of Arlene Wimberly

Suzanne & Frank Bright
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Katie & Don Weir
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In Memory of Dan Wiser

Barbara Mulhearn McKenzie

In Memory of Richard Young

Susie & Ronnie Parnell

HONORARIUMS

In Honor of Ellen Caverlee

Debbie Harrison

In Honor of Mandy Crow

Elizabeth Wooden

In Honor of Melissa Fisher

Elizabeth Wooden

In Honor of Rev. Jim & Paulette Freeman

Sharon Helstowski

In Honor of Charlotte Gaffney

William Shaw

In Honor of Simone Hennessee

Rebecca & Larry Chelf

In Honor of Persia H. Williams &

Roy D. Jones

Angela Jones

In Honor of Honey Martin

Elizabeth Wooden

In Honor of Nancy & Don Ross

Ellen Caverlee

IN-KIND DONATIONS

Anneke Bollman

Susie Canfield

Idea Path, LLC

Samaritan Counseling Center

Dr. Craig Miller

Amy Overdyke

Whitelaw, Rice & Associates CPA's, LLC

Window Genie of Shreveport

The Bridge Alzheimer's & Dementia Resource Center's donors are comprised of friends, churches, foundations, corporations, and organizations who contributed to The Bridge from January 1, 2024, to December 31, 2024.

Every effort is made to ensure that each donor is accurately recognized. If we have accidentally omitted your name, please let us know. We are grateful for your support, and we want to acknowledge your generosity. Please bring any errors or omissions to our attention by calling our office at 318-656-4800.





The Bridge Alzheimer's & Dementia Resource Center is a 501(c)3 non-profit organization.

Funds raised by The Bridge are used to provide dementia
resource services in Northwest Louisiana.

FOR MORE INFORMATION, CONTACT THE BRIDGE AT 318-656-4800 OR VISIT WWW.ALZBRIDGE.ORG