



## CALENDAR OF EVENTS

### **Sagetalk Series**

Friday, October 8

Friday, November 12

12pm-1:30pm EST

**Chill, Chat & Chew for**

**Caregivers and Care Partners**

For more information call

(404) 549-4504 or visit

[bit.ly/chillchatchew](http://bit.ly/chillchatchew)

### **Understanding Dementia in the African American Community**

Saturday, Oct.16, 10am EST

For information and to register:

<https://biturl.top/eeylri>

### **Walk to End Alzheimer's**

October thru November

Participate in the world's largest fundraiser for Alzheimer's care, support and research by joining one of 600 local events, or walk from home in your neighborhood.

For more info or to find an event: visit [www.alz.org](http://www.alz.org)

### **EVERY WEEK:**

Tuesdays at 2pm EST

**"Brain Talk LIVE"**

**Weekly Webinar**

Emory University ADRC

To register, visit

[alzheimers.emory.edu](http://alzheimers.emory.edu)

or call (404) 712-1416

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# CONNECTIONS



*And we know that for those who love God  
all things work together for good  
for those who are called according to his purpose.  
Romans 8:28.*

## Meet Dr. Fayron Epps

Dr. Fayron Epps is the Principal Investigator at Faith Village Research Lab. With Masters and PhD degrees in Nursing, a tenure-track professorship at Emory University's Nell Hodson Woodruff School of Nursing, boundless energy, and a passion for research, education, and advocacy for Black families living with dementia, Dr. Epps is making a big difference in individual lives and in church communities near and far.

She has been a nurse for over 20 years, serving in many clinical and leadership roles, but found her purpose when she realized that few Black people were being diagnosed with Alzheimer's in spite of being disproportionately impacted by the disease. Her personal mission and the mission of the Lab is to reduce this disparity with research and education. Faith Village Research Lab - "The Lab" - is unique in that it brings together church leaders, families living with dementia, and nurse scientists for its studies. Dr. Epps is awed and inspired by "the impossible happening" - receiving research grants that fund scientific research in faith communities.


The Lab has several ongoing studies that seek ways for churches to be more dementia-friendly, and to improve dementia awareness and access to dementia education, caregiver training, and quality of life of African American families living with dementia. The Alter program is a community outreach program and provides dementia education and support to church leaders, parishioners, and their communities. In early 2020, the Alter program enrolled its first church participant; there are now 17 churches enrolled in Georgia and Illinois, with growing interest across the country.

Dr. Epps was recently featured in the "Diversity and Dementia" series of *Being Patient*, the leading online community for persons living with Alzheimer's & dementia and their caregivers. She was a 2021 Maude's Award recipient for her success in making connections for persons living with dementia and their care partners. And this month, she was inducted as a Fellow in the American Academy of Nursing.


Dr. Epps is the proud mother of three children who are supportive of her work and engrained with her same sense of care for others. She also mentors more than a dozen student researchers who work or volunteer as members of the Faith Village Research Lab team. Working with churches and with people with strong faith has impacted Dr. Epps' own spiritual life and brought her closer to God. She finds it wonderful that her personal and professional lives cross over, and suspects that she isn't the only one on her team who has had this experience. Though she feels honored by her awards and the national recognition of her work, what excites her most is simply helping others.

# PEARLS OF WISDOM: FAITH VILLAGE RESEARCH LAB OPPORTUNITIES


The lab has several ongoing studies that seek ways for churches to be more dementia-friendly, and ways to improve dementia awareness and access to dementia education, caregiver training, and quality of life of African American families living with dementia:




**Alter Program** aims to inspire and equip African American faith communities to spiritually and pastorally support families affected by dementia, to accept and value people regardless of cognitive abilities, and to welcome participation in the faith community of people living with dementia. The Alter program helps churches create an infrastructure over a 2-year period that enables them to be dementia-friendly, and awards a financial contribution to underwrite implementation of associated activities. **Alter is currently seeking churches throughout Georgia and beyond to be transformed into dementia-friendly faith villages. Please visit our website to learn more: [alterdementia.com](http://alterdementia.com)**




**Dementia-Friendly Online Worship** aims to learn how tailored 10-minute online worship services support the well-being of caregivers and their family members with dementia or memory impairment. Families are asked to attend 6 services online and participate in up to 3 interviews to answer questions that will assess their well-being. Families will also be observed during services. Accommodations will be made for families without access to technology. A \$25 Gift Card will be given as an honorarium for each interview completed by families.




**Faith-HAT (Faith-based Home Activity Toolbox)** aims to learn how meaningful interfaith home activities improve well-being of caregivers and their family members with memory impairment. Caregivers and persons living with memory impairment are asked to engage in 3 activities from the Faith-HAT toolbox every week for 3 months and complete pre- and post-surveys and weekly caregiver diaries. Caregivers will also have their blood pressure and heart rate monitored for 24 hours at the beginning and end of the study. Caregivers will receive a \$25 honorarium for each completed survey, interview, and diary entry, and will also receive \$5 for each weekly diary entry completed.



**CaREgiving while Black Education (Caregiving and Racial Considerations during a Pandemic Online Training Education Course)** addresses the cultural reality of “CaREgiving while Black” during a public health crisis. The study aims to develop and test an online training education course designed to enhance the mastery of Black American caregivers to provide care in a time of crisis to family members or friends living with dementia. Caregivers receive \$40 gift cards for participation in each baseline and post-intervention interview and each semi-structured interview.



**Tele-Savvy** studies the benefits of a fully online self-administered caregiver program. Participants will receive a series of daily caregiving video lessons, self-guided learning strategies, and exercises to enhance. Caregivers are asked to participate in three 30-minute interviews over the course of 3 months. The interviews focus on understanding your caregiving experience.



**To learn more about any of the above studies or to participate, visit <https://scholarblogs.emory.edu/epps-faithvillage/research-projects/>**

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at [alter@gsu.edu](mailto:alter@gsu.edu) or  
(770) 686-7730.

Concerned about  
brain health?  
UsAgainstAlzheimer's now offers  
a memory questionnaire that  
takes only 10 minutes to complete.  
For more information  
visit [mybrainguide.org/](http://mybrainguide.org/)



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