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FROST LAB

# *Friends of the Frost Lab* Spring Newsletter

Thank you for your interest in the caregiving and dementia research happening at The Frost Lab at Emory University School of Nursing.



**Starting this Spring, we will be coming to your inbox twice per year with update, opportunities to participate, and results from our work.**

## Letter from the Lab Director

A year ago, our team was thrilled to launch the *Dementia Caregiving Experiences and Preparedness Study*. This virtual study allows us understand the beginning of the caregiving journey. We are grateful that this work continues to be funded by the National Institute on Aging.



*Dr. Emily Mroz, Lab Director*

**This newsletter is our first update to all of you who have been involved in this study – we know many of you are interested in following along!**




*Coco and Bianca spreading the word at the Aging Well Expo in Atlanta last Fall.*

Since last April, we have been honored to speak with **over 150 of you** who have recently started caregiving for a family member or friend living with dementia. Thank you for inviting us into a slice of your homes by meeting with us on Zoom, and thank you for sharing your stories with us.

We've also been grateful to speak to many more of you, some who have been caregivers for many years, others who are advocating for or helping caregivers across the US. Thank you for your support of this research.

**This past year has reminded us of some of the important truths that guide our work: caregivers want to share their stories, each caregiving story is unique, and together, caregivers' stories can illuminate what caregiving in the US *really* looks like.**

Our team is hard at work continuing to recruit participants, complete virtual study sessions, and organize the data. Please read on for some updates on this research.

The remainder of this newsletter provides you with some updates on the team and some caregiving media shared by friends of the Frost Lab. We hope you enjoy.

Best wishes,



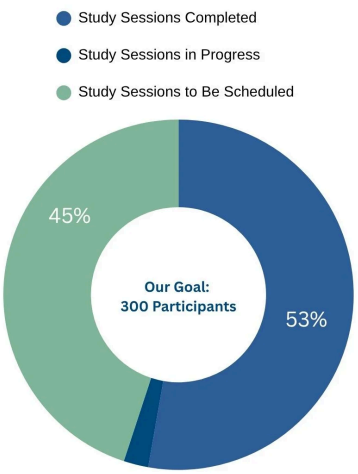
# Participant Spotlight

*A space to share some participants' experiences in our study.*

Want to share yours (anonymously or non-anonymously)?

Send our team a message!

> *I appreciated the opportunity to share some of my experiences as a family caregiver in this study led by Dr. Emily Mroz. She and her research team made the process easy, and if my experience can help improve caregiver support or contribute to science, it was an hour well spent!*
>
> - *Donna B. Fedus, Gerontologist & Family Caregiver*




**By The Numbers**

## Recruitment Progress

We've come along way towards meeting our recruitment goal in our first year of this study. **We've met with 162 caregivers**. Our goal is to reach 300 caregivers through this project!

# Sharing Our Work

Team members are heading out this Spring and Summer to share some very early findings from this work!

### World Congress of Gerontology and Geriatrics

We're headed to Amsterdam in July for this once-every-four-year event hosted by the International Association of Gerontology and Geriatrics. We'll share initial findings from as part of an international symposium.

We'll be educating attendees about the links between grief symptoms and preparedness for caregiving: when people have been caregivers more than once, higher grief symptoms are correlated with lower preparedness for new caregiving roles.

Learn More about Alter




**Alter Dementia Summit**

Later this month, we'll be headed to the Alter Summit right here in Atlanta to speak with faith leaders, community members, and people living with dementia. We'll be spotlighting some of your stories to help people understand how to support caregivers who have faced major adversities.

# What's on the Horizon

We're thrilled to announce that we received a grant from the Emory Goizueta Alzheimer's Disease Research Center to expand our work! This funding will allow us to learn more about trauma and grief experienced by dementia-caregivers. **We will re-contact some participants to hear more of your stories – stay tuned.**

And - we're currently hiring our first full-time staff member! So far, our small but mighty team has mostly included student researchers. A full-time staff member will mean faster turnaround times for returning call and emails, more community and engagement, and accelerated discoveries.

# Caregiving Corner

*In each newsletter, we're planning to feature writing from one of our Friends of the Frost Lab. In this first newsletter, we are sharing the beautiful words of Lynn Olson.*

Want to have your writing featured?

Send our team a message!

# Hidden Treasures



## By Lynn Olson

The black purse hidden in the section labeled “S” of her little filing cabinet’s outdated documents

Has been found and all its contents are still properly in place

Seven coin-wrappers for pennies and an empty glasses case.

The pills set on her placemat that she takes with morning meals

folded neatly in a napkin stuck under her walker wheels

Are present and accounted for and whether right or wrong

Swallowing is now required to hide pills where they belong.

A too familiar odor leaves the evidence, the clue

That a soiled undergarment that’s been hidden out of view

Might be in the near vicinity of pockets in the coat

Where she used to store her toothbrush in a different anecdote.

The skirt that she believed was owned by someone else

Once wadded up and stuck between two scrapbooks on her shelf

Has been found, carefully laundered and hung neatly once again

Even though it will continue to be hidden now and then.

The sleuthing will continue for the treasures of her world

The photographs and underpants and necklaces of pearl

Some objects will re-surface under bed or closet floor

But other objects hidden will be lost forever more.

And she, herself, is hidden somewhere deep inside

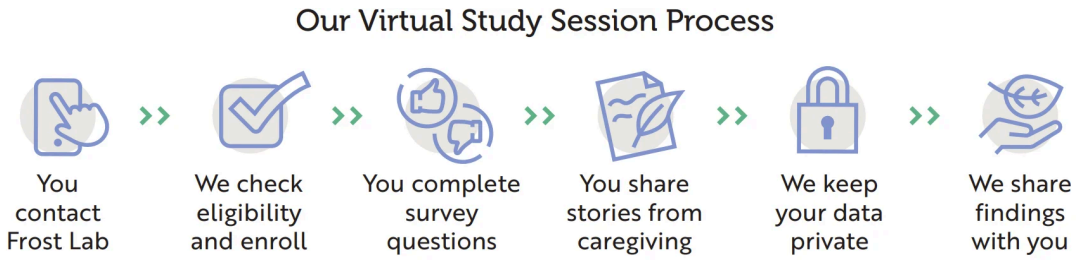
Where secret things and treasures lost assemble and reside

Where the mind is hidden treasure near impossible to find

But the search is worth the effort, no lost item left behind.

# Support our Recruitment!

We're hoping to learn from many more caregivers in the second year of this study. Please spread the word by sharing the infographic below or forwarding this newsletter.




**Click Here to Sign Up to Participate!**

FROST LAB

Lab Research Page  Send Us a Message

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