

Quarterly Newsletter



TENNESSEE
MEMORY
DISORDERS
FOUNDATION
AND CLINIC

10 October 2024

Thank you

As Tennessee Memory Disorders Foundation was being formed in 2020, it was important to the team that the TMDF acronym had an uplifting association. We quickly found that TMDF also stands for "to my dearest friend". We are so grateful that YOU are one of our dearest friends, and we want you to know that your support means the world to us, our student interns, and the patients and families that we serve!

Dr. Monica K Crane, Medical Director
Celia Gruzalski, Executive Director

Visit us at: tmdf.org
865-299-2732

If you have ever donated to our foundation, please take the time to fill out **donor survey**. Your participation is important to us! The survey should not take longer than five minutes!

FALL INTO ORANGE



Thank you so much to everyone who attended our second annual Fall Into Orange Fundraiser event! Your presence and support, along with the collective effort of our donors, friends, and family, were instrumental in making this year a huge success. Together, we raised \$40,000 for patient scholarships and our internship and mentorship program. We are truly grateful for your continued support! If you want to learn more about our donations effort or would like to support us, please visit <https://tmdf.org/donate/>



Are you aware of our community outreach resources?



TMDF Caregiver Support Group

Do you care for someone diagnosed with Alzheimer's disease or related dementia? Are you looking for information and support? You are not alone.

Find strength in Community and connect with others caring for a loved one with a cognitive disorder at our caregiver support group. Celia Gruzalski, our Executive Director, will facilitate the meetings, which will be held on the first Wednesday of each month from 9:30 to 11:00 a.m. at 9050 Executive Park Drive 109A, Knoxville, TN 37923. Don't hesitate to contact Celia at celia.gruzalski@tmdf.org for more information and to RSVP.

TMDF Post Diagnosis Workshop

At our clinic, receiving the diagnosis from Dr. Crane can be challenging. Please join us at our Post Diagnosis Workshop to help you consider how your diagnosis, or the diagnosis of your loved one, might impact you. Help you understand what to expect in your medical care in the future and what steps you can take in the meantime. Also, to receive suggestions of strategies, further resources, and services that you may find helpful. For more information or to RSVP, please contact Celia Gruzalski by phone at 865-299-2732 or email at celia.gruzalski@tmdf.org

Recently we attended the following community events

Alzheimer's Tennessee's Wine about Alzheimer's
Alzheimer's Association's Walk to End Alzheimer's
TMDF Post Diagnosis Workshop
TMDF Caregiver Support Group

THANK YOU FOR YOUR CONTINUED SUPPORT

Thank you so much for reading our newsletter! All of us at TMDF would like to express our gratitude to our donors and those who continue to support us. Your generosity and donations allow us to fund our internship and mentorship program, provide scholarships for patients who cannot afford care, and grow our clinic to serve more patients. Together, we can make a real difference in the lives of those who need it most. Thank you for your continued support!

Celia.Gruzalski@tmdf.org

INTERNSHIP SPOTLIGHT



Please Meet Anhaar Ajaz!

Anhaar graduated from UTK with a Bachelor's degree in Neuroscience and Spanish. He serves as our Clinical Assistant, Scheduling Assistant, and on-site technology guru at the clinic. He plans to attend medical school and pursue a career in Neurology or Cardiology. An interesting fact about Anhaar is that he has never eaten a peanut butter and jelly sandwich.

Say Hello to Sam Monroe!

Sam is a 2024 graduate from UTK, where she received bachelor's degrees in both Neuroscience and Psychology! At the clinic, she serves as our Nursing Assistant. Once accepted to medical school, she is interested in pursuing a career in Geriatrics, Neurology, or Family Medicine. When not at the clinic, Sam loves spending time with her ten-year-old Shitsu, Gizmo!



Introducing Emma Mañalac!

Emma Mañalac is a senior majoring in Neuroscience. After graduation, she plans to attend medical school and specialize in Neurology or Psychiatry. At the clinic, Emma serves as an intern and one of our Scheduling Assistants. She also currently serves as Vice President for her sorority, Chi Omega Pi chapter!

Special thank you to our 2024 Fall into Orange Sponsors

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STAY TUNED FOR MORE INFORMATION!

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