

The Corner: Inspire Study Insights

The Rundown

Winter 2026

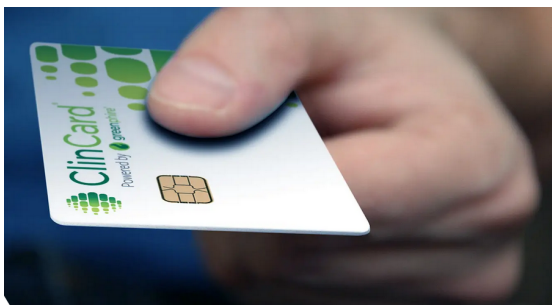
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Welcome to the Corner

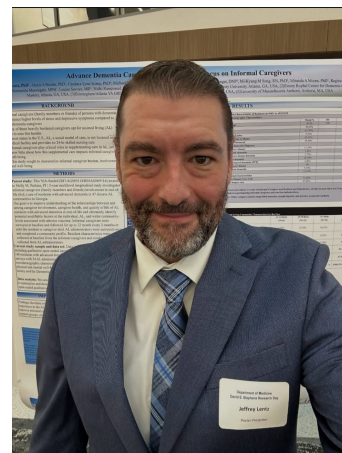
The Corner: Inspire Study Insights is a quarterly newsletter that provides INSPIRE Study updates and behind-the-scenes information, groundbreaking discoveries, and helpful resources for caregivers, dementia and dementia care, and assisted living communities.

INSPIRE Insights & Milestones



Your Participation and Tax Documentation

Within the past few weeks, you may have received a 1099 tax form in the mail from Emory University. This is due to Emory changing its tax policies last March, in which all study participants who receive ClinCards must now receive a 1099 tax form, no matter



Presenting Team Inspire Study

The fall was a busy season for the Inspire Study team, as members gave presentations at the annual conferences on the study.

how much they are paid. Even though our study's incentive amount is below the \$600 threshold, Emory still issues a tax form for any payments made in 2025 forward.

Furthermore, for each interview you completed, the Inspire Study added extra funds to your ClinCard to cover the 30% tax that Emory withheld on your behalf. The amount shown on your tax form includes both your incentive and the taxes Emory paid for you.

Be assured that you still received your full intended incentive amount for that time point. The tax withheld is accounted for by increasing the total amount we load onto your card. If you have any additional questions or concerns, please email us at inspire.study@emory.edu.

- Poster presentation at the **Alzheimer's Association International Conference** in July 2025.
- Poster presentation at the **Emory University Department of Medicine Research Day** in October 2025.
- Oral presentation at the **Gerontological Society of America Annual Scientific Meeting** in November 2025.

[Read More](#)

A Caregiver's Heart

February is all about love and matters of the heart. With it being Heart Health month, the American Heart Association mentions that caregiver burnout is a top cardiovascular condition (condition of the heart) that affects caregivers. To prevent caregiver burnout and to keep your heart healthy:

- Get regular physical activity.
- Maintain a heart-healthy diet.
- Get enough sleep.
- Make time for yourself.
- Keep humor in your life.
- Get out and about.
- Watch out for depression.
- Take care of business.
- Keep medical and dental appointments.
- Think positive.
- Learn to cope with stress.
- Stay connected with the outside world.



To learn more about Caregiver Burnout and other Heart Health information, go to [AHA Caregiving](#).



Meet Me in Savannah

In October, the Inspire Study was represented at the 2025 Georgia Senior Living Association Conference & Trade Show. Senior Investigator, **Dr. Carolyn Clevenger**, gave a presentation on "Updates in Research in Alzheimer's and Related Dementias" and Research Coordinator, **Shermetria Massingale**, interacted with attendees at the Inspire Study table in the Exhibition space. A rewarding and learning experience was had by all who attended!



Resources Corner

Raising Your Parents Podcast

Best friends Kandice and Marjane find further solace and comradery in being adult children raising their aging parents. Launched in late 2025, this podcast focuses on the ebbs and flows of caregiving, particularly when one parent has dementia. The hosts hope to empower grown-up kids to care with love, lead with grace, and honor those who raised us through their candid conversations and resources.



Listen to the episodes for free on [Amazon](#), [Apple pod](#), [iHeart](#), and [Spotify](#).

Are you a family member or friend caring for
an assisted living resident with dementia in
Georgia and want to share your experiences?



Emory University and the Gerontology Institute at Georgia State
University are conducting an important new dementia care
study funded by the National Institutes of Health

- To learn ways to *enhance* dementia care experiences for residents, their families, and assisted living communities.
- This study involves *flexible* (times and dates), contact-free (Zoom or phone) interviews.

If interested in learning how to participate, please scan the QR code, call 470-495-0896, or email us at inspire.study@emory.edu. To learn more, visit our website at emoryinspirestudy.org.

We look forward to hearing from you!



Division of Geriatrics
and Gerontology



Know someone who is a family caregiver of a resident with moderate to advanced dementia who lives in assisted living? Have you had any new residents with dementia move into your community?

We are recruiting these family members into our study. If someone is interested, have them email us at inspire.study@emory.edu.

HELPFUL TIP: Include a copy of the study flyer in your move-in packet for new residents.

[Read past issues of The Corner](#)

[Visit the INSPIRE Study Website](#)



The INSPIRE Study is a statewide study designed to learn ways to better support families and others caring for residents in assisted living with advanced dementia.

The study is being conducted by a multidisciplinary team of researchers from Emory University and the Gerontology Institute at Georgia State University with extensive expertise in dementia care, and is funded by the National Institute on Aging.



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