

## HOW DO I TAKE CARE OF MYSELF?

After placing your loved one in Memory Care, your job as a family caregiver doesn't end. It now simply shifts. The 24/7, physical care of your loved one no longer burdens you, but you're now the historian for them. That makes you an important part of our American House caregiving team. Not only do you need to care for yourself to benefit your loved one, but more importantly for you.

It's necessary to take a break, spend time with friends and just be. This ensures that your well-being is top of mind. A few ways in which you can care for yourself include seeking support from others, taking care of your health so you can be there for your loved one, accepting offers of help from others and, most importantly, giving yourself credit for what you're doing.

You're doing an incredible job navigating a process that none of us have control over. Remember, we're all in this together. If you're having difficulty caring for yourself, please don't hesitate to reach out to any member of our team to help you through tough times!

## EVERY MOMENT TELLS A STORY



### QUICK LINKS

# LIVING WELL

## MEMORY CARE EDITION.

HOLLAND LIGHTHOUSE AND BAYPOINTE

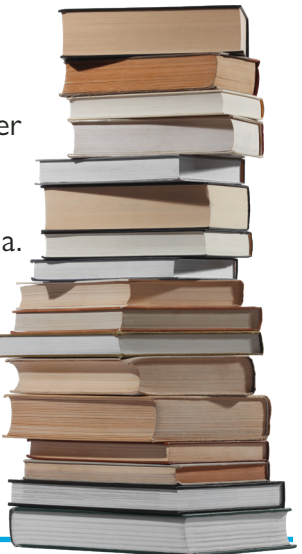
OCTOBER 2025

## HIDING OR HOARDING THINGS

A person with dementia may hide or hoard things as a way of having some control of their situation. They may also feel a need to stockpile items.

Residents may hide common objects in a variety of areas, including their wheelchair seat, under their blanket, in their closet or drawers, or in someone else's room. Your loved one may become upset when confronted with missing items. But it's important to note there may be truth in what the person is saying and you don't want to dismiss it because they have dementia.

What you can do to help includes keeping items in places where the resident is used to them being. If the resident is taking food items, explain the possibilities of establishing a safe, sealed container to take and keep acceptable food items in. Approach the person calmly and in a private setting to retrieve "lost" items. You may also want to consider providing an excess of some objects that provide a particular satisfaction—such as washcloths, socks and handkerchiefs.



## LOW TOLERANCE FOR CONTACT

A low acceptance for physical contact can manifest in various ways and is a result of the changes dementia causes in the brain's ability to process sensory information.



When a resident becomes uncomfortable, they may avert their eyes from contact or turn and walk away from a staff member who may be trying to interact with them. A change in a resident's body posture, such as folded arms, rigid torso, furrowed brow or pursed lips are clear signals the resident is uncomfortable.

It's best to use an even-voice and calm approach when speaking with the resident. Slow speech and movements during invitations and greetings should also be used. And it's important to subtly model your own facial expressions or postures to help and encourage the resident to relax. By observing positive interactions, you can repeat your successful interactions with your loved one.

## OCTOBER 2025 EVENTS

- National Smile Day-Oct. 3
- Cooking Demo-Oct. 10
- Sports Tournament-Oct. 15
- Sweetest Day-Oct. 18
- Bus Ride-Oct. 29
- Trunk or Treat-Oct. 30
- Halloween-Oct. 31





SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			
															LOCATION KEY						
															AR Activity Room		F Foyer		OUT Outing		AMN All Manors
BT Baypointe		LK Lakeshore		APT Your Apartment		BD Beachside		LIB Library				BK Boardwalk		LH Lighthouse							
DR Dining Room		LR Living Room																			
BIRTHDAYS						01			02 YOM KIPPUR			03			04						
Jeffery D. 10/3 Ronald G. 10/19 Bonnie H. 10/19						9:00a Witch hat ring toss LH 9:30a Wellness Wednesday BT 10:00a What's the buzz-Yom Kippur BT 1:00p Painting-water color pumpkins BT 2:00p Conversation question ball BT 3:00p Pass the pumpkin BT 5:00p Hand massages LH			9:00a Bowling LH 10:00a What's the buzz-custodian day BT 1:00p Craft-Q-tip skeletons BT 2:00p Bingo BT 3:00p Halloween dice game BT 5:00p Evening Tea LH			9:00a Follow along exercise video LH 10:00a What's the buzz-smile day BT 1:00p Hymn sing BT 2:00p Happy Hour-cinnamon rolls BT 3:00p Halloween charades BT 5:00p Mindful Meditation LH			9:00a Golf LH 10:00a Word puzzles BT 1:00p Travelogue-California BT 2:00p Table games BT 3:00p Poke-a-pumpkin BT 5:00p Movie Night-Casablanca LH						
05			06			07			08			09			10			11			
9:00a Dice Exercise LH 10:00a Matching duos BT 1:00p Donut and cider social BT 2:00p Card games BT 3:00p Mystery Box BT 5:00p Evening walk LH			9:00a Bible Study LH 10:00a What's the buzz-Sukkot BT 1:00p Clay art BT 2:00p Jewelry making BT 3:00p Jack-o-lantern cup knock down BT 5:00p Manicures LH			9:00a Balloon Ball LH 11:00a Tai Chi with Chris LH 1:00p Baking-frappes BT 2:00p Noodle knock down BT 3:00p Spider toss BT 5:00p Aromatherapy LH			9:00a Witch hat ring toss LH 10:00a What's the buzz-emergency nurses day BT 1:00p Painting-Halloween q-tip painting BT 2:00p Conversation question ball BT 3:00p Pass the pumpkin BT 5:00p Hand massages LH			9:00a Bowling LH 10:00a What's the buzz-world sight day BT 1:00p Craft-cotton ball ghosts BT 2:00p Bingo BT 3:00p Halloween dice game BT 5:00p Evening Tea LH			9:00a Follow along exercise video LH 10:00a What's the buzz-mental health day BT 1:00p Hymn sing BT 2:00p Cooking Demo-caramel apples BT 3:00p Halloween charades BT 5:00p Mindful Meditation LH			9:00a Air hockey LH 10:00a Finish the phrase BT 1:00p Band BT 2:00p Puzzles BT 3:00p Cup pong BT 5:00p Sensory bins LH			
12			13 INDIGENOUS PEOPLE'S DAY			14			15			16			17			18			
9:00a Washer toss LH 10:00a Ruthless Rhymes BT 1:00p Sorting and folding BT 2:00p Nature Documentary BT 3:00p Stack the cups game BT 5:00p Short story LH			9:00a Bible Study LH 10:00a What's the buzz-Columbus day BT 1:00p Resident Council BT 2:00p Jewelry making BT 3:00p Jack-o-lantern cup knock down BT 5:00p Manicures LH			9:00a Balloon Ball LH 10:00a What's the buzz-dessert day BT 1:00p Baking-pumpkin rice krispie treats BT 2:00p Noodle knock down BT 3:00p Spider toss BT 5:00p Aromatherapy LH			9:00a Witch hat ring toss LH 10:00a What's the buzz-grouch day BT 1:00p Painting-toilet paper towel roll spiders BT 2:00p Conversation question ball BT 3:00p Sports Tournament SD 5:00p Hand massages LH			9:00a Bowling LH 10:00a What's the buzz-sports day BT 1:00p Craft-paper pumpkins BT 2:00p Bingo BT 3:00p Halloween dice game BT 5:00p Evening Tea LH			9:00a Follow along exercise video LH 10:00a What's the buzz-pasta day BT 1:00p Hymn sing BT 2:00p Happy Hour-Chocolate cupcakes BT 3:00p Halloween charades BT 5:00p Mindful Meditation LH			9:00a Golf LH 10:00a Word puzzles BT 1:00p Travelogue-Tennessee BT 2:00p Table games BT 3:00p Poke-a-pumpkin BT 5:00p Movie Night-Singin' in the rain LH			
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9:00a Dice Exercise LH 10:00a Matching duos BT 1:00p Donut and cider social BT 2:00p Card games BT 3:00p Mystery Box BT 5:00p Evening walk LH			9:00a Bible Study LH 10:00a What's the buzz-chef's day BT 1:00p Clay art BT 2:00p Jewelry making BT 3:00p Jack-o-lantern cup knock down BT 5:00p Manicures LH			9:00a Balloon Ball LH 10:00a What's the buzz-apple day BT 1:00p Baking-jack-o-lantern apple pies BT 2:00p Thank you cards-first responders BT 3:00p Spider toss BT 5:00p Aromatherapy LH			9:00a Witch hat ring toss LH 10:00a What's the buzz-paralegal day BT 1:00p Painting-Bat silhouettes BT 2:00p Advice to future Lawyers BT 3:00p Pass the pumpkin BT 5:00p Hand massages LH			9:00a Bowling LH 10:00a What's the buzz-TV talk show host day BT 1:30p Music Therapy LH 2:30p Music Therapy BT 3:00p Halloween dice game BT 5:00p Evening Tea LH			9:00a Follow along exercise video LH 10:00a What's the buzz-Bologna day BT 1:00p Hymn sing BT 2:00p Happy Hour-Crackers, cheese, and bologna BT 3:00p Halloween charades BT 5:00p Mindful Meditation LH			9:00a Air hockey LH 10:00a Finish the phrase BT 1:00p Band BT 2:00p Puzzles BT 3:00p Cup pong BT 5:00p Sensory bins LH			
26			27			28			29			30			31 HALLOWEEN						
9:00a Washer toss LH 10:00a Ruthless rhymes BT 1:00p Sorting and folding BT 2:00p Nature Documentary BT 3:00p Stack the cups game BT 5:00p Short story LH			9:00a Bible Study LH 10:00a What's the buzz-black cat day BT 1:00p Clay art BT 2:00p Jewelry making BT 3:00p Jack-o-lantern cup knock down BT 5:00p Manicures LH			9:00a Balloon Ball LH 10:00a What's the buzz-chocolate day BT 1:00p Baking-choco. covered pretzels BT 2:00p Noodle knock down BT 3:00p Spider toss BT 5:00p Aromatherapy LH			9:00a Witch hat ring toss LH 10:00a What's the buzz-oatmeal day BT 1:00p Painting-Halloween themed fork painting BT 2:00p Bus ride-Pumpkin patch BT 3:00p Pass the pumpkin BT 5:00p Hand massages LH			9:00a Bowling LH 10:00a What's the buzz-candy corn day BT 1:00p Craft-Q-tip candy corn BT 2:00p Bingo BT 3:00p Halloween dice game BT 5:30p Trunk or Treat O			9:00a Follow along exercise video LH 10:00a What's the buzz-Halloween BT 1:00p Hymn sing BT 2:00p Birthday Celebration BT 3:00p Halloween charades BT 5:00p Mindful Meditation LH						