



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!

Dementia vs. Alzheimer's Disease

DEMENTIA is an overall term for a particular group of symptoms. Dementia symptoms include:

Trouble with memory, language and problem-solving
Difficulty concentrating
Struggling to understand and express thoughts

Other symptoms are confusion, poor judgment and acting impulsively, among others. Dementia symptoms are the result of changes in the brain.

ALZHEIMER'S DISEASE is one cause of dementia symptoms. The brain changes of Alzheimer's disease include:

The excessive accumulation of the protein fragment beta-amyloid and of an abnormal form of the protein tau
Inflammation of the brain and decreased ability of the brain to use glucose, its main fuel

When imaging studies, cerebrospinal fluid analysis or other tests show that the brain changes are caused by Alzheimer's disease, individuals are said to have dementia due to Alzheimer's disease.

LIVING WELL  
MEMORY CARE EDITION.

BOYNTON BEACH

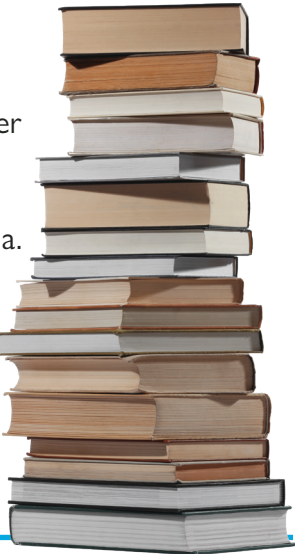
OCTOBER 2025

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

- Pet Therapy - 10/4
- LIVE Neopolitan Music - 10/7
- Family Night - 10/9
- Birthday Celebration - 10/15
- LIVE Island Music - 10/22
- LIVE Music w/ the Oldies-10/22
- Fitness Mondays with Debbie
- Walt Whitman Wednesdays
- Shabbat Fridays
- Mass Sundays



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY					
															LOCATION KEY								
															AR Activity Room CY Courtyard DR Dining Room FAM Family Room FIT Fitness Center			FSR Four Seasons Room GR Game Room LIB Library MCD Memory Care Dining Room MLB Memory Care Library			S Salon SPA Spa THR Theatre		
BIRTHDAYS						01			02			YOM KIPPUR			03			04					
Carole R. 10/16						10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Culinary Pictionary Scrabble Competition! Fall Cookie Decorating! Tea Time in the Courtyard Drum Circle Walt Whitman Weds.	MCA MCC MCA MCA MCB MCC MCC MLB	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:30p	Chair Yoga Courtyard Stroll Brain Games Board Games Hidden Talent Show! Puzzle Time Meditation/Aromatherapy Snack and Chat	MCA MCC MCC MCA MCA MCA MLB MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:30p	Aerobicize AH Gardening Club Current Events WordPlay Hole in One HAPPY HOUR! Shabbat Service Snack and Chat	MCA MCC MLB MCA MCA FAM MLB MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Singalong Saturday! BONAFIDE Therapy Dogs! Musical BINGO Musical Documentary Balloon Toss Sat. Night at the Movies	MCA MCC MLB MCC MCA MCA MCA MCA						
05			06			07			08			09			10			11					
10:00a 11:00a 1:00p 2:00p 3:00p 6:30p	Vatican Mass Services Fun in the Sun! JENGA! Prestige Puzzles Newsies LIVE! Snack and Chat	MCA MCC MCA MCA MCA MCD	10:15a 11:00a 1:00p 2:00p 4:00p 6:30p	Fitness with DEBBIE! WordPlay Meditation Monday Ice Cream Outing! Travelogue to TAHITI! Snack and Chat	MCA MCA MLB OUT MCA MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 3:30p 4:00p 6:30p	Tai Chi Tuesday AH Gardening Club Current Events Patriotic and Proud! LIVE MUSIC! This Day in History Horoscopes Spa Day Wind Down Snack and Chat	MCC MCC MLB MCA MCA FAM MLB MCA MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Culinary Pictionary Scrabble Competition! Brownie Baking! Tea Time in the Courtyard Drum Circle Walt Whitman Weds.	MCA MCC MCA MCA MCA MCC MCC MLB	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:30p	Chair Yoga Courtyard Stroll Brain Games Puzzle Time Hidden Talent Show! Putting Green Meditation/Aromatherapy Snack and Chat	MCA MCC MCC MCA MCA MCA MLB MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:30p	Aerobicize AH Gardening Club Current Events WordPlay Sports Center! HAPPY HOUR! Shabbat Service Snack and Chat	MCA MCC MLB MCA MCA FAM MLB MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Singalong Saturday! Board Games Musical BINGO Musical Documentary Balloon Toss Sat. Night at the Movies	MCA MCC MLB MCA MCA MCA MCA MCA			
12			13 INDIGENOUS PEOPLE'S DAY			14			15			16			17			18					
10:00a 11:00a 1:00p 2:00p 3:00p 6:30p	Vatican Mass Services Fun in the Sun! Hole in One Balloon Toss Oklahoma! LIVE! Snack and Chat	MCA MCC MCA MCA MCA MCD	10:15a 11:00a 1:00p 2:00p 4:00p 6:30p	Fitness with DEBBIE! WordPlay Meditation Monday Scenic Ride Travelogue-THE ALPS! Snack and Chat	MCA MCA MLB OUT MCA MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:30p	Tai Chi Tuesday AH Gardening Club Current Events Patriotic and Proud! The Artist's Corner Ice Cream Social! Spa Day Wind Down Snack and Chat	MCC MCC MLB MCA MCA MCB MCA MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Culinary Pictionary Scrabble Competition! Fall Cookie Decorating! Birthday Celebration Drum Circle Walt Whitman Weds.	MCA MCC MCA MCA MCA MCA MCC MLB	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:30p	Chair Yoga Courtyard Stroll Brain Games Putting Green Sports Center! Puzzle Time Meditation/Aromatherapy Snack and Chat	MCA MCC MCC MCA MCA MCA MLB MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:30p	Aerobicize AH Gardening Club Current Events WordPlay Board Games HAPPY HOUR! Shabbat Service Snack and Chat	MCA MCC MLB MCA MCA FAM MLB MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Singalong Saturday! Hole in One Musical BINGO Musical Documentary Balloon Toss Sat. Night at the Movies	MCA MCC MLB MCA MCA MCA MCA MCA			
19			20			21 DIWALI			22			23			24			25					
10:00a 11:00a 1:00p 2:00p 3:00p 6:30p	Vatican Mass Services Fun in the Sun! Board Games Balloon Toss Little Women LIVE! Snack and Chat	MCA MCC MCA MCA MCA MCD	10:15a 11:00a 1:00p 2:00p 4:00p 6:30p	Fitness with DEBBIE! WordPlay Meditation Monday Ice Cream Outing! Travelogue to GREECE! Snack and Chat	MCA MCA MLB OUT MCA MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 3:30p 4:00p 6:30p	Tai Chi Tuesday AH Gardening Club Current Events Patriotic and Proud! The Artist's Corner This Day in History Horoscopes Spa Day Wind Down Snack and Chat	MCC MCC MLB MCA MCA FAM MLB MCA MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Culinary Pictionary Scrabble Competition! LIVE MUSIC! Cookie Decorating! Balloon Toss Walt Whitman Weds.	MCA MCC MCA MCA MCA MCA MLB	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:30p	Chair Yoga Courtyard Stroll Brain Games Board Games Sports Center! Puzzle Time Meditation/Aromatherapy Snack and Chat	MCA MCC MCC MCA MCA MCA MLB MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:30p	Aerobicize AH Gardening Club Current Events WordPlay The Creative Palette HAPPY HOUR! Shabbat Service Snack and Chat	MCA MCC MLB MCA MCA FAM MLB MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Singalong Saturday! Board Games Musical BINGO Musical Documentary JENGA! Sat. Night at the Movies	MCA MCC MLB MCA MCA MCA MCA MCA			
26			27			28			29			30			31 HALLOWEEN								
10:00a 11:00a 1:00p 2:00p 3:00p 6:30p	Vatican Mass Services Fun in the Sun! Balloon Toss Fall Puzzles! Holiday Inn LIVE! Snack and Chat	MCA MCC MCC MCA MCA MCD	10:15a 11:00a 1:00p 2:00p 4:00p 6:30p	Fitness with DEBBIE! WordPlay Meditation Monday Scenic Beach Ride! Travelogue to UTAH! Snack and Chat	MCA MCA MLB OUT MCA MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:30p	Tai Chi Tuesday AH Gardening Club Current Events Patriotic and Proud! The Artist's Corner Ice Cream Social! Spa Day Wind Down Snack and Chat	MCC MCC MLB MCA MCA MCB MCA MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Culinary Pictionary Scrabble Competition! LIVE MUSIC! Tea Time in the Courtyard Drum Circle Walt Whitman Weds.	MCA MCC MCA MCA MCA MCC MCC MLB	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:30p	Chair Yoga Courtyard Stroll Brain Games Putting Green Hidden Talent Show! Puzzle Time Meditation/Aromatherapy Snack and Chat	MCA MCC MCC MCA MCA MCA MLB MCD	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:30p	Aerobicize AH Gardening Club Current Events WordPlay Spook Art! HALLOWEEN HH! Shabbat Service Snack and Chat	MCA MCC MLB MCA MCA MCC MLB MCD						