

## WHAT ARE APPROPRIATE HOLIDAY GIFTS FOR MY LOVED ONE?

It's the season of gift giving, but what do you do for your loved one who is living with dementia? You may be asking yourself if holiday gifts are even appropriate anymore. The answer is simple: holiday gift giving for your loved one should absolutely continue. As with anything in a Memory Care community, things do not end. They just need to change to benefit our resident.

As your loved one progresses, their five senses become an essential way in which they connect with their environment. Offering gifts that are sensory-oriented and related to their long-term memory are the most impactful. It's important to keep in mind that gifts you and your loved one can enjoy together as a shared activity will not only engage them, but it'll continue to keep you connected.

Some suggestions include adult coloring books, extra-large piece puzzles, photo books with images that are important to your loved one, a personalized pillow or sensory blanket, a new set of sheets or towels, and a stuffed animal or animatronic cat or dog. Of course, the best gift is the time you spend with your loved one. Connecting with your loved one will bring them the best holiday cheer of all!

## ALZHEIMER'S ASSOCIATION 2025 REPORT

Drawing from the *Alzheimer's Association 2025 Facts and Figures Report*, recent statistics indicate that **over 7 million Americans aged 65 and older are living with the disease**. Here are some important stats from the report:

In 2024, nearly 12 million Americans provided unpaid care for individuals with dementia, **totaling over 19 billion hours valued at more than \$413 billion.**

The total care costs for Alzheimer's and other dementias are projected at **\$384 billion in 2025** and could approach **\$1 trillion by 2050.**

Women are disproportionately affected by the disease, with **nearly two-thirds of Americans with Alzheimer's being women**. Women have almost double the lifetime risk of developing the disease compared to men.

The percentage of people with dementia increases by age: **65 to 74 (5%), 75 to 84 (13%) and 85 and older (33%).**

Deaths from Alzheimer's have more than doubled between 2000 and 2022. **The disease kills more people than breast cancer and prostate cancer combined.**

### QUICK LINKS

ALZ.org  
alzheimers.gov  
alzfdn.org  
nia.nih.gov/health/alzheimers-and-dementia

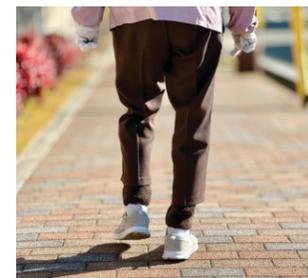
# LIVING WELL

## MEMORY CARE EDITION.

BOYNTON BEACH

DECEMBER 2025

## WANDERING



Alzheimer's disease and other forms of dementia can cause people to lose their ability to recognize familiar faces and places. It's common for a person living with dementia to wander or become confused about their location.

This type of behavior will be clear to our caregivers. But your loved one may be at risk of falling from the result of fatigue. They may also anger other residents by entering rooms unannounced. Even worse, if your loved one finds an exit to our community, he or she may be at risk for elopement.

A few things you can do are keep an eye on your loved one during group activities to access anything that may keep them calm, such as sitting near the door or the activity leader. It's also helpful to describe the purpose of the activity at hand, encouraging recognition or conversations with other residents, as well as listening between the words to hear what your loved one really wants to do next.

## BATHING OR PERSONAL CARE RESISTANCE

Bathing or showering can be a challenge for people living with Alzheimer's as your loved one may be uncomfortable receiving assistance with such an intimate activity. They may not recognize the need to bathe or find it to be too clinical or a distressing experience.

Your loved one may raise their voice and use threatening postures when a bath or shower is suggested. Unaware of their own hygiene and odors, your loved one may also be unable or unwilling to wipe or wash after using the toilet.

You'll need to take time to ask your loved one about how they took care of themselves in the past. They'll want to be at ease and feel as if they are making the decisions when it comes to things like their preferred water temperature. If traditional bathing becomes too difficult, you'll want to consider washing your loved one's hair separately or offering the option of bed bathing.



## DECEMBER 2025 EVENTS

- Pet Therapy - 12/6
- LIVE Neopolitan Music - 12/11
- LIVE Music - Doo Wop - 12/19
- Richie's Birthday Bash - 12/23
- Christmas Party - 12/24
- LIVE Island Music - 12/26
- New Year's Eve Bash - 12/31
- Shabbat Candlelighting Fridays
- Sunday Mass
- Walt Whitman Wednesdays

01			02			03			04			05			06					
			10:15a Fitness with DEBBIE! 11:00a WordPlay 2:00p Ice Cream Outing! 4:00p Travelogue to CANADA! 6:30p Movie of the Night	<b>MCA</b> <b>MCA</b> <b>OUT</b> <b>MCA</b> <b>MCA</b>	10:00a Tai Chi Tuesday 10:30a AH Gardening Club 11:00a Current Events 2:00p The Artist's Corner 3:00p This Day in History 3:30p Horoscopes 4:00p Spa Day Wind Down 6:30p Movie of the Night	<b>MCC</b> <b>MCC</b> <b>MLB</b> <b>MCA</b> <b>FAM</b> <b>MLB</b> <b>MCA</b> <b>MCA</b>	10:00a Fun with Fitness 10:30a Courtyard Stroll 11:00a Culinary Pictionary 2:00p Smoothie Demo! 3:00p Scrabble Competition! 4:00p Drum Circle 6:00p Walt Whitman Weds.	<b>MCA</b> <b>MCC</b> <b>MCA</b> <b>MCB</b> <b>MCA</b> <b>MCC</b> <b>MLB</b>	10:00a Chair Yoga 10:30a Courtyard Stroll 11:00a Brain Games 2:00p Board Games 3:00p Ice Cream Social! 4:00p Meditation/Aromatherapy 6:30p Movie of the Night	<b>MCA</b> <b>MCC</b> <b>MCC</b> <b>MCA</b> <b>MCA</b> <b>MLB</b> <b>MCA</b>	10:00a Aerobicize 10:30a AH Gardening Club 11:00a Word Search 2:00p Cake Baking! 3:00p HAPPY HOUR! 4:00p Shabbat Candle Lighting 6:30p Movie of the Night	<b>MCA</b> <b>MCC</b> <b>MCA</b> <b>MCB</b> <b>FAM</b> <b>MLB</b> <b>MCA</b>	10:00a Fun with Fitness 10:30a Courtyard Stroll 11:00a Singalong Saturday! 1:00p Pet Therapy! 2:00p Musical BINGO 3:00p Nature Documentary 4:00p Balloon Toss 6:00p Sat. Night at the Movies	<b>MCA</b> <b>MCC</b> <b>MLB</b> <b>MCC</b> <b>MCA</b> <b>MCA</b> <b>MCA</b> <b>MCA</b>						
07			08			09			10			11			12			13		
10:00a Vatican Mass Services 11:00a Fun in the Sun! 3:00p Annie LIVE! 6:30p Movie of the Night	<b>MCA</b> <b>MCC</b> <b>MCA</b> <b>MCA</b>	10:15a Fitness with DEBBIE! 11:00a WordPlay 2:00p Scenic Ride 4:00p Travelogue-OREGON! 6:30p Movie of the Night	<b>MCA</b> <b>MCA</b> <b>OUT</b> <b>MCA</b> <b>MCA</b>	10:00a Tai Chi Tuesday 10:30a AH Gardening Club 11:00a Current Events 2:00p The Artist's Corner 3:00p This Day in History 3:30p Horoscopes 4:00p Spa Day Wind Down 6:30p Movie of the Night	<b>MCC</b> <b>MCC</b> <b>MLB</b> <b>MCA</b> <b>FAM</b> <b>MLB</b> <b>MCA</b> <b>MCA</b>	10:00a Fun with Fitness 10:30a Courtyard Stroll 11:00a Culinary Pictionary 2:00p Smoothie Demo 3:00p Scrabble Competition! 4:00p Drum Circle 6:00p Walt Whitman Weds.	<b>MCA</b> <b>MCC</b> <b>MCA</b> <b>MCB</b> <b>MCA</b> <b>MCC</b> <b>MLB</b>	10:00a Chair Yoga 10:30a Courtyard Stroll 11:00a Brain Games 2:00p Board Games 3:00p Ice Cream Social! 4:00p Meditation/Aromatherapy 6:30p Movie of the Night	<b>MCA</b> <b>MCC</b> <b>MCC</b> <b>MCA</b> <b>MCA</b> <b>MLB</b> <b>MCA</b>	10:00a Aerobicize 10:30a AH Gardening Club 11:00a Word Search 2:00p Hole in One 3:00p HAPPY HOUR! 4:00p Shabbat Candle Lighting 6:30p Movie of the Night	<b>MCA</b> <b>MCC</b> <b>MCA</b> <b>MCA</b> <b>FAM</b> <b>MLB</b> <b>MCA</b>	10:00a Fun with Fitness 10:30a Courtyard Stroll 11:00a Singalong Saturday! 2:00p BINGO 3:00p Musical Documentary 4:00p Balloon Toss 6:00p Sat. Night at the Movies	<b>MCA</b> <b>MCC</b> <b>MLB</b> <b>MCA</b> <b>MCA</b> <b>MCA</b> <b>MCA</b>							
14			15 1 <sup>ST</sup> DAY OF HANUKKAH			16			17			18			19			20		
10:00a Vatican Mass Services 11:00a Fun in the Sun! 2:00p Let's Make Latkes! 3:00p Channukah Crafting! 4:00p Channukah Lighting 6:30p Movie of the Night	<b>MCA</b> <b>MCC</b> <b>MCB</b> <b>MCA</b> <b>MLB</b> <b>MCA</b>	10:15a Fitness with DEBBIE! 11:00a WordPlay 2:00p Ice Cream Outing! 4:00p Travelogue-JERUSALEM! 6:30p Movie of the Night	<b>MCA</b> <b>MCA</b> <b>OUT</b> <b>MCA</b> <b>MCA</b>	10:00a Tai Chi Tuesday 10:30a AH Gardening Club 11:00a Current Events 2:00p The Artist's Corner 3:00p This Day in History 3:30p Horoscopes 4:00p Spa Day Wind Down 6:30p Movie of the Night	<b>MCC</b> <b>MCC</b> <b>MLB</b> <b>MCA</b> <b>FAM</b> <b>MLB</b> <b>MCA</b> <b>MCA</b>	10:00a Fun with Fitness 10:30a Courtyard Stroll 11:00a Culinary Pictionary 2:00p Smoothie Demo 3:00p Scrabble Competition! 4:00p Drum Circle 6:00p Walt Whitman Weds.	<b>MCA</b> <b>MCC</b> <b>MCA</b> <b>MCB</b> <b>MCA</b> <b>MCC</b> <b>MLB</b>	10:00a Chair Yoga 10:30a Courtyard Stroll 11:00a Brain Games 2:00p Board Games 3:00p Ice Cream Social! 4:00p Meditation/Aromatherapy 6:30p Movie of the Night	<b>MCA</b> <b>MCC</b> <b>MCC</b> <b>MCA</b> <b>MCA</b> <b>MLB</b> <b>MCA</b>	10:00a Aerobicize 10:30a AH Gardening Club 11:00a Word Search 2:00p Balloon Toss 2:30p HH w/ LIVE MUSIC! 4:00p Shabbat Candle Lighting 6:30p Movie of the Night	<b>MCA</b> <b>MCC</b> <b>MCA</b> <b>MCA</b> <b>MCC</b> <b>MLB</b> <b>MCA</b>	10:00a Fun with Fitness 10:30a Courtyard Stroll 11:00a Singalong Saturday! 2:00p Puzzle Time 3:00p Science Documentary 4:00p Balloon Toss 6:00p Sat. Night at the Movies	<b>MCA</b> <b>MCC</b> <b>MLB</b> <b>MCA</b> <b>MCA</b> <b>MCA</b> <b>MCA</b>							
21			22			23			24 CHRISTMAS EVE			25 CHRISTMAS DAY			26 KWANZAA			27		
10:00a Vatican Mass Services 11:00a Fun in the Sun! 2:00p Holiday Puzzles 3:00p The Nutcracker LIVE! 6:30p Movie of the Night	<b>MCA</b> <b>MCC</b> <b>MCA</b> <b>MCA</b> <b>MCA</b>	10:15a Fitness with DEBBIE! 11:00a WordPlay 2:00p Scenic Beach Ride! 4:00p Travelogue-NEVADA! 6:30p Movie of the Night	<b>MCA</b> <b>MCA</b> <b>OUT</b> <b>MCA</b> <b>MCA</b>	10:00a Tai Chi Tuesday 10:30a AH Gardening Club 11:00a Current Events 2:00p The Artist's Corner 3:00p Richie's Bday Bash! 4:00p Spa Day Wind Down 6:30p Movie of the Night	<b>MCC</b> <b>MCC</b> <b>MLB</b> <b>MCA</b> <b>MCA</b> <b>MCA</b> <b>MCA</b>	10:00a Fun with Fitness 10:30a Courtyard Stroll 11:00a X-mas Pictionary! 2:00p X-mas Cookie Decorating! 3:00p X-mas Party! 4:00p X-mas Mass LIVE! 6:30p It's a Wonderful Life	<b>MCA</b> <b>MCC</b> <b>MCA</b> <b>MCB</b> <b>MCA</b> <b>MCA</b> <b>MCA</b>	10:00a Chair Yoga 10:30a Courtyard Stroll 11:00a X-mas Storytelling 2:00p Peppermint Smoothies! 3:00p X-mas Singalong! 4:00p X-mas Village Show 6:30p Movie of the Night	<b>MCA</b> <b>MCC</b> <b>MCA</b> <b>MCB</b> <b>MCA</b> <b>MCA</b> <b>MCA</b>	10:00a Aerobicize 10:30a AH Gardening Club 11:00a Word Search 2:00p Balloon Toss 2:30p HH w/ LIVE MUSIC! 4:00p Shabbat Candle Lighting 6:30p Movie of the Night	<b>MCA</b> <b>MCC</b> <b>MCA</b> <b>MCA</b> <b>MCC</b> <b>MLB</b> <b>MCA</b>	10:00a Fun with Fitness 10:30a Courtyard Stroll 11:00a Singalong Saturday! 2:00p Musical BINGO 3:00p Musical Documentary 4:00p Balloon Toss 6:00p Sat. Night at the Movies	<b>MCA</b> <b>MCC</b> <b>MLB</b> <b>MCA</b> <b>MCA</b> <b>MCA</b> <b>MCA</b>							
28			29			30			31 NEW YEAR'S EVE			BIRTHDAYS								
10:00a Vatican Mass Services 11:00a Fun in the Sun! 3:00p If I Forget LIVE! 6:30p Movie of the Night	<b>MCA</b> <b>MCC</b> <b>MCA</b> <b>MCA</b>	10:15a Fitness with DEBBIE! 11:00a WordPlay 2:00p Ice Cream Outing 4:00p Travelogue-VATICAN! 6:30p Movie of the Night	<b>MCA</b> <b>MCA</b> <b>MCA</b> <b>MCA</b> <b>MCA</b>	10:00a Tai Chi Tuesday 10:30a AH Gardening Club 11:00a Current Events 2:00p Christmas Crafts! 3:00p This Day in History 3:30p Horoscopes 4:00p Spa Day Wind Down 6:30p Movie of the Night	<b>MCC</b> <b>MCC</b> <b>MLB</b> <b>MCA</b> <b>FAM</b> <b>MLB</b> <b>MCA</b> <b>MCA</b>	10:00a Fun with Fitness 10:30a Courtyard Stroll 11:00a NY Resolutions 2:00p NY Cookie Decorating! 3:00p NYE Celebration! 6:30p Movie: NY's Eve	<b>MCA</b> <b>MCC</b> <b>MLB</b> <b>MCA</b> <b>MCA</b> <b>MCA</b>	Richie A. - 12/23												

All activities subject to change.