



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

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY												
<div></div> <div>DECEMBER 2025</div>															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									
<div></div>			01	10:15a 11:00a 2:00p 4:00p 6:30p	Fitness with DEBBIE! WordPlay Ice Cream Outing! Travelogue to CANADA! Movie of the Night	MCA MCA OUT MCA MCA	02	10:00a 10:30a 11:00a 2:00p 3:00p 3:30p 4:00p 6:30p	Tai Chi Tuesday AH Gardening Club Current Events The Artist's Corner This Day in History Horoscopes Spa Day Wind Down Movie of the Night	MCC MCC MLB MCA FAM MLB MCA MCA	03	10:00a 10:30a 11:00a 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Culinary Pictionary Smoothie Demo! Scrabble Competition! Drum Circle Walt Whitman Weds.	MCA MCC MCA MCB MCA MCC MLB	04	10:00a 10:30a 11:00a 2:00p 3:00p 4:00p 6:30p	Chair Yoga Courtyard Stroll Brain Games Board Games Ice Cream Social! Meditation/Aromatherapy Movie of the Night	MCA MCC MCC MCA MCA MLB MCA	05	10:00a 10:30a 11:00a 2:00p 3:00p 4:00p 6:30p	Aerobicize AH Gardening Club Word Search Cake Baking! HAPPY HOUR! Shabbat Candle Lighting Movie of the Night	MCA MCC MCA MCB FAM MLB MCA	06	10:00a 10:30a 11:00a 1:00p 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Singalong Saturday! Pet Therapy! Musical BINGO Nature Documentary Balloon Toss Sat. Night at the Movies	MCA MCC MLB MCC MCA MCA MCA MCA				
			07	10:00a 11:00a 3:00p 6:30p	Vatican Mass Services Fun in the Sun! Annie LIVE! Movie of the Night	MCA MCC MCA MCA	08	10:15a 11:00a 2:00p 4:00p 6:30p	Fitness with DEBBIE! WordPlay Scenic Ride Travelogue-OREGON! Movie of the Night	MCA MCA OUT MCA MCA	09	10:00a 10:30a 11:00a 2:00p 3:00p 3:30p 4:00p 6:30p	Tai Chi Tuesday AH Gardening Club Current Events The Artist's Corner This Day in History Horoscopes Spa Day Wind Down Movie of the Night	MCC MCC MLB MCA FAM MLB MCA MCA	10	10:00a 10:30a 11:00a 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Culinary Pictionary Smoothie Demo Scrabble Competition! Drum Circle Walt Whitman Weds.	MCA MCC MCA MCB MCA MCC MLB	11	10:00a 10:30a 11:00a 2:00p 3:00p 4:00p 6:30p	Chair Yoga Courtyard Stroll Brain Games Board Games Ice Cream Social! Meditation/Aromatherapy Movie of the Night	MCA MCC MCC MCA MCA MLB MCA	12	10:00a 10:30a 11:00a 2:00p 3:00p 4:00p 6:30p	Aerobicize AH Gardening Club Word Search Hole in One HAPPY HOUR! Shabbat Candle Lighting Movie of the Night	MCA MCC MCA MCA FAM MLB MCA	13	10:00a 10:30a 11:00a 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Singalong Saturday! BINGO Musical Documentary Balloon Toss Sat. Night at the Movies	MCA MCC MLB MCA MCA MCA MCA
			14	10:00a 11:00a 2:00p 3:00p 4:00p 6:30p	Vatican Mass Services Fun in the Sun! Let's Make Latkes! Channukah Crafting! Channukah Lighting Movie of the Night	MCA MCC MCB MCA MLB MCA	15 1 ST DAY OF HANUKKAH	10:15a 11:00a 2:00p 4:00p 6:30p	Fitness with DEBBIE! WordPlay Ice Cream Outing! Travelogue-JERUSALEM! Movie of the Night	MCA MCA OUT MCA MCA	16	10:00a 10:30a 11:00a 2:00p 3:00p 3:30p 4:00p 6:30p	Tai Chi Tuesday AH Gardening Club Current Events The Artist's Corner This Day in History Horoscopes Spa Day Wind Down Movie of the Night	MCC MCC MLB MCA FAM MLB MCA MCA	17	10:00a 10:30a 11:00a 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Culinary Pictionary Smoothie Demo Scrabble Competition! Drum Circle Walt Whitman Weds.	MCA MCC MCA MCB MCA MCC MLB	18	10:00a 10:30a 11:00a 2:00p 3:00p 4:00p 6:30p	Chair Yoga Courtyard Stroll Brain Games Board Games Ice Cream Social! Meditation/Aromatherapy Movie of the Night	MCA MCC MCC MCA MCA MLB MCA	19	10:00a 10:30a 11:00a 2:00p 2:30p 4:00p 6:30p	Aerobicize AH Gardening Club Word Search Balloon Toss HH w/ LIVE MUSIC! Shabbat Candle Lighting Movie of the Night	MCA MCC MCA MCA MCC MLB MCA	20	10:00a 10:30a 11:00a 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Singalong Saturday! Puzzle Time Science Documentary Balloon Toss Sat. Night at the Movies	MCA MCC MLB MCA MCA MCA MCA
			21	10:00a 11:00a 2:00p 3:00p 6:30p	Vatican Mass Services Fun in the Sun! Holiday Puzzles The Nutcracker LIVE! Movie of the Night	MCA MCC MCA MCA MCA	22	10:15a 11:00a 2:00p 4:00p 6:30p	Fitness with DEBBIE! WordPlay Scenic Beach Ride! Travelogue-NEVADA! Movie of the Night	MCA MCA OUT MCA MCA	23	10:00a 10:30a 11:00a 2:00p 3:00p 4:00p 6:30p	Tai Chi Tuesday AH Gardening Club Current Events The Artist's Corner Richie's Bday Bash! Spa Day Wind Down Movie of the Night	MCC MCC MLB MCA MCA MCA MCA	24 CHRISTMAS EVE	10:00a 10:30a 11:00a 2:00p 3:00p 4:00p 6:30p	Fun with Fitness Courtyard Stroll X-mas Pictionary! X-mas Cookie Decorating! X-mas Party! X-mas Mass LIVE! It's a Wonderful Life	MCA MCC MCA MCA MCA MCA MCA	25 CHRISTMAS DAY	10:00a 10:30a 11:00a 2:00p 3:00p 4:00p 6:30p	Chair Yoga Courtyard Stroll X-mas Storytelling Peppermint Smoothies! X-mas Singalong! X-mas Village Show Movie of the Night	MCA MCC MCA MCB MCA MCA MCA	26 KWANZAA	10:00a 10:30a 11:00a 2:00p 2:30p 4:00p 6:30p	Aerobicize AH Gardening Club Vword Search Balloon Toss HH w/ LIVE MUSIC! Shabbat Candle Lighting Movie of the Night	MCA MCC MCA MCA MCC MLB MCA	27	10:00a 10:30a 11:00a 2:00p 3:00p 4:00p 6:00p	Fun with Fitness Courtyard Stroll Singalong Saturday! Musical BINGO Musical Documentary Balloon Toss Sat. Night at the Movies	MCA MCC MLB MCA MCA MCA MCA
			28	10:00a 11:00a 3:00p 6:30p	Vatican Mass Services Fun in the Sun! If I Forget LIVE! Movie of the Night	MCA MCC MCA MCA	29	10:15a 11:00a 2:00p 4:00p 6:30p	Fitness with DEBBIE! WordPlay Ice Cream Outing Travelogue-VATICAN! Movie of the Night	MCA MCA MCA MCA MCA	30	10:00a 10:30a 11:00a 2:00p 3:00p 3:30p 4:00p 6:30p	Tai Chi Tuesday AH Gardening Club Current Events Christmas Crafts! This Day in History Horoscopes Spa Day Wind Down Movie of the Night	MCC MCC MLB MCA FAM MLB MCA MCA	31 NEW YEAR'S EVE	10:00a 10:30a 11:00a 2:00p 3:00p 6:30p	Fun with Fitness Courtyard Stroll NY Resolutions NY Cookie Decorating! NYE Celebration! Movie: NY's Eve	MCA MCC MLB MCA MCA MCA	Richie A. - 12/23											