



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.

BONITA SPRINGS

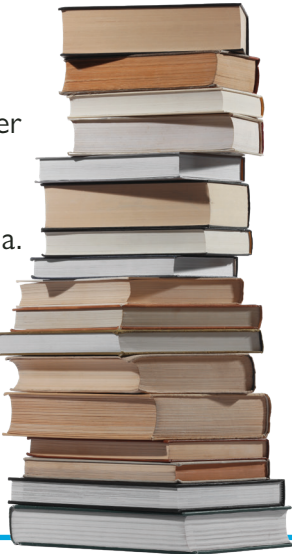
OCTOBER 2025

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

- Family Night
- Lunch Outing
- Monthly Birthdays
- Halloween Surprise
- Happy Hours
- Exercise with MaryBeth
- Exercise with Carmen



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY																	
<div>OCTOBER 2025</div>															LOCATION KEY																				
															IFL 1 <sup>st</sup> Floor IFA 1 <sup>st</sup> Floor Activity Room 2FL 2 <sup>nd</sup> Floor 2FR 2 <sup>nd</sup> Floor Family Room 3FA 3 <sup>rd</sup> Floor Activity Room 3FB 3 <sup>rd</sup> Floor Bar 3FT 3 <sup>rd</sup> Floor Theater AR Activity Room AL Assisted Living			BR Billiards Room CAF Café CHP Chapel DR Dining Room FCY Front Courtyard FIT Fitness Center LR Living Room LO Lobby MC Memory Care			MCA Memory Care Activity Room MCL Memory Care Living Room OUT Outing O Outside PL Pool R2R Room to Room THR Theater														
BIRTHDAYS						01			02			YOM KIPPUR			03			04																	
Margaret W 10/6  Paul M 10/9  Marilyn M 10/27						9:30a Cardio Drumming 10:30a Finish the Phrase 1:00p Sport Time! 2:30p Snacks & Social Time 5:30p Nostalgia			MC MC MC MC MC			9:30a Surprise Me! 11:00a Exercise Class w/ Carmen 1:00p Mixed Media Painting 2:30p Snacks & Social Time 3:00p Parachute 5:30p The Good Old Days			MC MCL MC MC MC MC			9:30a Friday Flex 10:30a Card Matching Race 1:00p Happy Hour 3:00p Surprise Me! 5:30p Movie Night			MC MC MC MC			9:30a Chair Zumba 10:30a I Remember Vhen 1:00p Singalong Saturday 2:30p Snacktime 3:00p Fresh Air & Friends			MC MC  MC MC								
05			06			07			08			09			10			11																	
9:30a Sunday Stretch 10:30a Spiritual Time 1:00p What If??? 3:00p Guess the Cost of... 5:30p Games after Dinner			MC MC MC MC MCA			9:30a Muscles on Monday 10:00a St Leo's worship 11:30a Lunch Outing 1:00p Monday Musings 2:30p Alzheimer's Support Group 3:00p Snacks & Social Time 5:30p Mixed Media Painting Monday at the Movies			MC MC MC MC MC			10:30a Travel Tuesday 11:30a Exercise with Marybeth 1:00p Crafting with Sally! 2:30p Snacks & Social Time 3:00p Noodle Soccer 5:30p Radio Show			MC MC MC MC MC			9:30a Surprise Me! 11:00a Exercise Class w/ Carmen 1:30p Advice to My Younger Self 2:30p Snacks & Social Time 4:00p Family Night 5:00p Live Entertainment			MC MCL MC MC MCF			9:30a Friday Flex 10:30a Card Matching Race 1:00p Happy Hour 3:00p Surprise Me! 5:30p Movie Night			MC MC MC MC			9:30a Chair Zumba 10:30a I Remember Vhen 1:00p Singalong Saturday 2:30p Snacktime 3:00p Fresh Air & Friends			MC MC  MC MC		
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