

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.

BRENTWOOD MEMORY CARE

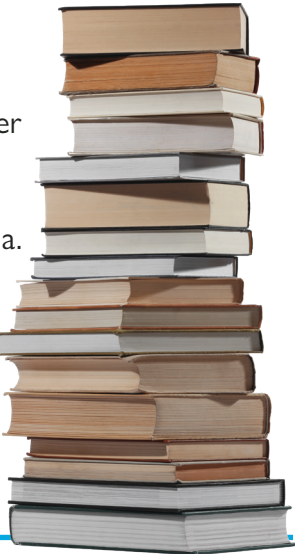
OCTOBER 2025

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 Day!
- Breast Cancer Awareness Month!
- Halloween Fall Festival!
- Family Day!
- Chef Day w/ Bre!
- Mental Health Day!
- Columbus Day!



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY									
<div>OCTOBER 2025</div>												LOCATION KEY									
												<div>AR</div> Activity Room	<div>LO</div> Lobby	<div>S</div> Salon							
		<div>BP</div> Back Patio	<div>MC</div> Memory Care	<div>APT</div> Your Apartment																	
		<div>B</div> Bistro	<div>MCA</div> Memory Care Activity Room																		
		<div>CY</div> Courtyard	<div>MCD</div> Memory Care Dining Room																		
		<div>DR</div> Dining Room	<div>MCL</div> Memory Care Living Room																		
		<div>FPO</div> Front Porch	<div>OUT</div> Outing																		
BIRTHDAYS						01	02	YOM KIPPUR		03	04										
						10:00a 10:30a <b>MC</b> 11:00a 2:00p 3:30p	Movin' & Groovin' Drinks & Snacks w/ a Devotion!  Outdoor Relaxation Movie of Choice & Popcorn! Puzzles & Socialization	<b>MC</b>  <b>MC</b> <b>MC</b> <b>MC</b>	10:00a 10:30a <b>MC</b> 2:00p Reminiscing! 2:30p 3:00p <b>MC</b>	Bowling! H2O Break & Daily Chronicles!  Pondering Thoughts & Reminiscing! Match the Set! American House Comfort Spa!	<b>MC</b>  <b>MC</b> <b>MC</b> <b>MC</b> <b>MC</b>	10:00a 10:30a <b>MCL</b> 2:00p 3:00p	Improved Health Exercise Video  Hydration Station Puzzles & Socialization American House Theatre	<b>MC</b> <b>MC</b> <b>MCL</b>							
05		06		07		08		09		10		11									
10:00a Tunes 10:30a 2:00p 3:00p		Sunday Morning Worship w/  Creive Hall Church Walking Club Sip & Talk	<b>MCL</b> <b>LO</b> <b>MC</b> <b>MC</b>	10:00a 10:30a 11:00a 2:00p 2:30p 3:30p	Movin' Monday's! Hydration Station w/ Snacks!  Laundry Day! Daily Chronicles! "Remember Me" Game Relax & Rejuvenate!	<b>MCL</b> <b>MC</b> <b>MCD</b> <b>MC</b> <b>MCL</b> <b>MC</b>	10:00a 10:30a 11:00a 2:00p 3:00p 3:30p	Hand Balloon Ball! Pick me up & Water! Trivia Tuesday! Music w/ Billy! Aromatherapy & Spa w/ Magazines! Walking Club w/ Sing-a-longs!	<b>MCL</b> <b>MC</b>  <b>MC</b> <b>MC</b> <b>MC</b>	10:00a 10:30a 11:00a 2:00p 3:00p 4:00p	Movin' & Groovin' Refreshments & Daily Devotion  Whiteboard Games Puzzles & Socialization Music w/ Joseph! Outdoor Relaxation	<b>MC</b> <b>MC</b> <b>MCA</b> <b>MC</b> <b>MC</b> <b>MC</b>	10:00a 10:30a 11:00a 2:00p	Chair Exercise H2O Break & Daily Chronicles!  American House Comfort Spa!  Family Day Festivities!	<b>MC</b>  <b>MC</b> <b>MC</b>	10:00a 10:30a 10:45a 2:00p Reminiscing! 2:30p	Balloon Hand Ball Sip & Chill Mental Health Talk Conversation Cards & Reminiscing! Manicure Friday!	<b>MCL</b> <b>MC</b> <b>MC</b>  <b>MC</b> <b>MCL</b>	10:00a 10:30a 2:00p 3:00p	Improved Health Exercise Video  Hydration Station Puzzles & Socialization American House Theatre	<b>MC</b> <b>MC</b> <b>MCL</b>
12		13		INDIGENOUS PEOPLE'S DAY		14		15		16		17									
10:00a Tunes 10:30a 2:00p 3:00p		Sunday Morning Worship w/  Creive Hall Church Walking Club Sip & Talk	<b>MCL</b> <b>LO</b> <b>MC</b> <b>MC</b>	10:00a 10:30a 11:00a 2:00p 2:30p 3:30p	Movin' Monday's! Hydration Station w/ Snacks!  Celebrating Columbus & Navy Day! Daily Chronicles! Whiteboard Games Relax & Rejuvenate!	<b>MCL</b> <b>MC</b> <b>MCD</b> <b>MC</b> <b>MC</b> <b>MC</b>	10:00a 10:30a 11:00a 2:00p 3:00p 3:30p	Hand Balloon Ball! Pick me up & Water! Trivia Tuesday! National Dessert Day! Aromatherapy & Spa w/ Magazines! Walking Club w/ Sing-a-longs!	<b>MCL</b> <b>MC</b>  <b>MC</b> <b>MC</b> <b>MC</b>	10:00a 10:30a 11:00a 2:00p 2:00p 3:00p 4:00p	Movin' & Groovin' Drinks & Snacks w/ a Devotion!  Sensory Station Whiteboard Games Puzzles & Socialization Outdoor Relaxation	<b>MC</b> <b>MC</b> <b>MCA</b> <b>MC</b> <b>MC</b> <b>MC</b>	10:00a 10:30a 2:00p Reminiscing! 2:30p 3:00p 3:00p <b>MC</b>	Chair Exercise H2O Break & Daily Chronicles!  Pondering Thoughts & Reminiscing! Match the Set! American House Comfort Spa!	<b>MC</b>  <b>MC</b> <b>MC</b> <b>MC</b> <b>MC</b>	10:00a 10:30a 10:45a 2:00p Reminiscing! 3:00p	Balloon Hand Ball Sip & Chill Devotion & Discussion Conversation Cards & Reminiscing! American House Cinema & Popcorn!	<b>MCL</b> <b>MC</b> <b>MC</b>  <b>MC</b> <b>MC</b>	10:00a 10:30a 10:30a 2:00p 3:00p	Improved Health Exercise Video  Hydration Station Puzzles & Socialization American House Theatre	<b>MC</b> <b>MC</b> <b>MCL</b>
19		20		21		DIWALI		22		23		24									
10:00a Tunes 10:30a 2:00p 3:00p		Sunday Morning Worship w/  Creive Hall Church Walking Club Sip & Talk	<b>MCL</b> <b>LO</b> <b>MC</b> <b>MC</b>	10:00a 10:30a 11:00a 2:00p 2:30p 3:30p	Movin' Monday's! Hydration Station w/ Snacks!  Laundry Day! Chef Day: Cooking w/ Bre! "Remember Me" Game Relax & Rejuvenate!	<b>MCL</b> <b>MC</b> <b>MCD</b> <b>MC</b> <b>MCL</b> <b>MC</b>	10:00a 10:30a 11:00a 2:00p 2:30p 3:00p	Hand Balloon Ball! Pick me up & Water! Trivia Tuesday! Craft of Choice Aromatherapy & Spa w/ Magazines! Walking Club w/ Sing-a-longs!	<b>MCL</b> <b>MC</b>  <b>MC</b> <b>MC</b> <b>MC</b>	10:00a 10:30a 11:00a 2:00p 2:00p 3:00p 4:00p	Movin' & Groovin' Refreshments & Daily Devotion  How many words? Whiteboard Games Puzzles & Socialization Outdoor Relaxation	<b>MC</b> <b>MC</b> <b>MCA</b> <b>MC</b> <b>MC</b> <b>MC</b>	10:00a 10:30a 11:00a 2:00p 2:00p Reminiscing! 2:30p 3:00p 3:00p <b>MC</b>	Chair Exercise H2O Break & Daily Chronicles!  TV Talk Show Host Day! Pondering Thoughts & Reminiscing! Match the Set! American House Comfort Spa!	<b>MC</b>  <b>MC</b>  <b>MC</b> <b>MC</b>	10:00a 10:30a 10:45a 2:00p Reminiscing! 2:30p	Balloon Hand Ball Sip & Chill Devotion & Discussion Conversation Cards & Reminiscing! Manicure Friday!	<b>MCL</b> <b>MC</b> <b>MC</b>  <b>MC</b> <b>MCL</b>	10:00a 10:30a 10:30a 2:00p 3:00p	Improved Health Exercise Video  Hydration Station Puzzles & Socialization American House Theatre	<b>MC</b> <b>MC</b> <b>MCL</b>
26		27		28		29		30		31		HALLOWEEN									
10:00a Tunes 10:30a 2:00p 3:00p		Sunday Morning Worship w/  Creive Hall Church Walking Club Sip & Talk	<b>MCL</b> <b>LO</b> <b>MC</b> <b>MC</b> <b>MC</b>	10:00a 10:30a 10:30a 2:00p 2:00p 3:30p 4:00p	Hydration Station w/ Snacks!  Music Therapy w/ Sarah! Daily Chronicles! Whiteboard Games Laundry Day! Relax & Rejuvenate!	<b>MCL</b> <b>MC</b> <b>MC</b> <b>MC</b> <b>MCD</b> <b>MC</b>	10:00a 10:30a 11:00a 2:00p 2:00p 2:30p 3:00p 3:00p	Hand Balloon Ball! Pick me up & Water! Trivia Tuesday! National Chocolate Day & Facts!  Aromatherapy & Spa w/ Magazines! Walking Club w/ Sing-a-longs!	<b>MCL</b> <b>MC</b>  <b>MC</b> <b>MC</b> <b>MC</b>	10:00a 10:30a 11:00a 2:00p 2:00p 3:00p 4:00p	Movin' & Groovin' Drinks & Snacks w/ a Devotion!  Baking Oatmeal Cookies & Facts  Whiteboard Games Puzzles & Socialization Outdoor Relaxation	<b>MC</b> <b>MC</b> <b>MC</b> <b>MCA</b> <b>MC</b> <b>MC</b> <b>MC</b>	10:00a 11:00a 2:00p Reminiscing! 2:30p 3:00p 3:00p <b>MC</b>	Bowling! H2O Break & Daily Chronicles!  Pondering Thoughts & Reminiscing! Match the Set! American House Comfort Spa!	<b>MC</b>  <b>MC</b> <b>MC</b>	10:00a 10:30a 10:45a 2:00p	Balloon Hand Ball Sip & Chill Devotion & Discussion Halloween Fall Festival!	<b>MCL</b> <b>MC</b> <b>MC</b> <b>MC</b>			