



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.

FREEDOM PLACE ROSEVILLE MEMORY CARE

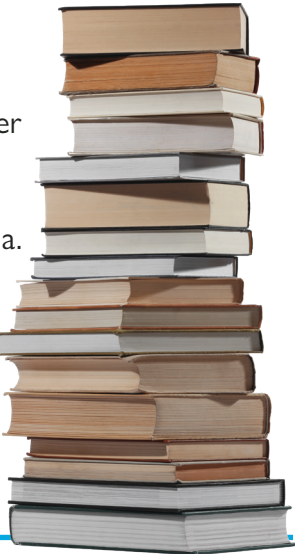
OCTOBER 2025

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

- Joy Ride in the City
- Resident Council Meeting
- Welcome New Residents
- The San Francisco World's Fair
- The Neon Glow Party Dinner
- Happy Halloween Luncheon
- Family Night/Open House
- Columbus Day Luncheon
- U.S. Navy Birthday
- Chatting with the Chef

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div>October</div> <div></div> <div>2025</div>										LOCATION KEY			
BIRTHDAYS						01		02	YOM KIPPUR	03		04	
Claudette T. 10/12 Lucille B. 10/27 Carolyn I. 10/29						8:00a 10:00a 10:30a 11:00a 1:00p 3:00p 3:30p 4:00p 6:00p	NAT'L HM CKE DAY Exercise for Health I Remember When... LUEY SF Trivia A Walk in Nature Water Color Art Pet Therapy w/Nika The Nurture Program Movie/Popcorn	8:00a 10:00a 10:30a 1:30p 2:30p 3:30p 4:00p 6:00p	YOM KIPPUR Morning Meditation Gaming w/Gail LUEY SF. Fair Cognitive Conversations Picture Me This... Chicken Dinner Game Movie/Snack	10:00a 10:30a 11:00a 1:30p 3:00p 3:30p 6:00p	Movin' & Groovin LUEY Trivia Spot the Difference Entmt by Jerry P Weekly Reflections Bingo for Dollar\$ Movie/Tea	10:30a 1:00p 1:30p 3:00p 4:00p 6:00p	Coloring Club The Weakest Link The Nurture Program Games and Puzzles Pen Pals Movie/Popcorn
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8:00a 10:30a 1:00p 1:30p 2:00p 4:00p 6:00p		8:00a 10:00a 10:30a 11:00a 1:30p 3:00p 3:30p 4:00p 6:00p		8:00a 10:00a 11:00a 1:30p 2:30p 3:30p 4:00p 6:00p		8:00a 10:00a 10:30a 2:00p 2:30p 3:00p 3:30p 6:00p		10:00a 10:30a 1:30p 2:30p 3:30p 5:00p 7:00p		10:00a 10:30a 11:00a 1:30p 3:00p 3:30p 4:00p 6:00p		10:30a 1:00p 1:30p 3:00p 4:00p 6:00p	
NAT'L AP BTY DAY Art Program Fun Facts Exercise Club Picture Me This... Bingo Movie/Snacks		NAT'L OG WINE DAY Monday Motivation Movin' & Groovin' Trivia Quest Armchair Travels World's Fair Facts 1 on 1 w/ LED The Hangman Game Games, Puzzles & More		NAT'L TACO DAY Manis & Mimosas Women's Club Entmt by Kenny L Tension Strap Workout Keep Your Mind Sharp Chicken Dinner Game Movie/Fruit		NAT'L PIEROGI DAY LCR (Left, Center, Right) Group Art Project If I Could Change... A Walk in Nature Pet Therapy w/Nika Let's Talk about It Movie/Popcorn		Morning Meditation Gaming w/Gail LUEY Photo Area LUEY World Fair Facts Neon Glow Dinner Family Night/Open House Movie/Beverage		Movin' & Groovin LUEY Trivia Picture Me This... Bingo for Dollar\$ Weekly Reflections 1 on 1 w/LED The Nurture Program Movie/Tea		Coloring Club The Weakest Link The Nurture Program Games and Puzzles Pen Pals Movie/Popcorn	
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NAT'L GUMBO DAY Art Program Fun Facts Exercise Club Picture Me This... Word of Faith Church Services Bingo Movie/Snacks		COLUMBUS DAY Monday Motivation Movin' & Groovin' Trivia Quest Entmt by Marie K DEIB Demonstration A Place for Poetry Games, Puzzles & More		NAT'L DESSERT DAY Manis & Mimosas Women's Club Entmt by Marie K Handwriting 101 Pen Pals Artist in Resident Movie/Fruit		I LOVE LUCY DAY Exercise for Health Gaming w/Gail Entmt by Scott V Group Art Program Pet Therapy w/Nika Celebrity Trivia Movie/Fruit		NAT'L LIQUEUR DAY Morning Meditation Movin' & Groovin" If I Could Change The Coloring Club Thirsty Thursday 1 on 1 w/LED Games, Puzzles & More		NAT'L PASTA DAY Movin' & Groovin LUEY Trivia Spot the Difference Movie Matinee Weekly Reflections Bingo for Dollar\$ Movie/Tea		CHOC CUPCAKE DAY Coloring Club The Weakest Link The Nurture Program Games and Puzzles Pen Pals Movie/Popcorn	
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Art Program Fun Facts Exercise Club Picture Me This... Bingo Movie/Snacks		Monday Motivation Movin' & Groovin' Trivia Quest Entmt by Billy D Fun Facts Water Color Art Movie/Snack		NAT'L PK CHE CK DAY Manis & Mimosas Women's Club Tell Me Something Welcome New Residents Resident Council Meeting Chatting w/Chef 1 on 1 w/LED Movie/Snack		Morning Meditation LCR (Left, Center, Right) Picture Me This... Keep Your Mind Sharp Name That Show Tune Pet Therapy w/Nika Watercolor Art Movie/Beverage		NAT'L BST CRM PI DAY Morning Meditation Movin' & Groovin' SF. Facts Entmt by Randy W Bingo w/A Twist A Place for Poetry Movie/Fruit		NAT'L BOLONGA DAY Movin' & Groovin LUEY Trivia Spot the Difference Group Art Project Weekly Reflections The Chicken Dinner Game 1 on 1 w/LED Movie/Tea		Coloring Club The Weakest Link The Nurture Program Games and Puzzles Pen Pals Movie/Popcorn	
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NAT'L PUMPKIN DAY Art Program Fun Facts Exercise Club Picture Me This... Bingo Movie/Snacks		NAT'L USA BEER DAY Monday Motivation Movin' & Groovin' Trivia Quest A Walk in Nature Artist in Resident Armchair Travels Movie/Snack		NAT'L CHOC DAY Manis & Mimosas Women's Club Entmt by Lukus S Tension Strap Workout Handwriting 101 A Place for Poetry 1 on 1 w/LED Games, Puzzles & More		NAT'L OATMEAL DAY Exercise for Health Gaming w/Gail Afternoon Matinee Artist in Resident Pet Therapy w/Nika Trivia Quest Movie/Popcorn		NAT'L CNDY CRN DAY Morning Meditation Gaming w/Gail The Hangman Game Cognitive Conversations Group Art Project Thirsty Thursday Tell Me Something Movie/Tea		NAT'L CRM APL DAY Movin' & Groovin LUEY Trivia Boo Luncheon Boo Candy Bag Exchange Movie Matinee Weekly Reflections Movie/Tea			