

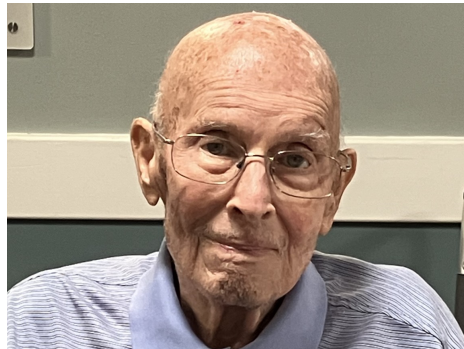
HOW DO I TAKE CARE OF MYSELF?

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!

EVERY MOMENT TELLS A STORY



QUICK LINKS

LIVING WELL

MEMORY CARE EDITION.

HENDERSONVILLE

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

- BOOK CLUB
- ENTERTAINMENT
- MONTHLY BIRTHDAY PARTY
- COOKING DEMO
- ARTS & CRAFTS
- PET THERAPY
- FAMILY NIGHT (NEON GLOW PARTY)



| SUNDAY | | | MONDAY | | | TUESDAY | | | WEDNESDAY | | | THURSDAY | | | FRIDAY | | | SATURDAY | | | | | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|---|--|--|---|--|--|---|--|--|--|--|--|--|--|--|---|--|--|--|--|--|---|--|--|--|--|--|
| <div>OCTOBER 2025</div> | | | | | | | | | | | | | | | LOCATION KEY | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | AR Activity Room | | | LO Lobby | | | MCL Memory Care Living Room | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | AL Assisted Living | | | LIB Library | | | OUT Outing | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | ALD AL Dining | | | LR Living Room | | | O Outside | | | | | | | | | | | | | | |
| CY Courtyard | | | MC Memory Care | | | PRM Piano Room | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DR Dining Room | | | MCA Memory Care Activity Room | | | PO Porch | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HAL Hallway | | | MCD Memory Care Dining Room | | | APT Your Apartment | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| BIRTHDAYS | | | | | | | | | 01 | | | 02 YOM KIPPUR | | | 03 | | | 04 | | | | | | | | | | | | | | | | | |
| LAVERNE J-10/19 JIM A-10/29 | | | | | | | | | 9:00a Daily Chronicles 10:00a EXERCISE w/MUSIC 11:00a ARTS & CRAFTS 1:30p Brain Games 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCA MCD MCL MCD MCD | | | 9:00a Daily Chronicles 10:00a Music & Karaoke 11:00a Hydration & Snacks 1:00p Bingo 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCA MCA MCD MCD MCD | | | 9:00a Daily Chronicles 10:00a Exercise w/Music 11:00a Finish The Phrase 1:00p Painting 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCL MCD MCD MCD MCD | | | 9:00a Daily Chronicles 10:00a National Cinnamon Roll Day 1:00p BINGO 2:30p Movie & Snacks | | | MCL MCD MCA MCA | | | | | |
| 05 | | | 06 | | | 07 | | | 08 | | | 09 | | | 10 | | | 11 | | | | | | | | | | | | | | | | | |
| 10:00a National Teacher Day 11:00a Church Services (Pastor: Doug Lee) 1:00p Daily Chronicles 2:30p Bingo | | | MCD MCL MCD MCD | | | 9:00a Daily Chronicles 10:00a Bible Trivia 1:00p Brain Games 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCD MCA MCD MCD | | | 9:00a Daily Chronicles 10:00a Exercise w/Music 1:00p Finish The Phrase 2:00p Virtual Tour (Birds) 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCL MCA MCL MCD MCD | | | 9:00a Daily Chronicles 10:00a Nail Care 1:00p Magazine Art 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCD MCA MCA MCD MCD | | | 9:00a Daily Chronicles 10:00a Exercise w/Music 1:00p Pottery 2:00p Cooking Demo 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCD MCD MCL MCD MCD | | | 9:00a Daily Chronicles 10:00a Chair Kickball 1:00p BINGO 3:00p Movie & Snacks 4:00p Game Time | | | MCD MCD MCA MCD MCD | | |
| 12 | | | 13 INDIGENOUS PEOPLE'S DAY | | | 14 | | | 15 | | | 16 | | | 17 | | | 18 | | | | | | | | | | | | | | | | | |
| 10:00a Sensory Games 11:00a Church Services (Pastor: Doug Lee) 1:00p Bingo 3:00p Social Gathering | | | MCD MCL MCD MCL | | | 9:00a Daily Chronicles 10:00a Family Fued 1:00p Musical Chairs 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCA MCD MCD MCD | | | 9:00a Daily Chronicles 10:00a Men Spa Day 1:00p Bible Study 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCD MCA MCD MCD | | | 9:00a Daily Chronicles 10:00a NATIONAL SPORTS DAY 1:00p Guess Who 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCA MCD MCD MCD | | | 9:00a Daily Chronicles 10:30a BAKING 1:00p EXERCISE 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCD MCL MCD MCD | | | 9:00a Sensory Time 11:00a word Search/Puzzles 1:00p BINGO 3:00p National Chocolate Cupcake Day | | | MCD MCD MCA MCD | | |
| 19 | | | 20 | | | 21 DIWALI | | | 22 | | | 23 | | | 24 | | | 25 | | | | | | | | | | | | | | | | | |
| 10:00a Sensory Games 11:00a Church Services (Pastor: Doug Lee) 2:00p Hydration & Snacks 3:00p BINGO | | | MCD MCL MCD MCD | | | 9:00a Daily Chronicles 10:00a PARACHUTE 1:00p KICKBALL 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCD MCD MCD MCD | | | 9:00a Daily Chronicles 10:00a FAMILY FUED 1:00p HAPPY HOUR 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCL MCA MCD MCD | | | 9:00a Daily Chronicles 10:00a Fall Snacks & Hydration 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCL MCD MCD | | | 9:00a Daily Chronicles 10:30a Arts & Crafts 2:00p Chair Exercise 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCD MCL MCD MCD | | | 9:00a Daily Chronicles 10:00a Word Search 1:00p BINGO 3:00p Social Gathering | | | MCA MCD MCA MCA | | |
| 26 | | | 27 | | | 28 | | | 29 | | | 30 | | | 31 HALLOWEEN | | |  | | | | | | | | | | | | | | | | | |
| 9:00a FINISH THE PHRASE 10:00a Sensory Games 11:00a Church Services (Pastor: Doug Lee) 1:00p Hydration & Snacks | | | MCD MCD MCL MCL | | | 9:00a Daily Chronicles 11:00a Finish The Phrase 1:00p Virtual Tour (AQUARIUM) 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCD MCD MCD MCD | | | 9:00a Daily Chronicles 10:00a Painting 1:00p BOOK CLUB 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCD MCA MCD MCD | | | | | | | | | 9:00a Daily Chronicles 10:00a Chair Exercise 1:00p Magazine Art 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCD MCD MCD MCD | | | 9:00a Daily Chronicles 10:00a Volleyball 11:00a Bible Study 1:00p Pottery 3:00p Hydration & Snacks 4:00p Puzzles | | | MCD MCL MCA MCD MCD MCD | | |