



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.

KINGSPORT MEMORY CARE

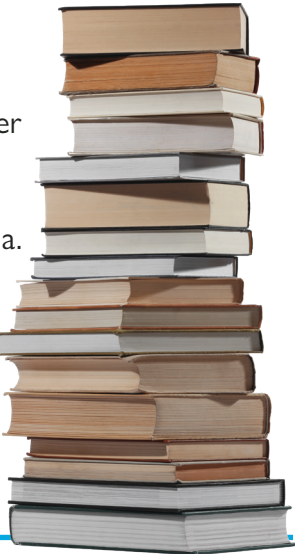
OCTOBER 2025

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

- Create A Pumpkin
- October Birthday
- Halloween Cookie Day
- Popcorn Ball Making
- Family Night Neon Glow Party
- Haunted House
- Trunk Or Treat

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY											
<div>October 2025</div>												LOCATION KEY																	
												<div>ARActivity Room</div> <div>ALLAL Living Room</div> <div>ALDAL Dining Room</div> <div>DRDining Room</div> <div>LIBLibrary</div> <div>LRLiving Room</div>			<div>MCDMemory Care Dining Room</div> <div>MCLMemory Care Living Room</div> <div>OUTOuting</div> <div>OOutside</div> <div>PATPatio</div> <div>POPorch</div>														
BIRTHDAYS						01			02			YOM KIPPUR			03			04											
Betty T. 10/27/27						9:30a Bean Bag Toss 10:00a Coffee & Doughnuts 1:00p Halloween Decorating Day 2:30p Bingo 4:00p Back To The Oldies			LR MCD LR DR LR			9:30a Keeping It Up 10:00a Tea & Talk Time 2:00p Bingo 3:00p Fruit Fiesta 4:00p Back To The Oldies			MCL MCD MCD MCD MCL			9:30a Balloon Volleyball 10:00a Coffee & Hot Chocolate 2:00p Happy Hour 3:00p Friday Evening Movie 4:30p Back To The Oldies			MCL MCD MCD MCL MCL								
05			06			07			08			09			10			11											
10:00a Sunday Devotions 11:00a Worship Music 1:00p Ice Cream Social 2:00p Bingo 3:00p Soothing Sounds			MCD MCD MCD MCD MCD			9:30a Balloon Volleyball 10:00a Coffee & Hot Chocolate 1:00p Tic-Tac Toe 2:00p Grab Bag Story 3:00p Soothing Music			MCL MCD MCD MCL MCL			9:30a Drumming 2 the Beat 10:00a Tea & Friends 2:00p Bingo 3:00p Lets Go Bowling 4:30p Soothing Music			MCL MCD MCD MCL MCL			9:30a Bean Bag Toss 10:00a Coffee & Doughnuts 1:00p Name That Food 2:00p Halloween Fingernails 4:00p Soothing Music			MCL MCD MCL MCD MCL			9:30a Keeping It Up 10:00a Tea & Talk Time 1:30p Music With Pinebrook Pickers 2:30p Bingo 4:00p Soothing Music			MCL MCD LR MCD MCD		
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10:00a Sunday Devotions 11:00a Worship Music 1:00p Ice Cream Social 2:00p Bingo 3:00p Simons Says 4:00p Dancing To The Beat			MCD MCD MCD MCD MCD MCD			9:30a Balloon Volleyball 10:00a Coffee & Hot Chocolate 1:00p Halloween Cookie Day 2:00p Lets Make A Scarecrow 4:00p Dancing To The Beat			MCL MCD MCD MCL MCD			9:30a Drumming 2 the Beat 10:00a Tea & Talk Time 1:30p Bingo 3:00p Popcorn And Movie 4:30p Dancing To The Beat			MCL MCD MCD MCL MCD			9:30a Bean Bag Toss 10:00a Coffee & Doughnuts 1:00p Halloween Scavenger Hunt 2:30p Hole In One Down The Hall 4:00p Dancing To The Beat			MCL MCD MCL MCL MCD			9:30a Keeping It Up 10:00a Tea & Talk Time 2:00p Bingo 3:00p Color Your Own Bat 4:00p Dancing To The Beat 4:30p Family Night Neon Glow Party			MCL MCD MCD MCL MCD		
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