



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.

LEBANON MEMORY CARE

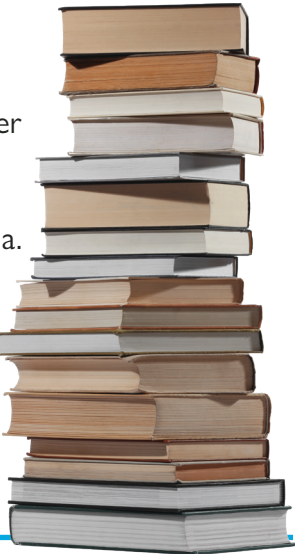
OCTOBER 2025

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

- Cooking Demo with Culinary
- Dancing with Chelsie
- Singing with Jessica Rose
- Aja Grace Music Therapy
- Music with Billy Tarkington
- Halloween Festivities
- Breast Cancer Awareness Month

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY										
												LOCATION KEY										
														CA	Common Area	GL	Gallery					
CY	Courtyard	LO	Lobby																			
DR	Dining Room																					
BIRTHDAYS						01	02	YOM KIPPUR		03	04											
						10:00a 10:30a 11:30a 2:00p 3:00p	Moving and Grooving Daily Devotional - Scripture of the Day YouTube Music Wine Down Wednesday Spooky Halloween Trivia	10:00a 10:30a 11:00a 2:00p 3:00p	News, Views, and Brews Seated Stretching ABC Game Pumpkin Spice Frappes! Afternoon Bingo	10:00a 10:30a 11:30a 1:00p 2:00p 3:00p	Morning Stretches SingFit Pictionary Visit with Shaylie! New Resident Welcome! Afternoon Movie and Popcorn	10:30a 11:00a 1:30p 2:30p 3:30p 7:00p	Coffee and Snack Crosswords, Word Searches, Coloring Pages Bingo with Staff Crosswords, Word Search, and Coloring Pages Board Game of Choice Movie of Choice									
05		06		07		08		09		10		11										
9:00a 11:00a 1:30p 2:30p 4:00p		TV Church Service Morning Snack Afternoon Snack Afternoon Bingo Evening Movie		10:00a 10:30a 11:30a 2:00p 3:00p		Morning Exercise SingFit Name 10 Halloween Pictionary Noodle Ball		10:00a 10:30a 11:00a 2:00p 3:00p		Seated Exercise Toss N Talk Find the Answer Cooking Demo with Culinary Afternoon Bingo		10:00a 10:30a 11:30a 2:00p 3:00p		Moving and Grooving Daily Devotional - Scripture of the Day YouTube Music Wine Down Wednesday Timeless Trivia	10:00a 10:30a 11:00a 2:00p 3:00p		News, Views, and Brews Seated Stretching ABC Game Halloween Ledge Decor Craft Afternoon Bingo	10:00a 10:30a 11:30a 1:00p 2:00p 3:00p		Morning Stretches SingFit Walking Down Memory Lane Visit with Shaylie! National Cake Decorating - October Birthday Celebration Afternoon Movie and Popcorn	10:30a 11:00a 1:30p 2:30p 3:30p 7:00p	Coffee and Snack Crosswords, Word Searches, Coloring Pages Bingo with Staff Crosswords, Word Search, and Coloring Pages Board Game of Choice Movie of Choice
12		13		14		15		16		17		18										
9:00a 11:00a 1:30p 2:30p 4:00p		TV Church Service Morning Snack Afternoon Snack Afternoon Bingo Evening Movie		10:00a 10:30a 11:30a 2:00p 3:00p		INDIGENOUS PEOPLE'S DAY Morning Exercise SingFit Name 10 Breast Cancer Awareness Celebration Noodle Ball		10:00a 10:30a 11:00a 2:00p 3:00p		Seated Exercise Toss N Talk Find the Answer Music with Billy Tarkington Afternoon Bingo		10:00a 10:30a 11:30a 2:00p 3:00p		Moving and Grooving Daily Devotional - Scripture of the Day YouTube Music Wine Down Wednesday Timeless Trivia	10:00a 10:30a 11:00a 3:00p 5:00p		News, Views, and Brews Seated Stretching ABC Game Afternoon Bingo Neon Glow Party Family Night	10:00a 10:30a 11:30a 1:00p 2:00p 3:00p		Morning Stretches SingFit Pictionary Visit with Shaylie! Pumpkin Carving with Staff! Afternoon Movie and Popcorn	10:30a 11:00a 1:30p 2:30p 3:30p 7:00p	Coffee and Snack Crosswords, Word Searches, Coloring Pages Bingo with Staff Crosswords, Word Search, and Coloring Pages Board Game of Choice Movie of Choice
19		20		21		22		23		24		25										
9:00a 11:00a 1:30p 2:30p 4:00p		TV Church Service Morning Snack Afternoon Snack Afternoon Bingo Evening Movie		10:00a 10:30a 11:30a 2:00p 3:00p		Morning Exercise SingFit Name 10 Singing with Jessica Rose Noodle Ball		10:00a 10:30a 11:00a 2:00p 3:00p		DIWALI Seated Exercise Toss N Talk Find the Answer Apple Bobbing Afternoon Bingo		10:00a 10:30a 11:30a 2:00p 3:00p		Moving and Grooving Daily Devotional - Scripture of the Day YouTube Music Wine Down Wednesday Timeless Trivia	10:00a 10:30a 11:00a 2:00p 3:00p		News, Views, and Brews Seated Stretching ABC Game Halloween Movie Time Afternoon Bingo	10:00a 10:30a 11:30a 1:00p 2:00p 3:00p		Morning Stretches SingFit Walking Down Memory Lane Visit with Shaylie! Aja Grace music Therapy Afternoon Movie and Popcorn	10:30a 11:00a 1:30p 2:30p 3:30p 7:00p	Coffee and Snack Crosswords, Word Searches, Coloring Pages Bingo with Staff Crosswords, Word Search, and Coloring Pages Board Game of Choice Movie of Choice
26		27		28		29		30		31		HALLOWEEN										
9:00a 11:00a 1:30p 2:30p 4:00p		TV Church Service Morning Snack Afternoon Snack Afternoon Bingo Evening Movie		10:00a 10:30a 11:30a 2:00p 2:00p 3:00p		Morning Exercise SingFit Name 10 Singing with Jessica Rose Singing with Jessica Rose Noodle Ball		10:00a 10:30a 11:00a 2:00p 3:00p		Seated Exercise Toss N Talk Find the Answer Dancing with Chelsie Afternoon Bingo		10:00a 10:30a 11:30a 2:00p 3:00p		Moving and Grooving Daily Devotional - Scripture of the Day YouTube Music Wine Down Wednesday Timeless Trivia	10:00a 10:30a 11:00a 3:00p		News, Views, and Brews Seated Stretching ABC Game Afternoon Bingo	10:00a 10:30a 11:30a 1:00p 2:00p 3:00p		Morning Stretches SingFit Pictionary Visit with Shaylie! Paint Pumpkins with Staff Afternoon Movie and Popcorn		