

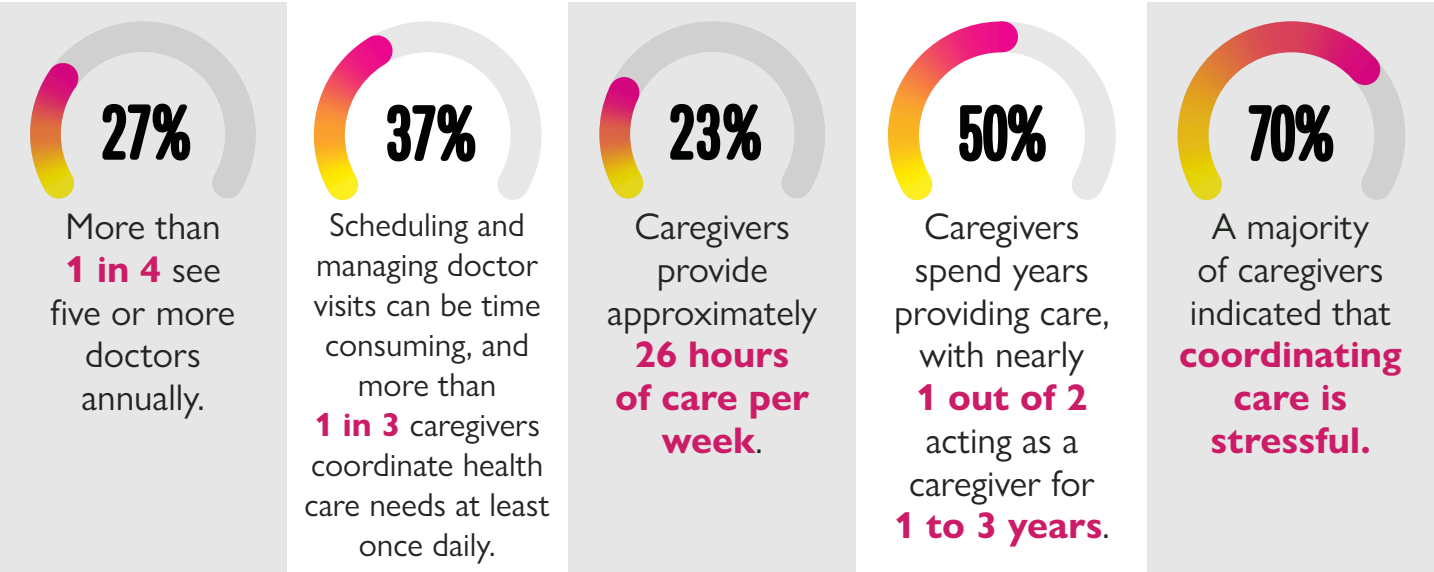
HOW TO HANDLE PEOPLE WHO SUDDENLY WANT TO VISIT DURING THE HOLIDAYS?

The holidays bring visits from family and friends who may be seeing your loved one for the first time in a long time. Understandably, family and friends may mean well, but as your loved one's advocate, don't hesitate to structure a holiday visit for their benefit. Here are a few thoughts to keep in mind.

To prepare for visitors, communicate openly by informing family members about your loved one's dementia diagnosis and behavioral changes. To set realistic expectations, emphasize that the visit is about spending time together and creating positive moments, not about perfect interactions. Advise your visitors to be patient, avoid arguing and focus on creating a calm, relaxed atmosphere. We recommend your visitors engage in familiar activities like looking at old photos or listening to favorite music. Reducing noise and bright lights can help minimize overstimulation for all involved. To enhance the group's comfort level, use familiar decorations, play peaceful music from the person's past and have favorite snacks or drinks on hand.

DEMENTIA CAREGIVING IS A DEMANDING JOB

At American House, we believe in more than just excellent care, but giving each resident a true sense of belonging within our beautiful communities. We know that caring for your loved one with dementia is not easy. Some recent statistics prove just how difficult it can be:



Our Memory Care communities get to know each individual and create personalized experiences. Every person is unique and we strive to create meaningful moments in a warm and welcoming environment.

LIVING WELL

MEMORY CARE EDITION.

LAKESHORE

NOVEMBER 2025

DELUSIONAL EXPRESSIONS



It's common for people with Alzheimer's or other types of dementia to express delusional or strongly held false beliefs. They are insistent about their delusions and can become argumentative if their fantasies are countered or corrected with reality.

Your loved one may express beliefs, such as their family is coming to take them home, that they have to go to work or their mother will soon be arriving. It's important to note that some people who suffer from these delusions may be on prescribed medications for psychosis.

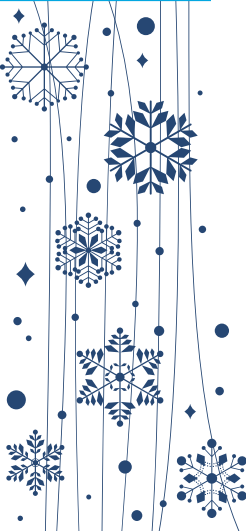
To distract from these delusions, you'll want to have your loved one participate in daily activities to alleviate their preoccupations with misconceptions. Set up a workstation or functional tasks similar to the resident's previous occupation or family function. You'll also want to remain calm and acknowledge their feelings and validate their distress.

CHALLENGES DURING THE HOLIDAYS

The holiday season can be a challenging time for caregivers of those with Alzheimer's or other forms of dementia. While this time of the year brings joy and togetherness to many, it can also lead to stress, sadness and isolation for caregivers and their loved ones.

You'll want to gauge whether or not visiting family and friends during the holidays is in the best interests of your loved one. Due to dementia, your loved one may no longer recognize a friend or family member, which can trigger fear or agitation during a visit.

Some ways to help your loved ones during the holidays are to maintain routines, create a calm space at home that is familiar and safe, keep gatherings small so as not to overwhelm them and involve them in simple tasks like baking cookies or helping with decorations to keep them engaged.



NOVEMBER 2025 EVENTS

- Music w/ Scott V. 11/4
- Music w/ Bobby 11/7
- Lunch Out 11/10
- Music w/ Kenny L. 11/12
- Friendsgiving FamilyNight11/13
- Painting w/Alex 11/20
- Men's/ Ladies Clubs 11/25

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
NOVEMBER 2025												01 10:00a Morning Warm-Up 11:00a Weekend Workout w/ Alanna 11:00a Aromatherapy 3:30p Brain games w/ Alanna 7:00p Virtual Tour Around the World	
02 DAYLIGHT SAVING TIME		03		04 ELECTION DAY		05		06		07		08	
10:00a Balloon Baseball 11:00a Aromatherapy 11:00a Weekend Walking Club 3:00p Coloring to Music 7:00p Virtual Park Tour		10:00a Morning Exercise 10:30a Flower Arrangements 11:00a Puzzle Time 11:00a Aromatherapy 4:00p Walking Club 7:00p Relaxation Music		10:00a Tai Chi 11:00a The Word w/ Deacon Green 11:00a Aromatherapy 2:00p Entertainment 4:00p Walking Club 7:00p Venture Game DR		10:00a Morning Yoga 10:45a BCS Visit w/ Jenna 11:00a Aromatherapy 2:00p Carry on w/Carien 4:00p Walking Club 7:00p Learning How It's Made		10:00a Cardio Exercise 11:00a Aromatherapy 3:00p Rosary 4:00p Walking Club 7:00p Virtual Museum Tour LC		10:00a Leg Strength Exercises 11:00a Aromatherapy 2:30p Entertainment: Bobby 4:00p Walking Club 7:00p Family Feud		10:00a Morning Warm-Up 11:00a Weekend Workout w/ Alanna 11:00a Aromatherapy 3:30p Brain games w/ Alanna 7:00p Virtual Tour Around the World	
09		10		11 VETERANS DAY		12		13		14		15	
10:00a Balloon Baseball 11:00a Aromatherapy 11:00a Weekend Walking Club 3:00p Coloring to Music 7:00p Virtual Park Tour		10:00a Morning Exercise 10:30a Men's Club Visiting Barber 10:30a Bowling 11:00a Puzzle Time 11:00a Aromatherapy 4:00p Walking Club 7:00p Relaxation Music		10:00a Tai Chi 11:00a Aromatherapy 2:00p Entertainment 4:00p Walking Club 7:00p Venture Game DR		10:00a Morning Yoga 11:00a Aromatherapy 4:00p Walking Club 7:00p Learning How It's Made		10:00a Cardio Exercise 11:00a Aromatherapy 3:00p Rosary 4:00p Walking Club 5:00p Themed Dinner- Osaka World Fair 1970 6:00p Family Night 7:00p Virtual Museum Tour LC		10:00a Leg Strength Exercises 11:00a Aromatherapy 4:00p Walking Club 7:00p Family Feud		10:00a Morning Warm-Up 11:00a Weekend Workout w/ Alanna 11:00a Aromatherapy 3:30p Brain games w/ Alanna 7:00p Virtual Tour Around the World	
16		17		18		19		20		21		22	
10:00a Balloon Baseball 11:00a Aromatherapy 11:00a Weekend Walking Club 3:00p Coloring to Music 7:00p Virtual Park Tour		10:00a Morning Exercise 10:30a Pass the Pig 11:00a Puzzle Time 11:00a Aromatherapy 2:15p Turnin' it up w/ Tammy 4:00p Walking Club 7:00p Relaxation Music		10:00a Tai Chi 10:30a Word Scramble 11:00a The Word w/ Deacon Green 11:00a Aromatherapy 2:00p Entertainment 4:00p Walking Club 7:00p Venture Game DR		10:00a Morning Yoga 10:45a BCS Visit w/ Jenna 11:00a Aromatherapy 2:00p Catholic Mass 4:00p Walking Club 7:00p Learning How It's Made DR		10:00a Gerie's Gentle Touch Massage 10:00a Cardio Exercise 11:00a Aromatherapy 2:30p Praise & Worship w/ Sadie 3:00p Rosary 4:00p Walking Club 7:00p Virtual Museum Tour LC		10:00a Leg Strength Exercises 11:00a Aromatherapy 4:00p Walking Club 7:00p Family Feud		10:00a Morning Warm-Up 11:00a Weekend Workout w/ Alanna 11:00a Aromatherapy 3:30p Brain games w/ Alanna 7:00p Virtual Tour Around the World	
23		24		25		26		27 THANKSGIVING		28		29	
10:00a Balloon Baseball 11:00a Aromatherapy 11:00a Weekend Walking Club 3:00p Coloring to Music 7:00p Virtual Park Tour		10:00a Morning Exercise 11:00a Puzzle Time 11:00a Aromatherapy 3:00p DACC Volunteering - Dog Treat Creation 4:00p Walking Club 7:00p Relaxation Music		10:00a Tai Chi 10:30a Kickball 11:00a Aromatherapy 2:00p Entertainment 4:00p Walking Club 7:00p Venture Game DR		10:00a Morning Yoga 11:00a Aromatherapy 4:00p Walking Club 7:00p Learning How It's Made		10:00a Cardio Exercise 11:00a Aromatherapy 3:00p Rosary 4:00p Walking Club 7:00p Virtual Museum Tour LC		10:00a Leg Strength Exercises 11:00a Aromatherapy 3:00p Walking Club 4:00p Walking Club 7:00p Family Feud		10:00a Morning Warm-Up 11:00a Weekend Workout w/ Alanna 11:00a Aromatherapy 3:30p Brain games w/ Alanna 7:00p Virtual Tour Around the World	
30												BIRTHDAYS	
10:00a Balloon Baseball 11:00a Aromatherapy 11:00a Weekend Walking Club 3:00p Coloring to Music 7:00p Virtual Park Tour		Happy Thanksgiving		ART Art Studio CAF Café DR Dining Room DRP Dining Room Patio FIT Fitness Center FPO Front Porch GR Game Room LC Lakeshore Chapel LIB Library OUT Outing THR Theater V The View									