



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



LIVING WELL

MEMORY CARE EDITION.

MURFREESBORO 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

- Live Music Thursday's at 3pm
- Beauty Shop open on Tuesday's
- Family Night
- Fun & Games
- Weekly Bus Outings
- Cooking Demo
- Art & Design

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					LOCATION KEY <div> <div>AR Activity Room</div> <div>DR Dining Room</div> <div>F Foyer</div> <div>LIB Library</div> </div> <div> <div>LO Lobby</div> <div>OUT Outing</div> <div>S Salon</div> </div>	
BIRTHDAYS			01	02 YOM KIPPUR	03	04
Happy Birthday!!!!			8:30a Exercise to the Oldies AR 10:30a Let's Craft some Pumpkins F 1:00p Roll & Stroll F 2:00p Bingo AR 3:00p Herb Potting Activity AR 6:00p Movie	8:30a Exercise to the Oldies AR 10:30a Let's Take A Morning Walk 12:30p Put Up Fall Decorations! 3:00p Enjoy Some Entertainment 4:00p Patio Time! 6:00p Movie	8:30a Exercise to the Oldies AR 10:30a Art Class 12:30p Sing Fit 2:00p Bingo AR 3:00p Music & Ice Cream! 6:00p Movie	8:30a Balloon Toss 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie
05	06	07	08	09	10	11
8:30a Balloon Toss 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie	8:30a Exercise to the Oldies AR 9:30a Let's Plant Herbs In Our Garden! 11:30a Patio Chat! 1:00p Water Color! 2:30p Sing Fit 6:00p Movie	8:30a Exercise to the Oldies AR 10:00a Pretty Nails AR 11:30a One On One! 12:30p Toss Into The Witches Pot! 2:30p Pastor Jim's Entertainment 6:00p Movie	8:30a Exercise to the Oldies AR 10:30a Music And Popsicles! 1:00p Roll & Stroll F 2:00p Bingo AR 3:00p Brain Teasers! 6:00p Movie	8:30a Exercise to the Oldies AR 10:30a Let's Take A Morning Walk 12:30p Let's Get Crafty 3:00p Enjoy Some Entertainment 4:00p Patio Time! 6:00p Movie	8:30a Exercise to the Oldies AR 10:30a Art Class 12:30p Sing Fit 2:00p Bingo AR 3:00p Balloon Toss! 6:00p Movie	8:30a Balloon Toss 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie
12	13 INDIGENOUS PEOPLE'S DAY	14	15	16	17	18
8:30a Balloon Toss 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie	8:30a Exercise to the Oldies AR 9:30a Gardening 12:00p Patio Chat! 2:30p Name That Tune! 3:30p Pumpkin Toss! 6:00p Movie	8:30a Exercise to the Oldies AR 10:00a Pretty Nails AR 12:00p One On One! 1:00p Let's Play Checkers and Bowl 2:30p Pastor Jim's Entertainment 6:00p Movie	8:30a Exercise to the Oldies AR 9:30a Black Cat Coloring! 10:30a Monthly Birthday Party! 1:00p Roll & Stroll F 2:00p Bingo AR 6:00p Movie	8:30a Exercise to the Oldies AR 10:30a Let's Take A Morning Walk 12:30p Halloween Charades 3:00p Enjoy Some Entertainment 4:00p Patio Time! 6:00p Movie	8:30a Exercise to the Oldies AR 10:30a Art Class 12:00p Sing Fit 1:00p Cooking Demo DR 2:00p Bingo AR 6:00p Movie	8:30a Balloon Toss 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie
19	20	21 DIWALI	22	23	24	25
8:30a Balloon Toss 9:30a Pet Therapy LO 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie	8:30a Exercise to the Oldies AR 9:30a Patio Chat! OUT 12:00p Halloween Trivia! 2:30p Sing Fit 3:30p Water Color! 6:00p Movie	8:30a Exercise to the Oldies AR 10:00a Pretty Nails AR 12:30p Game Of Choice 1:30p One On One! 2:30p Pastor Jim's Entertainment 6:00p Movie	8:30a Exercise to the Oldies AR 9:30a Baking With Donna! 10:30a Fill In The Word! 1:00p Roll & Stroll F 2:00p Bingo AR 6:00p Movie	8:30a Exercise to the Oldies AR 10:30a Let's Take A Morning Walk 12:30p Let's Get Crafty 3:00p Enjoy Some Entertainment 4:00p Patio Time! 6:00p Movie	8:30a Exercise to the Oldies AR 10:30a Art Class 12:30p Sing Fit 2:00p Bingo AR 3:00p Patio Chat 6:00p Movie	8:30a Balloon Toss 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie
26	27	28	29	30	31 HALLOWEEN	
8:30a Balloon Toss 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie	8:30a Exercise to the Oldies AR 9:30a Gardening! 12:00p Flower Arranging! 2:30p Balloon Toss 3:30p Patio Chat! 6:00p Movie	8:30a Exercise to the Oldies AR 9:30a Pretty Nails AR 10:30a One On One! 12:30p Game Of Choice 2:30p Pastor Jim's Entertainment 6:00p Movie	8:30a Exercise to the Oldies AR 10:30a Let's Get Crafty 1:00p Roll & Stroll F 2:00p Bingo AR 3:00p Patio Time! 6:00p Movie	8:30a Exercise to the Oldies AR 10:30a Let's Take A Morning Walk 12:30p Patio Time! 3:00p Enjoy Some Entertainment 6:00p Movie	8:30a Exercise to the Oldies AR 9:00a Sit & Fit LIB 10:30a Art Class 12:30p Sing Fit 2:00p Bingo AR 3:00p Trick Or Treat Trivia! 6:00p Movie	