



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.

MOUNT PROSPECT

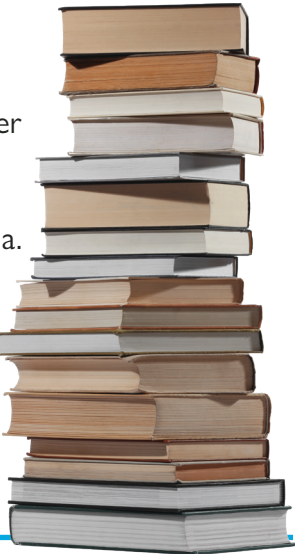
OCTOBER 2025

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

- Zumba with Elizabeth Dates TBD
- Programs with Directors TBD
- Family Night - 10/09
- Kenny Phelps - 10/10
- Drum Circle - 10/11
- Dementia Support Group - 10/24
- Halloween Masquerade- 10/30



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
<div>October 2025</div>															LOCATION KEY					
															2LI 2 nd Floor Library AR Activity Room B Bistro BPA Bistro Patio LO Lobby			MCC Memory Care Courtyard MCG Memory Care Garden Courtyard MCK Memory Care Kitchenette MCL Memory Care Living Room		
BIRTHDAYS						01			02			YOM KIPPUR			03			04		
Marie - 10/24						10:00a Roll for Fitness MCL 10:45a Daily Chronicles & Coffee MCL 1:00p The Craft Collective - Fall Canvas MCK 3:00p Beyond the Map-Eight Below MCL 5:30p Wednesday Watch MCL			10:00a Sit and Be Fit MCL 10:30a Daily Chronicles & Coffee MCL 1:15p Bingo 2:30p Popcorn & Perspectives MCL 3:30p Brain Games MCS 5:30p The Sleuth Society			10:30a Sit and Be Fit MCL 11:00a Daily Chronicles & Coffee MCL 1:30p Craft Collective with Jess MCL 2:00p Happy Hour and Snacks MCK 5:30p Friday Night Facts MCL			10:30a Paxxon Exercise MCL 11:00a Daily Chronicles & Coffee MCL 1:30p Saturday Screening-Jacqueline Kennedy Biography 2:30p Snack Break Saturday 3:00p Creative Coloring Art Group MCK 5:30p Saturday Night Social Club MCL					
05			06			07			08			09			10			11		
10:00a Sunday Mass MCL 10:30a Sunday Stretch MCL 11:00a Daily Chronicles & Coffee MCL 1:00p NFL Watch Party 1:30p Music Therapy w/ Ciara MCS 3:00p Travelogue MCL 5:30p Sunday Social MCL			10:00a Sit and Be Fit MCL 10:30a Daily Chronicles & Coffee MCL 10:45a Book Club 1:30p Golfing MCL 2:30p Hand Massages and Manicures MCS 3:30p Artist Appreciation with David Hockney MCK 5:30p Monday Night Movie MCL			10:00a Sit and Be Fit MCL 10:30a Daily Chronicles & Coffee MCL 1:30p Sweet Sensations Baking Club-Boo-Berry Pie MCK 2:30p Afternoon Social - Tasty Talks MCL 3:30p Pictionary MCK 5:30p Tuesday Night Talks MCL			10:00a Roll for Fitness MCL 10:30a Daily Chronicles & Coffee MCL 1:00p The Craft Collective-Tree Painting MCK 3:00p Beyond the Map-The Wild Pacific MCL 5:30p Wednesday Watch MCL			10:00a Sit and Be Fit MCL 10:30a Daily Chronicles & Coffee MCL 1:15p Bingo 2:30p Popcorn & Perspectives MCL 3:30p Brain Games MCS 5:00p Family Night Neon Glow Party			10:30a Sit and Be Fit MCL 11:00a Daily Chronicles & Coffee MCL 1:30p Craft Collective with Jess MCL 2:00p Happy Hour and Snacks MCK 5:30p Friday Night Facts MCL			10:30a Paxxon Exercise MCL 11:00a Daily Chronicles & Coffee MCL 1:00p Drum Circle w/ Alex MCL 2:00p Saturday Screening 2:30p Snack Break Saturday 3:00p Poke Art MCK 5:30p Saturday Night Social Club MCL		
12			13 INDIGENOUS PEOPLE'S DAY			14			15			16			17			18		
10:00a Sunday Mass MCL 10:30a Sunday Stretch MCL 11:00a Daily Chronicles & Coffee MCL 1:00p NFL Watch Party 1:30p Music Therapy w/ Ciara-Guess that emotion MCS 3:00p Travelogue MCL 5:30p Sunday Social MCL			10:00a Sit and Be Fit MCL 10:30a Daily Chronicles & Coffee MCL 10:45a Finishing Lines MCL 1:30p Bag Toss MCL 2:30p Hand Massages and Manicures MCS 3:30p Artist Appreciation with Louis Dood MCK 5:30p Monday Night Movie MCL			10:00a Sit and Be Fit MCL 10:30a Daily Chronicles & Coffee MCL 1:30p Sweet Sensations Baking Club-Fall Harvest Mix MCK 2:30p Afternoon Social - Tasty Talks MCL 3:30p Great Big Story MCK 5:30p Tuesday Night Talks MCL			10:00a Roll for Fitness MCL 10:30a Daily Chronicles & Coffee MCL 1:00p The Craft Collective-Scrapbooking MCK 3:00p Travelogue-Beyond the Map-Queen of the Sky's MCL 5:30p Wednesday Watch MCL			10:00a Sit and Be Fit MCL 10:30a Daily Chronicles & Coffee MCL 1:15p Bingo 2:30p Popcorn & Perspectives MCL 3:30p Brain Games MCS 5:30p The Sleuth Society			10:30a Sit and Be Fit MCL 11:00a Daily Chronicles & Coffee MCL 1:30p Craft Collective with Jess MCL 2:00p Happy Hour and Snacks MCK 5:30p Friday Night Facts MCL			10:30a Paxxon Exercise MCL 11:00a Daily Chronicles & Coffee MCL 1:30p Saturday Screening-The Proposal (YouTube) 2:30p Snack Break Saturday 3:30p Watercolor Painting MCK 5:30p Saturday Night Social Club MCL		
19			20			21 DIWALI			22			23			24			25		
10:00a Sunday Mass MCL 10:30a Sunday Stretch MCL 11:00a Daily Chronicles & Coffee MCL 1:00p NFL Watch Party 1:30p Music Therapy w/ Ciara-Games MCS 3:00p Travelogue MCL 5:30p Sunday Social MCL			10:00a Sit and Be Fit MCL 10:30a Daily Chronicles & Coffee MCL 10:45a Book Club MCL 1:30p Balloon Volleyball MCL 2:30p Hand Massages and Manicures MCS 3:30p Artist Appreciation-Basket Weaving MCK 5:30p Monday Night Movie MCL			10:00a Sit and Be Fit MCL 10:30a Daily Chronicles & Coffee MCL 1:15p Sweet Sensations Baking Club-Candy Apple Dip MCK 2:30p Afternoon Social - Tasty Talks MCL 3:30p Jeopardy MCK 5:30p Tuesday Night Talks MCL			10:00a Roll for Fitness MCL 10:30a Daily Chronicles & Coffee MCL 1:00p The Craft Collective-Masquerade MCK Mask MCK 3:00p Travelogue-Eight Below MCL 5:30p Wednesday Watch MCL			10:00a Sit and Be Fit MCL 10:30a Daily Chronicles & Coffee MCL 1:15p Bingo 2:30p Popcorn & Perspectives MCL 3:30p Brain Games MCS 5:30p Memory Lane - Photo Album			10:30a Sit and Be Fit MCL 11:00a Daily Chronicles & Coffee MCL 1:30p Craft Collective with Jess MCL 2:00p Happy Hour and Snacks MCK 5:30p Friday Night Facts MCL			10:30a Paxxon Exercise MCL 11:00a Daily Chronicles & Coffee MCL 1:30p Saturday Screening-Audrey Hepburn Remember 2:30p Snack Break Saturday 3:00p Coaster Making MCK 5:30p Saturday Night Social Club MCL		
26			27			28			29			30			31 HALLOWEEN					
10:00a Sunday Mass MCL 10:30a Sunday Stretch MCL 11:00a Daily Chronicles & Coffee MCL 1:00p NFL Watch Party 1:30p Music Therapy w/ Ciara-Halloween Party MCS 3:00p Travelogue MCL 5:30p Sunday Social MCL			10:00a Sit and Be Fit MCL 10:30a Daily Chronicles & Coffee MCL 10:45a Finishing Lines MCL 1:30p Bowling MCL 2:30p Hand Massages and Manicures MCS 3:30p Artist Appreciation-Pumpkin Carving MCK 5:30p Monday Night Movie MCL			10:00a Sit and Be Fit MCL 10:30a Daily Chronicles & Coffee MCL 1:30p Sweet Sensations Baking Club-Pumpkin Bread MCK 2:30p Afternoon Social - Tasty Talks MCL 3:30p Great Big Story MCK 5:30p Tuesday Night Talks MCL			10:00a Roll for Fitness MCL 10:30a Daily Chronicles & Coffee MCL 1:00p The Craft Collective-Pumpkin Decorating MCK 3:00p Travelogue-History of Halloween MCL 5:30p Wednesday Watch MCL			10:00a Trick or Treat Toning MCL 10:30a The Creepy Chronicles MCL 1:00p Halloween Masquerade Party MCL 3:00p Popcorn & Perspectives MCK 3:30p Brain Games MCS 5:30p The Sleuth Society			10:30a Sit and Be Fit MCL 11:00a Daily Chronicles & Coffee-Halloween MCL 1:30p Halloween Craft MCL 2:00p Happy Hour and Snacks MCK 5:30p Friday Night Facts MCL					