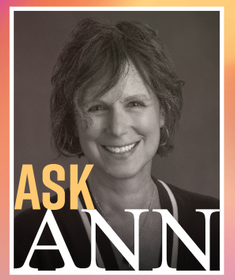


WHEN WORDS BECOME A CHALLENGE

Living with memory loss can sometimes affect how a person communicates and responds to the people around them. A loved one may make critical comments about another person's appearance or behavior, repeat remarks even after being asked to stop or say something that unintentionally hurts someone's feelings. While these moments can be difficult, it's important to remember that the behavior may not reflect the person's true feelings or intentions.

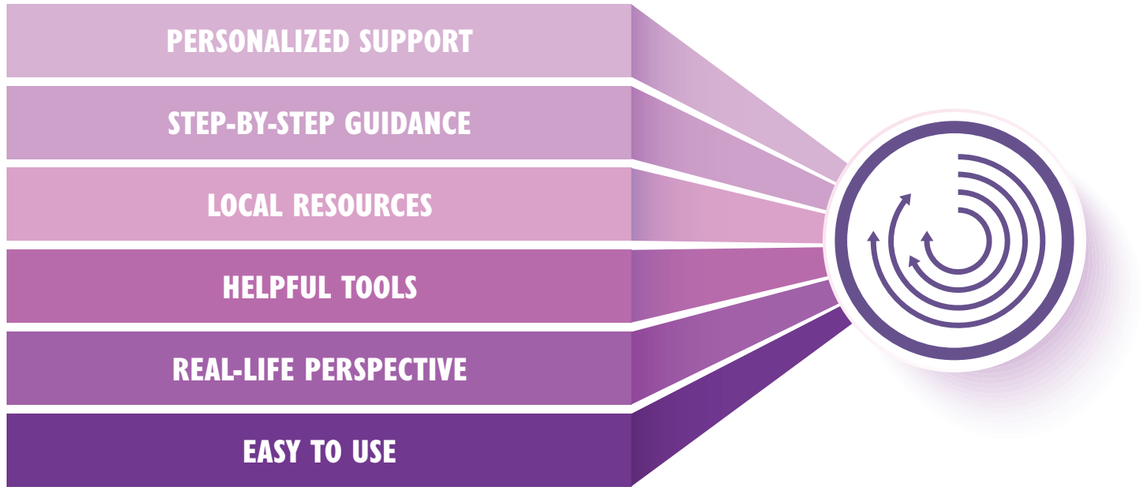
First, consider whether something else may be contributing to the behavior. Hunger, thirst, fatigue or physical discomfort can sometimes make a person more irritable or less able to filter their comments.

When a critical remark occurs, respond calmly and gently. A quiet reminder or simple visual cue may be more effective than correcting the person repeatedly. Whenever possible, redirect the conversation toward something positive and offer genuine compliments to help create a welcoming atmosphere.

For family members and caregivers, patience and understanding can make these challenging moments easier for everyone. With compassionate support, we can help protect meaningful relationships while ensuring every resident is treated with dignity and respect.

SUPPORT AFTER A DEMENTIA DIAGNOSIS: MY ALZ JOURNEY®

Support, guidance and connection—all in one free app. My ALZ Journey is designed for people living with dementia and their care partners. Each person can download the free app individually to their mobile device or tablet. No username or password required.



American House
SENIOR LIVING COMMUNITIES™

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Oak Park | IL | 60302
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AmericanHouse.com

QUICK LINKS

ALZ.org
alzheimers.gov
alzfdn.org
nia.nih.gov/health/alzheimers-and-dementia

LIVING WELL

MEMORY CARE EDITION.

OAK PARK MEMORY CARE NOVEMBER 2026

SUPPORTING INDEPENDENCE, ONE DAY AT A TIME

Everyday routines like getting dressed, enjoying a meal and taking care of personal hygiene are about more than daily tasks. They can provide a sense of purpose, comfort and independence. As a person's needs change, they may need a little more support with these activities and knowing when to step in can make all the difference.

Families may notice signs such as difficulty getting dressed or groomed, changes in personal hygiene or weight or trouble moving safely from one place to another. A loved one may also begin missing activities they enjoy because they need more help getting there.

The goal isn't to do everything for them. It's to provide the right amount of support while preserving their choices and independence. Give your loved one time to do what they can, offer encouragement and celebrate their successes. Sometimes, a little patience and a helping hand are all they need to keep doing what they love.

SHARING A LIFETIME OF WISDOM

When Dale first moved into the Memory Care neighborhood at American House Wesley Chapel, he spent much of his time alone in his apartment. A longtime physics instructor, Dale had spent his life studying the world and teaching others how things worked. But in his new surroundings, he was quiet and kept to himself.

One day, Living Well Coordinator Kizzy Colon printed out some physics homework and asked Dale for help. As he looked over the problems, his face lit up. Soon, he was explaining answers and teaching Kizzy about radioactivity and other fascinating concepts.

That simple homework assignment opened a door. Dale began talking with neighbors and sharing stories about teaching physics, building his own home and his fishing and hunting adventures. Sharing his knowledge gave Dale a renewed sense of purpose and helped him feel connected to his new community. Sometimes, a little kindness and something familiar can make all the difference.

NOVEMBER 2026 EVENTS

- Matt's Music Therapy 11/5
- Chef's Demo 11/6
- Scenic Drive 10/08
- Salute to Service 11/11
- Drumming Circle 11/11
- Family Night 11/12
- Matt's Music Therapy 11/19
- TRIP 11/22
- Drumming Circle 11/25
- THANKSGIVING 11/26

AH-12813-1

November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 DAYLIGHT SAVING TIME 11:00a Autumn Energy Exercise 11:30a Chronicles With a Splash! 12:00p Flower of the Month 2:30p Midday November Stretch 3:00p Languages I 4:00p Hollywood Stories: John Travolta 7:00p Evening Entertainment	**02** 11:00a Fall Into Fitness 11:30a Chronicles With a Splash! 12:00p Autumn Phrase Finishers 2:30p Midday November Stretch 3:00p Balloon Toss 4:00p Elvis: King of Entertainment 7:00p Evening Entertainment	**03** 11:00a Crisp Morning Cardio 11:30a Chronicles With a Splash! 12:00p Sandwich Trivia 2:30p Midday November Stretch 3:00p Fall Fashion Unscramble 4:00p Ed Sullivan Volume I 7:00p Evening Entertainment	**04** 11:00a Autumn Aerobic Power Up 11:30a Chronicles With a Splash! 12:00p Who is the Chicken Lady? 2:30p Midday November Stretch 3:00p Stress Awareness & Candy Day 5:00p Walk and Stroll 7:00p Evening Entertainment	**05 DRUMMING CIRCLE** 11:00a Early Bird Energy Expresss 11:30a Chronicles With a Splash! 12:00p Sports Heroes 2:30p Midday November Stretch 3:00p **Matt's Music Therapy** 4:00p Bowling! 7:00p Evening Entertainment	**06 CHEF'S DEMO** 11:00a Aerobic Energy Boost 11:30a Chronicles With a Splash! 12:00p Things We are Thankful For... 2:30p Midday November Stretch 3:00p Ball Games 4:00p HAUSER 7:00p Evening Entertainment	**07** 11:00a Wake up! Warm Up! Workout! 11:30a Chronicles With a Splash! 12:00p SnowFlake Trivia 2:30p Midday November Stretch 3:00p SnowFlake Paint 4:00p UNSUNG 7:00p Evening Entertainment
08 SCENIC DRIVE 11:00a Autumn Energy Exercise 11:30a Chronicles With a Splash! 12:00p Fall Reminiscing w/ Music 2:30p Midday November Stretch 3:00p Fall Trip: Weather Permitting 4:00p Hollywood Stories: Selena 7:00p Evening Entertainment	**09** 11:00a Fall Into Fitness 11:30a Chronicles With a Splash! 12:00p National Louisiana Day (Trivia) 2:30p Midday November Stretch 3:00p Fall Sing Along 4:00p Sinatra: Unauthorized Biography 7:00p Evening Entertainment	**10** 11:00a Crisp Morning Cardio 11:30a Chronicles With a Splash! 12:00p Science Trivia 2:30p Midday November Stretch 3:00p Beauty Riddles 4:00p Ed Sullivan Volume II 7:00p Evening Entertainment	**11 VETERANS DAY** 11:00a Autumn Aerobic Power Up 11:30a **DRUMMING CIRCLE** 2:30p Midday November Stretch 3:00p Veteran's Acknowledgement 4:00p MOVIE: Rain 5:00p Walk and Stroll 7:00p Evening Entertainment	**12 FAMILY NIGHT! LET THE GOOD TILES ROLL** 11:00a Early Bird Energy Express 11:30a Chronicles With a Splash! 12:00p Chicken Soup For the Soul 2:30p Midday November Stretch 3:00p Casino Trivia 4:00p MOVIE: Oceans 11 7:00p Evening Entertainment	**13** 11:00a Aerobic Energy Boost 11:30a Chronicles With a Splash! 12:00p Things We are Thankful For... 2:30p Midday November Stretch 3:00p Ball Games 4:00p Divas Live! 7:00p Evening Entertainment	**14** 11:00a Wake Up! Warm Up! Workout! 11:30a Chronicles With a Splash! 12:00p Pickled By Trivia 2:30p Midday November Stretch 3:00p Pumpkin Paint & Sip 4:00p UNSUNG 7:00p Evening Entertainment
15 11:00a Autumn Energy Exercise 11:30a Daily Chronicles & Hydration Station 11:30a Chronicles With a Splash! 12:00p Strange Words 2:30p Midday November Stretch 3:00p Language II 4:00p Hollywood Stories: Mission Scientology	**16** 11:00a Fall Into Fitness 11:30a Chronicles With a Splash! 12:00p Fall Fill in Trivia 2:30p Midday November Stretch 3:00p Fall Muzak Trivia 4:00p Fats Domino: The Big Beat 7:00p Evening Entertainment	**17** 11:00a Crisp Morning Cardio 11:30a Chronicles With a Splash! 12:00p Senior Entrepreneurs 2:30p Midday November Stretch 3:00p Cosmetics Trivia & Facts 4:00p Ed Sullivan Volume III 7:00p Evening Entertainment	**18** 11:00a Autumn Aerobic Power Up 11:30a Chronicles With a Splash! 12:00p Mickey Mouse BIO 2:30p Midday November Stretch 3:00p Mickey Mouse Trivia 4:00p MOVIE: Saving Mr. Banks 5:00p Walk and Stroll 7:00p Evening Entertainment	**19 MATT'S MUSIC THERAPY** 11:00a Early Bird Energy Express 11:30a Chronicles With a Splash! 12:00p What's In the Bag? 2:30p Midday November Stretch 3:00p **Matt's Music Therapy** 4:00p Falling 4 Sports: Cornhole 7:00p Evening Entertainment	**20** 11:00a Aerobic Energy Boost 11:30a Chronicles With a Splash! 12:00p Things We are Thankful For... 2:30p Midday November Stretch 3:00p Ball Games 4:00p Rock'N'Roll 1959 7:00p Evening Entertainment	**21** 11:00a Wake Up! Warm Up! Workout! 11:30a Chronicles With a Splash! 12:00p Hola! In Any Language! 2:30p Midday November Stretch 3:00p Baking Gingerbread Men 4:00p UNSUNG 7:00p Evening Entertainment
22 TRIP (WEATHER PERMITTING) 11:00a Autumn Energy Exercise 11:30a Chronicles With a Splash! 12:00p Fall Poetry 2:30p Midday November Stretch 3:00p Fall Trip: Weather Permitting 4:00p Hollywood Stories: Lucille Ball 7:00p Evening Entertainment	**23** 11:00a Fall Into Fitness 11:30a Chronicles With a Splash! 12:00p Audio Stories 2:30p Midday November Stretch 3:00p Musical to Fall Into 4:00p Barbra Streisand Biography 7:00p Evening Entertainment	**24** 11:00a Crisp Morning Cardio 11:30a Chronicles With a Splash! 12:00p Superhero Trivia 2:30p Midday November Stretch 3:00p Cosmetics Fill In 4:00p Ed Sullivan Volume IV 7:00p Evening Entertainment	**25 DRUMMING CIRCLE** 11:00a Autumn Aerobic Power Up 11:30a **DRUMMING CIRCLE** 2:30p Midday November Stretch 3:00p Stay at Home Dads 4:00p MOVIE: Mr. Mom 5:00p Walk and Stroll 7:00p Evening Entertainment	**26 THANKSGIVING** 11:00a Early Bird Energy Express 11:30a Chronicles With a Splash! 12:00p ThanksGiving Trivia 2:30p Midday November Stretch 3:00p FOOTBALL (TV) 4:00p SHOW: Riverdance 7:00p Evening Entertainment	**27** 11:00a Aerobic Energy Boost 11:30a Chronicles With a Splash! 12:00p Things We are Thankful For... 2:30p Midday November Stretch 3:00p Ball Games 4:00p Vivaldi (Max Richter) 7:00p Evening Entertainment	**28** 11:00a Wake Up! Warm Up! Workout! 11:30a Chronicles With a Splash! 12:00p Leaf Dropping Trivia 2:30p Midday November Stretch 3:00p Leaf Press 4:00p UNSUNG 7:00p Evening Entertainment
29 11:00a Autumn Energy Exercise 11:30a Chronicles With a Splash! 12:00p Fall Short Stories 2:30p Midday November Stretch 3:00p Language IV 4:00p Hollywood Stories: Aretha Franklin 7:00p Evening Entertainment	**30** 11:00a Fall Into Fitness 11:30a Chronicles With a Splash 11:30a Chronicles With a Splash! 12:00p Autumn Word in Word 2:30p Midday November Stretch 3:00p Bean Bag Basketball 4:00p Michael Jackson: This Is It 7:00p Evening Entertainment	**BIRTHDAYS** Ron M. 11/5 Carol A. 11/10		**LOCATION KEY** **1HM** Hemingway's **2FF** 2nd Floor Flex Room **2FR** 2nd Floor Family Room **3AS** 3rd Floor Art Studio **4AR** 4th Floor Activity Room **5LB** 5th Floor Library **6CR** 6th Floor Card Room **7FC** 7th Floor Fitness Center **2DB** Demo Bistro **ILD** IL Dining **LO** Lobby **MSL** Madison Street Lounge **TWP** The Wright Place	

All activities subject to change.