

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.

OAK PARK MEMORY CARE

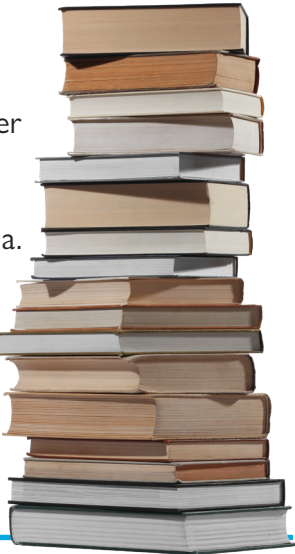
OCTOBER 2025

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

- 10/8 & 10/22 Drumming Circle
- 10/2 & 10/16 Music Therapy
- Wednesday 3pm Happy HR
- Friday 3pm Social HR
- 10/9 Neon Family Night
- 10/16 Art Therapy
- 10/31 OCTOBER Bday Bash

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
October 2025															LOCATION KEY					
															IHM Hemingway's			7FC 7 th Floor Fitness Center		
															2FF 2 nd Floor Flex Room			2DB Demo Bistro		
															2FR 2 nd Floor Family Room			ILD IL Dining		
3AS 3 rd Floor Art Studio			LO Lobby																	
4AR 4 th Floor Activity Room			MSL Madison Street Lounge																	
5LB 5 th Floor Library			TWP The Wright Place																	
6CR 6 th Floor Card Room																				
BIRTHDAYS						01			02 YOM KIPPUR			03			04					
Alton B. 10/8						10:00a	Wednesday Warm-Up	4AR	10:00a	Take a Breath Thursday	4AR	10:00a	Flexing Fridays	4AR	10:00a	Morning Stretch	4AR			
Bobbie S. 10/18						10:30a	Refresh and Hydrate	4AR	10:30a	Daily Chronicle	4AR	10:45a	Daily Chronicle	4AR	10:45a	Daily Chronicle	4AR			
Maxine C. 10/07						10:45a	Daily Chronicle	4AR	10:45a	Daily Chronicle	4AR	11:00a	Twist and Shout!	4AR	11:00a	Word Scramble	4AR			
Donald E. 10/22						11:00a	NOT "Rocket Science"	4AR	11:00a	Having a "Ball"	4AR	1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR			
Mary A. 10/22						1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	2:00p	Mental Movement!	4AR	2:00p	Documentary: Wild Life	4AR			
Pearl E. 10/23						2:00p	History of Art	4AR	2:00p	World of Sports Challenge	4AR	3:00p	Hips & Sips Social Hour	4AR	4:00p	Soothing Chats On Sats	4AR			
						3:00p	This VS That	4AR	3:00p	Football Toss	4AR	6:00p	Friday Night Lights!	4AR	6:00p	Saturday Night Live	4AR			
						4:00p	Restful Rhythms	4AR	4:00p	Chill and Tranquil	4AR									
									6:00p	Movie Matinee	4AR									
05			06			07			08			09			10			11		
10:00a	Morning Workout	4AR	10:00a	Move It Monday	4AR	10:00a	Twist It Tuesdays	4AR	10:00a	Wednesday Warm-Up	4AR	10:00a	Take a Breath Thursday	4AR	10:00a	Flexing Fridays	4AR	10:00a	Morning Stretch	4AR
10:30a	Hydrate and Refresh	4AR	10:30a	Hydrate and Refresh	4AR	10:30a	Hydrate and Refresh	4AR	10:30a	Hydrate and Refresh	4AR	10:30a	Hydrate and Refresh	4AR	10:30a	Hydrate and Refresh	4AR	10:30a	Hydrate and Refresh	4AR
10:45a	Daily Chronicle	4AR	10:45a	Daily Chronicle	4AR	10:45a	Daily Chronicle	4AR	10:45a	Daily Chronicle	4AR	10:45a	Daily Chronicle	4AR	10:45a	Daily Chronicle	4AR	10:45a	Daily Chronicle	4AR
11:00a	Show Off Sunday	4AR	11:00a	Short Story	4AR	11:00a	Fashionable Trivia	4AR	11:00a	Computer Science	4AR	11:00a	Score	4AR	11:00a	Twist and Shout!	4AR	1:30p	Afternoon Stretch	4AR
1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	2:00p	DOC: Unknown Cosmic	4AR
2:00p	AH Talent Show	4AR	2:00p	Thinking Tools	4AR	2:00p	Beauty Tips	4AR	2:00p	Ancient History	4AR	2:00p	True to the Game	4AR	2:00p	Brain Freeze Trivia!	4AR	Machine		4AR
3:00p	The More You Know	4AR	3:00p	Game or Art Challenge	4AR	3:00p	Fashion 101	4AR	3:00p	Drumming Circle	4AR	3:00p	Ball In Your Court	4AR	3:00p	Hips & Sips Social Hour	4AR	4:00p	Soothing Chats On Sats	4AR
4:00p	Walk and Stroll	4AR	4:00p	Mellow Monday Patio	4AR	4:00p	Tranquil Tuesday's	4AR	4:00p	Restful Rhythms	4AR	4:00p	Chill and Tranquil	4AR	6:00p	Friday Night Lights!	4AR	6:00p	Saturday Night Live	4AR
6:00p	Movie Matinee	4AR	6:00p	Movie Matinee	4AR	6:00p	Movie Matinee	4AR	6:00p	Movie Matinee	4AR	5:00p	NEON Family Night	4AR						
12			13 INDIGENOUS PEOPLE'S DAY			14			15			16			17			18		
10:00a	Morning Workout	4AR	10:00a	Move It Monday	4AR	10:00a	Twist It Tuesdays	4AR	10:00a	Wednesday Warm-Up	4AR	10:00a	Take a Breath Thursday	4AR	10:00a	Flexing Fridays	4AR	10:00a	Morning Stretch	4AR
10:30a	Hydrate and Refresh	4AR	10:30a	Hydrate and Refresh	4AR	10:30a	Hydrate and Refresh	4AR	10:30a	Hydrate and Refresh	4AR	10:30a	Art w/ Colleen	4AR	10:30a	Hydrate and Refresh	4AR	10:30a	Hydrate and Refresh	4AR
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11:00a	Show Off Sunday	4AR	1:30p	Afternoon Stretch	4AR	11:00a	Guess Who	4AR	11:00a	Forensic Science	4AR	1:30p	Through The Hoop	4AR	11:00a	Twist and Shout!	4AR	1:30p	Afternoon Stretch	4AR
1:30p	Afternoon Stretch	4AR	2:00p	Trivia: Numbers and Letters	4AR	1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	3:00p	Sports Talk	4AR	1:30p	Afternoon Stretch	4AR	2:00p	Brain Teaser	4AR
2:00p	Something For You	4AR	3:00p	Pictionary	4AR	2:00p	Exploration Trivia	4AR	2:00p	Modern History	4AR	4:00p	Chill and Tranquil	4AR	2:00p	4 Season Trivia	4AR	3:00p	"Fall"ing Art	4AR
3:00p	Cranium Crunch	4AR	4:00p	Mellow Monday Patio	4AR	3:00p	Modern Art	4AR	3:00p	"Pour" Decisions Happy Hr	4AR	5:00p	MC Family Support Group	TWP	3:00p	Hips & Sips Social Hour	4AR	4:00p	Soothing Chats On Sats	4AR
4:00p	Walkathon	4AR	6:00p	Movie Matinee	4AR	4:00p	Tranquil Tuesday's	4AR	4:00p	Restful Rhythms	4AR	6:00p	Movie Matinee	4AR	6:00p	Friday Night Lights!	4AR	6:00p	Saturday Night Live	4AR
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10:00a	Morning Workout	4AR	10:00a	Move It Monday	4AR	10:00a	Twist It Tuesdays	4AR	10:00a	Wednesday Warm-Up	4AR	10:00a	Take a Breath Thursday	4AR	10:00a	Flexing Fridays	4AR	10:00a	Morning Stretch	4AR
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11:00a	Show Off Sunday	4AR	11:00a	Mad Libs	4AR	11:00a	Hollywood Celebrity	4AR	11:00a	Cranium Crunch	4AR	11:00a	3 Point Shot	4AR	11:00a	Twist and Shout!	4AR	1:30p	Afternoon Stretch	4AR
1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	2:00p	Autumn Scenic Drive	4AR
2:00p	Spotlight Fun	4AR	2:00p	Behind The Words	4AR	2:00p	Anatomy Trivia	4AR	2:00p	Historic Events	4AR	2:00p	Magic of Sports	4AR	2:00p	"Fall" into Trivia	4AR	4:00p	Soothing Chats On Sats	4AR
3:00p	Celebrity Trivia	4AR	3:00p	AUTUMN-mic Trivia	4AR	3:00p	Jewelry Making	4AR	3:00p	Drumming Circle	4AR	3:00p	GOAL!!	4AR	3:00p	Hips & Sips Social Hour	4AR	6:00p	Saturday Night Live	4AR
4:00p	Breathtaking Sights	4AR	4:00p	Mellow Monday Patio	4AR	4:00p	Tranquil Tuesday's	4AR	4:00p	Restful Rhythms	4AR	4:00p	Chill and Tranquil	4AR	4:30p	Walk and Stroll	4AR	6:00p	Movie Matinee	4AR
6:00p	Movie Matinee	4AR	6:00p	Movie Matinee	4AR	6:00p	Movie Matinee	4AR	6:00p	Movie Matinee	4AR	6:00p	Movie Matinee	4AR	6:00p	Friday Night Lights!	4AR			
26			27			28			29			30			31 HALLOWEEN					
10:00a	Morning Workout	4AR	10:00a	Move It Monday	4AR	10:00a	Twist It Tuesdays	4AR	10:00a	Wednesday Warm-Up	4AR	10:00a	Take a Breath Thursday	4AR	10:00a	Flexing Fridays	4AR			
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11:00a	Show Off Sunday	4AR	11:00a	Short Story Group	4AR	11:00a	Dress to Impress Game	4AR	11:00a	Art of Science	4AR	11:00a	Rule of the Game	4AR	11:00a	Twist and Shout!	4AR			
1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR	1:30p	Afternoon Stretch	4AR			
2:00p	On With The Show	4AR	4:00p	Mellow Monday Patio	4AR	2:00p	Fun Facts and Tips	4AR	2:00p	Family History	4AR	2:00p	Quick Play!	4AR	2:00p	Full Moon Trivia	4AR			
3:00p	Brain Teasers	4AR	6:00p	Movie Matinee	4AR	3:00p	"Fall"ing Out Trivia	4AR	3:00p	SpookFest Happy Hr	4AR	3:00p	Slam Dunk	4AR	3:00p	October Birthday Bash!	4AR			
4:00p	Walk and Stroll	4AR				4:00p	Tranquil Tuesday's	4AR	4:00p	Restful Rhythms	4AR	4:00p	Chill and Tranquil	4AR	6:00p	Spook-Fest Movie	4AR			
6:00p	Movie Matinee	4AR				6:00p	Movie Matinee	4AR	6:00p	Movie Matinee	4AR	6:00p	Movie Matinee	4AR						