



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.

SOMERSET

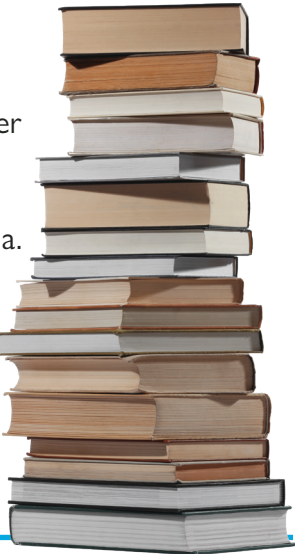
OCTOBER 2025

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

- Family Fun Night
- Yom Kippur
- Mental Health Day
- Columbus Day
- Sweetest Day
- October Birthday Celebration
- Tea Party
- Halloween Spooktacular
- Sunday Ice-cream Socials

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div>OCTOBER 2025</div>												LOCATION KEY	
												AA Activity Area AR Activity Room B Bistro CY Courtyard DR Dining Room	FIT Fitness Center LR Living Room OUT Outing PAT Patio PLR Parlor
BIRTHDAYS						01	02	YOM KIPPUR		03	04		
Sue B 10/2 Irene O 10/9 Marilyn C 10/11 Marica O 10/16 Barb J 10/23 Paula J 10/26 Jamie G 10/31						10:00a Catholic Mass Today - with Communion 10:30a Get Fit with Legacy - Kristy 11:00a October - Monthly Gazette Discussion 1:00p October EZ Does It Trivia Slideshow 2:00p Live Entertainment: Michael Palomba (Bella Music)	10:00a Scarf Dancing 10:30a Engaged Senior - WordPeck 11:00a Pet Therapy - Aliyah & Dobby the Greyhound Visit 11:15a Sing-a-longs with Lyrics 1:00p Roll the Dice - Conversation Starters 1:30p Indoor Kickball 2:30p Sydfit - Drumming with	10:00a Disco Seated Workout 10:30a Landmarks: Florence Cathedral 12:30p Coloring by Numbers 1:30p Hangman! 3:00p Movie Matinee (Pride & Prejudice) and Popcorn 5:30p Sensory Hour: Meditation		9:00a Daily Chronicle - Paper & Chat 10:00a Exercise: Gentle Chair Exercises 10:30a Engaged Senior: Games 1:00p Bingo for Treats 2:30p Weekend Puzzles - Word Scrambles and Searches 3:30p Saturday Sing-A-Longs			
05		06		07		08		09		10		11	
9:00a Daily Chronicle - Paper & Chat 10:00a Virtual Church Service 11:00a Hymn's with Lyrics 1:00p Sunday Classic Movie Matinee (Cary Grant in People will Talk) 3:00p Event - Sunday Ice-Cream Social 4:00p Afternoon Stretches		10:00a Pool Noodle Exercises 10:30a Star of the Month Slideshow - Arnold Schwarznegger 11:00a Whiteboard - Category Game 1:30p Deck of Cards BINGO! 3:30p Craft Hour: Button Pumpkins 5:30p Sensory Hour: Essential Oils		10:00a Gentle Chair Exercises 10:30a Memory Tiles Game 11:00a Game Time: Wheel of Fortune 12:30p Bingo for TREATS 2:00p Live Entertainment - Heart of the Hills Theatre Group 5:30p Sensory Hour: Hand Massages		10:00a Catholic Mass Today - with Communion 10:30a Get Fit with Legacy - Kristy 11:00a Engaged Senior: Venture 1:00p Guess the Scent Game 1:30p Card Sharks - Uno 2:30p LIVE Entertainment - Jacob the Guitarist/Singer 5:30p Sensory Hour: Diffuser		10:00a Scarf Dancing 10:30a Word in a Word 1:30p BINGO BASH - Halloween Theme 2:30p Matinee Movie - Back to the Future 5:00p Event - Family Fun Night - Neon Glow Party with LIVE entertainment, Steve Elmore		10:00a Disco Seated Workout 10:30a Passport to : Madagascar 12:30p Event - Mental Health Day - Let's go for a nature walk together! Outing - Tillson Street, Romeo MI 3:00p Movie Matinee & Popcorn - Hocus Pocus 5:30p Sensory Hour: Meditation		9:00a Daily Chronicle - Paper & Chat 10:00a Exercise: Gentle Chair Exercises 10:30a Engaged Senior: Games 1:00p Bingo for Treats 2:30p Weekend Puzzles - Word Scrambles and Searches 3:30p Saturday Sing-A-Longs	
12		13 INDIGENOUS PEOPLE'S DAY		14		15		16		17		18	
9:00a Daily Chronicle - Paper & Chat 10:00a Virtual Church Service 11:00a Hymn's with Lyrics 1:00p Sunday Documentary - Butterflies 3:00p Event - Sunday Ice-Cream Social 4:00p Afternoon Stretches		10:00a Seated Gentle Chair Yoga 10:30a Engaged Senior: Trivia 11:00a Whiteboard - Category Game 12:30p Event - Columbus Day - History of Columbus Day Discussion and Word Puzzles 1:30p Deck of Cards BINGO! 3:30p Craft Hour: Fall Collage 5:30p Sensory Hour: Essential Oils		10:00a Gentle Chair Exercises 10:30a Memory Tiles Game 11:00a Game Time: Wheel of Fortune 12:30p Bingo for TREATS 2:00p LIVE Entertainment - Violin & Fun Trivia with Sandy Virga 3:30p Tuesday Indoor Bowling League 5:30p Sensory Hour: Hand Massages		10:00a Catholic Mass Today - with Communion 10:30a Get Fit with Legacy - Kristy 11:00a Engaged Senior: Venture 12:30p Remembering Hayrides - Slideshow & Sensory 1:30p Card Sharks - Uno 3:00p Travel brief - Destination: California Slideshow		10:00a Scarf Dancing 10:30a Engaged Senior - WordPeck 11:00a Pet Therapy - Aliyah & Dobby the Greyhound Visit 12:30p October - Pondering Prompts #1 1:30p BINGO BASH - Halloween Theme 3:00p Activity Connections: Who Sang It? Dolly Parton or Barbara Streisand 5:30p Sensory Hour - Relaxation Music		10:00a Disco Seated Workout 10:30a Passport to : Israel 12:30p Coloring by Numbers 1:30p Boardgame Afternoon - Sorry & Checkers 3:00p Movie Matinee & Popcorn - Ghostbusters 5:30p Sensory Hour: Meditation		9:00a Daily Chronicle - Paper & Chat 10:00a Exercise: Pool Noodle Exercises 10:30a Engaged Senior: Games 1:00p Bingo for Treats 2:30p Event - Sweetest Day - Cupcakes & Coloring 3:30p Saturday Sing-A-Longs	
19		20		21 DIWALI		22		23		24		25	
9:00a Daily Chronicle - Paper & Chat 10:00a Virtual Church Service 11:00a Hymn's with Lyrics 1:00p Sunday Classic Movie Matinee - A Star Is Born 3:00p Event - Sunday Ice-Cream Social 4:00p Afternoon Stretches		10:00a Pool Noodle Exercises 10:30a Engaged Senior: Trivia 11:00a Whiteboard - Category Game 1:30p Deck of Cards BINGO! 3:30p Craft Hour: Mini Pumpkin Decorating 5:30p Sensory Hour: Essential Oils		10:00a Gentle Chair Exercises 10:30a Memory Tiles Game 11:00a Game Time: Wheel of Fortune 1:30p Bingo for TREATS 3:00p MUSIC & Balloon Ball 5:30p Sensory Hour: Hand Massages		10:00a Catholic Mass Today - with Communion 10:30a Get Fit with Legacy - Kristy 11:00a Engaged Senior: Venture 1:30p Relaxation Music & Puzzles 3:00p Event - October Birthday's Celebration - Cake and Karaoke 5:30p Sensory Hour: Diffuser		10:00a Scarf Dancing 10:30a Words in a Word : Spooktacular 11:00a AC's Short Story - Dancing Thru Halloween 1:00p Craft - Q-tip Skeleton 2:00p Live Entertainment - Gary Richard 3:30p Card Sharks - UNO 5:30p Sensory Hour - Relaxation Music		10:00a Disco Seated Workout 10:30a Passport to : Romania 12:30p Coloring by Numbers 1:30p Outing - Crispelli's Bakery of Royal Oak 3:00p Classic Matinee and Popcorn 5:30p Sensory Hour: Meditation		9:00a Daily Chronicle - Paper & Chat 10:00a Exercise: Gentle Chair Exercises 10:30a Engaged Senior: Games 1:00p Bingo for Treats 2:30p Weekend Puzzles - Word Scrambles and Searches 3:30p Saturday Sing-A-Longs	
26		27		28		29		30		31 HALLOWEEN			
9:00a Daily Chronicle - Paper & Chat 10:00a Virtual Church Service 11:00a Hymn's with Lyrics 1:00p Sunday Documentary - The Great Depression 3:00p Event - Sunday Ice-Cream Social 4:00p Afternoon Stretches		10:00a Seated Gentle Chair Yoga 10:30a Engaged Senior: Trivia 11:00a Whiteboard - Category Game 12:30p Craft Hour: Autumn Wreath 1:30p Deck of Cards BINGO! 3:00p Live Entertainment - Marie Kravetz 5:30p Sensory Hour: Essential Oils		10:00a Gentle Chair Exercises 10:30a Memory Tiles Game 11:00a Game Time: Wheel of Fortune 12:30p October - Scavenger Hunt 1:30p Bingo for TREATS 3:00p MUSIC & Balloon Ball 5:30p Sensory Hour: Hand Massages		10:00a Catholic Mass Today - with Communion 10:30a Get Fit with Legacy - Kristy 11:00a Engaged Senior: Venture 1:00p Quirkle Game Fun 1:30p Card Sharks - Uno 2:30p Event : Tea Party 5:30p Sensory Hour: Diffuser		10:00a Scarf Dancing 10:30a Engaged Senior - WordPeck 11:00a Pet Therapy - Aliyah & Dobby the Greyhound Visit 1:00p October - Pondering Prompts #1 1:30p BINGO BASH - Halloween Theme 5:30p Sensory Hour - Relaxation Music		10:00a Halloween Chair Workout Dance 10:30a Hangman! Halloween Themed! 11:00a EZ Junk Drawer Detective - October 1:00p Friday Afternoon Stroll in Costume w/Rebecca 2:00p Halloween - Cookie Decorating! 2:30p Event - Halloween			