



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.

SARASOTA

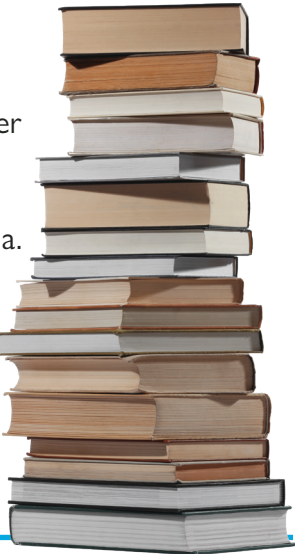
OCTOBER 2025

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 Night
- Scenic Drive
- Watercolor Painting w/ Carolyn
- Halloween Party!
- Pumpkin Painting
- Music with Alexandre
- Cooking Demo

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div>OCTOBER 2025</div>										LOCATION KEY			
										IFL 1 st Floor 2A 2 nd Floor Atrium 3A 3 rd Floor Atrium 3CR 3 rd Floor Card Room AR Activity Room ALF AL Front Desk ART Art Studio BG Butterfly Garden CR Card Room	DR Dining Room EM Empower Me FIT Fitness Center GA Garden Apartments LG Lakeside Gazebo LIB Library MCL MC Living Room MCD MC Dining Room	MTR Meeting Room NBR N. Breezeway OUT Outing PL Pool SBR S. Breezeway TBL The Bistro Lounge TGH The Great Hall VIL Villas	
BIRTHDAYS				01	02	YOM KIPPUR		03	04				
Residents:		Staff:		Leti C. - 10/24 Nongluck K. - 10/24 Roxy R. - 10/30 Helaine V. - 10/31	12:00a Yom Kippur 10:00a Balloon Toss AR 10:30a Word Search AR 2:00p B-I-N-G-O AR 3:00p Drum Circle AR 3:30p Wine Down Wednesday 1ST 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a Name Your Car Day 10:00a Up & At Em! AR 10:30a ABC Game AR 2:30p Quiz Time AR 3:30p Music Circle AR 7:00p Snack & Chat DR 7:30p Movie Night AR 7:30p Wind Down AR	12:00a World Smile Day 10:00a Morning Dance Party! AR 10:30a Trivia Time! AR 3:00p SingFit Prime AR 3:30p Join Us For Happy Hour! 1ST 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a National Golf Lovers Day 10:00a Weekend Workout AR 1:00p BINGO AR 2:30p Putt Putt Golf AR 3:30p ABC Game AR 7:00p Snack & Chat DR 7:30p Wind Down AR					
05	06	07	08	09	10	11							
12:00a World Teachers Day 10:00a Weekend Workout AR 11:00a Bible Study w/Carolyn 1:00p BINGO AR 2:30p Hallway Bowling AR 3:30p ABC Game AR 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a National Coaches Day 12:00a Sukkot 10:00a Morning Stretch AR 10:30a Arts And Crafts AR 2:30p Brain Teasers AR 3:30p Scenic Lake Drive OUT 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a World Cotton Day 10:00a Fun w/Detri @Legacy AR 10:00a Kickball AR 10:30a Quiz Time AR 2:00p Painting AR 3:30p Walking Club OUT 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a International Podiatry Day 10:00a Balloon Toss AR 10:30a Word Search AR 2:00p B-I-N-G-O AR 2:30p Music with Alexandre AR 3:00p Drum Circle AR 3:30p Wine Down Wednesday 1ST 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a Happy Family Night! 10:00a Up & At Em! AR 10:30a ABC Game AR 2:30p Sing A Long w/Alan! DR 2:30p Neon Glow Party AR 3:30p Music Circle AR 7:00p Snack & Chat DR 7:30p Movie Night AR 7:30p Wind Down AR	12:00a World Egg Day 10:00a Morning Dance Party! AR 10:30a Trivia Time! AR 3:00p SingFit Prime AR 3:30p Join Us For Happy Hour! 1ST 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a National Chess Day 10:00a Weekend Workout AR 1:00p BINGO AR 2:30p Putt Putt Golf AR 3:30p ABC Game AR 7:00p Snack & Chat DR 7:30p Wind Down AR							
12	13	INDIGENOUS PEOPLE'S DAY	14	15	16	17		18					
12:00a National Savings Day 10:00a Weekend Workout AR 11:00a Bible Study w/Carolyn 1:00p BINGO AR 2:30p Hallway Bowling AR 3:30p ABC Game AR 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a Navy Birthday 10:00a Morning Stretch AR 10:30a Watercolor Class with Carolyn AR 2:30p Brain Teasers AR 3:30p Scenic Lake Drive OUT 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a National Dessert Day 10:00a Fun w/Detri @Legacy AR 10:00a Kickball AR 10:30a Quiz Time AR 2:00p Humor & Song w/Lynne AR 2:00p Painting AR 3:30p Walking Club OUT 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a National Mushroom Day 10:00a Balloon Toss AR 10:30a Word Search AR 2:00p B-I-N-G-O AR 3:00p Drum Circle AR 3:30p Wine Down Wednesday 1ST 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a World Food Day 10:00a Up & At Em! AR 10:30a ABC Game AR 12:15p Cooking Demo DR 2:30p Quiz Time AR 3:30p Music Circle AR 7:00p Snack & Chat DR 7:30p Movie Night AR 7:30p Wind Down AR	12:00a National Pasta Day 10:00a Morning Dance Party! AR 10:30a Trivia Time! AR 3:00p SingFit Prime AR 3:30p Join Us For Happy Hour! 1ST 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a Sweetest Day 10:00a Weekend Workout AR 1:00p BINGO AR 2:30p Putt Putt Golf AR 3:30p ABC Game AR 7:00p Snack & Chat DR 7:30p Wind Down AR							
19	20	21	DIWALI	22	23	24		25					
12:00a National Make New Friends Day 10:00a Weekend Workout AR 11:00a Bible Study w/Carolyn 1:00p BINGO AR 2:30p Hallway Bowling AR 3:30p ABC Game AR 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a International Chef's Day 10:00a Morning Stretch AR 10:30a Arts and Crafts AR 2:30p Brain Teasers AR 3:30p Scenic Lake Drive OUT 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a National Reptile Day 10:00a Fun w/Detri @Legacy AR 10:00a Kickball AR 10:30a Quiz Time AR 2:00p Painting AR 3:30p Walking Club OUT 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a National Nut Day 10:00a Balloon Toss AR 10:30a Word Search AR 11:00a Joyride - Sign Up OUT 2:00p B-I-N-G-O AR 3:00p Drum Circle AR 3:30p Wine Down Wednesday 1ST 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a TV Talk Show Host Day 10:00a Up & At Em! AR 10:30a ABC Game AR 2:30p Quiz Time AR 3:30p Music Circle AR 7:00p Snack & Chat DR 7:30p Movie Night AR 7:30p Wind Down AR	12:00a National Bologna Day 10:00a Morning Dance Party! AR 10:30a Trivia Time! AR 3:00p SingFit Prime AR 3:30p Join Us For Happy Hour! 1ST 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a National Make A Difference Day 10:00a Weekend Workout AR 1:00p BINGO AR 2:30p Putt Putt Golf AR 3:30p ABC Game AR 7:00p Snack & Chat DR 7:30p Wind Down AR							
26	27	28	29	30	31	HALLOWEEN							
12:00a National Pumpkin Day 10:00a Weekend Workout AR 11:00a Bible Study w/Carolyn 1:00p BINGO AR 2:30p Hallway Bowling AR 3:30p ABC Game AR 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a National Black Cat Day 10:00a Morning Stretch AR 10:30a Watercolor Class with Carolyn AR 2:30p Brain Teasers AR 3:30p Scenic Lake Drive OUT 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a National Chocolate Day 10:00a Fun w/Detri @Legacy AR 10:00a Kickball AR 10:30a Quiz Time AR 2:00p Painting AR 3:30p Walking Club OUT 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a National Oatmeal Day 10:00a Balloon Toss AR 10:30a Word Search AR 2:00p B-I-N-G-O AR 3:00p Drum Circle AR 3:30p Wine Down Wednesday 1ST 7:00p Snack & Chat DR 7:30p Wind Down AR	12:00a National Candy Corn Day 10:00a Up & At Em! AR 10:30a ABC Game AR 2:30p Quiz Time AR 3:30p Music Circle AR 7:00p Snack & Chat DR 7:30p Movie Night AR 7:30p Wind Down AR	12:00a Happy Halloween!!! 12:30a National Caramel Apple Day 10:00a Morning Dance Party! AR 10:30a Trivia Time! AR 3:00p SingFit Prime AR 3:30p Join Us For Happy Hour! 1ST 7:00p Snack & Chat DR 7:30p Wind Down AR								