

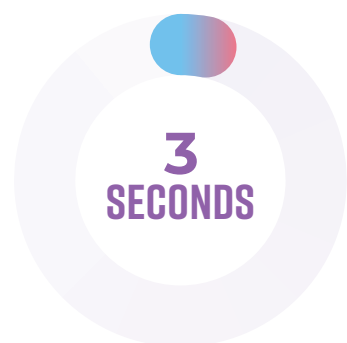
SUPPORTING RESIDENTS WITH CHANGING CONVERSATION ABILITIES

As memory changes progress, some residents may have trouble following conversations during social or recreational activities. They might trail off at the end of a question, respond with unrelated answers or simply smile and make light sounds instead of speaking. While these shifts can feel challenging for families and caregivers, they're often a natural part of the dementia journey—and meaningful connection is still very possible.

Residents may not always show clear signs of comprehension during greetings or invitations, yet they often continue to enjoy social interactions. Many will express themselves through facial expressions, gestures or tone of voice, reflecting warmth and engagement even when words are limited. Importantly, they may still seek companionship and benefit greatly from being included.

Our team members support residents by offering activities that connect to long-term memories and familiar skills, such as music or art. We use short, simple invitations, mirror emotions through our tone and expressions and celebrate every attempt at communication. Even when words fade, connection, joy and belonging remain—and we're honored to nurture those moments every day.

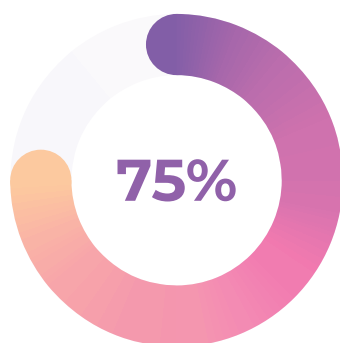
UNCOMMON & INSIGHTFUL DEMENTIA STATISTICS: GLOBAL TRENDS



About one new case of dementia occurs approximately **every 3 seconds** worldwide, underscoring the rapid global growth of the condition.



Over 60% of people with dementia **live in low- and middle-income countries**, and this proportion is expected to **rise to about 71% by 2050**.



Globally, **nearly 75% of dementia cases go undiagnosed**, with even higher underdiagnosis in some low-income regions.

LIVING WELL

MEMORY CARE EDITION.

SARASOTA

MARCH 2026

MY LIFE STORY ... SNAPSHOTS OF SUCCESS

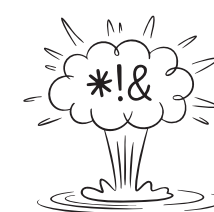
Pat, a resident at American House Kingsport, spent months unable to feed herself, a challenge that often left her quiet and discouraged. When the Memory Care team noticed this in Pat, they saw more than limitations—she saw Pat's spark.

Believing that independence can return in small, hopeful steps, Rebecca invited Pat to paint with her every day, before and after meals. The gentle rhythm of brushstrokes, color and conversation created a failure-free space where Pat could relax, laugh and slowly strengthen her hands again.

Over time, those joyful art sessions became moments of confidence. Today, Pat has proudly joined the community art group and, with renewed dexterity, lifts her utensils to enjoy her meals on her own. Her journey is a beautiful reminder that patience, creativity and compassionate care can open new doors.



UNDERSTANDING VERBAL OUTBURSTS



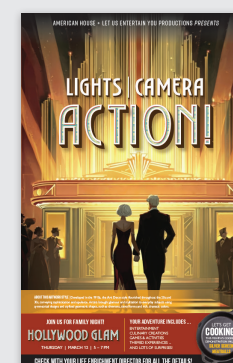
From time to time, residents living with dementia may express themselves through sudden episodes of cursing or harsh language. These outbursts can be spoken loudly or whispered under the breath and may appear unexpectedly in conversation.

While the words can feel startling, they're often a signal of frustration, discomfort or confusion, rather than intent to offend. Our team members observe when language is directed toward others and respond with patience and respect. We gently invite residents to pause, use friendlier conversation or step out with us to a quieter space. We ask simple, direct questions and warmly acknowledge cooperative or congenial replies, reinforcing positive interactions.

When behavior needs to be addressed, we do so in a matter-of-fact manner that avoids judgment. By focusing on dignity, reassurance and compassionate communication, we help residents feel heard while supporting a safe, caring community.

MARCH 2026 EVENTS

- St Patrick's Day Party
- Family Night - Hollywood Glam
- Pet Therapy
- Humor and Song w/Lynne
- Carol's Comedy Corner
- Singalong w/Alan S.
- Cooking Demonstration



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

March 2026

LOCATION KEY					
IFL	1 st Floor	DR	Dining Room	MTR	Meeting Room
2A	2 nd Floor Atrium	FIT	Fitness Center	NBR	N. Breezeway
3A	3 rd Floor Atrium	GA	Garden Apartments	OUT	Outing
3CD	3 rd Floor Card Room	LG	Lakeside Gazebo	PL	Pool
AR	Activity Room	LIB	Library	SBR	S. Breezeway
ALF	AL Front Desk	LHS	Legacy Healthcare Services	TBL	The Bistro Lounge
ART	Art Studio	MCD	MC Dining Room	TGH	The Great Hall
BG	Butterfly Garden	MCL	MC Living Room	VIL	Villas
CR	Card Room				

01	PEANUT BUTTER LOVERS DAY	02	READ ACROSS AMERICA DAY	03	WORLD WILDLIFE DAY	04	NATIONAL GRAMMAR DAY	05	NATIONAL OREO COOKIE DAY	06	NATIONAL DRESS IN BLUE DAY	07	NATIONAL CEREAL DAY							
10:00a	Sunday Stretch	AR	10:00a	Monday Funday Aerobics	AR	10:00a	Get Active w/Legacy	AR	10:00a	Balloon Toss	AR	10:00a	Up & At Em!	AR	10:00a	Morning Dance Party!	AR	10:00a	Movin' And Groovin'	AR
11:00a	Bible Study w/Carolyn	AR	10:30a	Arts And Crafts	AR	10:00a	Kickball	AR	10:30a	Word Search	AR	10:30a	ABC Game	AR	10:30a	Trivia Time!	AR	1:00p	BINGO	AR
1:00p	BINGO	AR	2:30p	Brain Teasers	AR	10:30a	Quiz Time	AR	1:30p	Carol's Comedy Corner	AR	2:30p	Quiz Time	AR	3:00p	SingFit Prime	AR	2:30p	Putt Putt Golf	AR
2:30p	Hallway Bowling	AR	3:30p	Scenic Lake Drive	OUT	2:00p	Painting	AR	2:00p	B-I-N-G-O	AR	3:30p	Music Circle	AR	3:30p	Join Us For Happy Hour!	1ST	3:00p	Love & Laughter	AR
3:30p	ABC Game	AR	6:00p	Classic Cinema	AR	3:30p	Walking Club	OUT	3:00p	Drum Circle	AR	7:00p	Snack & Chat	DR	6:00p	Classic Cinema	AR	3:30p	ABC Game	AR
7:00p	Snack & Chat	DR	7:00p	Snack & Chat	DR	7:00p	Snack & Chat	DR	3:30p	Wine Down Wednesday	1ST	7:30p	Movie Night	AR	7:00p	Snack & Chat	DR	7:00p	Snack & Chat	DR
7:30p	Wind Down	AR	7:30p	Wind Down	AR	7:30p	Wind Down	AR	7:00p	Snack & Chat	DR	7:30p	Wind Down	AR	7:30p	Wind Down	AR	7:30p	Wind Down	AR
08	DAYLIGHT SAVING TIME	09	NATIONAL MEATBALL DAY	10	NATIONAL NAPPING DAY	11	NATIONAL PROMPOSAL DAY	12	FAMILY NIGHT - HOLLYWOOD GLAM PARTY	13	NATIONAL GOOD SAMARITAN DAY	14	PI DAY							
10:00a	Sunday Stretch	AR	10:00a	Monday Funday Aerobics	AR	10:00a	Get Active w/Legacy	AR	10:00a	Up & At Em!	AR	10:00a	Morning Dance Party!	AR	10:00a	Movin' And Groovin'	AR			
11:00a	Bible Study w/Carolyn	AR	10:30a	Watercolor Class with Carolyn	AR	10:00a	Kickball	AR	10:30a	Word Search	AR	10:30a	Trivia Time!	AR	1:00p	BINGO	AR			
1:00p	BINGO	AR	2:30p	Brain Teasers	AR	10:30a	Quiz Time	AR	1:30p	Carol's Comedy Corner	AR	2:30p	Sing A Long w/Alan!	DR	2:30p	Putt Putt Golf	AR			
2:30p	Hallway Bowling	AR	3:30p	Scenic Lake Drive	OUT	2:00p	Painting	AR	2:30p	Humor & Song w/Lynne	AR	3:30p	Music Circle	AR	3:00p	Love & Laughter	AR			
3:30p	ABC Game	AR	6:00p	Classic Cinema	AR	2:00p	Walking Club	OUT	2:30p	Music with Alexandre	AR	4:00p	Hollywood Glam Party	AR	6:00p	ABC Game	AR			
7:00p	Snack & Chat	DR	7:00p	Snack & Chat	DR	3:30p	Snack & Chat	DR	3:00p	Drum Circle	AR	7:00p	Snack & Chat	DR	7:00p	Snack & Chat	DR			
7:30p	Wind Down	AR	7:30p	Wind Down	AR	7:00p	Snack & Chat	DR	3:30p	Wine Down Wednesday	1ST	7:30p	Movie Night	AR	7:30p	Wind Down	AR			
15	NATIONAL POISON PREVENTION WEEK	16	WORLD SOCIAL WORK DAY	17	ST. PATRICK'S DAY	18	NATIONAL BIODIESEL DAY	19	NATIONAL LET'S LAUGH DAY	20	EID AL-FITR	21	WORLD POETRY DAY							
10:00a	Sunday Stretch	AR	10:00a	Monday Funday Aerobics	AR	10:00a	Get Active w/Legacy	AR	10:00a	Up & At Em!	AR	10:00a	Morning Dance Party!	AR	10:00a	Movin' And Groovin'	AR			
11:00a	Bible Study w/Carolyn	AR	10:30a	Arts and Crafts	AR	10:00a	Kickball	AR	10:30a	Word Search	AR	10:30a	Trivia Time!	AR	1:00p	BINGO	AR			
1:00p	BINGO	AR	2:30p	Brain Teasers	AR	10:30a	Quiz Time	AR	1:30p	Carol's Comedy Corner	AR	12:15p	Cooking Demo	DR	2:30p	Putt Putt Golf	AR			
2:30p	Hallway Bowling	AR	3:30p	Scenic Lake Drive	OUT	2:00p	Painting	AR	2:00p	B-I-N-G-O	AR	2:30p	Quiz Time	AR	3:00p	Love & Laughter	AR			
3:30p	ABC Game	AR	6:00p	Classic Cinema	AR	3:30p	St Patrick's Day Party	AR	3:00p	Drum Circle	AR	3:30p	Music Circle	AR	3:30p	ABC Game	AR			
7:00p	Snack & Chat	DR	7:00p	Snack & Chat	DR	7:00p	Snack & Chat	DR	3:30p	Wine Down Wednesday	1ST	7:00p	Snack & Chat	DR	7:00p	Snack & Chat	DR			
7:30p	Wind Down	AR	7:30p	Wind Down	AR	7:30p	Wind Down	AR	7:00p	Snack & Chat	DR	7:30p	Movie Night	AR	7:30p	Wind Down	AR			
22	WORLD WATER DAY	23	NATIONAL PUPPY DAY	24	NATIONAL COCKTAIL DAY	25	INTERNATIONAL WAFFLE DAY	26	NATIONAL SPINACH DAY	27	WORLD THEATER DAY	28	RESPECT YOUR CAT DAY							
10:00a	Sunday Stretch	AR	10:00a	Monday Funday Aerobics	AR	10:00a	Get Active w/Legacy	AR	10:00a	Up & At Em!	AR	10:00a	Morning Dance Party!	AR	10:00a	Movin' And Groovin'	AR			
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1:00p	BINGO	AR	2:30p	Brain Teasers	AR	10:30a	Quiz Time	AR	11:00a	Joyride - Sign Up	OUT	2:30p	SingFit Prime	AR	2:30p	Putt Putt Golf	AR			
2:30p	Hallway Bowling	AR	3:30p	Scenic Lake Drive	OUT	2:00p	Painting	AR	1:30p	Carol's Comedy Corner	AR	3:30p	Join Us For Happy Hour!	1ST	3:00p	Love & Laughter	AR			
3:30p	ABC Game	AR	6:00p	Classic Cinema	AR	3:30p	Walking Club	OUT	2:00p	B-I-N-G-O	AR	6:00p	Classic Cinema	AR	3:30p	ABC Game	AR			
7:00p	Snack & Chat	DR	7:00p	Snack & Chat	DR	7:00p	Snack & Chat	DR	3:00p	Drum Circle	AR	7:00p	Snack & Chat	DR	7:00p	Snack & Chat	DR			
7:30p	Wind Down	AR	7:30p	Wind Down	AR	7:30p	Wind Down	AR	3:30p	Wine Down Wednesday	1ST	7:30p	Movie Night	AR	7:30p	Wind Down	AR			
29	PALM SUNDAY	30		31																
10:00a	Sunday Stretch	AR	10:00a	Monday Funday Aerobics	AR			10:00a	Get Active w/Legacy	AR	Staff:	Lisandra M. 3/24	Residents:							
11:00a	Bible Study w/Carolyn	AR	2:30p	Brain Teasers	AR	10:00a	Kickball	AR		Elisia D. 3/28										
1:00p	BINGO	AR	3:30p	Scenic Lake Drive	OUT	10:30a	Quiz Time	AR	Silvana J. 3/5	Karen Z. 3/31	Michael F. 3/13									
2:30p	Hallway Bowling	AR	6:00p	Classic Cinema	AR	2:00p	Painting	AR	Rosa H. 3/6		Judy B. 3/15									
3:30p	ABC Game	AR	7:00p	Snack & Chat	DR	3:30p	Walking Club	OUT	Maylena R. 3/6											
7:00p	Snack & Chat	DR	7:30p	Wind Down	AR	7:00p	Snack & Chat	DR	Yuriet M. 3/10											
7:30p	Wind Down	AR			AR	7:30p	Wind Down	AR												

All activities subject to change.