



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!

EVERY MOMENT TELLS A STORY



LIVING WELL MEMORY CARE EDITION.

ST. PETERSBURG MC

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

- Ice Cream Truck Visit 10/7
- Prize Bingo
- Cooking Demo
- Jammin With Jamie
- Pet Therapy with Cooper
- Family Night
- Rocking with Rick
- Halloween Party
- Talent Show
- Karaoke With Jay!



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY																																												
<div>October 2025</div>												LOCATION KEY																																																		
												ALD	AL Dining	LIB	Library	MCL	Memory Care	TV	TV																																											
												ALF	AL Front Desk	L	Lounge		Living Room		Area																																											
												ALL	AL Living Room	MS	Malt Shoppe	MPR	Multipurpose																																													
ART	Art Studio	MCA	Memory Care		Room																																																									
FD	Front Desk		Activity Room	O	Outside																																																									
ILD	IL Dining	MCD	Memory Care	PL	Pool																																																									
ILF	IL Front Desk		Dining Room	THR	Theater																																																									
BIRTHDAYS						01			02			YOM KIPPUR			03			04																																												
David H. 10/25 Barbara G. 10/25						9:30a 12:15p 1:30p 5:15p			Jammin with Jamie Courtyard Cruise BINGO! Movie			MCA MCA MCD MCL			9:30a 10:30a 12:15p 1:15p 3:15p 5:30p			Move to the music Board Games Courtyard Cruise Mani's & Mocktails Engaged Seniors Wind Down with Music			MCA MCA MCA MCA MCA MCL			9:30a 12:15p 2:00p 3:15p 5:30p			Chair Exercises Courtyard Cruise Happy Hour: Snacks & Spritzers Engaged Senior Movie Time			MCA MCA MCD MCA MCL			9:30a 10:30a 12:15p 1:15p 2:15p 3:15p 5:30p			Name 10 Morning Mingle Courtyard Cruise Crafts With Abby BINGO! Pick Your Game Wind Down with Music			MCA MCD MCA MCL MCD MCD MCL																							
05			06			07			08			09			10			11																																												
9:30a 10:30a 11:00a Cooper 12:15p 1:00p 2:00p 3:00p 5:30p			Chair Exercises Morning Mingle Pet Therapy With Abby And Courtyard Cruise Gospel Hymns Finish the Lyrics BLURT Wind Down with Music			MCL MCD MCA MCA MCL MCL MCA MCA MCL			9:30a 10:30a 12:15p 1:15p 2:15p 5:30p			Name 10 Legacy Activity's Courtyard Cruise Move to the Music Engaged Seniors Movie Time			MCA MCA MCA MCL MCL MCL			10:30a 12:00p 12:15p 1:15p 2:00p 5:30p			IN2L Games Ice Cream Truck Visit Courtyard Cruise Hand Massages Pick Your Game Wind Down with Music			MCL MCA MCL MCL MCD MCL			9:30a 12:15p 1:30p 3:00p 5:15p			Jammin with Jamie Courtyard Cruise BINGO! Scenic Drive Movie			MCA MCA MCD MCD ALF MCL			9:30a 10:30a 12:15p 2:00p 4:00p 5:30p			Move to the music Board Games Courtyard Cruise Neon Glow Happy Hour Family Dinner Wind Down with Music			MCA MCA MCA MCD DR MCL			9:30a 12:15p 2:00p 3:15p 5:30p			Chair Exercises Courtyard Cruise Cake Decorating! Engaged Senior Movie Time			MCA MCA MCD MCA MCL			9:30a 10:30a 12:15p 1:15p 2:15p 3:15p 5:30p			Name 10 Morning Mingle Courtyard Cruise Sail the day away Craft- Columbus Day Craft BINGO! Pick Your Game Wind Down with Music			MCA MCD MCA MCL MCD MCD MCL		
12			13			INDIGENOUS PEOPLE'S DAY			14			15			16			17			18																																									
9:30a 10:30a 11:00a 12:15p 1:00p 2:00p 3:00p 5:30p			Pet Therapy With Abby and Morning Mingle Craft Time Courtyard Cruise Gospel Hymns Finish the Lyrics BLURT Wind Down with Music			MCL MCL MCD MCA MCA MCL MCA MCA MCL			9:30a 10:30a 12:15p 1:15p 2:15p 5:30p			Name 10 Legacy Activity's Courtyard Cruise Move to the Music Columbus Day Activity! Movie Time			MCA MCA MCA MCL MCL MCL			10:30a 12:15p 1:15p 2:00p 2:00p 5:30p			IN2L Games Courtyard Cruise Hand Massages Noodle Ball St. Jude's Mass Wind Down with Music			MCL MCA MCL MCD THR MCL			9:30a 12:15p 1:30p 3:00p 5:15p			Jammin with Jamie Courtyard Cruise BINGO! Scenic Drive Movie			MCA MCA MCD MCD ALF MCL			9:30a 10:30a 12:15p 1:15p 3:15p 5:30p			Move to the music Board Games Courtyard Cruise Mani's & Mocktails Engaged Seniors Wind Down with Music			MCA MCA MCA MCA MCA MCL			9:30a 12:15p 2:00p 3:15p 5:30p			Chair Exercises Courtyard Cruise Patio Pals: Ice Tea and Tales. Happy Hour: Snacks & Spritzers Engaged Senior Movie Time			MCA MCA MCA MCD MCA MCL			9:30a 10:30a 12:15p game. 1:15p 2:15p 3:15p 5:30p			Name 10 Morning Mingle Nothing Rhymes with ORANGE game. IN2L Comedy Hour BINGO! Pick Your Game Wind Down with Music			MCA MCD MCA MCL MCD MCD MCL		
19			20			21			DIWALI			22			23			24			25																																									
9:30a 10:00a Cooper 10:30a 12:15p 1:00p TV 2:00p 3:00p			Chair Exercises Pet Therapy With Abby and Morning Mingle Courtyard Cruise Sunday Morning Church on Finish the Lyrics BLURT			MCL MCD MCA MCA MCL MCA MCA			9:30a 10:30a 12:15p 2:00p 5:30p			Name 10 Legacy Activity's Courtyard Cruise October Birthday Party With Jay! Movie Time			MCA MCA MCA MCL MCL			10:30a 12:15p 1:15p 2:00p 5:30p			IN2L Games Courtyard Cruise Hand Massages National Apple Day- Make Apple Sauce Muffins Wind Down with Music			MCL MCA MCL MCD MCL			9:30a 12:15p 1:30p 3:00p 5:15p			Jammin with Jamie Courtyard Cruise BINGO! Destination Drive With Comfort- Culver's Movie			MCA MCA MCD ALF MCL			9:30a 10:30a 12:15p 1:00p 2:30p 3:15p 5:30p			Move to the music Board Games Courtyard Cruise Mani's & Mocktails Memory Care Talent Show- With American House Staff Engaged Seniors Wind Down with Music			MCA MCA MCA MCA MCL MCA MCL			9:30a 12:15p 2:00p 3:15p 5:30p			Chair Exercises Courtyard Cruise Happy Hour: Snacks & Spritzers Engaged Senior Movie Time			MCA MCA MCD MCA MCL			9:30a 10:30a 12:15p 1:15p 2:15p 5:30p			Name 10 Morning Mingle Courtyard Cruise Moving With Pumpkins- Exercise Class BINGO! Wind Down with Music			MCA MCD MCA MCL MCD MCL		
26			27			28			29			30			31			HALLOWEEN																																												
9:30a 10:30a 11:00a 12:15p 1:00p 2:00p 3:00p 5:30p			Chair Exercises Morning Mingle Church Service On TV Courtyard Cruise Gospel Hymns Pray In Color- Coloring Therapy BLURT Wind Down with Music			MCL MCD MCA MCA MCL MCA MCA MCL			9:30a 10:30a 12:15p 2:15p 3:15p 5:30p			Name 10 Legacy Activity's Courtyard Cruise Engaged Seniors Move To The Music Movie Time			MCA MCA MCA MCL MCA MCL			10:30a 12:15p 1:15p 2:00p 3:00p 5:30p						IN2L Games Courtyard Cruise Hand Massages Sundae Social Pick Your Game Wind Down with Music			MCL MCA MCL MCD MCD MCL			9:30a 12:15p 1:00p 3:00p 5:15p			Jammin with Jamie Courtyard Cruise BINGO! Scenic Drive Movie			MCA MCA MCD ALF MCL			9:30a 10:30a 12:15p 1:15p 3:15p 5:30p			Move to the music Board Games Courtyard Cruise Mani's & Mocktails Engaged Seniors Wind Down with Music			MCA MCA MCA MCA MCA MCL			9:30a 12:15p 2:00p 3:15p 5:30p			Chair Exercises Courtyard Cruise Happy Halloween Party Engaged Senior Movie Time			MCA MCA MCD MCA MCL								