



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.

TOWN AND COUNTRY MEMORY CARE

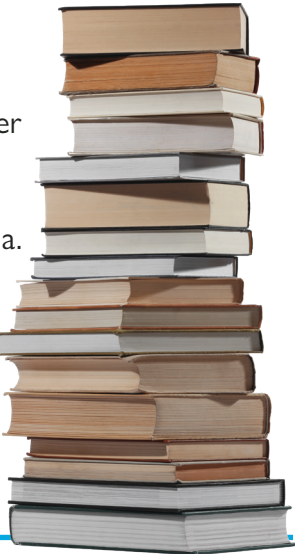
OCTOBER 2025

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

- 10/1 International Coffee Day
- 10/3 National Boyfriend Day
- 10/4 National Taco Day
- 10/11 National Chess Day
- 10/13 Columbus Day
- 10/16 Boss Day
- 10/18 Chocolate Cup Cake Day
- 10/31 Halloween

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
<div>OCTOBER 2025</div>															LOCATION KEY					
															<div>2B 2nd Floor Bistro</div> <div>3FA 3rd Floor Activity Room</div> <div>3LB 3rd Floor Library</div>			<div>MCB Memory Care Bistro</div> <div>MCD Memory Care Dining Room</div> <div>THR Theatre</div>		
BIRTHDAYS						01			02			YOM KIPPUR			03			04		
Ron J. 10/7 Marilyn G. 10/15 Alice J. 10/23									10:30a 100 Exercise MCB 11:00a Daily Chronicles MCB 11:30a Way Back Wednesday MCB 2:00p Markers,Pens,Clrd Pencils MCB 4:30p Beaded Name Chain MCB 7:00p Classic Movie MCB			10:30a Fitness Trivia MCB 11:00a Daily Chronicles MCB 11:30a UNO Cards MCB 2:00p Hot Coco & Conversation MCB 4:00p Happy Hour 2B 7:00p Leave it to Beaver MCB			10:30a California Chair Workout MCB 11:00a Daily Chronicles MCB 11:30a Checkers MCB 2:00p Glow Shirts MCB 4:30p Balloon Valley Ball MCB 7:00p Golden Girls MCB			10:30a Exercise for Seniors MCB 11:00a Daily Chronicles MCB 11:30a Baking with Staff MCB 2:00p Figure of Speech MCB 4:30p Bridge/Gin Rummy MCB 7:00p Movie and Snacks MCB		
05			06			07			08			09			10			11		
10:30a Sunday Stretch MCB 11:00a Daily Chronicles MCB 11:30a Mass on TV MCB 2:00p Spelling Bee MCB 4:30p WWho am I? MCB 7:00p 7th Heaven MCB			10:30a Bee Gees Work Out MCB 11:00a Daily Chronicles MCB 11:30a Painting Glow Vases MCB 2:00p Spa Day-Nails MCB 4:30p Trivia with Seniors MCB 7:00p Family Movie MCB			10:30a Empowerment Exercise MCB 11:00a Daily Chronicles MCB 11:30a Baking with Staff MCD 2:00p Jigsaw puzzle MCB 4:30p Lets Chat Cards MCB 7:00p I Love Lucy MCB			10:30a 100 Exercise MCB 11:00a Daily Chronicles MCB 11:30a Way Back Wednesday MCB 2:00p Markers,Pens,Clrd Pencils MCB 4:30p Eyes on a Frame MCB 7:00p Classic Movie MCB			10:30a Fitness Trivia MCB 11:00a Daily Chronicles MCB 11:30a UNO Cards MCB 2:00p Trivia w Empowerment MCB 4:00p Happy Hour 2B 7:00p Leave it to Beaver MCB			10:30a California Chair Workout MCB 11:00a Daily Chronicles MCB 11:30a Checkers MCB 2:00p Indoor Golf MCB 4:30p Balloon Valley Ball MCB 7:00p Golden Girls MCB			10:30a Exercise for Seniors MCB 11:00a Daily Chronicles MCB 11:30a Baking with Staff MCB 2:00p Figure of Speech MCB 4:30p Bridge/Gin Rummy MCB 7:00p Movie and Snacks MCB		
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26			27			28			29			30			31 HALLOWEEN			<div></div>		
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