

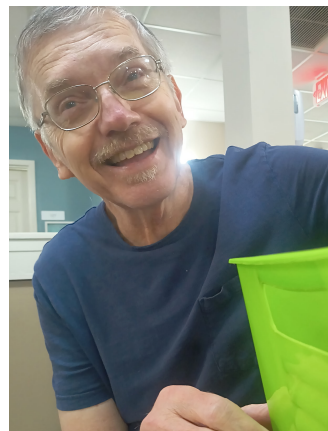
HOW DO I TAKE CARE OF MYSELF?

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



QUICK LINKS

LIVING WELL

MEMORY CARE EDITION.

WEST KNOXVILLE

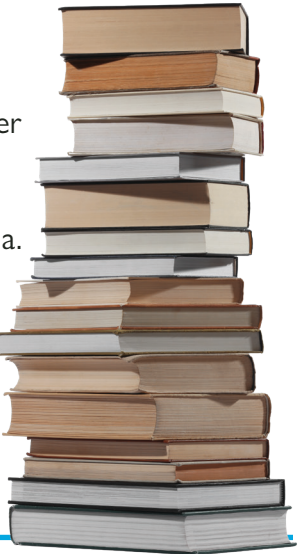
OCTOBER 2025

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

- Breast Cancer Awareness
- Pumpkin Patch
- Family Night- Neon Party
- Scenic Drive
- Shopping Shuttle
- Pumpkin Decorating Contest
- Thank a First Responder
- Dance Party



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY																	
<div><div></div><div>OCTOBER 2025</div></div>															LOCATION KEY																				
															AR Activity Room			LIB Library			THR Theater														
															CHP Chapel			LO Lobby																	
															DR Dining Room			MC Memory Care																	
															FLR Florida Room			MCL Memory Care Living Room																	
FD Front Desk			OUT Outing																																
GR Game Room			O Outside																																
LR Living Room			PAT Patio																																
BIRTHDAYS									01			02			YOM KIPPUR			03			04														
Alice M. 10/18									8:00a Breast Cancer Awareness Month			9:30a Prayer Requests and Gospel Hour			10:00a Devotions			MC			10:00a Devotions			MC											
									10:00a Fall Painting			AR			AR			11:00a Volley Ball			MC			11:00a Parachute Party			MC								
									10:30a Balloon Bop			AR			11:00a Trivia			MC			1:00p Art With Friends			MC											
									11:30a Guess That Tune			MC			11:30a Balloon Bop			MC			2:00p Happy Hour- Cliff Jestice			LO			2:00p Movie Madness			MC					
									1:00p Art With Friends			MC			1:00p Shooting Hoops with Friends			AR			3:00p Ask Your Neighbor			MC			3:00p Trivia			MC					
									2:00p Garden Gossip			MC			2:00p Movie Madness			MC																	
									3:00p Farkle			MC																							
05			06			07			08			09			10			11																	
10:00a Balloon Bop			MC			12:00a National Noodle Day			9:00a Engaged Senior Activity			AR			9:30a Prayer Requests and Gospel Hour			10:00a Devotions			MC			10:00a Devotions			MC								
11:00a Devotions			MC			10:30a Devotions			MC			10:00a Devotions			OUT			AR			MC			11:00a Parachute Party			MC								
1:00p Puzzle Party			MC			11:00a Volley Ball			MC			10:30a Balloon Bop			AR			10:00a Documentary and Snacks			LO			11:30a Trivia			MC								
2:00p Sunday Church Service			CHP			1:00p Farkle			MC			1:00p Art With Friends			MC			11:30a Balloon Bop			MC			1:00p Pumpkin Patch			OUT								
3:00p Coloring Connections			MC			2:00p Crafting Corner			AR			2:00p Match Game			MC			1:00p Hangman			MC			4:00p Slow Down Friday			MC								
						3:00p Board Games			MC									3:00p Popcorn Party			MC														
															5:00p Family Night- Neon Glow Party			LO																	
12			13 INDIGENOUS PEOPLE'S DAY			14			15			16			17			18																	
10:00a Balloon Bop			MC			10:30a Pet Therapy with Howdy!			LR			9:00a Engaged Senior Activity			AR			9:30a Prayer Requests and Gospel Hour			10:00a Devotions			MC			10:00a Shadow Boxes for MC			MC					
11:00a Devotions			MC			10:30a Devotions			MC			8:00a Breakfast With the Gang			OUT			AR			MC			11:00a Basketball			MC			11:00a Parachute Party			MC		
1:00p Puzzle Party			MC			11:00a Balloon Bop			MC			10:30a Balloon Bop			AR			10:30a Balloon Bop			MC			1:00p Water Pong Hat Game			LO			1:00p Art Class			MC		
2:00p Sunday Church Service			CHP			1:30p Pumpkin Painting with a twist			AR			1:00p Guess That Rock Song			MC			10:30a Match game			MC			1:00p Bake With Us!			AR			2:00p Games with the gang			MC		
3:00p UNO			MC			3:00p Pong Hat Game			MC			2:00p Resident Birthday Party- No Name			LO			1:00p Resident Council/Menu Chat			CHP			2:00p Apple Cider Social - Live Music			LR			3:00p Trivia			MC		
						4:00p Jewish Day School Visit			LO			3:00p Farkle			MC			2:00p Cooking Demo			AR														
19			20			21 DIWALI			22			23			24			25																	
10:00a Balloon Bop			MC			10:30a Devotions			MC			9:30a Shopping Shuttle			OUT			9:30a Prayer Requests and Gospel Hour			10:00a Devotions			MC			10:00a Devotions			MC					
11:00a Devotions			MC			11:00a Balloon Bop			MC			11:30a Board Games and Puzzles			LO			AR			MC			11:00a Volley Ball			MC			11:00a Parachute Party			MC		
1:00p Puzzle Party			MC			1:00p Pumpkin Decorating Contest!			LO			1:00p Nerf War			MC			11:00a Devotions			MC			1:00p Ice Cream Social			LO			1:00p Art Class			MC		
2:00p Sunday Church Service			CHP			2:00p Hocus Pocus Happy Hour			LR			2:00p Match That Pumpkin			MC			11:30a Balloon Bop			MC			2:00p Monster Pong			GR			2:00p Board Games			MC		
3:00p Fellowship With Friends			MC			3:00p Witch Hat Ring Toss			LR			3:00p Karaoke Hour			MC			1:00p Rumi Game			MC			3:00p Match The Monster			MC			3:00p Trivia			MC		
																		2:00p Crafting Corner			AR														
																		3:00p Candy Corn Bar- Smoky Mountain			LO														
																		Variety Show																	
26			27			28			29			30			31 HALLOWEEN			<div><div></div><div></div></div>																	
10:00a Balloon Bop			MC			8:00a National Occupational Therapy			10:00a Devotions			MC			9:00a Scarf Exercise						LR			8:00a Morning News			MC								
11:00a Devotions			MC			Day			11:00a Parachute Party			MC			10:00a Devotions						MC			9:00a Shopping Shuttle			OUT								
1:00p Puzzle Party			MC			10:00a Devotions			MC			1:00p Manicures			AR						11:30a Balloon Bop			MC			1:00p Halloween Costume Contest			LO					
2:00p Sunday Church Service			CHP			10:30a Giving back to our First Responders			AR			2:00p Guess that Candy Bar- National Chocolate Day			AR						1:30p Karaoke Hour			THR			1:00p Halloween Party			LO					
3:00p Fellowship With Friends			MC			11:00a Volley Ball			MC			3:00p Appetite /Appetizers			MC			3:00p Cup Game			MC			3:00p Fellowship With Friends			MC								
						1:00p Cooking Class			MC																										
						2:00p Election Committee- City General			LR																										