



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.

WILDWOOD VILLAGE

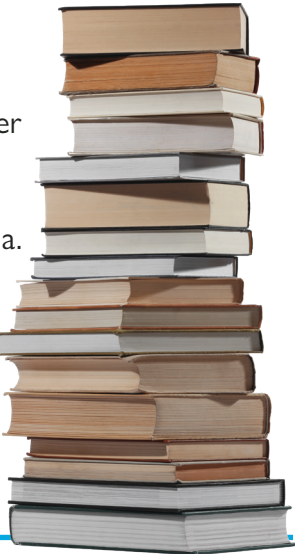
OCTOBER 2025

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 10/9 4-6P
- Scenic Drive 10/8
- Scenic Drive 10/22
- Robert Row Music 10/22
- Halloween 10/31
- Sue T.'s Birthday 10/14
- Community Trunk or Treat TBD



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div>October 2025</div>										LOCATION KEY			
										<b>2BL</b> 2 <sup>nd</sup> Floor Balcony <b>AR</b> Activity Room <b>B</b> Bistro <b>DR</b> Dining Room <b>DRP</b> Dining Room Patio <b>FIT</b> Fitness Center		<b>MCD</b> Memory Care Dining <b>MCL</b> Living Room <b>MCP</b> Memory Care Patio <b>MPD</b> Memory Care Private Dining Room <b>OUT</b> Outing	
BIRTHDAYS						01	02	YOM KIPPUR		03	04		
Susan T. 10/14						9:00a 10:00a 11:00a 1:00p 2:00p 5:00p	Good News Network Exercise: Chair Yoga Hair Day- Curls for the Girls <b>AR</b> Travelogue: Happy Hour- Apple Cider Color & Connect	9:00a 10:00a 11:00a 1:30p 3:00p	Good News Network Stretching Club Senior Sing Alongs Daily Devotional <b>AR</b> Guess the Sound- Spooky Edition	9:00a 9:30a 10:00a 2:00p 4:00p 6:00p	Good News Network Balloon Toss Manicures Spooky Movie Club and Popcorn Concert Series Watch Party <b>MCL</b> Hand Massages	9:00a 10:00a 1:30p 3:00p	Good News Network Weekend Workout Coffee & Conversations Life Station Exploration
05		06		07		08		09		10		11	
9:00a 10:00a 10:30a 2:30p 3:00p 3:30p	Good News Network Weekend Workout St.Alben Roe Church <b>AR</b> Sunday Gentle Music Life Station Exploration Sports Station: Baseball Highlights	9:00a 10:00a 11:00a 1:30p 2:00p 3:00p	Good News Network Morning Flow on the Patio Family Feud <b>AR</b> Library: Tales Between the Shelves <b>AR</b> The Adams Family Movie and Snack <b>AR</b> Cookie Baking- Halloween Cutouts <b>MCD</b>	9:00a 10:00a 11:30a 2:00p 3:00p 6:00p	Good News Network Book Club- Read Alongs <b>AR</b> Puzzle Club <b>MCL</b> Craft Time: Fall Craft <b>MCD</b> Hand Massages	9:00a 10:00a 11:00a 1:00p 2:00p 5:00p	Good News Network Exercise: Chair Yoga Hair Day- Curls for the Girls <b>AR</b> Travelogue Video and Discussion Happy Hour with Mocktails Color & Connect	9:00a 9:30a 10:30a 10:30a 1:30p 2:00p 4:00p	Good News Network Noodle Volleyball Music Therapy with Kelly Music Trivia <b>AR</b> Daily Devotional Sip and Paint Family Night	9:00a 9:30a 10:00a 2:00p 4:00p 6:00p	Good News Network Balloon Toss Manicures Spooky Movie Club and Popcorn Concert Series Watch Party <b>MCL</b> Hand Massages	9:00a 10:00a Praise 10:00a 11:30a 1:30p 3:00p	Good News Network TV Service: Sunday Morning  Weekend Workout Puzzle Club Coffee & Conversations Life Station Exploration
12		13 INDIGENOUS PEOPLE'S DAY		14		15		16		17		18	
9:00a 10:00a 10:30a 11:30a 2:30p 3:00p	Good News Network Weekend Workout St.Alben Roe Church <b>AR</b> Junk Drawer Detective Sunday Gentle Music Life Station Exploration	9:00a 10:00a 11:00a 1:00p 2:00p 3:00p	Good News Network Morning Flow on the Patio Family Feud <b>AR</b> Fall Craft Hour <b>AR</b> Halloween Bingo <b>AR</b> Wicked Movie <b>MCD</b>	9:00a 10:00a 10:30a 11:00a 1:30p 6:00p	Good News Network Book Club Read Aloud <b>AR</b> Hot Potato <b>MCL</b> Trivia: Random Facts Baking Class- Pumpkin Muffins <b>AR</b> Hot Tea and Relaxing Music	9:00a 10:00a 11:00a 1:00p 2:00p (NA) 5:00p	Good News Network Exercise: Chair Yoga Hair Day- Curls for the Girls <b>AR</b> Travel Video and Discuss Happy Hour with Pina Coladas  Color & Connect	9:00a 10:00a 11:00a 1:30p 3:00p 5:00p	Good News Network Stretching Club Senior Sing Alongs <b>AR</b> Daily Devotional Spa Day Sip and Paint	9:00a 9:30a 10:00a 2:00p 4:00p 6:00p	Good News Network Balloon Toss Manicures Spooky Movie Club and Popcorn Concert Series Watch Party <b>MCL</b> Hand Massages	9:00a 10:00a 11:30a 1:30p 3:00p	Good News Network Weekend Workout Puzzle Club Coffee & Conversations Life Station Exploration
19		20		21 DIWALI		22		23		24		25	
9:00a 10:00a 10:30a 2:30p 3:00p 3:30p	Good News Network Weekend Workout St.Alben Roe Church <b>AR</b> Sunday Gentle Music Life Station Exploration Sports Station: Baseball Highlights	9:00a 10:00a 11:00a 1:30p Shelves 2:00p Snack 2:00p	Good News Network Morning Flow on the Patio Family Feud <b>AR</b> Library: Tales Between the Shelves <b>AR</b> Ghostbusters the Movie and Snack <b>MCD</b> Bingo <b>AR</b>	9:00a 10:00a 11:30a 2:00p 3:00p 6:00p	Good News Network Chicken Soup for the Soul: The Power of Gratitude <b>AR</b> Puzzle Club <b>AR</b> Cooking Class Caramel Apple Happy Hour <b>MCD</b> Hand Massages	9:00a 10:00a 11:00a 1:00p 2:00p Floats 5:00p	Good News Network Exercise: Chair Yoga Hair Day- Curls for the Girls <b>AR</b> Pumpkin Painting Happy Hour with Root beer  Color & Connect	9:00a 10:30a 10:30a 10:30a 1:30p 3:00p 3:00p	Good News Network Music Therapy with Kelly Music Trivia Noodle Volleyball Daily Devotional <b>AR</b> Spa Day Sip and Paint	9:00a 9:30a 10:00a 2:00p 4:00p 6:00p	Good News Network Balloon Toss Manicures Spooky Movie Club and Popcorn Concert Series Watch Party <b>MCL</b> Hand Massages	9:00a 10:00a Praise 10:00a 11:30a 1:30p 3:00p	Good News Network TV Service: Sunday Morning  Weekend Workout Puzzle Club Coffee & Conversations Life Station Exploration
26		27		28		29		30		31 HALLOWEEN			
9:00a 10:00a 10:30a 11:30a 2:30p 3:00p	Good News Network Weekend Workout St.Alben Roe Church <b>AR</b> Junk Drawer Detective Sunday Gentle Music Life Station Exploration	9:00a 10:00a 11:00a 1:30p Shelves 2:00p 2:00p	Good News Network Morning Flow on the Patio Family Feud <b>AR</b> Library: Tales Between the Shelves <b>AR</b> Hocus Pocus And Snack <b>MCD</b> Bingo <b>AR</b>	9:00a 10:00a 11:00a 11:30a 2:00p 6:00p	Good News Network Chicken Soup for the Soul: The Power of Gratitude <b>AR</b> Halloween Matching Game Puzzle Club Cooking Class <b>AR</b> Hand Massages	9:00a 10:00a 11:00a 1:00p 2:00p 5:00p	Good News Network Exercise: Chair Yoga Hair Day- Curls for the Girls <b>AR</b> Trick or Treat Cart Happy Hour with Witches Brew Color & Connect	9:00a 10:00a 11:00a 1:30p 3:00p 3:00p	Good News Network Stretching Club Haunted House Decorating Craft <b>AR</b> Daily Devotional Spa Day Sip and Paint	9:00a 9:30a 10:00a 2:00p 4:00p 6:00p	Good News Network Witches Hat Ring Toss Manicures Spooky Movie Club and Popcorn Monster Mash Dance Party <b>MCL</b> Hand Massages		