



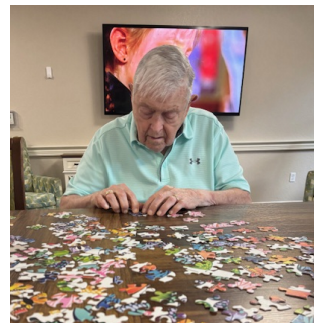
## HOW DO I TAKE CARE OF MYSELF?

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

ALZ.org  
alzheimers.gov  
alzfdn.org  
nia.nih.gov/health/alzheimers-and-dementia

# LIVING WELL

## MEMORY CARE EDITION.

ZEPHYRHILLS MEMORY CARE

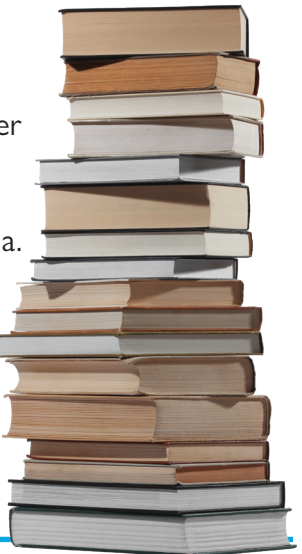
OCTOBER 2025

## 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 Live Music w/ Deborah M
- 10/3 Mystery Bus Ride
- 10/6 Cooking Demo
- 10/8 Oktoberfest W/ Larry E
- 10/9 Neon Glow Party
- 10/10 Live Music w/ Geri B
- 10/17 Mystery Bus Ride
- 10/22 Birthday Bash w/ Jenifer
- 10/29 Live Music w/ Geo
- 10/31 Halloween Party





| SUNDAY                  |  | MONDAY        |  | TUESDAY                 |  | WEDNESDAY |  | THURSDAY |  | FRIDAY                                  |  | SATURDAY             |  |   |  |
|-------------------------|--|---------------|--|-------------------------|--|-----------|--|----------|--|---|--|----------------------|--|---|--|
| <div>OCTOBER 2025</div> |  |               |  |                         |  |           |  |          |  | LOCATION KEY                            |  |                      |  |   |  |
|                         |  |               |  |                         |  |           |  |          |  | 3FA 3 <sup>rd</sup> Floor Activity Room |  | B Bistro             |  | ME Main Entrance  |  |
|                         |  |               |  |                         |  |           |  |          |  | 3A 3 <sup>rd</sup> Floor Atrium         |  | CR Card Room         |  | MC Memory Care  |  |
|                         |  |               |  |                         |  |           |  |          |  | 3FL 3 <sup>rd</sup> Floor               |  | CMC Community Center |  | SP Screened Porch   |  |
|                         |  |               |  |                         |  |           |  |          |  | AR Activity Room                        |  | DR Dining Room       |  | THR Theater   |  |
| A Atrium                |  | FIR Fireplace |  |                         |  |           |  |          |  |   |  |                      |  |   |  |
| BP Back Patio           |  | LIB Library   |  |                         |  |           |  |          |  |   |  |                      |  |   |  |
| BIRTHDAYS               |  |               |  |                         |  | 01        |  | 02       |  | YOM KIPPUR                              |  | 03                   |  | 04  |  |
|                         |  |               |  |                         |  |           |  |          |  |   |  |                      |  |   |  |
| 05                      |  | 06            |  | 07                      |  | 08        |  | 09       |  | 10                                      |  | 11                   |  |   |  |
|                         |  |               |  |                         |  |           |  |          |  |   |  |                      |  |   |  |
| 12                      |  | 13            |  | INDIGENOUS PEOPLE'S DAY |  | 14        |  | 15       |  | 16                                      |  | 17                   |  | 18  |  |
|                         |  |               |  |                         |  |           |  |          |  |   |  |                      |  |   |  |
| 19                      |  | 20            |  | 21                      |  | DIWALI    |  | 22       |  | 23                                      |  | 24                   |  | 25  |  |
|                         |  |               |  |                         |  |           |  |          |  |   |  |                      |  |   |  |
| 26                      |  | 27            |  | 28                      |  | 29        |  | 30       |  | 31                                      |  | HALLOWEEN            |  |  |  |
|                         |  |               |  |                         |  |           |  |          |  |   |  |                      |  |   |  |