

INTRODUCING ANN CODA: NATIONAL DIRECTOR OF MEMORY CARE

In October 2023, Ann joined American House in the key role of National Director of Memory Care. She brought nearly 40 years of senior care experience in memory care operations, training, compliance and programming. After leading at the community level, Ann progressed to regional and divisional roles with senior living organizations, taking on multi-site responsibilities for assisted living and memory care from a leadership, training and supportive perspective.

Ann's beliefs about memory care are refreshingly simple: "We're the stewards of giving back to the person. A dementia diagnosis creates a duality for our residents: a person and a process. But the person is always there no matter their place during progression. We're here to develop a legacy for this special population and celebrate their personage."

Ann earned a bachelor's degree from Penn State University in psychology and a master's in gerontology from St. Joseph's University. Since her arrival at American House, Ann has made a positive impact on our memory care programming and the services we provide. Her pursuit of excellence consistently delivers exceptional value to our cherished and beloved residents.



LIVING WELL

MEMORY CARE EDITION.

BOYNTON BEACH MEMORY CARE

JANUARY 2025

MANAGING AGGRESSIVE BEHAVIOR

As dementia progresses, a resident may exhibit unexpected behaviors like physical or verbal aggression. This can be due to health issues, pain, fear, frustration and discomfort. An aggressive outburst can often offend, disrupt or distract other residents and influence everyone's potential enjoyment of an event or activity. This kind of behavior can be difficult for family caregivers to manage and in some circumstances endanger the safety of other people.

Signs of aggressive behavior that you want to be on the lookout for include a resident who may have threatened to hit or physically attack a staff member or other residents. This individual may swear loudly at random moments or have episodes of shoving, scratching, hitting or scratching others.

Steps you can take to address aggressive behavior include encouraging and assisting the resident in activities of interest, providing an unhurried pace, small group participation for a more controlled atmosphere, listening and responding to needs and emphasizing safety as a reminder for the need to refrain from aggressive behavior. Of course, any incidents of such behavior must be reported and documented by the American House Memory Care team.



THE MOVE-IN PROCESS

It's quite common to see different types of reactions when your loved one moves into the community. Some residents may be upset, angry or show no initial reaction at all. The most important thing to remember is that no matter what emotion is displayed, it's the disease doing the talking. With this disease there is no "good" or "bad." It's a disease no one wanted that's creating the situation, not your loved one.

FRONTAL LOBE
CONFUSES REASONING ABILITY.
Where am I supposed to be?
What am I supposed to do?

TEMPORAL LOBE
AUDIO CONFUSION;
INTERFERENCES WITH
MEMORY, HEARING AND
LANGUAGE.
I can't understand
what you just told
me. Something
about washing
my hair.



PARIETAL LOBE
REMOVES ABILITY TO GET
TACTILE INFORMATION.
I can't pick up utensils
and put them in the
right place.

OCCIPITAL LOBE
IMPAIRS VISION AND
ABILITY TO UNDERSTAND
WHAT IS BEING SEEN.
I can't see anything.
What am I looking at?

CEREBELLUM
CONTROLS MOTOR FUNCTIONS;
BALANCE AND COORDINATION.
I feel physically unstable at times.

UNDERSTANDING DEMENTIA

American House
SENIOR LIVING COMMUNITIES

**American House
Boynton Beach**
9776 Jog Road
Boynton Beach | FL | 33437
561.941.7038
AmericanHouse.com

Assisted Living Facility #13946

QUICK LINKS

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



JANUARY 2025 EVENTS

- New Year's Day Dance Party-1/1
- Ice Cream Social-1/9
- Scenic Beach Ride-1/13
- Jan. Birthday Celebration-1/15
- DOO WOP Dance Party-1/21
- Wakodahatchee Wetlands-1/27
- Walt Whitman Wednesdays-6 PM



LOCATION KEY

AR Activity Room	FSR Four Seasons Room	S Salon
CY Courtyard	GR Game Room	SPA Spa
DR Dining Room	LIB Library	THR Theatre
FAM Family Room	MCD Memory Care Dining Room	
FIT Fitness Center	MLB Memory Care Library	

BIRTHDAYS **01 NEW YEAR'S DAY** **02** **03** **04**

	10:00a Fun with Fitness! MCA 11:00a NYD DANCE PARTY! MCA 1:00p Musical BINGO MC 2:00p Holiday Cookie Decorating MCA 3:00p Courtyard Stroll MCC 3:30p All About Me MCA 6:00p Poetry Reading MLB	10:00a AH Walking Club MCC 11:00a Spa Time! MCA 1:00p Word Search MCA 2:00p Hidden Talent Show! MCA 3:00p Fun with Flowers! MCA 4:00p Courtyard Stroll MCC 6:30p Snack and Chat MCD	10:00a Chair Yoga MCC 11:00a This Day in History MCA 1:00p A Hole in One MCC 2:00p Entertainment Trivia MCA 3:00p HAPPY HOUR! MCC 4:00p Meditation/Aromatherapy MLB 6:30p Snack and Chat MCD	10:00a Balloon Toss MCC 11:00a Singalong Saturday! MCA 1:00p Artistry in Motion MCA 2:00p Musical BINGO MC 3:00p Broadway: Funny Girl! MCA 6:30p Snack and Chat MCD
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05 **06** **07** **08** **09** **10** **11**

10:00a Sunday Mass Services MCA 11:00a AH Walking Club MCC 1:00p Fun with Flowers! MCA 2:00p Family Traditions MCA 3:00p Spa Time! MCA 4:00p Musical Sunday/Broadway MCC 6:30p Snack and Chat MCD	10:00a Fun with Fitness! MCC 11:00a WordPlay MCA 1:00p Name that Tune MCA 2:00p Scenic Ride OUT 3:30p Balloon Toss MCC 6:30p Snack and Chat MCD	10:00a This Day in History MLB 11:00a Tai Chi Tuesday MCC 1:00p 1950's Trivia MCA 2:00p Putting Green MCC 3:00p HAPPY HOUR! MCA 4:00p Travelogue to GREECE! MCA 6:30p Snack and Chat MCD	10:00a Sit and be Fit! MCA 11:00a Let's Sing Sinatra! MCA 1:00p Brain Games MCA 2:00p Dance Party! MCA 3:00p Let's go Bowling! MCC 4:00p Let's Play Checkers! MCA 6:00p Poetry Reading MLB	10:00a AH Walking Club MCC 11:00a Spa Time! MCA 1:00p The Creative Palette MCA 2:00p A Hole in One MCA 3:00p Ice Cream Social! MCA 4:00p Hidden Talent Show! MCA 6:30p Snack and Chat MCD	10:00a Chair Yoga MCC 11:00a Nature Documentary MCA 1:00p Meditation/Aromatherapy MCA 2:00p WordPlay MCA 3:00p HAPPY HOUR! MCC 4:00p Shabbat Service MCA 6:30p Snack and Chat MCD	10:00a Sit and be Fit! MCA 11:00a Singalong Saturday! MCA 1:00p Artistry in Motion MCA 2:00p Musical BINGO MC 3:00p Travelogue to UTAH! MCA 4:00p Balloon Toss MCC 6:30p Snack and Chat MCD
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12 **13** **14** **15** **16** **17** **18**

10:00a Sunday Mass Services MCA 11:00a AH Walking Club MCC 1:00p Spa Time! MCA 2:00p Outdoor Bowling! MCC 3:00p Mom's Recipes MCA 4:00p Musical Sun.-The Oldies MCA 6:30p Snack and Chat MCD	10:00a Fun with Fitness! MCC 11:00a WordPlay MCA 1:00p Name that Tune MCA 2:00p Putting Green MCC 3:00p Out for Ice Cream! OUT 6:30p Snack and Chat MCD	10:00a This Day in History MLB 11:00a Tai Chi Tuesday MCC 1:00p A Hole in One MCC 2:00p Nature Documentary MCA 3:00p Fun with Flowers! MCA 4:00p Balloon Toss MCC 6:30p Snack and Chat MCD	10:00a Sit and Be Fit! MCA 11:00a 1960's Trivia MCA 1:00p Creative Coloring MCA 2:00p Spa Time! MCA 3:00p Birthday Celebration MCA 4:00p Meditation/Aromatherapy MLB 6:00p Poetry Reading MLB	10:00a AH Walking Club MCC 11:00a Coffee Klatch and Chat MCC 1:00p Outdoor Bowling! MCC 2:00p Hidden Talent Show! MCA 3:00p Travelogue to ICELAND! MCA 4:00p Brain Games MCA 6:30p Snack and Chat MCD	10:00a Chair Yoga MCC 11:00a Nature Documentary MCA 1:00p Drum Circle MCC 2:00p WordPlay MCA 3:00p HAPPY HOUR! MCC 4:00p Shabbat Service MCA 6:30p Snack and Chat MCD	10:00a Sit and be Fit! MCA 11:00a Singalong Saturday! MCA 1:00p Artistry in Motion MCA 2:00p Musical BINGO MC 3:00p Bye Bye Birdie! MCA 6:30p Snack and Chat MCD
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19 **20 MARTIN LUTHER KING, JR. DAY** **21** **22** **23** **24** **25**

10:00a Sunday Mass Services MCA 11:00a AH Walking Club MCC 1:00p Meditation/Aromatherapy MLB 2:00p Hometown Highway MCA 3:00p Musical Sun. - The Islands MCA 4:00p Balloon Toss MCA 6:30p Snack and Chat MCD	10:00a Fun with Fitness! MCC 11:00a WordPlay MCA 1:00p Putting Green MCC 2:30p Scenic Beach Ride OUT 4:00p Drum Circle MCA 6:30p Snack and Chat MCD	10:00a This Day in History MLB 11:00a Tai Chi Tuesday MCC 1:00p Dance Party - DOO WOP! MCC 2:00p Brain Games MCA 3:00p Travelogue to VIENNA! MCA 4:00p Fun with Flowers! MCA 6:30p Snack and Chat MCD	10:00a Sit and Be Fit! MCA 11:00a Music Trivia MCA 1:00p Word Search MCA 2:00p Meditation/Aromatherapy MLB 3:00p Ice Cream Social! MCA 4:00p Courtyard Stroll MCC 6:00p Poetry Reading MLB	10:00a AH Walking Club MCC 11:00a Coffee Klatch and Chat MCC 1:00p Outdoor Bowling! MCC 2:00p Hidden Talent Show! MCA 3:00p Drum Circle MCA 4:00p 1970s DANCE PARTY! MCA 6:30p Snack and Chat MCD	10:00a Chair Yoga MCC 11:00a Balloon Toss MCC 1:00p Travelogue-LITHUANIA! MCA 2:00p WordPlay MCA 3:00p HAPPY HOUR! MCC 4:00p Shabbat Service MCA 6:30p Snack and Chat MCD	10:00a Sit and be Fit! MCA 11:00a Singalong Saturday! MCA 1:00p Artistry in Motion MCA 2:00p Musical BINGO MC 3:00p The Sound of Music! MCA 6:00p Ice Cream Social! MCA
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26 **27** **28** **29 LUNAR NEW YEAR** **30** **31**

10:00a Sunday Mass Services MCA 11:00a AH Walking Club MCC 1:00p A Hole in One MCC 2:00p Travelogue to PRAGUE! MCA 3:00p Musical Sunday - Elvis MCA 4:00p My Profession MCA 6:30p Snack and Chat MCD	10:00a Fun with Fitness! MCC 11:00a WordPlay MCA 1:00p Musical BINGO MC 2:00p Putting Green MCC 3:00p Wakodahatchee Wetlands OUT 6:30p Snack and Chat MCD	10:00a This Day in History MLB 11:00a Tai Chi Tuesday MCC 1:00p Patriotic and Proud! MCA 2:00p Balloon Toss MCC 3:00p HAPPY HOUR! MCC 4:00p Spa Time! MCA 6:30p Snack and Chat MCD	10:00a Sit and Be Fit! MCA 11:00a Creative Palette MCA 1:00p Brain Games MCA 2:00p DISCO Dance Party! MCA 3:00p Tea Time in the Courtyard MCC 4:00p Drum Circle MCC 6:00p Poetry Reading MLB	10:00a AH Walking Club MCC 11:00a Coffee Klatch and Chat MCC 1:00p Outdoor Bowling! MCC 2:00p Hidden Talent Show! MCA 3:00p Ice Cream Social! MCD 4:00p Meditation/Aromatherapy MLB 6:30p Snack and Chat MCD	10:00a Chair Yoga MCC 11:00a Singalong-FRANKI VALLI! MCA 1:00p Artistry in Motion MCA 2:00p WordPlay MCA 3:00p HAPPY HOUR! MCC 4:00p Shabbat Service MCA 6:30p Snack and Chat MCD	
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All activities subject to change.