



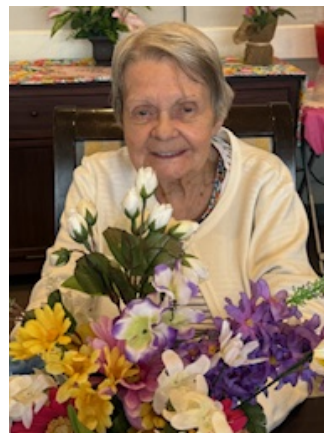
WHAT IF A LOVED ONE REFUSES TO EAT?

When confronted with a challenging situation, it's important to remember that the behaviors of people with dementia that are commonly viewed as problems are attempts by your loved ones to communicate.

Upon move in, any concerns surrounding eating and taking medications may manifest if your loved is experiencing "transfer trauma." Instead of showing certain emotions, some residents may exhibit their feelings by not doing something like eating and taking their meds. As with your loved one's emotions, our care team will work with you as part of our effort to develop interventions that are specific to your situation.

When it's difficult to get a person with dementia to eat or take medication, there are a few simple approaches to consider. One is providing a calm environment. This could include turning the TV off and playing soft music. Another is breaking the process into simple steps. Reassure your loved ones by calmly explaining the process and giving them time. You can also consult with our care team to look for ways to simplify the process or rethink your approach.

EVERY MOMENT TELLS A STORY



Caption: Flowers and neighborhood fun!

American House
SENIOR LIVING COMMUNITIES

American House
Bristol
826 Meadow View Rd
Bristol | TN | 37620
423.793.3153
AmericanHouse.com

LIVING WELL

MEMORY CARE EDITION.

BRISTOL MEMORY CARE

JULY 2025

DIFFICULTY FACING NEW SITUATIONS

Residents with dementia often struggle with new or unfamiliar situations due to difficulties with memory, orientation and cognitive processing. They may respond by struggling in locating rooms, not knowing what time it is or where they are, plus resistance to new caregivers or schedules.

Signs to look for include when your loved one expresses that they are overwhelmed and become hesitate to participate in an activity when encountering something new. He or she may need help finding their own room or a room where an activity is taking place. They may also make resistive comments when asked to participate in a new situation.

Things you can do to reduce the stress or uncertainty of your loved one is provide a guided tour of the community and introduce them to the next event and to new residents. To help your loved one locate their own room, place a meaningful or familiar object on the door. You can also reassure your loved one by complimenting them for participating in new activities or when facing new circumstances.

WHEN A LOVED ONE BECOMES SOCIALLY WITHDRAWN

It's not uncommon for your loved one to become socially isolated after moving in. You may even feel these same emotions as you settle into a new rhythm with your loved one living in a community. This is what we call "transfer trauma." It means any one of us, whether you're living with dementia or not, can experience stress when undergoing a life change. This is all considered normal.

What you need most is time to become accustomed to your loved one's new living situation. It takes time to build relationships and trust with our team. On average, we give residents about 30 days to transition.

It's our experience that residents truly begin to settle in and decompress within this 30-day period. That said, as with any emotion, some residents transition quickly while others need more time. If there are concerns past that standard 30-day transition, we'll all work together to see what individual interventions your loved one may respond to.



JULY 2025 EVENTS

- Independence Day Activities
- 1886 Philadelphia World's Fair
- Stars & Stripes Family Event
- Christmas in July Crafts
- Tattoo Day Fun
- Gorgeous Grandma Day
- Karaoke with Gina
- Snow Cone Party

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY																										
<div></div>												BIRTHDAYS																																
												Rose P. 7/11 Glenda W. 7/17 Nancy P. 7/24 Ann U. 7/26																																
LOCATION KEY						01			02			03			04			FOURTH OF JULY			05																							
<div><div><div>BAR</div><div>Back Activity Room</div></div><div><div>BCY</div><div>Back Courtyard</div></div><div><div>DR</div><div>Dining Room</div></div><div><div>FAR</div><div>Front Activity Room</div></div><div><div>FCY</div><div>Front Courtyard</div></div><div><div>FPO</div><div>Front Porch</div></div><div><div>LE</div><div>Life Enrichment</div></div><div><div>LR</div><div>Living Room</div></div><div><div>LO</div><div>Lobby</div></div><div><div>MCC</div><div>Memory Care Courtyard</div></div><div><div>MCD</div><div>Memory Care Dining</div></div><div><div>MCL</div><div>Memory Care Living Room</div></div><div><div>OUT</div><div>Outing</div></div></div>						8:30a MCL 9:00a 10:00a 1:30p 3:00p			Morning Devotions & Reflection Dance Moves Red, White, and Blue Trivia Music with Justin Mychals Balloon Volleyball			8:30a MCL 9:00a 10:00a 1:15p 3:00p			Morning Devotions & Reflection Stretch & Flex Manicures Aim for the Stars Cornhole			8:30a MCL 9:00a 10:00a 1:00p 1:30p 3:00p			Morning Devotions & Reflection Chair Yoga Independence Day Trivia Chocolate Wafer Day Fun Sponge Fireworks Noodle Ball			8:30a MCL 9:00a 10:00a 1:00p 2:00p 3:00p			Morning Devotions & Reflection Elder Fit 4th of July Puzzles Bomb Pops 4th of July Artist Corner Basket Ball			8:30a MCL 9:00a 9:45a 1:00p 2:45p			Morning Devotions & Reflection Morning Stretch & Flex Snack and Chat Saturday Matinee & Popcorn Funtime-Resident Favorites											
06						07			08			09			10			11			12																							
8:30a MCL 9:30a Brenda 10:15a 2:00p						Morning Devotions & Reflection Sunday Morning Service with Sister Brenda Walking Club Family Time/Puzzles & Games			8:30a MCL 9:00a 10:00a 2:00p 3:00p			Morning Devotions & Reflection Strength Training Jeopardy Music with Curt Matheson Bowling			8:30a MCL 9:00a 10:00a 2:00p 3:00p			Morning Devotions & Reflection Dance Moves Summer Reminiscing Freezer Pop Day Senior Show Choir Balloon Volleyball			8:30a MCL 9:00a 10:00a 1:00p 2:30p 3:00p 4:30p			Morning Devotions & Reflection Chair Yoga Sugar Cookie Day Patriotic Paper Pinwheels Music with The Allen's & Kristie Noodle Ball Stars & Strips Family Event			8:30a MCL 9:00a 9:30a 10:00a 1:30p 3:00p			Morning Devotions & Reflection Elder Fit Blueberry Muffin Day The Gecko Back & Forth Art Basket Ball			8:30a MCL 9:00a 9:45a 1:00p 2:45p			Morning Devotions & Reflection Morning Stretch & Flex Snack and Chat Saturday Matinee & Popcorn Funtime-Resident Favorites								
13						14			15			16			17			18			19																							
8:30a MCL 9:30a Brenda 10:15a 2:00p						Morning Devotions & Reflection Sunday Morning Service with Sister Brenda Walking Club Family Time/Puzzles & Games			8:30a MCL 9:00a 10:00a 1:30p 3:00p			Morning Devotions & Reflection Strength Training Photographic Memory Music with Steel Creek Band Bowling			8:30a MCL 9:00a 10:00a 1:15p 3:00p			Morning Devotions & Reflection Dance Moves Compound Your Memory Summer Bouquet Art Balloon Volleyball			8:30a MCL 9:00a 10:00a 1:15p 3:00p			Morning Devotions & Reflection Stretch & Flex Manicures Christmas in July Starfish Ornament Cornhole			8:30a MCL 9:00a 10:00a 1:15p 3:00p			Morning Devotions & Reflection Chair Yoga July Trivia Tattoo Day & Lottery Day Fun Noodle Ball			8:30a MCL 9:00a 9:30a 10:00a 1:30p 3:00p			Morning Devotions & Reflection Elder Fit Sour Candy Day Remembering the Moon Landing Music with the Sevens Basket Ball			8:30a MCL 9:00a 9:45a 1:00p 2:45p			Morning Devotions & Reflection Morning Stretch & Flex Snack and Chat Saturday Matinee & Popcorn Funtime-Resident Favorites		
20						21			22			23			24			25			26																							
8:30a MCL 9:30a Brenda 10:15a 2:00p						Morning Devotions & Reflection Sunday Morning Service with Sister Brenda Walking Club Family Time/Puzzles & Games			8:30a MCL 9:00a 10:00a 1:30p 3:00p			Morning Devotions & Reflection Strength Training Which Picture Fits Here? Music with Jessica Lequieu Bowling			8:30a MCL 9:00a 10:00a 1:30p 3:00p Hall 3:00p			Morning Devotions & Reflection Dance Moves July Puzzles Artist Corner Resident Advocacy Town Balloon Volleyball			8:30a MCL 9:00a 10:00a 1:00p 2:00p 3:00p			Morning Devotions & Reflection Stretch & Flex Manicures Vanilla Ice Cream Day Gorgeous Grandma Day Cornhole			8:30a MCL 9:00a 10:00a 1:30p 3:00p			Morning Devotions & Reflection Chair Yoga Summer Pondering Karaoke with Gina Noodle Ball			8:30a MCL 9:00a 10:00a 1:30p 1:30p MCD 3:00p			Morning Devotions & Reflection Elder Fit Thread the Needle Day Hot Fudge Sundae Day Social Basket Ball			8:30a MCL 9:00a 9:45a 1:00p 2:45p			Morning Devotions & Reflection Morning Stretch & Flex Snack and Chat Saturday Matinee & Popcorn Funtime-Resident Favorites		
27						28			29			30			31			<div></div>																										
8:30a MCL 9:30a Brenda 10:15a 2:00p						Morning Devotions & Reflection Sunday Morning Service with Sister Brenda Walking Club Family Time/Puzzles & Games			8:30a MCL 9:00a 9:45a 1:30p 3:00p			Morning Devotions & Reflection Strength Training Armchair Travel: New Zealand with Kiwi Snack Milk Chocolate Day Happy Hour Bowling			8:30a MCL 9:00a 10:00a 1:30p 3:00p									Morning Devotions & Reflection Dance Moves Cranium Crunches Music with Robert Phillips Balloon Volleyball			8:30a MCL 9:00a 9:30a 10:00a 1:15p 3:00p			Morning Devotions & Reflection Stretch & Flex Cheesecake Day Manicures Snow Cone Party Cornhole			8:30a MCL 9:00a 10:00a 1:30p 2:00p 3:00p			Morning Devotions & Reflection Chair Yoga What's the Scoop? Artist Corner: Resident Choice July Birthday Celebration Noodle Ball								