



## WHEN YOUR LOVED ONE DOESN'T WANT TO RETURN TO THE COMMUNITY

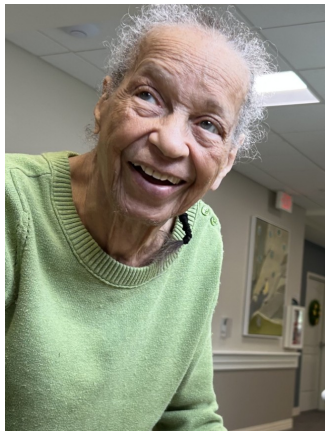
First, don't panic. This happens with residents at times, especially on their first outing with you. Remember, they're not trying to give you a hard time, they just love being with you. Take your time. Don't argue, don't insist and don't tell them that the community "is their new home and it's time to go back."

When supporting someone who is living with dementia, you must solve the problem in their world. We suggest you truly listen to what they're telling you.

Again, allow your loved one to have some time. Try to redirect their anxiety by getting their favorite snack on the way back to the community to divert their attention or drive around a bit until they decompress.

If your loved one is still upset when you enter the community parking lot, calmly phone the community and casually let us know that you're back and you "may need some assistance." Our care team will help redirect your loved one back into the community.

## EVERY MOMENT TELLS A STORY



# LIVING WELL

## MEMORY CARE EDITION.

FREEDOM PLACE ROCHESTER

SEPTEMBER 2025

## IRRITABILITY IN YOUR LOVED ONE

Irritability is a common symptom of dementia, especially in the middle or later stages. This can be due to a variety of factors, including brain inflammation, personality changes or difficulty communicating. A resident may often exhibit behaviors that shows they are on edge.



This includes being quick to becoming annoyed, resistant to soft touch, sensitive to noise or crowds, displaying a scowling expression and fleeting eye contact. One thing you may want to do to help remedy the situation is to have a resident participate in recreational or social activities that support a calm, peaceful demeanor.

If your loved becomes visibly irritable, it's best to provide your undivided attention or comfort by validating their feelings. Ask how the resident is feeling of if he or she would like to change activities. When you modify environments or change routines, it helps promote a sense of calm within your loved one.

## FEELING OVERWHELEMED IN GROUP SETTINGS

A group setting may cause your loved one to become tense, anxious or overstimulated. It's important to understand that this often comes from underlying stressors, discomfort or confusion rather than a reflection of their character. Quite often, they may express their discomfort with facial expressions and increased vocalization.

The resident may share they have a more reserved personality, so larger groups of people and activity can make them feel tense, nervous, overtired or grouchy. Your loved one may seem to have a more even temperament when they are moved from a group activity to a quieter setting.

You'll want to watch for signs of tension or anxiety. When this happens, we suggest the resident move to a calmer atmosphere with one-on-one engagement. It will help you to ask your loved one their preference before moving into a group activity. Find activities that are more low-key if necessary but also match their interests and needs.



## SEPTEMBER 2025 EVENTS

- Detroit Princess Cruise
- State Fair Family Night
- Dementia Support Group
- Hispanic Cooking Demo
- Live Weekly Music
- Therapy Dog Visits
- Grandparent's Day Celebrations



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
<div>SEPTEMBER 2025</div>										LOCATION KEY					
										AR Activity Room		FAM Family Room			
										CY Courtyard		LR Living Room			
DR Dining Room		OUT Outing													
01LABOR DAY		02		03		04		05		06					
<div></div>		9:00a Fresh Popcorn 10:30a Balloon Volleyball 3:00p Snack Cart 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a Engaged Senior 1:00p *NEW* Chocolate Fondue 3:00p Snack Cart 6:00p Classic Movie		9:00a Fresh Popcorn 10:00a Exercise w/ Fabi 1:00p Music w/ Buddy 3:00p Snack Cart 6:00p Classic Movie		9:00a Fresh Popcorn 10:00a *NEW* Princess Cruise 3:00p Snack Cart 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a SingFit Music Program 12:00p Birthday Celebration 1:00p Chocolate Fondue 3:00p Snack Cart 6:00p Classic Movie		10:00a Jigsaw Puzzle 1:00p Adult Coloring 3:00p Makeovers/Manicures 6:00p Classic Movie			
07GRANDPARENTS' DAY		08		09		10		11PATRIOT DAY		12		13			
10:00a Jigsaw Puzzle 1:00p Adult Coloring 3:00p Makeovers/Manicures 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a Balloon Volleyball 1:00p *NEW* Stamp Painting 3:00p Snack Cart 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a Engaged Senior 1:00p Music w/ Jacob 3:00p Snack Cart 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a Animal Bingo 1:00p Block Stamp Painting 3:00p Snack Cart 6:00p Classic Movie		9:00a Fresh Popcorn 10:00a Church w/ Bill 3:00p Snack Cart 5:30p Family Night 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a SingFit Music Program 12:00p Birthday Celebration 3:00p Snack Cart 6:00p Classic Movie		10:00a Jigsaw Puzzle 1:00p Adult Coloring 3:00p Makeovers/Manicures 6:00p Classic Movie			
14		15		16		17		18		19		20			
10:00a Jigsaw Puzzle 1:00p Adult Coloring 3:00p Makeovers/Manicures 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a Balloon Volleyball 1:00p *NEW* Play Parachute 3:00p Snack Cart 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a Engaged Senior 1:00p *NEW* Baby Sensory Kit 2:00p Therapy Dog 3:00p Snack Cart 6:00p Classic Movie		9:00a Fresh Popcorn 10:00a Exercise w/ Fabi 1:00p Music w/ Gary 2:00p Cooking w/ Lauren 3:00p Snack Cart 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a *NEW* Freeze Dancing 1:00p Baby Sensory Kit 3:00p Snack Cart 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a SingFit Music Program 12:00p Birthday Celebration 1:00p Play Parachute 3:00p Snack Cart 6:00p Classic Movie		10:00a Jigsaw Puzzle 1:00p Adult Coloring 3:00p Makeovers/Manicures 6:00p Classic Movie			
21		22		23ROSH HASHANAH		24		25		26		27			
10:00a Jigsaw Puzzle 1:00p Adult Coloring 3:00p Makeovers/Manicures 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a Balloon Volleyball 1:00p *NEW* Boho Bracelets 3:00p Snack Cart 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a Engaged Senior 1:00p What's That Sound? 2:00p *NEW* Pie Face Game 3:00p Snack Cart 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a Music Bingo 1:00p Music w/ Allan 3:00p Snack Cart 6:00p Classic Movie 6:00p Support Group		9:00a Fresh Popcorn 10:00a Church w/ Bill 1:00p What's That Sound? 3:00p Snack Cart 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a SingFit Music Program 12:00p Birthday Celebration 1:00p Pie Face Game 3:00p Snack Cart 6:00p Classic Movie		10:00a Jigsaw Puzzle 1:00p Adult Coloring 3:00p Makeovers/Manicures 6:00p Classic Movie			
28		29		30		BIRTHDAYS								<div>09/05 BETTY K.</div> <div>09/14 CONNIE H.</div> <div>09/18 DOROTHY O.</div> <div>09/21 DANA B.</div> <div>09/26 DOROTHY S.</div> <div>09/27 TOM K.</div> <div>09/28</div> <div>09/29</div> <div>09/30</div> <div>HELLO AUTUMN!</div>	
10:00a Jigsaw Puzzle 1:00p Adult Coloring 3:00p Makeovers/Manicures 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a Balloon Volleyball 1:00p Spa Meditation 3:00p Snack Cart 6:00p Classic Movie		9:00a Fresh Popcorn 10:30a Engaged Senior 1:00p Spa Mediation 3:00p Snack Cart 6:00p Classic Movie											

All activities subject to change.