



### 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.

## 2025 ALZHEIMER'S DISEASE FACTS AND FIGURES

**Over 7 million Americans are living with Alzheimer's.**

**1 in 3 older adults die with Alzheimer's or another dementia.**  
It kills more than breast cancer and prostate cancer *combined*.

Between 2000 and 2022, deaths from heart disease decreased 2.1%,  
**while deaths from Alzheimer's have increased 142%.**

The lifetime risk for Alzheimer's at age 45 is  
**1 in 5 for women and 1 in 10 for men.**

In 2025, Alzheimer's and other dementias  
**will cost the nation \$384 billion.**

Nearly 12 million Americans provide unpaid care for people with  
Alzheimer's or other dementias. These caregivers provided  
**more than 19 billion hours valued at nearly \$413 billion.**



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# LIVING WELL

## MEMORY CARE EDITION.

**HAMPTON VILLAGE**

**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 becomes hesitant 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

- 4th of July
- Therapy Dog Visits 7/8
- Family Night 7/10
- Seven Eleven Slurpee Day 7/11
- National Hot Dog Month
- Disability Pride Month
- International Friendship Day



| SUNDAY  |  |  | MONDAY   |  |  | TUESDAY   |  |  | WEDNESDAY  |  |  | THURSDAY   |  |  | FRIDAY   |  |  | SATURDAY   |  |  |   |  |  |
|---|--|--|--|--|--|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---|--|--|
| <div><div></div><div>July 2025</div></div>  |  |  |  |  |  |   |  |  |  |  |  |  |  |  | BIRTHDAYS  |  |  |  |  |  |   |  |  |
|   |  |  |  |  |  |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |   |  |  |
| LOCATION KEY  |  |  |  |  |  | 01  |  |  | 02   |  |  | 03   |  |  | 04   |  |  | FOURTH OF JULY   |  |  | 05  |  |  |
| IPA 1 <sup>st</sup> Floor Patio<br>2PA 2 <sup>nd</sup> Floor Patio<br>2FT 2 <sup>nd</sup> Floor Theatre<br>AR Activity Room<br>A&C Arts & Crafts Room<br>B Bistro<br>BPA Bistro Patio |  |  | CCH Couch Area<br>CY Courtyard<br>DR Dining Room<br>DRP Dining Room Patio<br>DIS Discovery Room<br>FD Front Desk<br>GR Game Room           |  |  | LR Living Room<br>PAR Piano Area<br>PDR Private Dining Room<br>PG Putting Green<br>SR Sun Room  |  |  | 10:30a Morning Stretch<br>11:30a Tuesday Chats<br>1:30p Music Mania<br><br>2:30p Puzzles<br>3:30p Courtyard Gardening<br>6:00p Evening Music |  |  | 10:30a Noodle Ball<br>11:30a Trivia<br>2:30p Balloon Ball<br>3:00p Afternoon Crafts<br>3:30p Aroma Therapy<br>6:00p Movie Night  |  |  | 10:30a Balloon Ball<br>11:30a Reminiscing Cards<br>1:30p Music Mania<br>2:30p Puzzles<br>3:30p Courtyard Gardening<br>6:00p Tactile Walks              |  |  | 10:30a Morning Stretch<br>11:30a Friday Flowers<br>1:30p Courtyard Chats<br>2:30p Balloon Ball<br>3:00p <b>Live Entertainment</b><br>6:00p Movie Night           |  |  | 10:30a Movement & Music<br>11:30a Noodle Ball<br>2:30p Courtyard Drinks<br>2:30p Afternoon Chats<br>3:00p <b>Saturday Matinee</b> |  |  |
| 06  |  |  | 07   |  |  | 08  |  |  | 09   |  |  | 10   |  |  | 11   |  |  | 12   |  |  |   |  |  |
| 10:30a Church Music<br>10:30a <b>Communion</b><br>11:00a <b>Gospel Music with Britt</b><br>1:30p Noodle Ball<br>2:30p Puzzles<br>6:00p Movie Night                                    |  |  | 10:30a Noodle Ball<br>11:30a Trivia<br>1:30p Music Mania<br>2:30p Balloon Ball<br>3:30p Aroma Therapy<br>6:00p Evening Meditation          |  |  | 10:30a Morning Stretch<br>11:30a Tuesday Chats<br>1:30p Music Mania<br><br>1:30p Therapy Dogs<br>3:30p Courtyard Gardening<br>6:00p Evening Music |  |  | 10:30a Noodle Ball<br>11:30a Trivia<br>2:30p Balloon Ball<br>3:00p Afternoon Crafts<br>3:30p Aroma Therapy<br>6:00p Movie Night              |  |  | 10:30a Balloon Ball<br>11:30a Reminiscing Cards<br>1:30p Music Mania<br>2:30p Puzzles<br>3:30p Courtyard Gardening<br>5:00p <b>Family Night !\"Stars &amp; Strips Celebration!\"</b> |  |  | 10:30a Morning Stretch<br>11:30a Friday Flowers<br>1:30p Courtyard Chats<br>2:30p Balloon Ball<br>3:00p <b>Live Entertainment</b><br>6:00p Movie Night |  |  | 10:30a Movement & Music<br>11:30a Noodle Ball<br>2:30p Courtyard Drinks<br>2:30p Afternoon Chats<br>3:00p <b>Saturday Matinee</b>                                |  |  |   |  |  |
| 13  |  |  | 14   |  |  | 15  |  |  | 16   |  |  | 17   |  |  | 18   |  |  | 19   |  |  |   |  |  |
| 10:30a Church Music<br>10:30a <b>Communion</b><br>11:00a <b>Gospel Music with Britt</b><br>1:30p Noodle Ball<br>2:30p Puzzles<br>6:00p Movie Night                                    |  |  | 10:30a Noodle Ball<br>11:30a Trivia<br>1:30p Music Mania<br>2:30p Balloon Ball<br>3:30p Aroma Therapy<br>6:00p Evening Meditation          |  |  | 10:30a Morning Stretch<br>11:30a Tuesday Chats<br>1:30p Music Mania<br><br>2:30p Puzzles<br>3:30p Courtyard Gardening<br>6:00p Evening Music      |  |  | 10:30a Noodle Ball<br>11:30a Trivia<br>2:30p Balloon Ball<br>3:00p Afternoon Crafts<br>3:30p Aroma Therapy<br>6:00p Movie Night              |  |  | 10:30a Balloon Ball<br>11:30a Reminiscing Cards<br>1:30p Music Mania<br>2:30p Puzzles<br>3:30p Courtyard Gardening<br>6:00p Tactile Walks  |  |  | 10:30a Morning Stretch<br>11:30a Friday Flowers<br>1:30p Courtyard Chats<br>2:30p Balloon Ball<br>3:00p <b>Live Entertainment</b><br>6:00p Movie Night |  |  | 10:30a Movement & Music<br>11:30a Noodle Ball<br>1:30p <b>Music w/ Julie</b><br>2:30p Courtyard Drinks<br>2:30p Afternoon Chats<br>3:00p <b>Saturday Matinee</b> |  |  |   |  |  |
| 20  |  |  | 21   |  |  | 22  |  |  | 23   |  |  | 24   |  |  | 25   |  |  | 26   |  |  |   |  |  |
| 10:30a Church Music<br>10:30a <b>Communion</b><br>11:00a <b>Gospel Music with Britt</b><br>1:30p Noodle Ball<br>2:30p Puzzles<br>6:00p Movie Night                                    |  |  | 10:30a Noodle Ball<br>11:30a Trivia<br>1:30p Music Mania<br>2:30p Balloon Ball<br>3:30p Aroma Therapy<br>6:00p Evening Meditation          |  |  | 10:30a Morning Stretch<br>11:30a Tuesday Chats<br>1:30p Music Mania<br><br>2:30p Puzzles<br>3:30p Courtyard Gardening<br>6:00p Evening Music      |  |  | 10:30a Noodle Ball<br>11:30a Trivia<br>2:30p Balloon Ball<br>3:00p Afternoon Crafts<br>3:30p Aroma Therapy<br>6:00p Movie Night              |  |  | 10:30a Balloon Ball<br>11:30a Reminiscing Cards<br>1:30p Music Mania<br>2:30p Puzzles<br>3:30p Courtyard Gardening<br>6:00p Tactile Walks  |  |  | 10:30a Morning Stretch<br>11:30a Friday Flowers<br>1:30p Courtyard Chats<br>2:30p Balloon Ball<br>6:00p Movie Night                                    |  |  | 10:30a Movement & Music<br>11:30a Noodle Ball<br>2:30p Courtyard Drinks<br>2:30p Afternoon Chats<br>3:00p <b>Saturday Matinee</b>                                |  |  |   |  |  |
| 27  |  |  | 28   |  |  | 29  |  |  | 30   |  |  | 31   |  |  | <div><div></div><div>happy independence day</div><div>4TH OF JULY</div></div>  |  |  |  |  |  |   |  |  |
| 10:30a Church Music<br>10:30a <b>Communion</b><br>11:00a <b>Gospel Music with Britt</b><br>1:30p Noodle Ball<br>2:30p Puzzles<br>6:00p Movie Night                                    |  |  | 10:30a Noodle Ball<br>11:30a Trivia<br>1:30p Music Mania<br>2:30p Balloon Ball<br>3:30p <b>Cardio Drumming</b><br>6:00p Evening Meditation |  |  | 10:30a Morning Stretch<br>11:30a Tuesday Chats<br>1:30p Music Mania<br><br>2:30p Puzzles<br>3:30p Courtyard Gardening<br>6:00p Evening Music      |  |  | 10:30a Noodle Ball<br>11:30a Trivia<br>2:30p Balloon Ball<br>3:00p Afternoon Crafts<br>3:30p Aroma Therapy<br>6:00p Movie Night              |  |  | 10:30a Balloon Ball<br>11:30a Reminiscing Cards<br>1:30p Music Mania<br>2:30p Puzzles<br>3:30p Courtyard Gardening<br>6:00p Tactile Walks  |  |  |  |  |  |  |  |  |   |  |  |

All activities subject to change.