



### 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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### QUICK LINKS

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

# LIVING WELL

## MEMORY CARE EDITION.

HENDERSONVILLE

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

- FAMILY NIGHT (stars & stripes)
- ENTERTAINMENT W/SARAH D
- 4TH OF JULY CELEBRATION
- BAKING
- COOKING DEMO
- LUAU PARTY
- MONTHLY BDAY PARTY



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY											
<div><div></div><div>July 2025</div></div>												BIRTHDAYS																	
												LINDA H 7/1 GLENDA H 7/25 MARY WHITE 7/4																	
LOCATION KEY						01			02			03			04			FOURTH OF JULY			05								
<div><div>AR</div>Activity Room</div> <div><div>AL</div>Assisted Living</div> <div><div>ALD</div>AL Dining</div> <div><div>CY</div>Courtyard</div> <div><div>DR</div>Dining Room</div> <div><div>HAL</div>Hallway</div> <div><div>LO</div>Lobby</div> <div><div>LIB</div>Library</div> <div><div>LR</div>Living Room</div> <div><div>MC</div>Memory Care</div> <div><div>MCA</div>Memory Care Activity Room</div> <div><div>MCD</div>Memory Care Dining Room</div> <div><div>MCL</div>Memory Care</div> <div><div>Living Room</div></div> <div><div>OUT</div>Outing</div> <div><div>O</div>Outside</div> <div><div>PRM</div>Piano Room</div> <div><div>PO</div>Porch</div> <div><div>APT</div>Your Apartment</div>						10:00a	Bean Bag Toss & Darts	MCD	10:00a	BOWLING	MCL	9:00a	Daily Chronicles	MCD	10:00a	PARACHUTE	MCL	9:00a	Daily Chronicles	MCD									
						11:00a	Name That Tune	MCA	12:00p	Finish The Phrase	MCD	10:00a	GOLF	MCL	12:00p	Name That Tune	MCL	10:00a	Ball Toss	MCD									
						2:00p	BAKING	MCD	2:00p	PAINTING	MCD	12:00p	GUESS 10	MCD	2:00p	Daily Chronicles	MCD	12:00p	Puzzles	MCD									
						3:00p	BIBLE STUDY	MCL	4:00p	BINGO	MCD	2:00p	GARDENING	O	3:00p	EXCERCISE w/Nancy	MCL	2:00p	BINGO	MCA									
						4:00p	Puzzles	MCD	5:00p	GROUP THERAPY	MCD	4:00p	FINISH THE PHRASE	MCD	5:00p	Sensory Mats	MCD												
												5:00p	WORD SEARCH	MCD															
06						07			08			09			10			11			12								
11:00a						Sensory Games			MCD			10:00a						DAILY CHRONICLES			MCD								
12:00p						Church Services (Pastor: Doug Lee)			MCL			12:00p						NAME THAT SOUND			MCA								
2:00p						GAME TIME			MCD			3:00p						ARTS & CRAFTS			MCD								
4:00p						MOVIE & SNACKS			MCL			5:00p						GROUP THERAPY			MCD								
13						14			15			16			17			18			19								
9:00a						DAILY CHRONICLES			MCA			9:00a						DAILY CHRONICLES			MCD								
11:00a						Sensory Games			MCD			10:00a						FAMILY FUED			MCD								
12:00p						Church Services (Pastor: Doug Lee)			MCL			12:00p						GUESS 10			MCD								
2:00p						PUZZLES			MCD			2:00p						BIBLE STUDY			MCD								
3:30p						NAIL CARE			MCD			4:00p						BINGO			MCD								
20						21			22			23			24			25			26								
11:00a						Sensory Games			MCD			9:00a						Finish The Phrase			MCD								
12:00p						Church Services (Pastor: Doug Lee)			MCL			10:00a						FINISH THE PHRASE			MCD								
3:00p						BINGO			MCD			11:00a						BAKING			MCD								
5:00p						PUZZLES			MCD			3:00p						GROUP THERAPY			MCL								
												4:00p						Wheelchair Race			MCA								
												5:00p						COLORING PAGES			MCD								
27						28			29			30			31			<div><div></div><div>happy independence day</div><div>4TH OF JULY</div></div>											
11:00a						Sensory Games			MCD			9:00a												Daily Chronicles			MCD		
12:00p						Church Services (Pastor: Doug Lee)			MCL			10:00a												Finish The Phrase			MCD		
2:00p						VIRTUAL TOUR ( Zoo)			MCL			11:00a												Arts & Crafts			MCD		
4:00p						REMINISCING The 60's			MCD			12:00p												Nail Care			MCD		
												2:00p												Puzzles			MCD		