



## OVERCOMING FIRST VISIT ANXIETY

Family members often ask me what to do if a loved one becomes agitated on your first visit, especially when you're attempting to leave. There is nothing uncommon about this. Your loved one is still getting to know and navigate a new environment and routines and seeing new faces every day can be an unsettling experience. You should actually be prepared for your loved one to experience anxiety when you see them one for the first time after their move-in. It's similar to having one of your children go off to school and their reaction upon seeing you again for the first time. As a family caregiver, you yourself may feel a sense of guilt about leaving. But if you begin to sense your loved one's growing agitation as you begin your departure, my suggestion is to calmly ask one of our care team members for assistance. Simply convey that you're having a bit of a struggle and we can help redirect your loved one for you. We can do this by getting your loved one involved in an activity, offering a snack or asking for help with a specific task within our community. This way, you can leave after your first visit with peace of mind.

## EVERY MOMENT TELLS A STORY



Caption: Memories with Friends

**American House**  
SENIOR LIVING COMMUNITIES

**American House**  
**Johnson City**  
406 E Mountain View Rd  
Johnson City | TN | 37601  
423.218.0005  
**AmericanHouse.com**

### QUICK LINKS

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

# LIVING WELL

## MEMORY CARE EDITION.

JOHNSON CITY MEMORY CARE

MARCH 2025

## CHANGES IN EATING BEHAVIORS

People with dementia may experience a variety of changes in their eating habits. They may lose interest in food, refuse to eat or simply spit it out. Others may have trouble eating an appropriate amount of food at a regular pace. Sometimes people with dementia start enjoying food they never liked before or dislike flavors they used to enjoy.

There are signs you should be aware of in your loved one's changing eating behaviors. One is when they begin stuffing too much food into their mouth at one time. It's not uncommon for those who suffer from dementia to also put food in their pocket, take food from others or eat too fast.

What you can do to help your loved one is provide consistent and patient assistance to ensure a safe dining experience. Offer a small group or paired setting for dining and include soothing and familiar music to create a comfortable atmosphere. You can also use two plates. One with a single portion of food while the other plate has the remainder of the meal to be portioned out to prevent choking or overeating.



## WHAT IS SUNDOWNING?

Sundowning is a group of symptoms that can occur in people with dementia in the late afternoon or evening. Symptoms include confusion, agitation, ignoring directions or aggression. If your loved ones are experiencing these symptoms, our team members can help redirect them with quiet time, a snack or a walk outside. Sundowning can occur at any stage of dementia but is more common in the middle and later stages. As a family member, if your loved one is facing the sundowning process, you may want to visit earlier in the day for a more effective and enjoyable experience.



## MARCH 2025 EVENTS

- Family Night
- Entertainment Weekly
- Church Service on Sunday
- Art Class with Ken
- Bible Study with Paul
- Cooking Demo with Ida
- Scenic Drive
- Brain Matters
- Wheel of Fortune
- Family feud



SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY					
<div>MARCH 2025</div>																		01	1 <sup>ST</sup> NIGHT OF RAMADAN				
																		9:00a 9:30a 10:30a 12:30p 1:00p 3:00p	Aromatherapy Today in History Chair Exercise Glamour Nails Movie Matinee Reminiscing	MCA MC MCA MC MCA MCA			
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9:00a 9:30a 10:00a 11:00a LO 12:00p 1:00p 2:00p MC	Aromatherapy Today in History Chair Exercise Church Services with Living Word  Lunch 12-1:00 PM Ice cream Social Movie Matinee 2:00 PM to 4:00 pm	MCA MC MCA  MC MCD  MC	9:00a 9:30a 10:30a 12:00p 1:00p 1:30p 2:30p 3:00p 3:30p	Aromatherapy Today in History Chair Exercise Lunch 12-1:00 PM Glamour Nails Ice Cream Social scrambled Words Wheel of Fortune Family Feud	MCA MC MCA MC MC MC MC MC MC	9:00a 9:30a 10:00a 10:30a 12:00p 12:00p 1:00p 2:00p 2:00p 3:00p 3:00p	Aromatherapy Today in History Chair Exercise Bible Study 1 Hour Lunch 12-1:00 PM Lunch 12-1:00 PM Mardi Cras Trivia Art Class with Ken Brain Matters 45 mins	MCA MC MCA MC MC MC AR AR MC	9:00a 9:30a 10:30a 12:00p 1:00p 2:00p 3:00p 3:30p	Aromatherapy Today in History Chair Exercise Lunch 12-1:00 PM Nail Care Balloon Game Wheel of Fortune Family Feud	MCA MC MCA MC MC MC MCD MC	9:00a 9:30a 10:00a 12:00p 1:00p 2:00p 3:00p 3:30p	Aromatherapy Today in History Chair Exercise Lunch 12-1:00 PM Picture Bingo (1 hour) Parachute game States, as we know it States, as we know it. (Part 2)	MCA MC MCA MC MCD MC MC MC	9:00a 9:30a 10:30a 12:00p 1:30p 2:30p 3:00p 3:30p	Aromatherapy Today in History Chair Exercise Lunch 12-1:00 PM Balloon Games SingFit Wheel of Fortune Family Feud	MCA MC MCA MC MCA AR MC MC	9:00a 9:30a 10:30a 12:00p 1:30p 1:30p 3:00p 3:30p	Aromatherapy Today in History Chair Exercise Lunch 12-1:00 PM Movie Matinee 1 hour 30 mins  Reminiscing Scrambled Words	MCA MC MCA MC MC  MCA MC			
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9:00a 9:30a 10:30a 11:00a LO 12:00p 1:30p 2:30p	Aromatherapy Today in History Chair Exercise Church Services with Living Word  Lunch 12-1:00 PM Ice Cream Social Movie Matinee 1 hour 30 mins	MCA MC MCA  MC MC MC	9:00a 9:30a 10:00a 10:30a 12:00p 1:00p 2:00p Hour 3:30p	Aromatherapy Today in History Chair Exercise Entertainment with Patty Lunch 12-1:00 PM Glamour Nails Entertainment with Roy Bennett 1 Hour Brain Matters	MCA MC MCA LO MC MC LO MC	9:00a 9:30a 10:00a 10:30a 12:00p 1:00p 2:00p 3:00p 3:30p	Aromatherapy Today in History Chair Exercise Bible Study 1 Hour Lunch 12-1:00 PM Parachute Game Art class with Ken Wheel of Fortune Family Feud	MCA MC MCA MC MC MC AR MC MC	9:00a 9:30a 10:00a 12:00p 1:00p 1:30p 3:00p 3:30p	Aromatherapy Today in History Chair Exercise Lunch 12-1:00 PM Facials States 1 hour Wheel of Fortune Family Feud	MCA MC MCA MC MC MC MCD MC	9:00a 9:30a 10:00a 12:00p 1:00p 2:00p 3:00p 5:00p 6:00p	Aromatherapy Today in History Chair Exercise Lunch 12-1:00 PM Picture Bingo 1 Hour Ice Cream Social Scrambled Game Family Night Dinner 1 Hour Entertainment With	MCA MC MCA MC MCD MC MC MC	9:00a 9:30a 10:30a 12:00p 1:30p 2:30p 3:00p 3:30p	Aromatherapy Today in History Chair Exercise Lunch 12-1:00 PM Balloon Games SingFit Wheel of Fortune Family Feud	MCA MC MCA MC MCA AR MC MC	9:00a 9:30a 10:30a 12:00p 1:30p 3:00p 3:30p	Aromatherapy Today in History Chair Exercise Lunch 12-1:00 PM Movie Matinee 1 hour 30 mins  Reminiscing Scrambled game	MCA MC MCA MC MC  MCA MC			
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9:00a 9:30a 10:30a 11:00a LO 12:00p 1:00p 1:30p 2:30p	Aromatherapy Today in History Chair Exercise Church Services with Living Word  Lunch 12-1:00 PM Glamour Nails Ice Cream Social Afternoon Snack with Friends	MCA MC MCA  MC MC MCD MC	9:00a 9:30a 10:30a 12:00p 2:00p 3:00p 3:30p 4:00p 5:00p	Aromatherapy Today in History Chair Exercise Lunch 12-1:00 PM Afternoon Snack with Friends Wheel of Fortune Family Feud Scrabble Games Dinner with Friends	MCA MC MCA MC MC MC MC	9:00a 9:30a 10:00a 10:30a 12:00p 1:30p 2:00p 2:00p 3:00p 3:00p 5:00p	Aromatherapy Today in History Chair Exercise Bible Study 1 Hour Lunch 12-1:00 PM Afternoon Snack with Friends Pine brook Singers Jeopardy Scrabble Game	MCA MC MCA MC MC MC ALL MC MC	9:00a 9:30a 10:30a 12:00p 1:30p 2:00p 3:00p 3:30p 5:00p	Aromatherapy Today in History Chair Exercise Lunch 12-1:00 PM Afternoon Snack with Friends Singing with Paul Wheel of Fortune Family Feud Dinner with Friends	MCA MC MCA MC MC LO MCD MC	9:00a 9:30a 10:00a 12:00p 1:00p 2:00p 2:30p 3:30p 5:00p	Aromatherapy Today in History Chair Exercise Lunch 12-1:00 PM Picture Bingo Singing with Judy&Ralph Afternoon Snack with Friends Scenic Drive Dinner with Friends	MCA MC MCA MC MCD LO MC MC OUT	9:00a 9:30a 10:30a 12:00p 1:30p 2:00p 2:00p 2:30p	Aromatherapy Today in History Chair Exercise Entertainment with Raymond  Lunch 12-1:00 PM Balloon Games Afternoon Snack with Friends SingFit	MCA MC MCA  LO MC MCA MC AR	9:00a 9:30a 10:00a 12:00p 1:30p 2:00p 4:00p 5:00p	Aromatherapy Today in History Chair Exercise Lunch 12-1:00 PM Afternoon Snack with Friends Movie Matinee Reminiscing Dinner with Friends	MCA MC MCA MC MC MC MCA MCA			
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