



### WHAT IF A LOVED ONE REFUSES TO ACT?

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](https://alz.org)  
[alzheimers.gov](https://alzheimers.gov)  
[alzfdn.org](https://alzfdn.org)  
[nia.nih.gov/health/alzheimers-and-dementia](https://nia.nih.gov/health/alzheimers-and-dementia)

# LIVING WELL

## MEMORY CARE EDITION.

LEBANON 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 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

- Music with Billy Tarkington
- Dancing with Chelsie
- Aja Grace Music Therapy
- Singing with Jessica Rose
- Patriotic Family Night
- July Birthday Celebration
- Patriotic Lava Lamp Craft



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div></div>								BIRTHDAYS					
								M. Truitt 7/4 K. Beadle 7/5 D. Roberts 7/21					
LOCATION KEY				01		02		03		04		05	
<div><div>CACommon Area</div><div>CYCourtyard</div><div>DRDining Room</div></div> <div><div>GLGallery</div><div>LOLobby</div></div>				10:00a Seated Exercise 10:30a Toss N Talk 11:00a Find the Answer 2:00p National Creative Ice Cream Day 3:00p Afternoon Bingo		10:00a Moving and Grooving 10:30a Daily Devotional - Scripture of the Day 11:30a YouTube Music 2:00p Wine Down Wednesday 3:00p Timeless Trivia		10:00a News, Views, and Brews 10:30a Seated Stretching 11:00a ABC Game 2:00p Walk with Me! 3:00p Afternoon Bingo		10:00a Morning Stretches 10:30a SingFit 11:30a Walking Down Memory Lane 1:00p Visit with Shaylie! 2:00p Fourth Of July Festivities 3:00p Afternoon Movie and Popcorn		10:30a Coffee and Snack 11:00a Crosswords, Word Searches, Coloring Pages 1:30p Bingo with Staff 2:30p Crosswords, Word Search, and Coloring Pages 3:30p Board Game of Choice  7:00p Movie of Choice	
06		07		08		09		10		11		12	
9:00a TV Church Service 11:00a Morning Snack 1:30p Afternoon Snack 2:30p Afternoon Bingo 4:00p Evening Movie		10:00a Morning Exercise 10:30a SingFit 11:30a Name 10 2:00p Rock N Roll Sock Hop 3:00p Noodle Ball		10:00a Seated Exercise 10:30a Toss N Talk 11:00a Find the Answer 2:00p Dancing with Chelsie 3:00p Afternoon Bingo		10:00a Moving and Grooving 10:30a Daily Devotional - Scripture of the Day 11:30a YouTube Music 2:00p Wine Down Wednesday 3:00p Timeless Trivia		10:00a News, Views, and Brews 10:30a Seated Stretching 11:00a ABC Game 2:00p Pina Colada Day 3:00p Afternoon Bingo		10:00a Morning Stretches 10:30a SingFit 11:30a Pictionary 1:00p Visit with Shaylie! 2:00p New Resident Welcome! 3:00p Afternoon Movie and Popcorn		10:30a Coffee and Snack 11:00a Crosswords, Word Searches, Coloring Pages 1:30p Bingo with Staff 2:30p Crosswords, Word Search, and Coloring Pages 3:30p Board Game of Choice  7:00p Movie of Choice	
13		14		15		16		17		18		19	
9:00a TV Church Service 11:00a Morning Snack 1:30p Afternoon Snack 2:30p Afternoon Bingo 4:00p Evening Movie		10:00a Morning Exercise 10:30a SingFit 11:30a Name 10 2:00p French American Heritage Cooking Demo 3:00p Noodle Ball		10:00a Seated Exercise 10:30a Toss N Talk 11:00a Find the Answer 2:00p Music with Billy Tarkington 3:00p Afternoon Bingo		10:00a Moving and Grooving 10:30a Daily Devotional - Scripture of the Day 11:30a YouTube Music 2:00p Wine Down Wednesday 3:00p Timeless Trivia		10:00a News, Views, and Brews 10:30a Seated Stretching 11:00a ABC Game 2:00p Walk with Me! 3:00p Afternoon Bingo 5:00p Stars and Stripes Family Night		10:00a Morning Stretches 10:30a SingFit 11:30a Walking Down Memory Lane 1:00p Visit with Shaylie! 2:00p July Birthday Celebration! 3:00p Afternoon Movie and Popcorn		10:30a Coffee and Snack 11:00a Crosswords, Word Searches, Coloring Pages 1:30p Bingo with Staff 2:30p Crosswords, Word Search, and Coloring Pages 3:30p Board Game of Choice  7:00p Movie of Choice	
20		21		22		23		24		25		26	
9:00a TV Church Service 11:00a Morning Snack 1:30p Afternoon Snack 2:30p Afternoon Bingo 4:00p Evening Movie		10:00a Morning Exercise 10:30a SingFit 11:30a Name 10 2:00p Paint Class - American Flag 3:00p Noodle Ball		10:00a Seated Exercise 10:30a Toss N Talk 11:00a Find the Answer 2:00p Water Day! 3:00p Afternoon Bingo		10:00a Moving and Grooving 10:30a Daily Devotional - Scripture of the Day 11:30a YouTube Music 2:00p Wine Down Wednesday 3:00p Timeless Trivia		10:00a News, Views, and Brews 10:30a Seated Stretching 11:00a ABC Game 2:00p Walking Smores Salad 3:00p Afternoon Bingo		10:00a Morning Stretches 10:30a SingFit 11:30a Pictionary 1:00p Visit with Shaylie! 2:00p Aja Grace Music Therapy 3:00p Afternoon Movie and Popcorn		10:30a Coffee and Snack 11:00a Crosswords, Word Searches, Coloring Pages 1:30p Bingo with Staff 2:30p Crosswords, Word Search, and Coloring Pages 3:30p Board Game of Choice  7:00p Movie of Choice	
27		28		29		30		31		<div></div>			
9:00a TV Church Service 11:00a Morning Snack 1:30p Afternoon Snack 2:30p Afternoon Bingo 4:00p Evening Movie		10:00a Morning Exercise 10:30a SingFit 11:30a Name 10 2:00p Singing with Jessica Rose 3:00p Noodle Ball		10:00a Seated Exercise 10:30a Toss N Talk 11:00a Find the Answer 2:00p Craft Corner - Patriotic Lava Lamp 3:00p Afternoon Bingo		10:00a Moving and Grooving 10:30a Daily Devotional - Scripture of the Day 11:30a YouTube Music 2:00p Wine Down Wednesday 3:00p Timeless Trivia		10:00a News, Views, and Brews 10:30a Seated Stretching 11:00a ABC Game 2:00p Walk with Me! 3:00p Afternoon Bingo					

All activities subject to change.