



# WHEN A TRADITIONAL VISIT IS NO LONGER POSSIBLE

When a person with dementia is no longer able to have a traditional visit with family, it's important to adapt your expectations and find new ways to connect. This usually occurs in the later stages of dementia, when your loved one may be suffering from significant memory loss and difficulty communicating verbally.

As your loved one changes through the disease process, you must join their journey and not the other way around. Your presence and support are still invaluable. Do an activity with your loved one that you both enjoy. Take a walk

and just enjoy being outside in nature together. Take a past experience that you both enjoyed, like watching an exciting ball game, and turn it into an activity.

Caring for someone with dementia can be emotionally and physically demanding, so it's essential to prioritize your own well-being. That said, it's vital to meet your loved ones where they are. By adapting your approach, you can continue to have meaningful visits and provide comfort and connection in the later stages of dementia.

# ACTIONS TO PROACTIVELY MANAGE DEMENTIA

Proactive management of Alzheimer's and other dementias can improve the quality of life of affected individuals and their caregivers. This includes actions by the person living with dementia and their caregivers, plus actions by health care providers and other members of the health care workforce.

## THESE ACTIONS INCLUDE:

Becoming educated about the disease.
Maintaining a sense of self and relationships with others.
Identifying and participating in activities that are meaningful and bring purpose to one's life.
Identifying opportunities to connect with others living with dementia and their caregivers and participating in related activities.
Planning for the future, including future health care needs, changes in employment and financial changes.

# LIVING WELL

## MEMORY CARE EDITION.

LAKESHORE

AUGUST 2025

## ANXIETY RELATED TO NEW PLACES

Residents with dementia often become anxious when attending a small or large group activity. They may act tense in an environment outside their comfort zone.

Signs to look for include when your loved one looks uneasy in a situation outside their own room or lobby area. Our residents tend to smile and appear relaxed once they return to their own room, hallway or are close to our team members. It may also be in your best interests to determine if your loved one is tired or fearful.

One thing you can do to offer your loved one a place of comfort by suggesting a one-on-one or very small type of activity. You can help decrease the anxiety by approaching your loved one from the front and doing things simply by providing clear verbal reassurances in a calm voice and manner. It's wise to consider a gradual progression to different settings as your loved one's comfort level increases.

## WHEN YOUR LOVED ONE FORGETS YOUR NAME

This is one of the most difficult experiences most families go through. It can take your breath away when it happens for the first time—and that's perfectly understandable. It's not uncommon in the middle and later stages of Alzheimer's disease for people to lose the ability to remember and recognize others.

What we have to remember in this situation is that they may forget words and names, but their emotional memory remains. It's painful when your own mother or father does not remember your name or refers to you as a deceased parent. But in the world of dementia your name is just a word.

That doesn't mean you're any less a daughter or son. This comes from a deep place of connection that your loved one still retains for you. Try to look beyond the words and appreciate the emotions that are still there. Your loved one still knows you, only now in a different way.



## AUGUST 2025 EVENTS

- Visiting Barber 8/11
- Men/ Ladies Clubs 8/13
- Themed Dinner 8/14
- Family Night 8/14 6:30pm
- Lunch Outing 8/18
- Creative Thinking w/Tammy 8/18
- Vendor Sale 8/22 12pm



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY					
<div>AUGUST 2025</div>										01		02					
										10:00a Leg Strength Exercises 11:00a Aromatherapy 2:30p <i>Entertainment: Bobby</i> 4:00p Walking Club 7:00p Family Feud		10:00a Morning Warm-Up 11:00a Weekend Workout w/ Alanna 11:00a Aromatherapy 3:30p Brain games w/ Alanna 7:00p Virtual Tour Around the World					
03		04		05		06		07		08		09					
10:00a Balloon Baseball 11:00a Aromatherapy 11:00a Weekend Walking Club 3:00p Coloring to Music 7:00p Virtual Park Tour		10:00a Morning Exercise 10:30a Flower Arrangements 11:00a Puzzle Time 11:00a Aromatherapy 4:00p Walking Club 7:00p Relaxation Music		10:00a Tai Chi 11:00a Aromatherapy 2:00p <i>Entertainment</i> 4:00p Walking Club 7:00p Venture Game		10:00a Morning Yoga 11:00a Aromatherapy 2:00p <b>Carry on w/Carien</b> 4:00p Walking Club 7:00p Learning How It's Made		10:00a Cardio Exercise 11:00a Aromatherapy 3:00p Rosary 4:00p Walking Club 7:00p Virtual Museum Tour		10:00a Leg Strength Exercises 11:00a Aromatherapy 4:00p Walking Club 7:00p Family Feud		10:00a Morning Warm-Up 11:00a Weekend Workout w/ Alanna 11:00a Aromatherapy 3:30p Brain games w/ Alanna 7:00p Virtual Tour Around the World					
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10:00a Balloon Baseball 11:00a Aromatherapy 11:00a Weekend Walking Club 3:00p Coloring to Music 7:00p Virtual Park Tour		10:00a Morning Exercise 10:30a Bowling 11:00a Puzzle Time 11:00a Aromatherapy 4:00p Walking Club 7:00p Relaxation Music		10:00a Tai Chi 11:00a <i>The Word w/ Deacon Green</i> 11:00a Aromatherapy 2:00p <i>Entertainment</i> 4:00p Walking Club 7:00p Venture Game		10:00a Morning Yoga 10:45a <i>BCS Visit w/ Jenna</i> 11:00a Aromatherapy 3:15p <i>Men's Club</i> 3:15p <i>Ladies League</i> 4:00p Walking Club 7:00p Learning How It's Made		10:00a Cardio Exercise 11:00a Aromatherapy 3:00p Rosary 4:00p Walking Club 5:00p <i>Themed Dinner- Brussels World Fair 1958</i> 6:00p <b><u>Family Night</u></b> 7:00p Virtual Museum Tour		10:00a Leg Strength Exercises 11:00a Aromatherapy 4:00p Walking Club 7:00p Family Feud		10:00a Morning Warm-Up 11:00a Weekend Workout w/ Alanna 11:00a Aromatherapy 3:30p Brain games w/ Alanna 7:00p Virtual Tour Around the World					
17		18		19		20		21		22		23					
10:00a Balloon Baseball 11:00a Aromatherapy 11:00a Weekend Walking Club 3:00p Coloring to Music 7:00p Virtual Park Tour		10:00a Morning Exercise 10:30a Pass the Pig 11:00a Puzzle Time 11:00a Aromatherapy 2:15p <i>Turnin' it up w/ Tammy</i> 4:00p Walking Club 7:00p Relaxation Music		10:00a Tai Chi 10:30a Word Scramble 11:00a Aromatherapy 2:00p <i>Entertainment</i> 4:00p Walking Club 7:00p Venture Game		10:00a Morning Yoga 11:00a Aromatherapy 2:00p <i>Catholic Mass</i> 4:00p Walking Club 7:00p Learning How It's Made		10:00a <i>Gerie's Gentle Touch Massage</i> 10:00a Cardio Exercise 11:00a Aromatherapy 2:30p Praise & Worship w/ Sadie 3:00p Rosary 4:00p Walking Club 7:00p Virtual Museum Tour		10:00a Leg Strength Exercises 11:00a Aromatherapy 4:00p Walking Club 7:00p Family Feud		10:00a Morning Warm-Up 11:00a Weekend Workout w/ Alanna 11:00a Aromatherapy 3:30p Brain games w/ Alanna 7:00p Virtual Tour Around the World					
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31										LOCATION KEY				BIRTHDAYS			
10:00a Balloon Baseball 11:00a Aromatherapy 11:00a Weekend Walking Club 3:00p Coloring to Music 7:00p Virtual Park Tour				<div><div>ART Art Studio</div><div>CAF Café</div><div>DR Dining Room</div><div>DRP Dining Room Patio</div><div>FIT Fitness Center</div><div>FPO Front Porch</div><div>GR Game Room</div><div>LC Lakeshore Chapel</div><div>LIB Library</div><div>OUT Outing</div><div>THR Theater</div><div>V The View</div></div>				Ann G. 8/1 Sera N. 8/22 J-Ann M. 8/27									