



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

LIVING WELL

MEMORY CARE EDITION.

MURFREESBORO 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

- Live Music Thursday's at 3pm
- Beauty Shop open on Tuesday's
- Family Night
- Fun & Games
- Weekly Bus Outings
- Cooking Demo
- Art & Design

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	
<div><div>ARActivity Room</div><div>DRDining Room</div><div>F Foyer</div><div>LIBLibrary</div><div>LOLobby</div><div>OUTOuting</div><div>SSalon</div></div>				8:30a Exercise to the Oldies AR 10:00a Aromotherapy & Nails AR 12:30p Game Of Choice 2:30p Pastor Jim's Entertainment 6:00p Movie		8:30a Exercise to the Oldies AR 10:00a Let's Get Crafty AR 1:00p Welcome Home Party AR 2:00p Bingo AR 6:00p Movie		8:30a Exercise to the Oldies AR 10:30a Let's Take A Morning Walk 12:30p Let's Get Crafty 3:00p Enjoy Some Entertainment 6:00p Movie		8:30a Exercise to the Oldies AR 10:30a Art Class 12:30p Sing Fit 2:00p Bingo AR 6:00p Movie		8:30a Balloon Toss 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie	
06		07		08		09		10		11		12	
8:30a Balloon Toss 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie		8:30a Exercise to the Oldies AR 9:30a Gardening 12:30p Baking in the kitchen with Cheryl AR 2:30p Sing Fit 6:00p Movie		8:30a Exercise to the Oldies AR 10:00a Aromotherapy & Nails AR 12:30p Game Of Choice 2:30p Pastor Jim's Entertainment 6:00p Movie		8:30a Exercise to the Oldies AR 10:00a Balloon Toss AR 12:30p Trivia AR 2:00p Bingo AR 6:00p Movie		8:30a Exercise to the Oldies AR 10:30a Let's Take A Morning Walk 12:30p Let's Get Crafty 3:00p Enjoy Some Entertainment 6:00p Movie		8:30a Exercise to the Oldies AR 10:30a Art Class 12:30p Sing Fit 2:00p Bingo AR 6:00p Movie		8:30a Balloon Toss 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie	
13		14		15		16		17		18		19	
8:30a Balloon Toss 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie		8:30a Exercise to the Oldies AR 9:30a Gardening 1:00p Paint with a twist AR 2:30p Sing Fit 6:00p Movie		8:30a Exercise to the Oldies AR 10:00a Aromotherapy & Nails AR 12:30p Game Of Choice 2:30p Pastor Jim's Entertainment 6:00p Movie		8:30a Exercise to the Oldies AR 10:00a Let's Get Crafty AR 12:30p Courtyard Gardening AR 2:00p Bingo AR 6:00p Movie		8:30a Exercise to the Oldies AR 10:30a Let's Take A Morning Walk 1:00p Cooking Demo DR 3:00p Enjoy Some Entertainment 6:00p Movie		8:30a Exercise to the Oldies AR 10:30a Art Class 12:30p Sing Fit 2:00p Bingo AR 6:00p Movie		8:30a Balloon Toss 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie	
20		21		22		23		24		25		26	
8:30a Balloon Toss 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie		8:30a Exercise to the Oldies AR 9:30a Gardening 1:30p Trivia and Games AR 2:30p Sing Fit 6:00p Movie		8:30a Exercise to the Oldies AR 10:00a Aromotherapy & Nails AR 12:30p Game Of Choice 2:30p Pastor Jim's Entertainment 6:00p Movie		8:30a Exercise to the Oldies AR 10:00a Courtyard Gardening AR 1:00p Trivia AR 2:00p Bingo AR 6:00p Movie		8:30a Exercise to the Oldies AR 10:30a Let's Take A Morning Walk 12:30p Let's Enjoy a Snow Cone AR 3:00p Enjoy Some Entertainment 6:00p Movie		8:30a Exercise to the Oldies AR 10:30a Art Class 12:30p Birthday Bash Party AR 2:00p Bingo AR 6:00p Movie		8:30a Balloon Toss 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie	
27		28		29		30		31		<div><div></div><div>happy independence day</div><div>4TH OF JULY</div></div>			
8:30a Balloon Toss 10:30a Music and Dance 12:30p Trivia 2:30p Bingo 6:00p Movie		8:30a Exercise to the Oldies AR 9:30a Gardening 12:30p Let's put puzzles together AR 2:30p Sing Fit 6:00p Movie		8:30a Exercise to the Oldies AR 10:00a Aromotherapy & Nails AR 12:30p Game Of Choice 2:30p Pastor Jim's Entertainment 6:00p Movie		8:30a Exercise to the Oldies AR 10:00a Let's Get Crafty AR 12:30p Balloon Toss AR 2:00p Bingo AR 6:00p Movie		8:30a Exercise to the Oldies AR 10:30a Let's Take A Morning Walk 12:30p Let's Get Crafty 3:00p Enjoy Some Entertainment 6:00p Movie					

All activities subject to change.