



DEMENTIA SUPPORT GROUPS

I'm often asked if there is a monthly or regularly scheduled support group for American House family members. The answer is yes, but you'll want to inquire about the status of your community's support group before your loved one moves in. Please keep in mind, as a family member, you're going through the same process as your loved one, just in a different way. We're not only here for your loved one, but we're also here for you as well!

I'd also like to point out that recent studies have shown that participating in a dementia support group can have a positive outcome on an individual's mental health, as well as improve the quality of life for people with dementia and their caregivers.

Our Memory Care communities also have access to the CARES dementia training portal that is a Living Well best practice for our care team. We can make it available to you as an educational opportunity for you and your family. Our team can set up a CARES account so you can take this training on your own time to learn all about dementia physiology, communication and behaviors. Our team is always more than happy to answer any further questions you may have once you complete the training sessions. Make no mistake, we're here to help you in any way we can!

ALZHEIMER'S IS ON THE RISE

7.1
MILLION

the estimated number of people aged 65+ with Alzheimer's disease in 2025

40%
INCREASE

from 5.1 million aged 65+ affected in 2015

of the people aged 65+ with Alzheimer's in the U.S., nearly

2/3 ARE WOMEN



barring a medical breakthrough to prevent or cure the disease, by 2050 the number MAY TRIPLE, from

5.1 MILLION to 13.8 MILLION

due to an aging population, estimates show a potential of dementia cases in the U.S.

DOUBLING by the year **2060!**

QUICK LINKS

LIVING WELL

MEMORY CARE EDITION.

MOUNT PROSPECT MEMORY CARE

APRIL 2025

RESISTIVE TO CARE

At times, your loved one may not want to shower, get dressed, take their medicine or just not cooperate. They may do this for many reasons, such as feeling ashamed they need help or experiencing stress for not being in control. A resident is considered resistive if they act verbally abusive before or during daily care, use profanities or howl, stiffen their arms or legs, or scratch or physically push their caregiver.

It's recommended that you be attentive to complaints from team members with injuries to themselves, or the resident, and possible unmet daily care needs due to resistance.

There are steps that can be taken to lessen these kinds of resistance. This could include using simple directions, determining a preferred setting, such as the resident's own room or bathroom, preference for a male or female caregiver for personal care, and observing comfortable levels of touch and pace of interactions. We also offer small group self-care activities like manicures and sensory lemon hand washing as a way to transition to a level for acceptance of care activities, from leisure experience to needed daily care.



TAKING YOUR LOVED ONE AWAY FROM THE COMMUNITY

Much like your first visit after your loved one moved in, there is no clear-cut answer to taking them off campus for the first time. Each resident is different. If your loved one experienced a smooth transition and visits have been positive, that would be a signal to take your loved one out for a getaway. If there have been challenges along the way, you'll want to plan with our care team to discuss what taking your loved one outside the community for the first time may be like. You may want to consider a familiar or low-stimulation environment, and proper support to ensure your time away doesn't cause any confusion or distress.



APRIL 2025 EVENTS

- Sweet Sensations Baking Club
- Gardening Club
- Zumba w/ Elizabeth S. (4/2)
- Music w/ Meg Thomas (4/9)
- Family Night Event (4/10)
- Drum Circle w/ Alex (4/12)
- Music w/ Chris Minardi (4/19)
- Easter Sunday (4/20)
- Pet Therapy Visit (4/21)
- Music w/ Kenny Phelps (4/26)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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April 2025

LOCATION KEY		01	APRIL FOOLS' DAY		02	03	04	05
2LI 2 nd Floor Library AR Activity Room B Bistro BPA Bistro Patio LO Lobby	MCC Memory Care Courtyard MCG Memory Care Garden Courtyard MCK Memory Care Kitchenette MCL Memory Care Living Room	MCS Memory Care Sunroom PD Private Dining THR Theater	9:30a Sit and Be Fit MCL 10:30a Sweet Sensations Baking Club MCK 11:00a Daily Chronicles & Coffee MCS 1:00p Artist's Studio MCK 2:00p Hydration Hour MCK 3:00p Card Games MCK 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 10:15a Zumba w/ Elizabeth S. MCL 11:00a Daily Chronicles & Coffee MCL 11:00a Gardening Club MCG 1:00p The Craft Collective: Cherry Blossom Art MCK 2:00p Hydration Hour MCK 3:00p Travelogue MCL 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 10:30a Bingo MCK 11:00a Daily Chronicles & Coffee MCL 1:00p Popcorn & Perspectives MCL 2:00p Hydration Hour MCK 3:00p Brain Games MCS 5:30p Movie Night MCL	9:30a Morning Devotions w/ Savannah MCL 10:30a Workout with Paxxon MCL 11:00a Daily Chronicles & Coffee MCK 1:00p Friday Trivia MCL 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 10:00a Daily Chronicles & Coffee MCL 1:00p Saturday Bowling MCL 3:00p Creative Coloring MCK 5:30p Movie Night MCL	
06	07	08	09	10	11	12	PASSOVER	
9:30a Sit and Be Fit MCL 9:30a Virtual Mass: Holy Name Cathedral MCL 11:00a Daily Chronicles & Coffee MCL 1:00p Music Therapy w/ Ciara MCS 2:00p Tasty Talks Social MCK 3:00p Travelogue MCL 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 10:30a Finishing Lines MCL 11:00a Daily Chronicles & Coffee MCL 1:00p Balloon Volleyball MCL 2:00p Hand Massages MCS 3:00p Color Me Away Coloring Club MCK 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 10:30a Sweet Sensations Baking Club MCK 11:00a Daily Chronicles & Coffee MCL 1:00p Artist's Studio MCK 2:00p Hydration Hour MCK 3:00p Card Games MCK 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 10:45a George N. Music Ministry MCL 11:00a Gardening Club MCG 1:00p The Craft Collective: Origami MCK 2:00p Birthdays Happy Hour w/ Meg Thomas MCL 2:00p Hydration Hour MCK	9:30a Sit and Be Fit MCL 10:30a Bingo MCK 11:00a Daily Chronicles & Coffee MCL 1:00p Popcorn & Perspectives MCL 2:00p Hydration Hour MCK 3:00p Brain Games MCS 5:00p Family Night Event: Sky Lantern Festival B 5:30p Movie Night MCL	9:30a Morning Devotions w/ Savannah MCL 10:30a Workout with Paxxon MCL 11:00a Daily Chronicles & Coffee MCL 1:00p Friday Trivia MCL 2:00p Hydration Hour MCK 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 11:00a Daily Chronicles & Coffee MCL 1:00p Drum Circle w/ Alex MCL 2:00p Hydration Hour MCK 3:00p Creative Coloring MCK 5:30p Movie Night MCL		
13	14	15	16	17	18	19	GOOD FRIDAY	
PALM SUNDAY 9:30a Sit and Be Fit MCL 9:30a Virtual Mass: Holy Name Cathedral MCL 11:00a Daily Chronicles & Coffee MCL 1:00p Music Therapy w/ Ciara MCS 2:00p Tasty Talks Social MCK 3:00p Travelogue MCL 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 10:30a Finishing Lines MCL 11:00a Daily Chronicles & Coffee MCL 1:00p Balloon Volleyball MCL 2:00p Hand Massages MCS 3:00p Color Me Away Coloring Club MCK 5:30p Movie Night MCL	TAX DAY 9:30a Sit and Be Fit MCL 10:30a Sweet Sensations Baking Club MCK 11:00a Daily Chronicles & Coffee MCL 1:00p Artist's Studio MCK 2:00p Hydration Hour MCK 3:00p Card Games MCK 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 10:15a Zumba w/ Elizabeth S. MCL 11:00a Daily Chronicles & Coffee MCL 11:00a Gardening Club MCG 1:00p The Craft Collective: Birthday Cards MCK 2:00p Hydration Hour MCK 3:00p Travelogue MCL 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 10:30a Bingo MCK 11:00a Daily Chronicles & Coffee MCL 1:00p Popcorn & Perspectives MCL 2:00p Hydration Hour MCK 3:00p Brain Games MCS 5:30p Movie Night MCL	9:30a Morning Devotions w/ Savannah MCL 10:30a Workout with Paxxon MCL 11:00a Daily Chronicles & Coffee MCL 1:00p Friday Trivia MCL 2:00p Hydration Hour MCK 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 11:00a Daily Chronicles & Coffee MCL 1:00p Saturday Bowling MCL 2:00p Hydration Hour MCK 2:00p Music with Chris Minardi MCL 3:00p Creative Coloring MCK 5:30p Movie Night MCL		
20	21	22	23	24	25	26	EASTER	
EASTER 9:30a Sit and Be Fit MCL 9:30a Virtual Mass: Holy Name Cathedral MCL 11:00a Daily Chronicles & Coffee MCL 1:00p Music Therapy w/ Ciara MCS 2:00p Easter Social MCK 3:00p Travelogue MCL 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 10:30a Finishing Lines MCL 10:30a Comfort Dog Visit THR 11:00a Daily Chronicles & Coffee MCL 1:00p Balloon Volleyball MCL 2:00p Hand Massages MCS 3:00p Color Me Away Coloring Club MCK 5:30p Movie Night MCL	EARTH DAY 9:30a Sit and Be Fit MCL 10:30a Sweet Sensations Baking Club MCK 11:00a Daily Chronicles & Coffee MCL 1:00p Artist's Studio MCK 2:00p Hydration Hour MCK 3:00p Card Games MCK 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 11:00a Daily Chronicles & Coffee MCL 11:00a Gardening Club MCG 1:00p The Craft Collective MCK 2:00p Hydration Hour MCK 3:00p Travelogue MCL 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 10:30a Bingo MCK 11:00a Daily Chronicles & Coffee MCL 1:00p Popcorn & Perspectives MCL 2:00p Hydration Hour MCK 3:00p Brain Games MCS 5:30p Movie Night MCL	9:30a Morning Devotions w/ Savannah MCL 10:30a Workout with Paxxon MCL 11:00a Daily Chronicles & Coffee MCL 1:00p Friday Trivia MCL 2:00p Hydration Hour MCK 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 11:00a Daily Chronicles & Coffee MCL 1:00p Saturday Bowling MCL 2:00p Music with Kenny Phelps MCL 2:00p Hydration Hour MCK 3:00p Creative Coloring MCK 5:30p Movie Night MCL		
27	28	29	30	BIRTHDAYS				
9:30a Sit and Be Fit MCL 9:30a Virtual Mass: Holy Name Cathedral MCL 11:00a Daily Chronicles & Coffee MCL 1:00p Music Therapy w/ Ciara MCS 2:00p Tasty Talks Social MCK 3:00p Travelogue MCL 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 10:30a Finishing Lines MCL 11:00a Daily Chronicles & Coffee MCL 1:00p Balloon Volleyball MCL 2:00p Hand Massages MCS 3:00p Color Me Away Coloring Club MCK 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 10:30a Sweet Sensations Baking Club MCK 11:00a Daily Chronicles & Coffee MCL 1:00p Artist's Studio MCK 2:00p Hydration Hour MCK 3:00p Card Games MCK 5:30p Movie Night MCL	9:30a Sit and Be Fit MCL 11:00a Daily Chronicles & Coffee MCL 11:00a Gardening Club MCG 1:00p The Craft Collective MCK 2:00p Hydration Hour MCK 3:00p Travelogue MCL 5:30p Movie Night MCL	Lois B- 4/17				

All activities subject to change.